

the Scoop

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ONEOTA
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FOOD
COOPERATIVE
decorah, iowa

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COOPERATIVE ROOTS. ORGANIC FRUITS...OF OUR LABOR.

by Nate Furler, Marketing and Outreach Manager

The coming year, 2014, will mark forty years of business for the Oneota Community Food Co-op. And unlike many who dread the passing of forty years, we are ready to celebrate where we've been, what we've become, and where we are going. But first, let's take a look back and check out from where we came.

The Co-op started in 1972 as an informal group of people making trips to Iowa City and Minneapolis to purchase natural foods in bulk. The group went on to form the Oneota Food Buying Club in 1973. Food was stored in members' houses, but interest and participation in the buying club quickly grew and 1974 saw the incorporation of an Oneota storefront at 1007 Paine Street, Decorah. At that time only members were allowed to shop, and all members were required to volunteer in the store. "Oleville," the nickname given to the store in honor of landlord Ole Youmans, was a distribution network for honey,

whole grains, organically grown beans and products not otherwise available locally.

In 1978 the Co-op moved to the second floor of the old Armory building at 421 West Water Street, Decorah. Benefit dances were held to raise funds for the move, and sales were extended to include non-members in order to increase business. The ordering, inventory control, cashiering and bookkeeping soon became too much for one

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.

person to handle. In 1981 the Board accepted a proposal for a collective management to replace the previous arrangement of one store manager. Fluctuating between four and six members, the new system

continued on page 4



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THE ECONOMY: UNDER NEW OWNERSHIP

HOW COOPERATIVES ARE LEADING THE WAY TO EMPOWERED WORKERS AND HEALTHY COMMUNITIES.

by Marjorie Kelly

Pushing my grocery cart down the aisle, I spot on the fruit counter a dozen plastic bags of bananas labeled "Organic, Equal Exchange." My heart leaps a little. I'd been thrilled, months earlier, when I found my local grocer carrying bananas—a new product from Equal Exchange—because this employee-owned cooperative outside Boston is one of my favorite companies. Its main business remains the fair trade coffee and chocolate the company started with in 1986. Since then, the company has flourished, and its mission remains

supporting small farmer co-ops in developing countries and giving power to employees through ownership. It's as close to an ideal company as I've found. And I'm delighted to see their banana business thriving, since I know it was rocky for a time. (Hence the leaping of my heart.)

I happen to know a bit more than the average shopper about Equal Exchange, because I count myself lucky to be one of its few investors who are not worker-owners. Over more than 20 years, it has paid investors a steady and impressive average of 5 percent annually (these days, a

coveted return).

Maneuvering my cart toward the dairy case, I search out butter made by Cabot Creamery, and pick up some Cabot cheddar cheese. I choose Cabot because, like Equal Exchange, it's a cooperative, owned by dairy farmers since 1919.

At the checkout, I hand over my Visa card from Summit Credit Union, a depositor-owned bank in Madison, Wis., where I lived years ago. Credit unions are another type of cooperative, meaning that members like

continued on page 3



HAPPY BIRTHDAY ONEOTA COMMUNITY FOOD CO-OP

A year of celebration kicks off with *an evening of cake!*

Friday, January 17th from 4:00 to 7:00 pm
in the Cafe seating area

Featuring pictures from our past & current and past board members.



From the GM...

by David Lester, General Manager

SOLAR AT THE CO-OP!

If you saw lots of movement on the roof of the Oneota Community Food Co-op in mid-October, don't worry, everything is fine. Actually, everything is really great. The Co-op installed a 20,000 watt solar array on the roof of our building in downtown Decorah. This will be one of the largest downtown solar projects in Decorah and will supply approximately 5% of the Co-op's electricity in a year. Through a bid process, the Co-op contracted Decorah Electric to install the 80-panel system and expected it to be officially completed by the end of October and producing electricity.

One of the Co-op's priorities (Ends) is that we will be "a business that promotes environmental sustainability" and the rooftop solar project is one of several enhancements to our commitment to sustainable business practices. To highlight this project, we will be dedicating a section of wall space in the café seating area to a monitor that will show customers and staff how much the system is producing and other information on the solar array as well as other solar projects in the Decorah area. We have been working with the Winneshiek Energy district on the informational wall design and the information that will be available to customers.

Another big, exciting energy reduction project that has been completed is replacing our cooler and freezer case lights with LED technology. The new LED cooler/freezer case lights will save the Co-op approximately 75% in the lighting cost of these cases.

The Co-op Board and I have been discussing carbon reduction business practices and the possibility of a large rooftop solar project for about two years and the timing of the project could not be better. The rebates from Alliant Energy are ending this year and the tax credits from the State of Iowa and the Federal government are excellent for a system of this size, so we decided to fasttrack this project. We have over 4,200 active members who expect us to be leaders in the community in finding ways to reduce our carbon footprint as a business and further our sustainable business practices. I encourage anyone looking into the possibility of installing solar in their home or business to act quickly and talk to one of the several qualified installers in the Decorah area.

In addition to the rebates and tax credits, Co-op members JoAnn and George Hagen pledged a \$16,000 gift towards the solar project. The Hagens commented, "We believe that the climate crisis is occurring. So, we have acted on this by increasing our energy efficiency personally by driving high mileage cars and installing solar panels on our home. We hope others will take seriously the threat to our planet and the quality of life of our children and grandchildren and will support alternative energy projects in our community along with energy conservation such as what the Oneota Community Food Co-op is doing. We feel blessed to live in a community where so many people care, and we hope our contribution will make a positive difference."

Thanks to the Hagens and the encouragement of our membership and Board, we have completed a big piece of our carbon reduction plan and will keep seeking ways to reduce our carbon footprint into the future. I hope to see you in the store soon checking out our "Energy Wall."



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Co-op Forest Project

Oneota Community Co-op is a member of the National Cooperative Grocers Association (NCGA) and participates with other member co-ops in many ways. Our staff has many opportunities to attend trainings, workshops and meetings throughout the year. These face-to-face interactions for trainings, meetings, advocacy work and some all-important peer networking are critical to the success of food co-ops. Because this organization spans 134 co-ops in 36 states, valuable face time necessitates quite a bit of travel. Last year, NCGA staff (plus co-op staff with reimbursed travel to NCGA events) logged a combined total of 2.5 million air miles. Taken together, those flights emitted 467.8 tons of carbon dioxide into the atmosphere. This significant environmental impact prompted NCGA to offset these carbon emissions in an extraordinarily meaningful way: by growing a sustainable forest in Peru.

To grow this forest, the NCGA has partnered with Pur Projet, a French collective that facilitates more than a dozen reforestation programs around the world. Pur Projet was founded by Tristan Lecomte and Mathieu Senard, who also pioneered the fair trade company Alter Eco, which supplies co-ops with rice, quinoa, chocolate and sugar. Expanding upon the fair trade ethos, Pur Projet provides the research, accreditation and on-the-ground support necessary to create an effective carbon-offset program based upon farmer-supported reforestation. NCGA is proud to be Pur Projet's first U.S. partner to plant trees as part of this innovative program.

Pur Projet estimates that it takes three trees planted and maintained for forty years to remove one ton of carbon dioxide from the atmosphere. Based on the NCGA's 2012 travel-related emissions of 467.8 tons, NCGA has already funded the planting of 1,404 native Capirona and Paliperro trees.

This forest is part of the Alto Huayabamba Project located in northern Peru. The Alto Huayabamba Project promotes sustainable agroforestry among small-scale indigenous cacao farmers associated with the ACO-PAGRO cooperative. In addition to global environmental benefits, ACO-PAGRO farmers benefit from the Alto Huayabamba Project in these ways:

- Farmers receive compensation for planting and caring for native tree seedlings.
- Trees provide medicinal bark, edible fruit and the shade required to grow quality cacao.
- Farm families earn income by sustainably harvesting trees as they are thinned to maintain a healthy forest.
- The community now has a viable alternative to producing coca for the illicit drug trade that once contributed to social instability and environmental degradation in the region.

The ACO-PAGRO cooperative provides support and offers agroforestry training to 1,800 small-scale cacao farmers. ACO-PAGRO sells organic cacao at fair trade prices, allowing the cooperative to invest in equipment, training, medical services and education for farm families. In July 2012, ACO-PAGRO won first place for quality in Peru's national cacao competition—proving that sustainable agroforestry is as good for taste buds as it is for people and the environment.



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It's a Great Time to Run for the Board

by Gary Hensley, Board Vice-President

The number one question that people like to ask is, "What does it take to be a Co-op board member?" The minimum requirement is that you are a member in good standing. "Really... That's all it takes to be on the board?" Ok, there is a second requirement. That requirement is based on the foundation of the seven internationally recognized Principles of Cooperation that reflect an overall concern for the health and sustainability of our community. So, yep, you need to care about what happens in this community. You need to have a desire to be part of a leadership group that is focused on building a vibrant community.

Wow! That seems like a lot of responsibility. How does the Co-op do that? What is the role of the board member in that objective? We do that 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. As a member of the board, you are tasked with setting strategies and objectives that keep the Co-op on a path that implements this mission. The general manager, David Lester, and his staff then take these strategic vectors and implement working plans to meet these goals.

As a member of the Co-op you are likely familiar with our "Ends" statements which define the broader path within which these strategies fit. You can see a complete list of End statements on page 16 of this publication. You may also notice articles throughout The Scoop that have an E2, E4, E5, etc. graphic next to them. The articles that are labeled are the working plans that are designed to meet these Ends. That's how all of that fits together.

As board members, each of us comes to the meetings with different experi-

ences and expectations for the work that needs to get done. The current board excellent example of a group of people with a wide variety of work experiences which range from local farmer to corporate executive. This adds to the spectrum of new ideas and approaches, and we welcome new board members who have different ideas.

Each of the Ends statements are designed to have a specific focus. Board members may have one or two that they are more interested in working on. In the past year we have tried to focus on two or three where we believe we need to make the most progress as a business and organization. As a new member you are part of the discussion on specific focus areas.

So, how about you? The Board of Directors seeks interested Co-op member-owners to serve on the Board to help ensure a good future for the OCC. In 2014 there will be two positions open for candidates to fill. Gary Hensley and Deneb Woods have reached the end of their terms. The board will soon form a committee to begin to pursue member-owners who are interested in filling these positions. To get more information on how to apply, contact any board member or David Lester.

Why not throw your name into the hat? We would like to get your application by mid-December. Remember, all it takes is a membership, a commitment to the success of the Co-op, and a desire to be a member of a diverse leadership group focused on building a vibrant community.



THE ECONOMY: UNDER NEW OWNERSHIP

HOW COOPERATIVES ARE LEADING THE WAY TO EMPOWERED WORKERS AND HEALTHY COMMUNITIES.

continued from page 1

me are partial owners, so Summit doesn't charge us the usurious penalty rate of 25 percent or more levied by other banks at the merest breath of a late payment. They're loyal to me, and I'm loyal to them.

On my way home, I pull up to the drive-through at Beverly Cooperative Bank to make a withdrawal. This bank is yet another kind of cooperative—owned by customers and designed to serve them. Though it's small—with only \$700 million in assets, and just four branches (all of which I could reach on my bike)—its ATM card is recognized everywhere. I've used it even in Copenhagen and London.

With this series of transactions on one afternoon, I am weaving my way through a profoundly different and virtually invisible world: the cooperative economy. It's an economy that aims to serve customers, rather than extract maximum profits from them. It operates through various models, which share the goal of treating suppliers, employees, and investors fairly. The cooperative economy has dwelled alongside the corporate economy for close to two centuries. But it may be an economy whose time has come.

Something is dying in our time. As the nation struggles to recover from unsustainable personal and national debt, stagnant wages, the damages wrought by climate change, and more, a whole way of life is drawing to a close. It began with railroads and steam engines at the dawn of the Industrial Age, and over two centuries has swelled into a corporation-dominated system marked today by vast wealth inequity and bloated carbon emissions. That economy is today proving fundamentally unsustainable. We're hitting twin limits, ecological

and financial. We're experiencing both ecological and financial overshoot.

If ecological limits are something many of us understand, we're just beginning to find language to talk about financial limits—that point of diminishing return where the hunt for financial gain actually depletes the tax-and-wage base that sustains us all.

Here's the problem: The very aim of maximum financial extraction is built into the foundational social architecture of our capitalist economy—that is, the concept of ownership.

If the root of government is sovereignty (the question of who controls the state), the root construct of every economy is property (the question of who controls the infrastructure of wealth creation).

Many of the great social struggles in history have come down to the issue of who will control land, water, and the essentials of life. Ownership has been at the center of the most profound changes in civilization—from ending slavery to patenting the genome of life.

Throughout the Industrial Age, the global economy has increasingly come to be dominated by a single form of ownership: the publicly traded corporation, where shares are bought and sold in stock markets. The systemic crises we face today are deeply entwined with this design, which forms the foundation of what we might call the extractive economy, intent on maximum physical and financial extraction.

The concept of extractive ownership traces its lineage to Anglo-Saxon legal

continued on page 5

Board Election Calendar 2013-2014

Activity	Deadline
Candidate recruitment / self-nomination	Ongoing
Candidate applications due (if wish to be considered for board nomination)	At end of first week of January
Board interviews candidates	Early January
Board nomination	January board meeting
Board Candidate Statements published	Last week in January
Final deadline for getting name on ballot through self-nomination procedure	February 14
Candidate forum	Optional; Soon after February 14
Ballots—statements mailed out	March 3
Balloting Stops	March 31st – end of business
Ballots counted	April 2 – 7
Results announced	April General membership meeting—April 10 th

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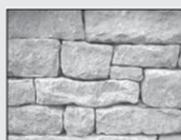
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Mortar Work: Building Cladding, Columns, Piers, Foundations, Chimneys, Tuck Pointing

Fireplaces: Rumfords, Masonry Furnaces, Baker's Oven, Kits/Inserts







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COOPERATIVE ROOTS. ORGANIC FRUITS...OF OUR LABOR.

continued from page 1

offered an opportunity for diverse leadership to represent a broad public interest.

Given the inconvenience of the Armory's upstairs location and continued sales growth, the Co-op enthusiastically relocated to 521 West Water Street, Decorah in 1984. Another big change came about in 1987 when the Board approved a proposal instituting the current membership share system. The proposal called for members to purchase one share of stock valued at \$140 to be paid in full or in annual installments of \$20. This new system replaced the annual membership fee and gave the Co-op a "nest egg" with which to approach lending institutions for capital improvements.

In 1994 the Co-op moved to 415 West Water Street, Decorah. During the 13 years spent there, membership grew from 200 to roughly 2,000; sales grew from \$436,000 to \$2 million/year, and the staff grew in number from 6 to 42. It was at this location that the Co-op was able to more fully realize its mission to provide access to locally-produced food, as the pool of producers grew to meet the increasing demand of Co-op member/owners. Also during these years the Co-op began collaboration with a variety of regional organizations that had come to have similar interest in promoting local sustainable agriculture, such as ISU Extension, the Chamber of Commerce, Luther College, and local commodity producers, as well as the Farmer's Market and Community Supported Agriculture.

In January of 2008 the Co-op moved to its 5th and current location at 312 West Water Street, Decorah. This space is the former location of the Fareway Grocery Store. Imagine – when the Co-op first opened its storefront at Oleville in 1974, Fareway was the biggest grocery store in town, and now it is just enough space for us.

These three-plus decades have seen the Co-op grow from a small buying club of a few like-minded individuals to a large storefront owned by a diverse membership. The store today features Northeast Iowa's largest selection of bulk foods, as well as a wide variety of produce, nutritional supplements, body care items, packaged and frozen foods, and a cafe that will knock your socks off. It also carries local, regional, and globally made fair trade and sustainable gifts and publications.

Oneota Community Food Co-op has had a significant and lasting impact on our local economy and agriculture, thanks to the vision and commitment of thousands of people, including member-owners, board, and staff.

We have some special things planned throughout the coming year. Our logo has undergone an update and will be featured on beautiful commemorative ceramic mugs available for purchase starting this December. We'll also have some branded apparel – including t-shirts and hoodies – available very soon. In January, we'll be kicking off with a celebration that will include cake from the Water Street Cafe, with special invitation being sent to former board members—past and present—to attend. We'll also have old photos on display with the hope that names and stories from moments past can be documented for archival purposes.

This year's annual meeting of the membership, scheduled for Thursday, April 10th, will feature fine foods catered by local Trout River Catering and Ruth Hampton. Following the meal will be the annual meeting proceedings and then the viewing of a documentary (TBD).

In mid-April we'll also host our annual Earth Day Celebration in Water Street Park, featuring the musical talents of Absolute Hoot. The grill will be fired up for fresh grilled burgers, brats, hot dogs, and veggie burgers so make sure to come hungry. We've got some other special ideas in mind for this event too, so don't miss out.

June is a great month to enjoy the outdoors here in Decorah, and what better way than with a great big potluck. Everyone is invited to take part in this community event sponsored by the Oneota Co-op. Date is yet to be determined.

September will feature an outdoor, downtown meal with catering provided by the Co-op's own Water Street Café. Fingers crossed for clear skies and perfect temperatures. After dining al fresco, kick up your heels and let the night unfold to the lively tunes of the Footnotes.

Throughout the year we are planning some special events featuring local and regional chefs and cookbook authors. Chef Kurt Michael Friese, founding leader of Slow Food Iowa, editor-in-chief of "Edible Iowa Magazine," and chef/co-owner of Devotay restaurant in Iowa City, will make a trip to Decorah. Robin Asbell, cookbook author, culinary instructor, speaker, writer, recipe developer and private chef from the Minneapolis area will stop down to impart her cooking expertise to willing class participants, as well as take part in a cookbook signing event held at Dug Road Inn.

Throw in a few M.A.D. sales, Scoop publications and the usual Taste the Local Harvest and Taste of the Holidays events, and we've got a year full of great community fun at the Oneota Co-op. Cheers to the kick-off of forty more years of business in this gem of a town we call home – Decorah.

APPLAUSE FOR THE BOOK –

"AN EVERLASTING MEAL, COOKING WITH ECONOMY AND GRACE"

by Tamar Adler

by Beth Rotto, Cheese and Chill Buyer

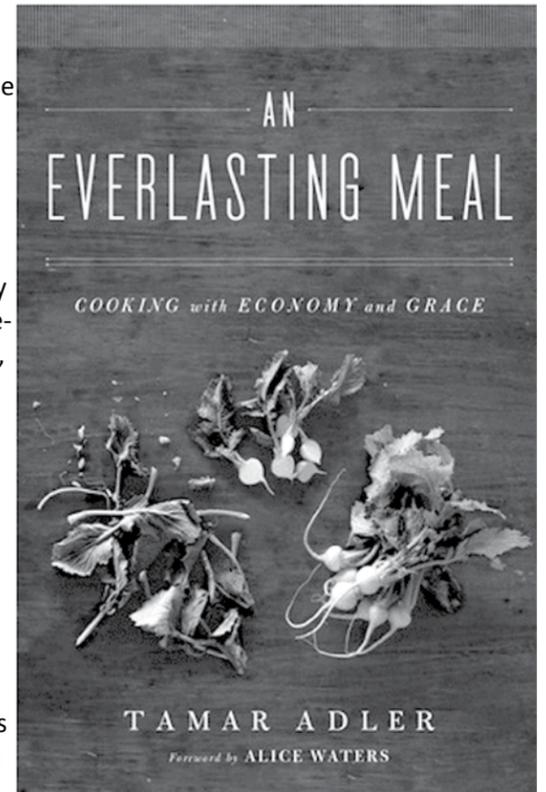
It isn't often that a new food book comes along and transforms my thinking, but here's one that does. "An Everlasting Meal" really delivers what it says in its subtitle "guidelines for cooking with economy and grace." This book offers a lovely approach where everything is used, energy is economized and meals are prepared using ingredients on hand, especially leftovers. Adler says, "The amount of food you have left from a meal is always the perfect amount for something." And later, "I subsist contentedly through the winter on a basic bread soup that's true to the spirit of bread, which is that if you have it, all you need to turn it into a meal is whatever else you have." She gives ideas such as "Mint stems should be soaked in red wine vinegar, creating minty vinegar with which to make minty vinaigrettes" and "rice has a knack for making any small thing you top it with seem like what you're tasting the whole time." It's like you're sitting across the table from her.

With a minimum of equipment ("consider...not filling your kitchen with tools, but becoming, rather, the kind of cook who doesn't need them") and using ingredients often tossed out, beautiful food is prepared to the satisfaction of both cook and diners. Chapters such as "How to Live Well" (discussing beans), "How to have Balance" (talking about bread and cheese), or "How to Light a Room" (using herbs) are packed with ideas but only contain one or two actual recipes in the traditional form. I've started re-reading this book, only this time I'm underlining and writing in the margins.

"An Everlasting Meal" is a book I plan to give to newly-weds, graduates, friends and family who love food and good writing. It's an empowering, practical, integrative and delightful book. Look for it at the Co-op.

FROM THE CHAPTER
"HOW TO BOIL WATER"

"Once your water reaches a boil, salt



it well. The best comparison I can make is to pleasant seawater. The water needs to be this salty whether it's going to have pasta cooked in it or the most tender spring peas. It must be salted until it tastes good because what you're doing isn't just boiling an ingredient, but cooking one thing that tastes good in another, which requires that they both taste like something."

FROM THE CHAPTER
"HOW TO TEACH AN EGG TO FLY"

"Always salt an egg directly. This is something every good egg cook does. Do it when it's hot. It makes all the difference in the world. Also drizzle your eggs lightly with olive oil, even if they're going to get another drizzle when they get put on top of something else. The same salting rule holds for soft-boiled eggs, halved or quartered. Salt each one, especially its yolk."

FROM THE CHAPTER
"HOW TO CATCH YOUR TAIL"

"The bones and shells and peels of things are where a lot of their goodness resides. It's no more or less lamb for being meat or bone; it's no more or less pea for being pea or pod."

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THE ECONOMY: UNDER NEW OWNERSHIP

HOW COOPERATIVES ARE LEADING THE WAY TO EMPOWERED WORKERS AND HEALTHY COMMUNITIES.

continued from page 3

tradition. The 18th century British legal theorist William Blackstone described ownership as the right to “sole and despotic dominion.” This view—the right to control one’s world in order to extract maximum benefit for oneself—is a core legitimating concept for a civilization in which white, property-owning males have claimed dominion over women, other races, laborers, and the earth itself.

In the 20th century, we were schooled to believe there were essentially two economic systems: capitalism (private ownership) and socialism/communism (public ownership). Yet both tended, in practice, to support the concentration of economic power in the hands of the few.

Emerging in our time—in largely disconnected experiments across the globe—are the seeds of a different kind of economy. It, too, is built on a foundation of ownership, but of a unique type. The cooperative economy is a large piece of it. But this economy doesn’t rely on a monoculture of design, the way capitalism does. It’s as rich in diversity as a rainforest is in its plethora of species—with commons ownership, municipal ownership, employee ownership, and others. You could even include open-source models like Wikipedia, owned by no one and managed collectively.

These varieties of alternative ownership have yet to be recognized as a single family, in part because they’ve yet to unite under a common name. We might call them generative, for their aim is to generate conditions where our common life can flourish. Generative design isn’t about dominion. It’s about belonging—a sense of belonging to a common whole.

We see this sensibility in a variety of alternatives gaining ground today. New state laws chartering benefit corporations have passed recently in 12 states, and are in the works in 14 more. Benefit corporations—like Patagonia and Seventh Generation—build into their governing documents a commitment to serve not only stockholders but other stakeholders, including employees, the community, and the environment.

Also spreading are social enterprises, which serve a social mission while still functioning as businesses (many of them owned by nonprofits). Employee-owned firms are gaining ground in Spain, Poland, France, Denmark, and Sweden. Still another model is the mission-controlled corporation, exemplified by foundation-owned companies such as Novo Nordisk and Ikea in northern Europe. While publicly traded, these companies safeguard their social purpose by keeping board control in mission-oriented hands.

If there are more kinds of generative ownership than most of us realize, the scale of activity is also larger than we might suppose—particularly in the cooperative economy. In the United States, more than 130 million

people are members of a co-op or credit union. More Americans hold membership in a co-op than hold shares in the stock market. World-wide, cooperatives have close to a billion members. Among the 300 largest cooperative and mutually owned companies worldwide, total revenues approach \$2 trillion. If these enterprises were a single nation, its economy would be the 9th largest on earth.

Often, these entities are profit making, but they’re not profit maximizing. Alongside more traditional nonprofit and government models, they add a category of private ownership for the common good. Their growth across the globe represents a largely unheralded revolution.

What unites generative designs are the living purposes at their core, and the beneficial outcomes they tend to generate. More research remains to be done, but there is evidence that these models create broad benefits and remain resilient in crisis. We’ve seen this, for example, in the success of the state-owned Bank of North Dakota, which remained strong in the 2008 crisis, even as other banks foundered; this led more than a dozen states to pursue similar models. We’ve seen it in the behavior of credit unions, which tended not to create toxic mortgages, and required few bailouts.

We’ve seen it in the fact that workers at firms with employee stock ownership plans enjoy more than double the defined-benefit retirement assets of comparable employees at other firms. And we’ve seen it in the fact that the Basque region of Spain—home to the massive Mondragon cooperative—has seen substantially lower unemployment than the country as a whole.

Together, these various models might one day form the foundation for a generative economy, where the intent is to meet human needs and create conditions in which life can thrive. Generative ownership aims to do what the butcher, the baker, and the candlestick maker have always done: make a living by serving the community. The profit-maximizing corporation is the real detour in the evolution of ownership, and it’s a relatively recent detour at that.

The resilience of generative design is a key reason that people have often turned to these models in times of crisis. When the Industrial Revolution was forcing many skilled workers into poverty in the 1840s, weavers and artisans banded together to form the Rochdale Society of Equitable Pioneers, the first modern, consumer-owned cooperative, selling food to members who couldn’t otherwise afford it.

During the Great Depression in the United States, the Federal Credit Union Act—ensuring that credit would be available to people of meager means—was intended to help stabilize an imbalanced financial sys-

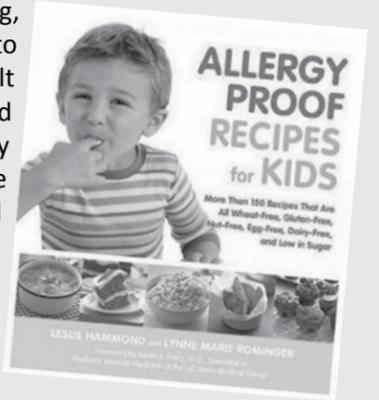
“Allergy Proof Recipes for Kids”

By Lynne Marie Rominger and Leslie Hammond

A Recommendation & Review

Reviewed by Johanna Bergan, Education & Outreach Coordinator

Every day I cook for a family who is gluten, egg, dairy and peanut free. When I first began to cook and bake with these restrictions, I felt restricted, and overwhelmed. I wish I had found this cookbook in the early days. “Allergy Proof Recipes for Kids” includes recipes free of gluten, egg, and nut and low in sugar. All recipes are kid appropriate, yet tasty enough for the entire family to enjoy.



I’m not apt to recommend cookbooks to someone on a new diet—life is overwhelming enough and the cookbooks can be full of uncommon ingredients and complex steps. Allergy cookbooks also tend to be narrowly focused and lack the versatility to provide guidance for every meal. However, this cookbook is an excellent place to start. Now I am comfortable looking at recipes and adjusting them to ingredients I have and adapting old family favorites to our new diet. Looking back at the first few months of a new diet, I appreciate several factors about this particular cookbook.

- Recipes contain a short list of ingredients, easily found. For example, recipes include brown and white rice flour and tapioca starch. In the world of gluten free baking this is simple!
- Over 150 recipes cover breakfast, lunch, dinner, snacks and desserts.
- Simple recipe names and pictures help children make food selections.
- A basic short list of ingredient substitutions is included – nothing overwhelming to those new to this diet.
- Recipes do not call for specialty, name brand, fancy or hard to find products.

Not only does this cookbook have a home in my own kitchen, but also in both of our Grandmas’ kitchen. It helps us all feel comfortable cooking and baking together. If you are new to the world of cooking allergy free or are shopping for a loved one who is, I encourage you to pick up “Allergy Proof Recipes for Kids.”

When you are comfortable cooking and baking for an alternative diet, you will find a world of amazing food out there. I look at our dietary needs as a challenge that broadens our food horizon. Now that I’m comfortable with our needs I don’t have to rely so heavily on cookbook resources. Someday you’ll get to this place too!

tem. Today, credit union assets total more than \$700 billion. In the recent financial crisis, their loan delinquency rates were half those of traditional banks. Since the crisis, credit unions have added more than 1.5 million members. In Argentina in 2001, when a financial meltdown created thousands of bankruptcies and saw many business owners flee, workers—with government support—took over more than 200 firms and ran these empresas recuperadas themselves, and they’re still running them.

Last year, with financial and ecological crises mounting worldwide, the U.N. named 2012 the Year of the Cooperative, and cooperative activity, is advancing around the globe. Cooperatives were largely sidelined during the rise of the industrial age. But current trends indicate that conditions may be ripe for a surge in

cooperative enterprises. As people lose faith in the stock market, feel mounting anger at banks, and distrust high-earning CEOs, there’s growing distaste for the business-as-usual Wall Street model. Meanwhile, the Internet has enabled the expansion of informal cooperation on an unprecedented scale—with the Creative Commons, for example, now encompassing more than 450,000 works. As the speculative, mass-production economy hits limits, cooperatives may be uniquely suited to a post-growth world, for they are active in sectors related to fundamental needs (agriculture, insurance, food, finance, and electricity comprise the top five co-op sectors).

If many of us fail to recognize an emerging ownership shift as a sign of

continued on page 10



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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.

DECEMBER

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

Thursday, December 12, 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 that completes the tour. FREE

Monthly Board Meeting

Tuesday, December 17, 5:30 - 8:00 pm

All members are welcome to attend Board meetings.

Location: Valders Hall, Room 367, Luther College Campus

JANUARY

Dairy Free Refined

Wednesday, January 8, 3:30 - 5:00 pm

Living with lactose intolerance, a dairy allergy or a vegan lifestyle are not excuses to miss out on the world of cheese and ice cream. Good food is at your fingertips. A little time spent in the Co-op classroom will open your eyes. We will be making sour cream, nacho cheese, ricotta and exploring ice creams. Class will offer time to understand recipes and definitely testing out the end results.

Instructor: Johanna Bergan

Location: Oneota Community Co-op Classroom

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

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

Thursday, January 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 that completes the tour. FREE

Feeding the Little Ones: Baby Food Making

Friday, January 10, 5:30 - 7:00 pm

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

Instructor: Johanna Bergan

Location: Oneota Community Co-op Classroom

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

Vegetarianism 101

Monday, January 13, 3:30 - 4:30 pm

If your New Year's resolution includes finding increased energy, weight loss, or starting a healthier diet, this is the class to kick start your success. We're not talking about a few tips and tricks, but about positive and intentional behavior change that brings long term success to our intentions. Join Sonja to discuss the following questions: Why would anyone want to be a vegetarian, really? How does a veg diet actually work? (In practice and in nutrition theory). Is being a vegetarian really a healthy choice for teens? This class time will be interactive and you'll leave with an understanding of how this diet choice works for you and the tools you need to successfully plan in this new way of thinking. We'll also be tasting a variety of vegetarian protein sources. We also recommend this class for those of you who cook or live with a vegetarian, especially parents supporting vegetarian youth.

Instructor: Sonja Arneson-Ecklund

Location: Oneota Community Co-op Classroom

\$12 Co-op Member/Owners, \$15 Community Members

BE'TWEEN COOKING

P'sst, Mom and Dad - it's time to let go of the apron strings!



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

January 7 • January 14 • January 21 • January 28
February 4 • February 11

These classes designed for 4th - 6th grades.

Winter Session (6 classes) is \$72.00 per child.

Held in Oneota Co-op Classroom.

Join us in the Co-op Classroom to explore food through cooking AND eating! Each class will have a theme, lots of fresh fruits and veggies, and time with an experienced instructor offering knife skills and cooking tips. Class participants will work together to create a full meal each evening and then sit and dine together.

Mom and Dad, no need to worry about supper for class participants on these evenings!

JANUARY CON'T.

Happy Birthday Oneota Community Food Co-op!

Friday, January 17, 4:00 - 7:00 pm

It's our 40th year in the business and we've got a lot to celebrate. Join us as we kick off year 40 and enjoy complimentary cake and coffee in the Café seating area. We'll have past and current board members on-hand, as well as a whole host of pictures from our Co-op past. Join us for some spirited socializing and reminisce about the days gone by and get excited about the days ahead.

Location: Oneota Community Co-op

FREE

Condiments from scratch! Quick, Easy and Tastes Good!

Wednesday, January 22, 5:30 - 7:00 pm

Move condiments from the side dish to the center of the meal. A simple way to make your food taste and look great is to have condiments ready in your fridge. Making condiments at home leaves you in control of sugar and salt levels, thus leaving room for pure enjoyment. No worries here about what's 'real' or not, just good food. Come and join us to make mayo, mustard, rubs and more. We'll have condiments to send home with you at the end of class.

Instructor: Johanna Bergan

Location: Oneota Community Co-op Classroom

\$12 Co-op Member/Owners, \$15 Community Members

PQR: CPR for Suicide Prevention, What Every Lay Person Needs to Know

Monday, January 27, 7:00 - 8:00 pm

PQR stands for Question, Persuade and Refer, three steps anyone can learn to help prevent suicide. Just like CPR, PQR is an emergency response to someone in crisis and can save lives. In one hour you can become a gatekeeper and be able to recognize the warning signs of suicide, know how to offer hope and know how to get help and save a life.

Instructor: Johanna Bergan

Location: Oneota Community Co-op Classroom

FREE, Registration Requested



Oneota Co-op Archive Photo

Exploring Foods Classes



Monday Session

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

January 6 - Smoothies	February 3 - Play Dough
January 20 - Hummus	February 10 - Applesauce
January 27 - Salsa & Guacamole	February 24 - Veggie Dippers

Tuesday Session

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

January 7 - Smoothies	January 28 - Play Dough
January 14 - Hummus	February 4 - Applesauce
January 21 - Salsa & Guacamole	February 11 - Veggie Dippers

Classes designed for ages 3-7 years old. Held in Oneota Co-op Classroom. One session (6 classes) \$50 per child. Parental supervision is optional.

Walking School Bus from John Cline and NEIM schools to the Co-op Classroom are available and optional

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

JANUARY CON'T.

Monthly Board Meeting

Tuesday, January 28, 5:30 - 8:00 pm

All members are welcome to attend Board meetings. Location: Valders Hall, Room 367, Luther College Campus

Gluten Free - It's What's for Dinner

Friday, January 31, 5:00 - 6:30 pm

Starting a gluten-free diet is overwhelming. All of a sudden it feels like gluten is all around you and there's nothing left to eat. Join us in the Co-op classroom to spend 90 minutes - gluten-free and loving it! We will focus on finding lunch and dinner options that are gluten-free (with variations for dairy and egg free as well) AND taste good. Learning some subtle shifts in our thinking about preparing meals will help make your new gluten-free diet a reality.

Instructor: Johanna Bergan
Location: Oneota Community Co-op Classroom
\$12 Co-op Member/Owners, \$15 Community Members

FEBRUARY

Lunch In a Jar

Wednesday, February 5, 5:30 - 6:30 pm

How do you make lunch in an environmentally friendly way, incorporating whole grains and vegetables with absolutely no more time in your day? That is the question! Today's class will be the answer. Jar lunches are designed to be made ahead of time, are transported in a versatile, reusable mason jar that costs no more than a dollar and will leave you satisfied from a lunch ready to power your afternoon. Not to mention that lunches in a jar will leave you with envious co-workers and an inside smile for yourself. Everyone in the class will make a "lunch in a jar" to take home and enjoy.

Instructor: Johanna Bergan
Location: Oneota Community Co-op Classroom
\$12 Co-op Member/Owners, \$15 Community Members

FEBRUARY CON'T.

Cooking for the Intolerant

Wednesday, February 6 5:00 - 6:30 pm

Are your family gatherings becoming more complicated due to multiple food sensitivities? Not sure what to make because one person can't have gluten, another eggs, and the next dairy? While enjoying decadent chocolate cupcakes we will explore creative and delicious dishes for those dealing with multiple food sensitivities, particularly focusing on crowd pleasing recipes that are gluten, dairy, and egg free. In addition, we will discuss substitutions for common allergens such as nuts, soy, and corn. Tantalize your taste buds with recipes that are sure to please even the fussiest of your gluten loving friends and discover a world of possibilities you didn't know existed for those having to live without.

Instructor: Amanda Wikan, RD
Location: Oneota Community Co-op Classroom
\$12 Co-op Member/Owners, \$15 Community Members

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

Thursday, February 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 that completes the tour. FREE

Pump Up Your Whole Food Smoothies

Wednesday, February 19, 5:30 - 6:30 pm

Why do we like smoothies so much? For breakfast, meal replacements, snacks and desserts, smoothies seem to be everywhere. Join us to master the smoothie in your own home. We'll try several types of smoothies, each made entirely from whole foods, and discuss variations on a theme. This class is about way more than strawberry yogurt smoothies. All new recipes - in case this is a second smoothie class for you.

Instructor: Johanna Bergan
Location: Oneota Community Co-op Classroom
\$12 Co-op Member/Owners, \$15 Community Members

Foodies Unite! Cooking + Blogging with The Flaming Vegan

Thursday, February 20, 6:00 - 7:30 pm

Come cook up plant-based awesomeness with locally grown blogging platform, "The Flaming Vegan!" We'll create some knock-your-sock-off veggie dishes and talk about the growing opportunities to unite your love of food with dominating the blogosphere. Whether you're vegetarian, vegan, v-curious, or just want to eat more produce, we'll have a blast in this hands-on class where we talk about how to pump up your meals with plant-protein and explore the food blogging phenomenon. Come for the delicious food, including an indulgent from-scratch black bean burger, appetizers, and more!

Instructor: Cerrisa Snethen, of The Flaming Vegan
Location: Oneota Community Co-op Classroom
\$12 Co-op Member/Owners, \$15 Community Members

Monthly Board Meeting

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

All members are welcome to attend Board meetings. Location: Valders Hall, Room 367, Luther College Campus



Oneota Co-op Archive Photo

REGISTRATION INFORMATION

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

Non-members: to register you will need to either pay at the store when you register or give us a credit card number when you call in your registration.

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

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

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

BE'TWEEN COOKING

by Johanna Bergan, Education and Outreach Coordinator

All I can say is thank you to the families who shared their children with me this fall in the Co-op's first Be'Tween Cooking class series for Tween-aged people. When registration rolled in and the list was almost all male (thank you Storme for joining us in the end!) I was surprised. This wasn't the class environment I had envisioned. But it has been a blast.

We have journeyed through soups and stews, noodles and wraps, spring rolls and more. Learning to cut, chop and dice together and discovering the difference between sauté and stir fry, just to mention a few of our adventures. All of us have tried something we thought we might not like and have been pleasantly surprised. On the first day, Rex H. set us up for success, quipping, "If I like it, I like it. If I don't, I don't. But the only way to find out is to try it."

This class series was created to allow creative space in the kitchen for young girls and boys who are capable of understanding the impact of their food choices and mastering knife skills. In our busy lives it can be difficult to carve out additional time to do what we must do each day - eat. However, our children will need to feed themselves for (hopefully) the next 90 years, so equipping them with an understanding of healthy eating and kitchen skills is of vital importance. In Isaac R.'s wise words, "Everything is good as long as you have a knife and food!"

How do we equip this generation so they can live a long and healthy life? I'm not sure I have the answer, but I'm so happy that I could offer these opportunities to spend time in the Co-op kitchen. It's a good start.

How to make kitchen magic happen in your own home:

Offer Choices

None of us like to stick to a "have too" diet. This applies to our children as well. Think of every meal as an opportunity for children to participate and make decisions. Which veggie should we have, carrots or cauliflower? Notice the vegetable isn't an option but which vegetable is an option. Start the choices as early in the process as possible. In the grocery store is perfect, but if whole family grocery shopping doesn't fit in the schedule make the grocery list easily accessible at home. Make sure to say "Yes!" to all of the healthy additions to this list.

Get Involved

Cooking isn't just for mom or dad. The whole family can pitch in or duties can rotate each night. One powerful way to ensure cooking (and learning) happens is to leave your child in charge of dinner once per week. Toast and hot dogs count. Your family may eat noodles with tomato sauce once a week for the next year, but practice and trial and error will win in the end. Before

long the number one spot on the Christmas wish list will be "The Joy of Cooking" and it will be an investment well-made.

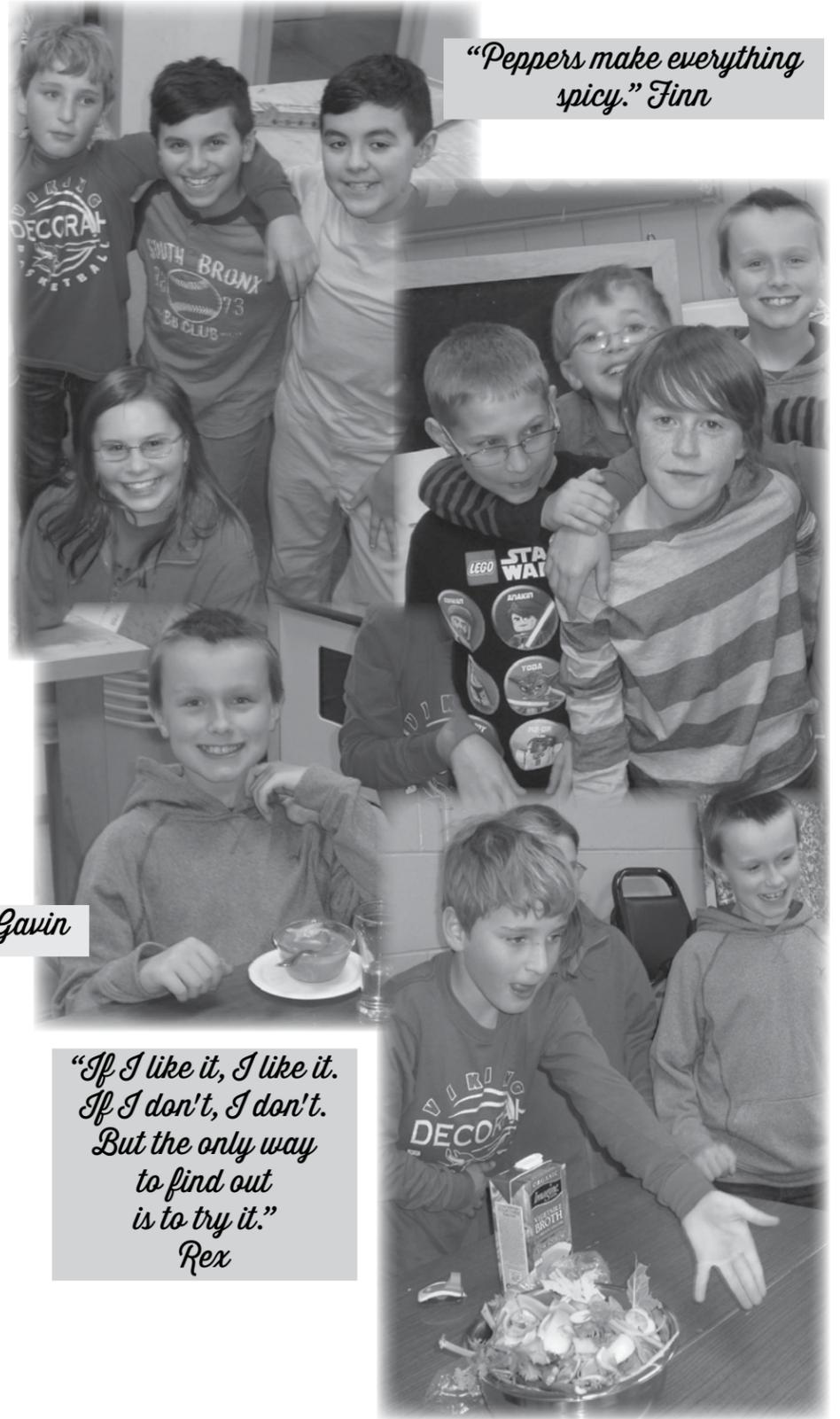
Tasting Rules

This works for some, but not all, families. As a group, decide if everyone has to try one bite of everything or three bites or some variation of this theme. It works best when everyone agrees to the rule and then helps each other stay accountable. Even

dad, who hates olives, has to try them when they are served. Making this an "everybody or nobody" rule helps to make it successful.

Thank you for trusting your inquisitive Tweens with me. Check out the Calendar of Events to sign up for our Spring line up of classes - including more Be'Tween cooking classes. As Jesus said in class, "Why wait? I don't even know the meaning of the word."

"Peppers make everything spicy." Finn



"Pesto is like the glue." Gavin

*"If I like it, I like it.
If I don't, I don't.
But the only way
to find out
is to try it."
Rex*

Customer Comments ★ ★ ★

Customer Question: I'm confused about Organic Valley milk. They have come out with a Grassmilk line. Aren't all their cows supposed to be grass fed?

Response: Organic Valley is a producer co-op that believes pasturing is the cornerstone of an organic dairy. They distinguish between grass-fed and pasture-raised like this:

Pasture-raised animals graze and roam on certified organic pasture whenever weather permits, but they can also receive supplemental grain rations.

100% grass-fed animals receive only fresh pasture and dried forages like hay and mineral supplements but receive no grain or soybean rations. For a complete description of Organic Valley's pasture policy, please refer to their website at <http://www.organicvalley.coop/why-organic/pasture/pasture-policy/>

The new Grassmilk line is the only Organic Valley milk that is non-homogenized. - Beth Rotto - Chill Buyer

Customer Comment: I'm a little concerned that there is a product in the cheese case that has the words "cheese food" on it. (The only product we have with this label is Widmer's Brick Spread.)

Response: We asked Joe Widmer, the master cheesemaker, about this. He replied that if there is a certain percentage of moisture in a cheese product it has to bear the name of "cheese food" rather than just "cheese". The Widmer Brick Spread is a cold pack cheese. Joe says that a cold pack cheese spread is not heat processed, it's just a natural cheese ground up and then enough moisture is added to make it spreadable. A cold pack cheese spread is a higher quality spread than the heat processed type. (The only product we have with the "cheese food" label is Widmer's Brick Spread.) Thanks for your comment. - Beth Rotto - Cheese Buyer

Tai Chi of Decorah



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Oneota Co-op to sponsor 5th annual Oneota Film Festival

The Oneota Film Festival (OFF), now in its fifth season, will be held Friday, February 28 through Sunday March 2, 2014. The mission of the Festival is to address "the issues of our time." Oneota Co-op, which has supported the festival in the past, is again the primary sponsor.

The 2014 Festival expands again with more films, more events, more filmmakers, and more submissions. In addition to screening critically acclaimed independent films, it will feature guest filmmakers and discussion panels that include experts and members of the local community.

This year's Festival, which is bringing award-winning films from around the nation and the world, will for the first time intersect with two other events in Decorah: The Ethnic Arts Festival on Luther College Campus and KDEC's Annual Home Expo held at Decorah High School. The OFF film schedule will allow audiences from all events to attend portions of each. In addition, besides screening films in its major venues on the Luther campus, OFF will screen films at T-Bock's Upstairs throughout the Festival and the Decorah High School on Sunday, March 2.

The intention of the OFF board of directors is to integrate the Festival with downtown businesses and audiences at the Ethnic Arts Festival.

"The Oneota Film Festival board welcomes film suggestions from you," according to OFF Director Erika Kambs. "If you have a film that you would like to see screened at the 2014 Festival, please submit it for consideration online at oneotafilmfestival.org/2014-films/. Suggestions are accepted through January 15, 2014.

To be considered for submission, films must be released in 2012 or after. Selected films are primarily documentaries not widely accessible through Netflix, YouTube or other mass sources.

This year the festival also will feature a set of films produced by area 7th-12th grade students through The Oneota Film Festival Micro Seminar hosted by Arthaus. Instructor Cade Loven, University of Iowa graduate in film and video production, leads the seminar.

The festival also accepts film submissions from independent filmmakers. According to Erika Kambs, filmmakers can submit their films for judging through their website oneotafilmfestival.org. These films are eligible for the "Best of Fest" award.

Judges this year are Andy Hageman, Luther College Assistant Professor of English; Dr. Salma Monani, a professor from Gettysburg College and juror for the Tinai Eco Film Fest; and Hunter Weeks, a nationally known documentary filmmaker whose work has been screened at Oneota Film Festival.

Following the final set of films on Saturday, March 1, audiences are invited to participate in the Filmmakers Reception at T-Bock's Upstairs. Light appetizers showcasing local and organic ingredients by Mattias Kriemelmeyer, Executive Chef at the Water Street Café, will be featured. Cash bar and soft drinks will be available.

"This is sure to be a destination weekend for the Decorah community," Kambs said. To learn more about OFF, how to get involved or to become a member, go online at oneotafilmfestival.org.



The 5th Annual Oneota Film Festival. Fresh films, filmmakers, submissions, panel discussions -- all in conjunction with the Luther Ethnic Arts Festival -- and all the film events are FREE! **Join, renew, sponsor, volunteer...** Make it your own! Coming soon.



Oneota Film Festival

Decorah IA Feb. 28 - Mar. 2

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able one-time-use bags that you find on the roll in the produce section of most grocery stores. The soft, mesh fabric is machine washable and dryable to keep it free from bacterial contamination. Unlike flimsy disposable produce bags, the memory mesh fabric can hold 100 times its weight and can stretch many

BagAgain™ has made it easy for you to go green while shopping in the Produce section of the Oneota Co-op. Though the bright lime green color of the bag makes it noticeable, it is what the bag is made of that makes it a truly special, environmentally friendly product.

Plastic bags are made from petroleum, create environmental waste on our land and in our oceans and often kill sea birds, sea turtles, and other life that either get caught in them or attempt to eat them. Paper bags create their own environmental issues from deforestation to air and water pollution.

BagAgain™ reusable produce bags are made from post-consumer recycled plastic bottles. This re-purposing eliminates a portion of the nearly 2.5 million plastic bottles that contribute to the waste supply each year. Yep, that water bottle you recycled could be turned into a BagAgain™ produce bag. It takes just one bottle to make one BagAgain™ produce bag.

BagAgain™ reusable produce bags are proudly made in the U.S.A. and are intended to replace the dispos-

times larger than its compact size yet remain strong enough to safely transport your produce.

Your produce can be easily washed in the bag and stored in the refrigerator. The mesh fabric lets ethylene gases escape from the bag while protecting your beautiful produce.

BagAgain™ is also great for storing potatoes and onions since the mesh fabric lets air circulate, lessening the chance for sprouting. These bags can also be used for bulk shopping of items like dry beans, fruits, nuts, and seeds that are large enough to not fall through the mesh fabric.

BagAgain™ is committed to helping reduce dependency on petroleum-based disposable plastic bags as well as keeping our environment clean. We encourage you to check out the documentary "Bagit: Is Your Life Too Plastic?" This video, produced by another group whose goal is to educate on plastic bag issues, tells the story in a humorous yet informative way at www.bagitmovie.com. You may never look at a plastic bag in the same way again.

THE ECONOMY: UNDER NEW OWNERSHIP

HOW COOPERATIVES ARE LEADING THE WAY TO EMPOWERED WORKERS AND HEALTHY COMMUNITIES.

continued from page 5

progress, it may be because it arises from an unexpected place—not from government action, or protests in the streets, but from within the structure of our economy itself. Not from the leadership of a charismatic individual, but from the longing in many hearts, the genius of many minds, the effort of many hands to build what we know, instinctively, that we need.

This goes much deeper than legal or financial engineering. It's about a shift in the cultural values that underpin social institutions. History has seen such shifts before—in the values that underlay the monarchy, racism, and sexism. What's weakening today is a different kind of systemic bias. It's capital bias: capital-ism—the belief system that maximizing capital matters more than anything else.

The cooperative economy—and the broader family of generative ownership models—is helping to reawaken an ancient wisdom about living together in community, something largely lost in the spread of capitalism. Economic historian Karl Polanyi describes this in his 1944 work, *The Great Transformation*, tracing the crises of capitalism to the fact that it "disembedded" economic activity from community. Throughout history, he noted, economic activity had been part of a larger social order that included religion, government, families, and the natural world.

The Industrial Revolution upended this. It turned

labor and land into commodities to be "bought and sold, used and destroyed, as if they were simply merchandise," Polanyi wrote. But these were fictitious commodities. They were none other than human beings and the earth itself.

Generative design decommodifies land and labor, putting them again under the control of the community.

It's no accident that the deep redesign of our economy isn't beginning in Washington, D.C. It is rooted in relationships: to the living earth and to one another. The generative economy finds fertile soil for its growth within the human heart. The ownership revolution is part of the "metaphysical reconstruction" that E.F. Schumacher said would be needed to transform our economy. When economic relations are designed in a generative way, they're no longer about sole and despotic dominion. Economic activity is no longer about squeezing every penny from something we imagine that we own. It's about being interwoven with the world around us. It's about a shift from dominion to community.

Marjorie Kelly wrote this article for How Cooperatives Are Driving the New Economy, the Spring 2013 issue of YES! Magazine. Marjorie is a fellow with the Tellus Institute and is director of ownership strategy with Cutting Edge Capital consulting firm. She is author of the new book, Owning Our Future: The Emerging Ownership Revolution. She was co-founder and for 20 years president of Ethics magazine.





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HEALTHY SNACKS AND BIRTHDAY TREATS for school!

We've created a Pinterest Board to inspire families to send healthy snacks and birthday treats to school. Healthy food doesn't mean boring, tasteless or un-fun. In fact, better food choices can be just the opposite.

This Pinterest Board is available for anyone looking for more creative snack options that incorporate lots of fruits, vegetables and whole grains. Help keep all of our children healthy and ready to learn by thinking about what get's sent to school to eat each day!

Not sure about Pinterest?
It's a giant bulletin board online with pictures.
Each picture is a link to more information and the "How-to."

Simply scan this graphic with your smartphone.

Or check out <http://www.pinterest.com/oneotacoop/john-cline-snack-inspirations/>





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Surviving and Thriving in the Darkness

by Gretchen Fox Schempp, Wellness Manager

Ah, winter. We've nearly made it through the season of darkness. From the Autumn equinox when the days light wanes until the glorious Winter solstice when light reenters and the days begin to lengthen in light. It's interesting to me how we seem to cruise through the dark season, barely noticing because we get so busy with harvesting and holidays. Our lives are increasingly busier and more demanding than ever. Most of us will make it through the holidays only to find ourselves, come January, exhausted and bummed out. It seems sometimes that January is the darkest season. This year I am making a conscious effort to go into the new year with the awareness of the LIGHT that is actually growing every day!

Sometimes it helps to have a little support during those cold winter days and night. SAD (Seasonal Affective Disorder) is a type of depression that happens at the same time every year. Often it will start during the autumn months and continue into the winter zapping our energy and potentially making us moody. Some symptoms cited by Mayo Clinic are as follows:

- Depression
- Hopelessness
- Anxiety
- Loss of energy
- Heavy, "leaden" feeling in the arms or legs
- Social withdrawal
- Oversleeping
- Loss of interest in activities you once enjoyed
- Appetite changes, especially a craving for foods high in carbohydrates
- Weight gain
- Difficulty concentrating

Personally, I used to think that this was just how life was. It was part of the ebb and flow of life in the place I'd chosen to live. Though I have always loved the four seasons, inevitably the down feeling of late winter would get the best of me. Often it would make me wonder what was wrong with me. Really, what was wrong was that I didn't have the necessary tools to rise above the cold and dark and make my way back to the light. There are so many things we can do and some supplements we can take to help combat the "winter blues" and even S.A.D. I find that preventative medicine is the best kind, so starting a regimen before January gets here might be just what you need.

Before I get all vitamin-y on you, I just want to say that the best medicine in the world is MOVEMENT! There is not a pill that you can take that will replace good old fresh air and exercise. We live in Iowa. Yes, it will get cold and there will be snow. Physical exercise is proven to reduce anxiety and relieve stress. Being more fit inevitably makes you feel better about yourself. Besides that, it really is beautiful in the woods on a winter day - reveling in the quiet of winter or the sparkling snow in the sun. If you can't wrap your mind around a daily walk in the winter air, consider some form of movement at an indoor facility. We are so fortunate to have so many talented and wonderful fitness instructors in the area, including Pilates and Yoga studios. Sometimes just getting out to a class and connecting with other people can be really supportive to mental health. Often it is these connections that deepen the level of your physical fitness as well.

Light therapy

Outdoor light can help even on cloudy days. Brightening up your living space by opening blinds and trimming branches to allow more light into your home can be very helpful. Sit in a sunny window to soak up some of that glorious sunlight on a winter day. You can even purchase a specialized light therapy box that mimics outdoor light. Light therapy appears to cause a change in brain chemicals linked to mood.



Supplementing

There are quite a few supplements that can be supportive to mental health. For seasonal blues there are a few that I like best.

Vitamin D

Often referred to as the "sunshine vitamin," is getting more press every day for its uses as a potential mood regulator, immune system booster and of course its role in calcium absorption. I take Vitamin D year round but up my dosing as the sun moves further from my location. I take 2000 IU's daily and up that to 5000 IU's in the fall and winter since I work indoors for the majority of my daylight hours.

Omega-3 fatty acids, DHA specifically.

We have a pretty strong community of omega-3 users, I know this just from looking at the great selection we have on our shelves. Our members and customers dominate what is on our shelves and rock the omega-3's. This is great because they are ESSENTIAL - that is why they call them Essential Fatty Acids! EPA and DHA are two components of omega-3s that support our health. EPA generally supports heart and joint health. DHA is more specific to brain health, mood and memory. I began taking DHA years ago one January as my first attempt to come out of my winter slump. I now just like to drink my cod liver oil right from the bottle. (Cod liver oil offers high levels of DHA and EPA per teaspoon.)

Most people associate omega-3s with cardiovascular health, but their benefits go far beyond the heart. The two main omega-3s eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) promote a healthy immune response that is behind the relief of many chronic conditions are often inhibited by poor nutrition.* Extensive research has documented the health benefits of EPA and DHA which include not only a healthy heart, but brain and cognitive function, joint mobility, eye health, pregnancy and lactation, healthy skin and hair, and a normally functioning immune response.* (Nordic Naturals)

B vitamins

The B vitamins, especially folic acid and vitamin B6, have been reported by Dr. Andrew Weil to be helpful in mild depression. (Be aware that B vitamins can increase the efficacy of prescription anti-depressants).

Hopefully your winter season is without the blues. If you can get out and about, try to enjoy all that this beautiful season has to offer.

Products We Love

by Kristin Evenrud, Grocery Manager

Q-Tonic

Founder Jordan Silbert spent four years toiling in his Brooklyn kitchen to create the perfect tonic water. This tonic has 60% fewer calories than conventional tonics and boasts real quinine handpicked from the Peruvian Andes. Q-tonic is a light refreshing beverage all on its own and is an essential ingredient in a mixed drink.



Bequet Confections Caramels

These caramels have been described as a decadent necessity and I totally agree. They are a butter cream caramel with tapioca syrup as the sweetener. We carry 5 of the 11 varieties they make and they are melt in your mouth delicious! Sea Salt, Salt Chocolate, Soft, Salted Mocha & Chipotle. Check out the festive 4oz and 8oz assortment bags available for the Holiday season. These delicious caramels are Kosher and Gluten Free!



Jeff's Naturals

As the fourth generation of the Mazzetta (Mazzetta specialty foods) family, Jeff decided early on in life his passion was in the family business. His unique brand specializes in a line of Mediterranean products free of preservatives, stabilizers, artificial colors, flavors and

sulfites. It's 100% natural. We are proud to carry: Peperoncini (whole and chopped), stuffed olives, Hot Cherry Peppers, Pickled Jalapenos, and Roasted Bell Peppers & Caramelized Onions.



Scaling-up Local Foods—With Integrity

by John Ikerd

The “local food movement” is the latest phase in an ongoing process that hopefully will lead to a new sustainable food system: A food system that is capable of meeting the food needs of the present without diminishing opportunities for the future. Our current industrial food system isn’t meeting the needs of many people today and certainly isn’t leaving equal opportunities for those of the future. Everything of economic value, including our food, ultimately comes from the earth by way of society. If we continue destroying the productivity of nature and the civility of society, there will be no means of meeting the needs of humanity. Thus, a sustainable food system must have ecological, social, and economic integrity.

The local food movement has its roots in the modern organic movement, which began in the U.S. in the 1960s. The movement didn’t move too far beyond the “hippy” communes and small cooperative health food stores until the 1980s. With growing concerns for sustainability, organic food sales grew rapidly during the 1990s and early 2000s, doubling every three to four years. The economic recession of 2008 dropped growth rates to around 10% per year, reaching \$31.5 billion in organic food sales in 2012.¹ While organics still account for less than 5% of total food sales, organic fruits and vegetables now claim more than 12% of their market.

As organic sales grew, economic pressures brought a call for uniform national organic standards, which facilitated organic production on specialized farming operations and distribution through mainstream supermarkets. By 2007, the mainstream supermarkets had taken over 47% of the organic foods market. The large natural food chains, such as Whole Foods and Trader Joe’s accounted for 46%, leaving direct sales at farmers markets and local food coops with just 7% percent of the organic market.² Organic production had become similarly dominated by

large, specialized, “industrial organic farms.”

The local food movement emerged in response to this “industrialization of organics.” As organic production moved to larger farms and into mainstream markets, organic consumers increasingly looked to farmers in their own communities to ensure the ecological and social integrity of their food. The local food movement had begun with roadside stands, farmers markets, and CSAs. New food-related cooperatives have emerged to facilitate the continued growth in local foods. Examples include food buying clubs, local food networks, food box schemes, regional food hubs, and a variety of farmer-owned cooperatives. A 2008 food industry study estimated that sales of local foods had grown from \$4 billion in 2002 to \$5 billion in 2007 and were projected to reach \$11 billion by 2011.³ Local foods have replaced organics as the most dynamic sector of the U.S. food market.

The number of farmers markets in the U.S. increased from 1,755 to 8,144 between 1994 and 2013, increasing more than four-fold in less than 20 years.⁴ Current estimates by the *Local Harvest*⁵ organization indicate there were 2,700 CSAs in the U.S. in 2009, compared with less than 100 in 1990.⁶ The 2007 Census of Agriculture indicated about 12,500 farmers had sold products through CSAs. This reflects the growing number of multi-farm CSAs in which farmers cooperate in order to better serve their customers in rural communities and urban areas.

Multi-farm cooperatives, collaboratives, and alliances with which I am personally familiar include: *GROWN Locally*,⁷ *Idaho’s Bounty*,⁸ *Viroqua Food Coop*,⁹ *Good Natured Family Farms*,¹⁰ and the *Oklahoma Food Cooperative*.¹¹ The Oklahoma Food Cooperative website lists 20 similar cooperatives in other states. So many new local food organizations are springing up it’s impossible to keep track of them. By cooperating, farmers are offering a wide variety of local products



with purchase and delivery options ranging from CSA shares to week-by-week, on-line orders of individual items. All of these organizations, ranging from dozen or so to hundreds of members, allow local customers to connect with local farms and farmers. I believe these innovative organizations could evolve into a new sustainable food system for the future.

To meet the needs of people nationally and globally these local, community-based food cooperatives and alliances will need to “scale-up,” meaning find ways to serve greater numbers of people more efficiently. The most frequently

mentioned advantages of local foods are freshness and flavor, food safety and nutrition, support for local economies, and strengthening the sense of community and “sense of place.”¹² Will it be possible to scale-up without sacrificing food quality or food safety? Will it be possible to scale-up while retaining the economic and social benefits of community and without losing the sense of responsibility to care for a unique “piece of the earth” or place? These are essential aspects of sustainable food systems. The challenge will be to scale-up without compromising ecological, social, and economic integrity.

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The integrity of local food systems will depend on the integrity of personal relationships within local food communities. The sustainability of food freshness, flavor, safety, nutrition, and of economic and social benefits for communities and societies will all depend on sustaining the integrity of relationships among farmers, customers, communities, societies and their relationships with the earth. Relationships of integrity – creating and maintaining them – will be the greatest and most important challenge in transforming the local food movement into a new sustainable food system for the future.

I believe cooperation will be the key to creating a new sustainable food system. Some form of “vertical cooperation” will be needed to create new *parallel* food systems, spanning all levels from farmer to consumer – meaning cooperation among farmers, processors, distributors, and customers, rather than each level competing for maximum advantage. “Horizontal cooperation” within levels will continue to be necessary. Prices at the various levels will be determined through cooperation rather than by competition. Furthermore, prices at all levels in the system must be set so that no one in the system will be forced to degrade the productivity of nature or society to survive economically. Only such systems can sustain long-run economic *integrity*. **Ecological and social integrity must take priority over short-run economic efficiency.** Some compromises may be required of both consumers and producers – food may not be as quick, convenient, or cheap. Competition will be based on variety, quality, and integrity rather than price. However, competition must be kept within the bounds of sustainability.

The *Food Commons* project in California provides the best conceptual blueprint I am aware of for forming and sustaining a vertical food cooperative organization.¹³ The differences between vertical cooperatives and for-profit corporations are clearly reflected in their guiding principles, which include: fairness, sustainability, decentralization, transparency, stewardship, accountability, subsidiarity, reciprocity, and ethics, as well as essential economic principles. Their ultimate success or failure will depend on their ability to create and sustain an organizational culture that reflects these principles, by giving shared ethical and social values priority over profits and growth.

In the process of scaling-up, the integrity of relationships between people and the unique ecological nature of the places where they live must also be ensured. Even as cooperatives or alliances expand regionally, nationally, and globally, they must remain *community-based*. Their first priority must be to use local resources wisely to meet the needs of local communities. Needs that cannot be met locally can be met by trading within and among community-based regional,

national, and global alliances that share common social and ethical values. Inter-community trade can add variety to local diets and local producers can benefit economically from selling surpluses to non-local customers but intercommunity trade cannot be allowed to compromise local food sovereignty or social and ecological integrity.

Over the long run, sustainable regional, national, or global networks of community-based food systems will be able to survive only within the context of larger regional, national, and global cultures that embrace the essential principles of sustainability: Thus, the hope for a new sustainable food system depends on developing a shared ethic of sustainability that transcends all local food cooperatives and cooperative alliances or networks. Thankfully, an organizational culture that is sustained by personal relationships within local, community-based food systems is capable of evolving quite naturally into a cultural imperative of sustainability that permeates the entire food system, economy, and even global society. In fact, that’s the way new cultures have always evolved – out of shared social and ethical values.

The challenge will be to sustain the social and ecological integrity of relationships among individuals within local food systems long enough to create a new food culture. In essence, the hope for developing new sustainable food systems depends on each of us doing our part to sustain relationships of integrity among people within our communities and with nature in our particular “places.” Our ultimate success in creating a new sustainable food system depends on each of us maintaining our personal integrity as our local food systems scale-up – regionally, nationally, and globally.

John Ikerd is Professor Emeritus, University of Missouri, Columbia, MO – USA; Author of, *The Essentials of Economic Sustainability and Sustainable Capitalism*, <http://www.kpbooks.com>, *A Return to Common Sense*, <http://Amazon.com>, *Small Farms are Real Farms*, Acres USA, <http://www.acresusa.com/other/contact.htm>, *Crisis and Opportunity: Sustainability in American Agriculture*, University of Nebraska Press <http://nebraskapress.unl.edu>; and *A Revolution of the Middle and the Pursuit of Happiness*, <http://sites.google.com/site/revolutionofthemiddle/>; Email: JEIkerd@gmail.com; Website: <http://web.missouri.edu/~ikerdj/> or <http://www.johnikerd.com>.

(Endnotes)

- 1 Organic Trade Association, “Consumer-driven U.S. organic market surpasses \$31 billion in 2011,” http://www.organicnewsroom.com/2012/04/us_consumerdriven_organic_mark.html
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- 3 *Packaged Facts*, “Local and Fresh Foods in the U.S.,” May 1, 2007. <http://www.packagedfacts.com/Local-Fresh-Foods-1421831/>.
- 4 USDA Agricultural Marketing Service,



“Farmers Markets and Local Food Marketing,” <http://www.ams.usda.gov/AMSV1.0/ams.fetchTemplateData.do?template=TemplateS&leftNav=WholesaleandFarmersMarkets&page=WFMFarmersMarketGrowth&description=Farmers%20Market%20Growth>.

5 Local Harvest, <http://www.localharvest.org/>

6 Debra Tropp, “Current USDA Research on Local Foods,” USDA, Agricultural Marketing Service, May, 2009, <http://www.ams.usda.gov/AMSV1.0/getfile?dDocName=STELPRDC5077145>.

7 Visit the *Grown Locally* website at <http://www.grownlocally.com>.

8 Visit the *Idaho’s Bounty* website at <http://www.idahosbounty.org/>.

9 Visit *Viroqua Food Cooperative* website at <http://viroquafood.coop/>.

10 Visit *Good Natured Family Farms* at <http://www.goodnaturedfamilyfarms.com/>.

11 Visit the *Oklahoma Food Cooperative* website at <http://www.oklahomafood.coop/>, list of other cooperatives: <http://www.oklahomafood.coop/Display.aspx?cn=otherstates>.

12 Vern Grubinger, “Ten Reasons to Buy Local Foods,” University of Vermont, <http://www.uvm.edu/vtvegandberry/factsheets/buylocal.html>.

13 *The Food Commons: Imagine, Design, and Build* <<http://www.thefoodcommons.org/index.html>>

Products We Love

by Kristin Evenrud, Grocery Manager

Easy Meal Helpers

These easy side and meal helpers are in vogue and are now being made without lots of additives.

Annie’s Skillet Dinners:

Cheeseburger - Pasta Elbows & Real Cheddar Cheese Sauce with Cheeseburger Seasoning, just add beef, turkey or chicken! *No artificial flavors, synthetic colors or preservatives. *Made with 8g Whole Grains. *Cheese from cows NOT treated with the growth hormone, rBST.

Classic Alfredo - Rice Pasta Spirals with Creamy Alfredo Cheese Sauce, just add chicken or tuna. *No artificial flavors, synthetic colors or preservatives. *Gluten Free. *Cheese from cows NOT treated with the growth hormone, rBST.

Cook Simple - Healthy Home Cooking Made Simple

Skillet Lasagna - With Corn & Quinoa Pasta, just add turkey, tomatoes and cheese. *Gluten Free, Parve, contains whole food ingredients with no artificial additives or preservatives

Punjabi Curry - With coconut and brown rice, just add water (or optional coconut milk) and tofu or chicken. *Gluten Free, All Natural, Parve and Non-GMO

White Bean Chili - With chia seeds and bell peppers, just add chicken or turkey. *Gluten Free, Parve, contains whole food ingredients with no artificial additives or preservatives.

TruRoots

Organic Multi Grain Pilafs

Spanish Rice - Made with sprouted lentils, quinoa & brown rice. Experience the deep bold soul of Spain with paprika, garlic, tomato, and traditional herbs and spices. *Gluten Free and Low Sodium.

Coconut Lemongrass - Made with sprouted brown rice, lentils, quinoa and sprouted mung beans. Experience Southeast Asian cooking with home-style ingredients like zesty ginger, aromatic, lemongrass, and creamy coconut milk. *Gluten Free and Low Sodium.

Roasted Garlic - Made with sprouted lentils, quinoa & brown rice. Indulge in the rich deep taste and savory slow cooked garlic and subtle herbs. *Gluten Free and 0 mg Sodium.

Mediterranean Vegetable - Made with sprouted lentils, quinoa & brown rice. Take your senses on a Mediterranean journey with zesty red pepper, orange, garlic, and fragrant herbs. *Gluten Free and Low Sodium.

Curry Rice - Made with sprouted lentils and basmati rice. Celebrate Indian cuisine with ginger, turmeric, cumin and a traditional recipe of aromatic spices. *Gluten Free and Low Sodium.

For Those Who May Be Veg Curious

Vegetarian:

A person who does not eat animal products.

Vegan: A person who does not eat animal or animal by-products.

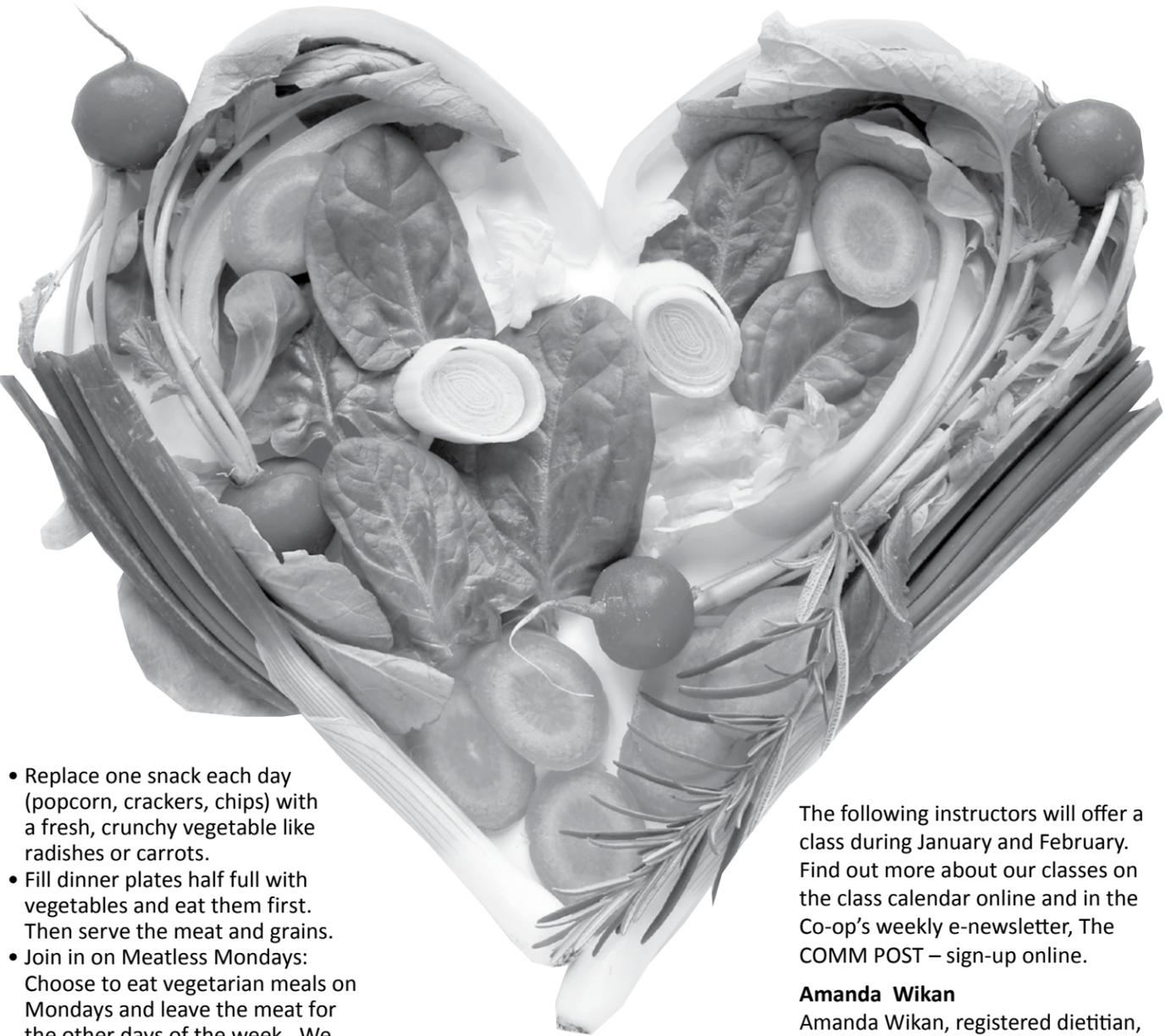
There are so many great health reasons to consider being a vegetable lover. Some of us have such a love of vegetables (and some a disregard, distrust, distaste for meat) that veganism or vegetarianism is a lifestyle choice that is easy to make. Others of us sometimes feel like turning up our nose at the veggies on our plate, and shudder at the idea of relinquishing meat to eat more. Here are some reasons to increase your daily dose of vegetables and some ideas on how to do it – for those of us without an innate vegetable love.

Why Eat Vegetables (And Less Meat and Cheese)

- Take in less saturated fat and cholesterol
- Increase levels of antioxidants, vitamins and minerals
- Reduce risk of obesity and Type 2 diabetes
- Lower risk of heart disease
- Improved BMI and increased chance of maintaining weight loss
- \$\$ savings by replacing expensive meat cuts with budget friendly beans, legumes and more
- Enjoy really tasty food

Tips to Increase Your Daily Intake

- Shop at the Farmers' Markets and the local Co-op for fresh veggies and be willing to try something new. Ask questions when buying a new vegetable, including, "What's your favorite way to prepare this?"



- Replace one snack each day (popcorn, crackers, chips) with a fresh, crunchy vegetable like radishes or carrots.
- Fill dinner plates half full with vegetables and eat them first. Then serve the meat and grains.
- Join in on Meatless Mondays: Choose to eat vegetarian meals on Mondays and leave the meat for the other days of the week. We invite you to dine at our Meatless Monday Hot Bar in the Water Street Café.
- VB6: Mark Bittman's introduction of a vegan diet all day and meat at an evening meal is a popular way to introduce new vegetables.

Our January and February class line-up has been crafted with a focus on helping us all start 2014 out with a bang of fruits and vegetables. Throughout these two months our classroom will be full of vegan and vegetarian options from a variety of

local instructors. Each class will focus on a different "version" of vegetarian diets. We're looking forward to supporting your adventure of healthy eating and a life of energy and happiness.

Maybe you are just VegCurious and wondering if you could keep to a vegetarian diet? Or wondering if you could maintain your nutrition level with this dietary choice? That's good too! We're looking forward to seeing you in the Co-op classroom.

The following instructors will offer a class during January and February. Find out more about our classes on the class calendar online and in the Co-op's weekly e-newsletter, The COMM POST – sign-up online.

Amanda Wikan

Amanda Wikan, registered dietitian, incorporates a food-as-medicine approach to wellness in her private practice, Nourished Life RD, that is guided by nature yet grounded in science.

Cerrisa Snethan

Cerrisa Snethan is the Coordinator of Community and Creativity at The Flaming Vegan. She is a passionate fruit-and-vegetable enthusiast, a Mother, and a lover of all things Decorah.

Johanna Bergan

Johanna is the Education & Outreach Coordinator here at the Co-op. She teaches frequently in our classroom, but the classes nearest to her heart are those that feature vegan food. Food allergies to eggs and dairy coupled with a choice to be Vegetarian means she cooks a vegan meal many times a day.

Sonja Arneson-Ecklund

Sonja is a certified wellness coach, a certified health coach, a yoga instructor, and a highly motivated wellness professional. She has a great love for helping people achieve their health, wellness, and fitness goals through coaching.

"The Flaming Vegan"

Forget New York and Los Angeles for veg culture! The Flaming Vegan is based right here in Decorah! A unique blogging experience, TFV is designed to give a platform to vegetarians, vegans, and the v-curious. Everyone is welcome. Anyone can write. Content is diverse and fantastic. Share not only recipes, but advice, thoughts, or info on health, lifestyle, fashion, beauty, books--you name it! Voting, blogging, and even earning on The Flaming Vegan is easy. Join in on the blogging extravaganza, at theflamingvegan.com.



ENVIRONMENTAL WORKING GROUP

Shopper's Guide to Pesticides in Produce

Dirty Dozen

Buy These Organic - if at all possible

- 1 Apples
 - 2 Celery
 - 3 Cherry Tomatoes
 - 4 Cucumbers
 - 5 Grapes
 - 6 Hot Peppers
 - 7 Nectarines - imported
 - 8 Peaches
 - 9 Potatoes
 - 10 Spinach
 - 11 Strawberries
 - 12 Sweet Bell Peppers
- (plus Summer Squash and Kale/Greens)

Clean Fifteen

Lowest in Pesticides - but organic still better

- 1 Asparagus
- 2 Avocados
- 3 Cabbage
- 4 Cantaloupe
- 5 Sweet Corn
- 6 Eggplant
- 7 Grapefruit
- 8 Kiwi
- 9 Mangos
- 10 Mushrooms
- 11 Onions
- 12 Papayas
- 13 Pineapple
- 14 Sweet peas - frozen
- 15 Sweet Potatoes



Holiday Cheese

by Beth Rotto, Cheese & Chill Buyer

Ordering cheese for the holidays is an exciting and sometimes daunting job. Most of our cheese needed to be ordered weeks and even months ago, so I had to guess what we will want for the holidays and how much to buy. I decided you would want lots! Luckily, Tara and I were able to attend the Classic Provisions Food Show in Minneapolis this fall to meet producers and distributors and taste many, many cheeses. We have new and exciting cheeses coming. Let us know what you think. (And please, if you want a certain cheese, don't wait to pick it up. We are not able to reorder many of our specialty cheeses very quickly.)

Here are just some of the cheeses coming into the store in late 2013:

Marieke's Honey Clover Gouda, Marieke's Fenugreek Gouda (Wisconsin)- Made with an authentic Old World Gouda recipe, including equipment, cultures, herbs and spices all imported from Holland.

Red Barn Edun (Wisconsin)- New Zealand style cheddar made with raw milk and raw cream. This company was started by a vet who saw farms producing such high quality milk that he believed it was a shame to throw it in with the milk making commodity cheese.

Cello Riserva Copper Kettle Parmesan (Wisconsin)- Robust flavor and crunchy texture are the result of brining in natural sea salt and aging until each wheel has reached intense flavor. Made with strict traditional methods.

Carr Valley Caso Bolo (Wisconsin)- Made with sheep, goat and cow's milk and aged 2 years. Award winning!

Sartori Bellevitano Chai (Wisconsin)- Exotic, subtle holiday flavors and winner of 2013 Best New Dairy Product at the International Cheese Awards. This is my #1 recommendation for a holiday cheese plate!

Widmer's Brick Spread (Wisconsin)- Two time Blue Ribbon Award winner made from a blend of Aged Brick and Cheddar Cheese.

Oven Baked 5 year Cheddar (Wisconsin)- Buttery flavored baked cheese, also known as Juustoleipa or Bread Cheese. The baking process forms a tasty crust. This variety is top flavor with 5 year Aged Cheddar featured. Warm and enjoy.

Sartori Shaved Parmesan (Wisconsin)- American's most highly decorated Parmesan in large, lovely shaved pieces. Beautiful and delicious.

Bent River Camembert (Minnesota) **Shepherd's Way Friesago and Shepherd's Hope** (Minnesota)- Sheep's milk cheese made in small batches on this farm near Northfield, Minnesota.



Cypress Grove Assorted Chevre Disks (Sgt. Pepper, Ms. Natural, PsycheDillic, Purple Haze) (California)- Love the names and the flavors!

Fin Briard Grand Marnier (France)- Bloomy rind, raw milk cheese made in France.

Le Roule Cranberry Log (France)- Recognized by its distinctive swirl pattern, this creamy cheese melts in your mouth. Flavored with either herbs and garlic or cranberries (good for dessert or breakfast.)

Petit Billy (France)- Made from goats milk (Billy) and it also comes from the medieval town of Billy in France. What a coincidence! Tangy, light fresh chevre.

Tuxford and Tebbutt Stilton (England)- This famous blue cheese comes from Leicestershire County in England. Tusford and Tebbutt Creamery dates back to 1780! Lots of blue veining..

La Tur (Italy)- Mixed milk cheese that is oh, so rich. Its melty rind oozes over a dense and creamy interior.

Bonrus (Italy)- A distinctive pale orange and bloomy white rind with deep wrinkles. Made from sheep's milk.

Robiola Bosina (Italy)- This looks like a flat, square, little pillow and it contains silky smooth paste with a mild, sweet, milky flavor. From Northern Italian cows' and sheeps' milk.

Pecorino Stagianato Red Pepper (Italy)- Sheeps' milk cheese, this is salty, pale yellow with little red pepper flakes. Beautiful and both sweet and assertive.

Specialties in the Cheese Department:

Devon Cream (Great Britain)- Also called clotted cream. Thick and creamy, it can be spread on scones for a traditional treat.

Creme Brulee- A dessert consisting of a rich custard base topped with a contrasting layer of hard caramel.

Chocolate Covered Figs (Spain)

BT McElrath Truffles- (Minnesota)- Five packs of Berry or Eggnog Truffles in clear boxes.

Daelias Hazelnut Fig Crackers (Ohio)- created to complement cheese.

Daelias Beer Flat Porter Crackers and Beer Flat Pilsner Crackers (Ohio)- Tasty complement for craft beer and cheese. Boxes have a retro look evoking old-time beer labels.

member deals

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 12/04/13 - 12/31/13

* Regular prices subject to change

	SALE Price	Reg Price	Savings
Grocery			
CROWN PRINCE,			
Smoked Oysters with Red Chili Peppers, 3 oz	\$2.69	\$3.39	\$0.70
EQUAL EXCHANGE, Mini Dark Chocolate, .15 oz	\$0.19	\$0.29	\$0.10
Mini Milk Chocolate, .15 oz	\$0.19	\$0.29	\$0.10
HEALTH WARRIOR, Chia Apple Cinnamon Bar, .88 oz	\$1.39	\$1.79	\$0.40
Chia Banana Nut Bar, .88 oz	\$1.39	\$1.79	\$0.40
Chia Coffee Bar, .88 oz	\$1.39	\$1.79	\$0.40
Chia Acai Berry Bar, .88 oz	\$1.39	\$1.79	\$0.40
Chia Coconut Bar, .88 oz	\$1.39	\$1.79	\$0.40
Chia Peanut Butter Bar, .88 oz	\$1.39	\$1.79	\$0.40
PACIFIC FOODS, Chicken Broth, 4pack/8 oz	\$3.39	\$4.49	\$1.10
Vegetable Broth, 4pack/8 oz	\$3.39	\$4.49	\$1.10
FOOD FOR LIFE, Sprouted Whole Grain Flax Bread, 24 oz	\$3.99	\$4.99	\$1.00
Sprouted Ezekiel Bread, 24 oz	\$3.99	\$4.99	\$1.00
Low Salt Ezekiel Bread, 24 oz	\$3.99	\$4.99	\$1.00
JULIE'S ORGANIC ICE CREAM			
Organic Vanilla Ice Cream, 32 oz	\$4.99	\$6.99	\$2.00
Organic Chocolate Ice Cream, 32 oz	\$4.99	\$6.99	\$2.00
Organic Vanilla Ice Cream Sandwich, 6 count	\$3.99	\$5.99	\$2.00
STRAUS FAMILY CREAMERY			
Organic Mint Chocolate Chip Ice Cream, 16 oz	\$3.39	\$4.79	\$1.40
Organic Vanilla Ice Cream, 16 oz	\$3.39	\$4.79	\$1.40
Organic Coffee Ice Cream, 16 oz	\$3.39	\$4.79	\$1.40
Organic Dutch Chocolate Ice Cream, 16 oz	\$3.39	\$4.79	\$1.40
HENRY&LISA, Shrimp, 8 oz	\$7.99	\$9.39	\$1.40
BROWN COW, Greek Blueberry Cream Top Yogurt, 6 oz	\$1.00	\$1.39	\$0.39
Greek Honey Cream Top Yogurt, 6 oz	\$1.00	\$1.39	\$0.39
Greek Maple Cream Top Yogurt, 24 oz	\$3.00	\$3.69	\$0.69
Greek Maple Cream Top Yogurt, 6 oz	\$1.00	\$1.39	\$0.39
Greek Plain Yogurt, 24 oz	\$3.00	\$3.69	\$0.69
Greek Vanilla Cream Top Yogurt, 24 oz	\$1.00	\$1.39	\$0.39
LISANATTI, Rice Cheddar Cheese, 8 oz	\$2.79	\$3.59	\$0.80
Rice Mozzarella Cheese, 8 oz	\$2.79	\$3.99	\$1.20
SO DELICIOUS, Organic Mint Chocolate Coconut Milk, 32 oz	\$2.39	\$2.99	\$0.60
Coconut Milk Nog, 32 oz	\$2.39	\$2.99	\$0.60
WESTBRAE, Original Tempeh, 8 oz	\$1.66	\$2.29	\$0.63
WHITE WAVE, Egg Nog Soy Milk, 32 oz	\$2.19	\$2.99	\$0.80
WESTBRAE, Five Grain Tempeh, 8 oz	\$1.66	\$2.29	\$0.63
Wellness			
ONEOTA, BASIC MULTI 90 CAPS	\$13.99	\$14.59	\$0.60
ONEOTA, BASIC MULTI 60 CAPS	\$9.99	\$10.39	\$0.40
AURA CACIA, BATH FOAM CINNAMON, 2.5oz	\$2.00	\$3.49	\$1.49
BATH FOAM GINGER, 2.5 oz	\$2.00	\$3.49	\$1.49
BATH FOAM LAVENDER, 2.5 oz	\$2.00	\$3.49	\$1.49
BATH FOAM PATCHOULI, 2.5 oz	\$2.00	\$3.49	\$1.49
BATH FOAM TANGERINE, 2.5 oz	\$2.00	\$3.49	\$1.49
BATH MIN EUPHORIA, 2.5 oz	\$2.00	\$3.49	\$1.49
BATH MIN GERANIUM, 2.5 oz	\$2.00	\$3.49	\$1.49
BATH MIN TRANQUILITY, 2.5 oz	\$2.00	\$3.49	\$1.49
BATH SALTS MILK AND OAT CHAMOMILE, 2.5 oz	\$2.00	\$2.99	\$0.99
BATH SALTS MILK AND OAT HELICHRYSUM, 2.5 oz	\$2.00	\$2.99	\$0.99
BATH SALTS MILK AND OAT LAVENDER, 2.5 oz	\$2.00	\$2.99	\$0.99
BUBBLE BATH LAVENDER HARVEST, 13 oz	\$5.49	\$8.99	\$3.50
BUBBLE BATH TRANQUILITY, 13 oz	\$5.49	\$8.99	\$3.50
CHEERING FOAM BATH, 2.5 oz	\$2.00	\$3.49	\$1.49
CLEARING FOAM BATH, 2.5 oz	\$2.00	\$3.49	\$1.49
MIN BATH LAV, 2.5 oz	\$2.00	\$3.49	\$1.49
MIN BATH MEDITAT, 2.5 oz	\$2.00	\$3.49	\$1.49
MIN BATH SOOTH HEAT, 2.5 oz	\$2.00	\$3.49	\$1.49
SOOTHING TOUCH, GIFT SET REST & RELAX	\$14.99	\$15.99	\$1.00
NARAYAN BALM X STRENGTH, 1.5 oz	\$6.99	\$8.99	\$2.00
NARAYAN GEL EXTRA STRENGTH SOOTHING, 2 oz	\$7.69	\$9.99	\$2.30
NARAYAN OIL, 1 oz	\$8.99	\$12.99	\$4.00
BATH SALT EUCALYPTUS HARVEST, 2.5 oz	\$2.00	\$2.49	\$0.49

Sampling in the Aisles

STOP IN AND
try something new!
EVERY FRIDAY from
3:00 TO 5:00 PM



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

Oneota Community Food Co-op Staff

General Manager, David Lester.....	gm@oneotacoop.com
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Financial Manager, Larry Neuzil.....	larry@oneotacoop.com
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Customer Service, general inquiries.....	customerservice@oneotacoop.com

"The Scoop" Newsletter Staff

Editor	Nate Furler
Design/Layout	Zelda Productions, Deb Paulson
Proofing	Cathy Baldner

The Scoop is published quarterly and distributed to 10,000+ residents and members. If you are interested in advertising in The Scoop, please contact Nate Furler at the Co-op - 563.382.4666 or nate@oneotacoop.com.

2013-2014 Co-op Board of Directors

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Gary Hensley, Vice President.....	oneotahensley@gmail.com
Steve McCargar, President.....	oneotamccargar@gmail.com
Brita Nelson.....	oneotanelson@gmail.com
Deneb Woods.....	oneotawoods@gmail.com

Member Volunteers -August/Septmeber/October

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

Gary Hensley	Elizabeth Makarewics	Steffen Mirsky
Steve McCargar	Rita Lyngaas	Lindsey Harman
Anne Dykstra	Brenda Burke	Marti Runyon
Lora Friest	Jerry Skoda	Ellen Rockne
Deneb Woods	Steffen Mirsky	Jerry Aulwes
Mike Bollinger	Clara Kittleson	Shirley Vermace
Brita Nelson	Wendy Stevens	Jake Geis
Barb Dale	Dennis Carter	Steven Nelson
Perry-O Sliwa	Annette Schweinefus	Jim Stevens
Arlyls Adelman	David Kester	Wendy Stevens
Onita Mohr	Christine Gowdy-Jaehnig	Bruce Jordan
Louise Hagen	Carol Bentley-Iverson	Shannon Durbin
Nancy Eldridge	Georgie Klevar	Megan Woodward
Megen Cabele	Cynthia Lantz	Paige Wettach
Randall Duvall	Lyle Otte	Mike Vermace
Becky Ruff	Jim McIntosh	Cynthia Lantz
Shodi Moris	Mwawa Muiruri	Marlene Runyon
Megan Buckingham	Sarah Frydenlund	Marti Runyon
Kris Klennert	Kristin Albertson	Jan Heikes
Jon Hart	Emily Hackman	Lee Zook
Mary Hart	Jerry Skoda	

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

Member/Owner Orientation Tour

2nd Thursday of each month 6:00 pm

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



Senior Citizen Discount Monday

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

Welcome to these new member-owners:

Heather Sage	Brian Nnaoji	Jake Geis
Tristan Petsch-Horvath	Bethany Volz	Aaron Munter
James Downing	Kelly Dawson	Paige Wettach
Kristen Frank	Kurt Firary	Marty Stegen
Glenda Ross	Julia Johnson	Alec Travis
Heather Gamm	Rob Manges	Karen Davison
Judy Grotegut	Heather Finch	Rev. Carl Schmitt
Brad Schultz	Jeremy Thompson	Maria Thompson
Dawn Muhlbaauer	Constance Johnson	Brigitte Cornelius
Esther Bahlmann	Simon McCullough	Shannon Durbin
Allison Bensen	Alison Elwood	Ashley Dress
Ally Cymboluk	Lilja Amundson	Peter Espinosa
Ann M White	Michael Reiter	Michelle Garland
Julie Wurzer	Noel Knight	Colleen Oster
Patty Burkle	Miranda Bushaw Beyer	Megan Strom
Maseeh Ahmed	Jennifer Schmidt	Lauren Anderson
Trevor Seibert	Regi Tysland	Anna Peterson
Pat Brockett	Lydia Andersen	Benjamin Ross
Shane Steele	Emily Larson	

Let us cater to your needs.



fresh . organic . local .

ENTREES

12-15 servings per pan - \$55/pan
Some of our favorites include:
lasagna, meatloaf, salsa verde enchilada pie, and chicken chile enchilada pie and our speciality Swedish Meatballs. Ask the chef for other choices and suggestions.

HOMEMADE SOUPS

\$4.99/lb
Over 50 soups to choose from!
Some of the favorites:
Potato Dill - Hearty Bean & Vegetable - African Peanut - Italian Bean & Squash - Clam Chowder - Red Lentil with Greens & Lime - Spicy Thai Carrot - Mulligatawny - Hungarian Mushroom - Cajun Corn Chowder

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 chef

BOX LUNCHES

Includes a sandwich, pickle, salad and Waving Grains cookie or a piece of organic fruit.
With a Vegetarian or Vegan Sandwich \$7.50
With a Meat Sandwich \$8.50
meat choices include: smoked turkey, roast beef, genoa salami, and ham

EXTRAS

Single serving bag of Kettle Chips - \$1.50
Blue Sky Sodas - \$1.00
Izzie's Sodas - \$1.65
Organic Santa Cruz Soda or Switch Sparkling Juices - \$1.30
Bottle Teas - \$1.60
Coffee by the pot - \$12.50 per pot (includes container rental)
Cookies - \$1.25

SHEETCAKES

Cake flavors: chocolate, vanilla, marble, carrot, apple, banana

Frosting flavors: vanilla buttercream, chocolate buttercream, cream cheese

9x13 - quarter sheet
serves roughly 20 - \$30.00 (1.50 per serving)

12x18 - half sheet
serves 36-48 - \$60.00 (1.66-1.25 per serving)

12x18 cakes can be scored either in 36 or 48 servings. Design is restricted to messages with simple piping. Requests may be taken for more intricate designs, and additional charges may apply. Please allow 5 days advance notice for all cake orders.

Flourless Chocolate Cake \$30.00

This cake stands alone. Four ingredients combined to make the richest, most satisfying chocolate experience. Eggs, chocolate, butter, and coffee. Coffee is optional. Serves 16

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



PANINI

Summer Panino Hours (Apr-Oct)
Monday-Saturday 8:00 am - 7:30 pm
Sunday 10:00 am - 6:00 pm
Winter Panino Hours (Nov-Mar)
Monday-Saturday 8:00 am - 7:30 pm
Sunday 10:00 am - 6:00 pm
In a hurry? Call ahead with your panino order 563-382-4666. We'll have it ready for you to pick up.

California Turkey	6.39
sliced smoked turkey breast, cheddar cheese, fresh avocado, fresh tomato, chipotle mayo served on organic Sourdough bread	
Hot Ham and Swiss	6.39
sliced ham, swiss cheese, honey mustard dressing and mayo served on Pumpermickel Rye bread	
Water Street Tuna	6.39
house-made Tuna salad, fresh tomatoes, cheddar cheese served on organic Sourdough bread	
The Magic Mushroom	6.79
marinated Portabello mushrooms, mozzarella cheese, roasted red peppers, served on local ciabatta bread	
Turkey Mango Madness	6.39
sliced turkey, curried mango mayo, provolone cheese, roasted red peppers, served on Rudi's Sourdough bread	
Turkey Jack	6.39
sliced turkey, cilantro mayo, pepperjack cheese, served on Waving Grains Wheat bread	
Fresh Caprese	6.79
fresh mozzarella, fresh sliced tomatoes, pesto, balsamic vinegar, served on Waving Grains Ciabatta bread	
SW Turkey Tom	6.39
sliced turkey, cilantro mayo, divina tomatoes, cheddar cheese, served on Rudi's Sourdough bread	
Chipotle Beef or Tofu	6.39
sliced roast beef or seasoned tofu, chipotle mayo, grilled green peppers, grilled onions, provolone and cheddar cheese, served on Rudi's Sourdough bread	
BBQ Chicken	6.39
BBQ chicken, sliced red onion, cilantro mayo, pepper jack and provolone cheese, served on Rudi's Sourdough bread	
Italian Lovers	6.79
genoa salami, pepperoncini, divina tomatoes, Italian dressing, mozzarella cheese, served on Waving Grains Ciabatta bread	
Pesto Pantheon	6.79
bacon, mozzarella cheese, fresh sliced tomato, pesto, served on Waving Grains Ciabatta bread	
Grilled PB & Jelly	\$3.99
organic peanut butter, Crofter's organic jelly, Waving Grains Wheat bread	
Kid's Grilled Cheese	\$3.99
cheddar cheese, served on Rudi's Sourdough bread	
1/2 sandwich w/ cup of soup	\$4.79
your choice of half of any panino on the menu along with a cup of your choice of soup	
PANINO OF THE WEEK	\$5.79
New flavors and sandwich concepts as well as old favorites!	



Catering



Specializing in fresh, local, natural and organic food.

312 West Water Street • Decorah
563.382.4666 • www.oneotacoop.com

Summer Store Hours (Apr-Oct)
Monday-Saturday 8:00 am - 8:30 pm
Sunday 10:00 am - 7:00 pm

Winter Store Hours (Nov-Mar)
Monday-Saturday 8:00 am - 8:00 pm
Sunday 10:00 am - 7:00 pm



OPEN HOURS

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.

HOT BAR

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.

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

For a list of upcoming hot bar themes, check out our menu online at www.oneotacoop.com.

SALAD BAR

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).

GRAB-N-GO

Our grab-n-go cooler is always stocked with fresh cold sandwiches, dips, spreads, and salads for anyone in a hurry.

FRESH BAKERY

Our pastry case has an assorted supply of treats made just blocks from the Co-op by local Waving Grains Bakery.



PLATTERS

Domestic Cheese Platter
Shullsburg cheese: Swiss, Smoky Parmesan, Organic Cheddar, Pepperjack
small 12" (serves 20-25) - \$30
large 16" (serves 25-30) - \$45

Vegetable and Dip Platter
Fresh organic veggies with your choice of dips:
Homemade Ranch, Blue Cheese Walnut, Annie's Goddess Dressing or Rstd Red Pepper Hummus.
small 12" (serves 20-25) - \$30
large 16" (serves 25-30) - \$45

Cold Cuts Platter
Sliced turkey, roast beef, ham, salami (no hormones or antibiotics)
small 12" (serves 16-22) - \$40
large 16" (serves 24-30) - \$55

Fruit Platter
An array of colorful fruits for any occasion centered around a crème caramel dip. Organic fruit when possible.
Call for prices - dependent on season and availability
small 12" (serves 20-25) - \$40 estimated
large 16" (serves 25-30) - \$60 estimated

Antipasto Platter
Fresh vegetables, olives, parmesan cheese, marinated artichoke hearts, Prosciutto ham.
small 12" (serves 20-25) - \$40
large 16" (serves 25-30) - \$55

Mediterranean Platter
Olives, hummus, cucumbers, vegetarian dolmas and dates accompanied by whole wheat pita bread wedges.
small 12" (serves 20-25) - \$40
large 16" (serves 25-30) - \$55

Sandwich Platter
Your choice of sandwiches, cut into bite size pieces and arranged beautifully on a 12 or 16 inch platter. small 12" (serves 20-25) - \$35 - choice of 2 sandwiches
large 16" (serves 25-30) - \$55 - choice of 3 sandwiches

BEVERAGES

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.

THE GREEN PLATE

The Green Plate Program was developed as a way to reduce the amount of waste, as a business and community, we produce. Members of the Green Plate Program have the option of using a food take-out container that is washable and reusable. For the minimal cost of one reusable container, repeat Water Street Cafe customers can purchase a take-out container made from BPA-free plastic which can be returned to the Cafe in exchange for a new, clean take-out container. For more information, inquire with the Cafe staff.

GLUTEN SENSITIVITY

At the Water Street Cafe we always have options for individuals with gluten sensitivities. We do not claim to be a gluten-free kitchen because we use wheat flours and gluten-containing products in our kitchen. However, we take precautionary measures to keep our gluten-free foods from cross contaminating with foods containing gluten. We take this responsibility very seriously, and our staff are trained on techniques to avoid contamination.

To identify gluten-free items in our Café, simply look for the orange dot, sticker or label on our products and be assured that we have done our best to keep the item free of any gluten. If you have any specific questions pertaining to how we handle our gluten-free in-house produced foods, ask one of our friendly staff and we will be happy to explain our precautionary methods. As a rule, individuals with extreme sensitivities to gluten should always read the ingredient labels to double check what may appear to be a gluten free food item.

SALADS

Try one of our tasty fresh salads at your next party. Priced per pound

- Salad Selections -
- Apple Cranberry Red Cabbage
 - Chickpea Chermoula
 - Coleslaw
 - Currant Barley
 - Curried Quinoa with Corn and Mushrooms
 - DonDon Noodles
 - Garbanzo Bean Salad
 - Greek Pasta Salad
 - Greek White Bean Salad
 - Indonesian Rice Salad
 - Ionian Potato Salad
 - Lemony Basil Pasta Salad
 - Marinated Beet Salad with Feta
 - Mediterranean Salad
 - Mexican Potato Salad
 - Millet Tabouli
 - Orzo Pasta Salad with Roasted Tomatoes
 - Pasta Primavera Salad with Rice Noodles
 - Quinoa Black Bean Salad
 - Quinoa Feta Salad
 - Quinoa Salad
 - Red Potato and Egg Salad
 - Roasted Yam and Chili Salad
 - Potato Salad with Lime
 - Santa Fe Salad
 - Savory Potato Salad
 - Thai Noodle Salad
 - Three Bean Salad
 - Toasted Sesame Asian Slaw
 - Tzatziki Potato Salad
 - Zorba's Pasta Salad

We are dedicated to using local and organic ingredients when at all possible.



Note:
3 day notice requested for most catering orders
Larger orders or special requests/substitutions could require 7 days
Special Dietary needs? Let's talk! Many of our options are gluten-free, and we can substitute for other requirements.

Serving up local and organic ingredients whenever possible.

Winter Radishes: from humble to fabulous!

by Betsy Peirce, Produce Manager

So why are we talking about radishes in December? Aren't they a spring vegetable?

Winter radishes are a different animal than their relative the spring radish. Harvested in the fall or early winter, they will keep for months in cold storage. It's surprising to customers how big winter radishes are and because of that are often confused with rutabagas or turnips. They are crunchy and pungent, and perhaps a tad milder than their smaller cousins. The Watermelon or Beauty Heart radish has a light green exterior and bright magenta pink interior. It looks and tastes stunning on an hors d'oeuvre tray served with a dab of bright green Gremolata (AKA parsley pesto - see recipe below). Earthy in appearance, the Black Spanish radish is white on the inside and a rugged black on the outside. It is spicier and is more comfortable appearing with a slice of sharp cheddar and a mug of dark beer than at a dinner party. Daikon radishes are also in the "winter" category of radish. White in color and long in length, they are rather impressive in size. Some can grow up to 20 inches in length and 4 inches in diameter! They have been consumed in Asian foods for centuries. In Korea they are fermented into Kim Chi with fish sauce and sugar. They are delightfully crunchy in salads, either grated or sliced. They may also be sprinkled with rice vinegar and salt or sugar for a pickled radish.

Many are surprised that you can actually cook winter radishes. Their hardness makes them hold up better when subjected to heat than tender spring radishes. They have a pleasant toothsome texture when roasted or braised. Mix them with your favorite root vegetables for a colorful mélange and serve over quinoa or couscous and drizzle with a tangy dressing. See recipe below. Soups and stews are also a good fit for winter radishes.

Not only are they beautiful and tasty, they are good for you. Radishes are a cruciferous root vegetable. They are from the Brassica family. Like their cousins broccoli, cabbage and cauliflower they contain a powerful antioxidant called Sulfurophane, which studies have shown to have a proven role fighting against cancer. They are also high in Vitamin C and are low in calories. Radishes contain many phytochemicals like indoles which are detoxifying agents and zeaxanthin, lutein and beta carotene, which are flavonoid antioxidants. Radishes have been consumed for centuries in China and other Asian countries and have been purported to aid in overall health. According to a popular Chinese proverb, "Eating pungent radish and drinking hot tea, let the starved doctors beg on their knees." (source: <http://www.nutrition-and-you.com/radish.html>)

Gremolata (aka - Parsley Pesto)

by Kevin D. Weeks.

Gremolata is a combination of lemon zest, garlic, parsley, and olive oil. Traditionally an addition to Osso Bucco (braised veal shanks), it is also great as a garnish on grilled or roasted lamb, pork chops, beef, and even roasted potatoes. Gremolata is best made fresh, it doesn't keep for more than a day, but is also best if it has an hour or so before serving for the flavors to meld. Fortunately it only takes about 5 minutes to make. Serves 2. Prep Time: 5 minutes Total Time: 5 minutes

Ingredients:

Zest of one large lemon* 1/2 tsp salt
1 large or 2 small cloves garlic; crushed 1/4 tsp ground black pepper
2 Tbsp finely chopped parsley
1 tsp olive oil

Directions:

Thoroughly combine all in ingredients in a small bowl, cover with plastic, and refrigerate for an hour.

*Note: Lemon zest is the outer yellow peel of a lemon. When zesting a lemon, be careful not to include any of the white pith below the skin because it's bitter. You can use a vegetable peeler to cut strips of peel and then finely chop them, but the best tool for the job is a Microplane grater.

<http://cookingfortwo.about.com/od/ingredients/r/gremolata.htm>

Roasted Radishes and Root Vegetables with Rosemary and Mustard

by SallyCan

I like cooking radishes with roasted vegetables because they don't get too sweet. The dressing for this recipe calls for onion seeds, which can be found in an Indian foods market. You could leave them out if you can't find them. Try to find them, though as they've got a rich, nutty flavor. I first bought them to use in Monica Bhide's recipe for Salmon with Kumquat Chutney. She also uses onion seeds in a turnip recipe, which is very Indian in flavor. Since this is paired with rosemary, this dish is more American in character. Serves 2, can be doubled or multiplied

Ingredients:

1 pound mixed radishes and other young root vegetables: radishes (any variety), parsnips, carrots, new potatoes	Kosher salt
1 Tbsp butter, melted	1/2 tsp onion seeds
2 Tbsp olive oil	1/2 tsp mustard seeds
A few good sized sprigs of fresh rosemary, 1 1/2 tsp minced, the rest cut in 2" sprigs	3 Tbsp white wine
	2 Tbsp water
	1 tsp prepared coarse grain mustard
	1/2 tsp kosher salt, or to taste
	Black pepper, to taste

Directions:

Preheat oven to 400 degrees. Scrub radishes and other root vegetables. Peel, if necessary. If your vegetables are small, leave them whole, but if any are really large, cut them into 1, 2, or 3" pieces so that everything is approximately the same size. Mix melted butter and olive oil. Mix 1 T. of butter and olive oil mixture with minced rosemary, and save the remaining olive oil and butter mixture for the dressing. Toss the vegetables with rosemary, butter, and olive oil mixture. Place vegetables, along with 2" rosemary sprigs, on a baking pan and sprinkle lightly with kosher salt. Bake them, turning occasionally, for anywhere between 20 and 40 minutes, until they are soft and have begun to brown, but are not dried out. Remove from oven. While vegetables are cooking, make your dressing. In a small frying pan or saucepan, over medium heat, warm 1 tsp. reserved butter/olive oil for a minute or so, then add onion seeds and mustard seeds. After about 30 seconds, when they begin to pop, add white wine and water. Turn heat to low, and cook until most of the liquid has evaporated. Scrape this, with any liquid and butter/oil still in the pan, into the remaining butter/olive oil mixture. Whisk in prepared mustard. Add salt and pepper, sparingly, to taste, keeping in mind that you've already salted the vegetables. To serve, arrange roasted radishes and other vegetables on a plate and pour dressing over top of them. Garnish with more fresh rosemary, if you like.

<http://food52.com/recipes/6685-roasted-radishes-and-root-vegetables-with-rosemary-and-mustard>

Winter Radish Salad

From the Emily Horton collection

Serves 1

Ingredients:

1 to 2 winter radishes (Spanish black, watermelon, or green meat radishes work especially well)	2 tsp sesame oil
2 tsp brown rice vinegar	Sea salt
	1 tsp sesame seeds, toasted (black sesame seeds look especially striking with Spanish black radishes)

Directions:

Wash, peel, and grate the radishes on the large holes of a box grater. Alternatively, slice the radishes into thin rings with a sharp knife or a mandoline. Put the grated radishes in a bowl and sprinkle with the vinegar. Toss gently, then drizzle with the oil and toss again.

Season with salt to taste. Garnish with the sesame seeds, and serve.

http://www.culinate.com/recipes/collections/Contributors/emily_horton/winter_radish_salad

Japanese Vegetable Stew

Ingredients:

8 cups water	3/4 cup sliced daikon radish
8 tsp brown rice miso	1/2 cup chopped green onion
2 Tbsp toasted sesame oil	1 cup zucchini, cut into pieces
2 large carrots, cut into pieces	3/4 sliced shitake mushrooms
2 cups chopped yams (with peels)	1/2 cup snow peas
	1 1/2 cups sliced Napa cabbage

Directions:

In a large pot, bring water to a boil. Add miso and oil. Stir until miso is totally dissolved. Add carrots, yams, daikon, green onions and shitake mushrooms. Reduce flame and cook 5-7 minutes. Add any remaining vegetables and simmer for another 7-10 minutes. Serve with lemon, if desired.

<http://www.cooks.com/recipe/8a7a86ms/japanese-vegetable-stew.html>



Oneota Co-op Archive Photo

HOLIDAY HOURS

Tuesday, December 24th8:00 am - 4:00 pm

Wednesday, December 25th CLOSED

Tuesday, December 31st.....8:00 am - 4:00 pm

Wednesday, January 1st CLOSED

Water Street Cafe Hours
Tuesday, December 24th
8:00 am - 2:00 pm
Tuesday, December 31st
8:00 am - 2:00 pm

Season's
Greetings



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 differential 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

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

Big Food Crushes Consumer Rights in Washington State

Corporate foes of a genetic labeling measure outspent grassroots supporters by a 3-1 margin.

by Jill Richardson, Organic Consumers Association

When you look at the numbers, how could Washington State's ballot initiative to require the labeling of foods made with genetically engineered ingredients ever stand a chance?

I'm not talking about poll numbers. I'm talking about money.

Just six weeks ago, voters supported the measure by a 3-to-1 margin. But that was before Big Ag bankrolled a barrage of negative and misleading ads.

Shortly before voters got to weigh in on Initiative 522, polls pointed to a tight race but the consumer-friendly measure still looked like it might pass. Shortly before Election Day, the opposition ponied up nearly \$5 million for last-minute ad buys to guarantee a decisive win for Big Food. Corporate America outspent its grassroots foes by a 3-to-1 margin, rapidly skewing public opinion.

Genetic engineering entails inserting genes from one species into the DNA of another species. For example, scientists alter a tomato plant with a fish gene. Nowadays, these newfangled ingredients are in an estimated 60 to 70 percent of foods sold in U.S. supermarkets.

Odds are, unless you only eat organic food, you're eating them yourself. And, if you're like most Americans, you had no idea.

Washington isn't the first state to try to label genetically engineered foods. Connecticut recently adopted a law that's contingent on other nearby states following suit. New Hampshire, Maine, Vermont, and New York have considered it too.

In 61 other countries, companies already comply with laws making this information mandatory.

Big Food defeated a similar measure, Proposition 37, in California last year. Initially, support for that ballot initiative ran 2 to 1 in favor of it.

Then the money arrived.

Deep-pocketed corporations like Monsanto, Coca-Cola, Nestle, and PepsiCo poured millions into convincing Californians that labeling would increase their grocery bills. To prove it, the deceptive companies pointed to a biased study they paid for themselves. They outspent consumer advocates by a 4-to-1 margin.

The final numbers on Washington's labeling measure aren't in yet but it looks like the blizzard of campaign cash worked its voodoo again.

I can't help but feel an overwhelming sadness. A truly grassroots David was crushed by a powerful corporate Goliath.

It's true that much of the \$7.2 million raised to support Washington's labeling measure came from corporations and non-profits, but an awful lot of it came

from individuals too. And many were Washington residents.

Their \$7.2 million barely stood a chance against the \$22 million that flooded the state to defeat the labeling initiative. And guess how much of that money came from actual Washington residents? Merely \$550. The rest came from five major chemical and biotech companies (Monsanto, DuPont, Dow, Bayer, and BASF) and the Grocery Manufacturers Association.

The biotech companies are the ones who make and sell genetically engineered seeds. They don't want you to know that you're eating their products. But it's the Grocery Manufacturers Association that wins the award for the dirtiest trick.

You see, many major food companies sell both conventional and organic or natural brands. Coca-Cola owns Honest Tea and Odwalla. Kellogg owns Kashi and Morningstar Farms. General Mills owns Cascadian Farm. And last year, organic consumers took note of their heavy-handed efforts to defeat labeling in California. They didn't want any bad press this time.

That's where the Grocery Manufacturers Association came in. Pretty much every single major food company in the U.S. secretly kicked in a few thousand — or million — dollars to a special fund. The money went to oppose labeling in Washington, but voters had no way to find out which companies it came from — until Bob Ferguson, the state's Attorney General, cried foul. He called it "the largest amount of money ever concealed in an election."

If this is what our elections have come to, why don't we just save time at the polls?

We could just measure who has the most money, and declare that side the winner. If that doesn't sit well with you, then we obviously need a new way to ensure that the voice of the people won't be drowned out by corporate money.

Jill Richardson is the founder of the blog La Vida Locavore and a member of the Organic Consumers Association policy advisory board. She is the author of Recipe for America: Why Our Food System Is Broken and What We Can Do to Fix It.



A LITTLE EXTRA SPLENDOR IN YOUR GLASS...OR STEIN.

by Nathan Matter, Co-op Wine and Beer Buyer

This holiday season we bring you the opportunity to join with other local wine and beer connoisseurs as we journey around the world with our taste buds. This December we are proud to announce the beginning of the Co-op Wine Club, Beer Club, and Combined Wine & Beer Club.

Each month we'll seek out exceptional producers doing exciting things in the world of wine and beer. We're going to be bringing in some rare and exciting vintages from around the world that are sure to enliven your palate. Allotments will vary from month to month, but club members can expect 1 to 2 bottles of wine or 2 to 3 (large format) bottles of beer per month in each of the respective clubs, or 1 bottle of wine and 1 to 2 bottles of beer in the combined wine & beer version. On oc-

casion, members will receive one bottle of something truly rare and extraordinary. No matter what, expect great value, thoughtfully selected bottles, a surprise accompaniment, and tasting and production notes when you pick up your monthly selection.

Wine selections will focus on great wines from international producers, as well as exciting, lesser-known American wineries. Beer selections will focus on large format bottles from small-batch American craft brewers as well as classic beers from Belgium and Germany. Beer club members can expect some fun, limited-release brews.

If you would like to sign up for the wine, cheese or combined wine/cheese club provided by the Oneota Co-op Wine and Beer department, please email Nathan Matter at nathan.matter@oneotacoop.com or call 563-382-4666.



JOIN THE CLUB



single month
\$30
or
six months
\$150

Sign up to receive

- ★ Wine Club: 1-2 bottles each month
- ★ Beer Club: 2-3 'large format' bottles each month
- ★ Wine & Beer Club: 1 bottle of wine and 1-2 'large format' bottles of beer each month



Themes

December: Festive! Holiday Selections

January: Oregon (Wine) Oregon (Beer)

February: France (Wine) Barrel Aging (Beer)

March: Biodynamic (Wine) Stouts & Porters (Beer)

April: Italy (Wine) Germany (Beer)

May: Austria (Wine) Belgium (Beer)

June: Producer Spotlight: Illahe (Wine) Midwest Craft (Beer)

To sign up

Call Customer Service 563.382.4666
or e-mail nathan.matter@oneotacoop.com

the COMM POST



ONEOTA COMMUNITY FOOD COOPERATIVE
decorah, iowa

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

CO-OP cheese club

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.

THEMES

- December - Festive cheese
- January - Dutch Cheese
- February - French Cheese
- March - Goat Cheese
- April - Italian Cheese
- May - Mixed Milk Cheese
- June - Wisconsin Cheese

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

Sign-up today
563-382-4666



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

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