

SCOOP

ONEOTA
COMMUNITY
FOOD
COOPERATIVE

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

OCTOBER/NOVEMBER 2009 VOL. 35 NO. 6

HOURS: MONDAY-SATURDAY 8:30-8:30 SUNDAY 10:00-7:00

ONEOTA COMMUNITY FOOD CO-OP
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WELCOME BACK TO SCHOOL! COOKING SCHOOL, THAT IS...

It has been a beautiful summer to spend outdoors in our gardens, but now it's time to get back in the kitchen and fix up something tasty with the bounty of the harvest.

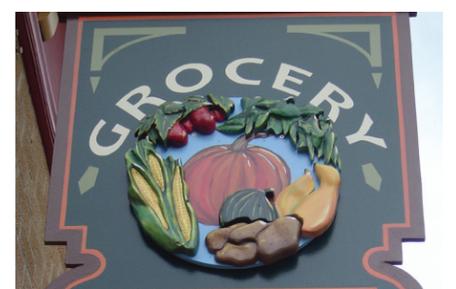
Our October "Back to Cooking School" schedule includes a wide range of foods and flavors as well as a diverse group of talented guest chefs from inside the Co-op and from area restaurants and kitchens. We are offering classes that reflect current culinary trends with an emphasis on local and seasonal foods. Sign up for fresh takes on old favorites (a beginner's guide to lefse making) to more elaborate recipes (Spanish Tapas). And we've got kids classes for the next generation of chefs and home cooks.

We're also excited to formally unveil the OCC: Oneota Cooking Classroom! Formerly known as the Meeting Room, the Cooking Classroom has been repainted, an all natural cork floor installed as well as a countertop island and a stove. We want the space to be inviting and make it easy to learn and cook together.

*Put on your aprons and your chef toques
and join us in October for
fun and fresh cooking classes!*



LOVE THAT SIGN!



TASTE OF THE HOLIDAYS - THURSDAY, NOVEMBER 5TH, 5:30-7:30 PM

Celebrate the holiday season early by joining us for "Taste of the Holidays!"

On Thursday, November 5th from 5:30 to 7:30 pm you are invited to attend a FULL HOLIDAY MEAL—from appetizers through dessert—prepared by our Deli staff. For a suggested minimum donation of \$10 per person, you can sample a tentative menu of:

- sparkling, white and red wines
 - organic crudités and seasonal fruit
 - cheese and cracker platters
 - free range turkey
 - spiral cut ham
 - stuffing
 - baked squash, green beans almondine
 - mashed potatoes & gravy
 - a delicious vegetarian option
 - Waving Grains rolls
 - holiday desserts: pumpkin and pecan pie and ice cream...and more!
- Get into the spirit with local live

music in Windows on Water and throughout the store. In addition there might be a special visit by a certain jolly old elf...

This is a semi-formal event, a chance to wear something that is tastefully elegant.

Donations support the area food banks: Decorah Lutheran, First Lutheran, Northeast Iowa Community Action, and Greater Area Pantry (GAP). They will be represented at a table near the front door where you can make a donation and learn more about their services.

Please sign up at customer service for one of four seatings: 5:30, 6:00, 6:30, 7:00. Space is limited.

The registers will be open while we celebrate so you can still shop.



CHEESE NOTEBOOK FROM THE OLYMPIC PENINSULA

by: beth hoven rotto

Recently, I was lucky enough to visit family and friends who helped me experience the local specialties being produced around Port Townsend, Washington. Two folks I visited were former Co-op employees, Leigh Wheaton and Aimee Ringle. Both are working in innovative market gardens, living and cooking in large tents, and learning lots! Leigh was cooking when we arrived, so we happened to get in on a taste of her Roasted Herbed Potatoes. (See the recipe below.)

As if meeting two old friends from Decorah wasn't enough, I was so surprised when I literally ran into former grocery stocker Emily Hackman, who had just moved to Port Townsend as well. I'm including a photo of all of us together, and I bring greetings to you from all three.

As Cheese Buyer for the Co-op, of course, I had to try as many of the local cheese specialties as I could. I found what I needed at The Food Co-op in Port Townsend and the Nordland General Store. There I purchased cheese made on Marrowstone Island, in the mountains and in Seattle. We also made daily trips to the neighborhood produce stand to pick out large dahlias for 25 cents a stem and see what was needed to fill out our evening menu.

We stayed with my sister and her family who worked and played like crazy all day, then produced incredible meals each night. They made pasta from scratch, homemade tortillas, and served luscious blackberries picked in the nearby woods. You are in luck. I've included Maren's recipe for lasagne and the Dale family recipe for tortillas.

If I was a little jealous of the lives of the people I visited out there, I was delighted to return to the utterly impressive Dig-In event right

here in Winneshiek County. We are so lucky to have many dedicated growers and producers and people leading the way to greater food resource and energy efficiency, conservation and sustainability. Among other things, it was great to visit the places where some of the food I buy at the Co-op is produced! I'd like to thank everyone who was involved in this uplifting event.

If you found time to make it to the Co-op during Dig-In weekend, you saw Rufus Musser from Milton Creamery (located in southern Iowa) here sampling his award winning cheeses. These are wildly popular with many Oneota Co-op staff and customers, and I'm sure they will put Iowa on the world cheese map.

The milk for Milton Creamery's Prairie Rose and Prairie Breeze is produced on neighboring Amish family farms where the herds are small and the cows are milked by hand. The cows are allowed to graze on pasture in season and are cared for on an individual basis. Prairie Breeze is a sweet continental cheddar style cheese and is aged a minimum of four months. It has a crumbly texture and pleasant sharpness. Prairie Rose is considered Milton Creamery's premier cheese and for good reason. It is a washed rind Alpine style cheese that has a velvety texture and a complex flavor. No rBST is used in any of the Milton cheeses.

Even closer to home, we have a new regional cheese from a creamery that just began production this year. Yellow River Farmstead Dairy located in Monona, Iowa is making a farmstead-style feta goat cheese formed into small logs. This family owned creamery has developed a unique feta which comes in plain, smoked, dill or pepper. Please stop by the cheese case and give it a try!



Beth Hoven Rotto with Leigh, Emily, & Aimee

Dale Family Tortillas

Maren says, "We use this recipe because it is made with olive oil and tastes delicious."

Use these tortillas for any Mexican style meal. I love to grate almost any cheese, place on one half of the tortilla, fold it over and warm on an un-oiled griddle until golden brown.

3 1/2 c. all-purpose, unbleached flour
1/2 c. whole wheat flour
1 1/4 c. warm water
1/4 c. olive oil

Mix all ingredients into a shiny dough. Divide into approximately 15 pieces and form balls.

Use rolling pin to flatten into thin round pancakes.

Heat a frying pan on high heat. Do not add oil.

Stretch tortilla with your hand if needed. Place on heat for about 1 minute on each side. Turn heat down after first tortilla. Stack on plate and cover with towel to keep warm.

Maren's Black Bean and Salsa Lasagna

Maren says, "This lasagna only takes 15 min. to assemble since there is nothing to sauté, and the noodles are not precooked."

2 14 oz. cans chopped tomatoes with juice
1 8 oz. can tomato sauce
12 lasagna noodles
15 oz. ricotta
12 oz. shredded mozzarella
1 c. grated parmesan cheese
15 oz. can black beans, drained
1 14 oz. jar medium salsa

Combine tomatoes, tomato sauce, salt and pepper in a large bowl.

Brush a 9" x 13" pan with olive oil.

Place half of tomato mixture on bottom of pan. Top with 4 lasagna noodles to cover pan. Top with half of the ricotta cheese, half of mozzarella, half of parmesan, half of black beans and 4 lasagna noodles.

Continuing in layers, top with remaining tomato mixture, ricotta, black beans and noodles. End with the salsa, remaining parmesan and mozzarella.

Cover tightly with foil. Bake at 350 degrees for about 1 hour.

Roasted Herbed Potatoes

Leigh told me: "We use only the vegetables we grow, and we only purchase the local cheese from Port Townsend." In the same spirit, I suggest trying this recipe with local potatoes and your favorite local cheese, perhaps a firm, organic cheese from Cedar Grove.

Ingredients:

As many fresh potatoes as you need
A fresh sprig of rosemary
Olive oil
Shredded cheese
Salt and pepper

Preheat oven to 400 degrees. Cube potatoes. Put into pot and add water until potatoes are barely covered with liquid. Add two pinches of salt to water. Bring water to just below a boil. Immediately drain water from potatoes and rinse with cold water. Toss potatoes with olive oil and chopped fresh rosemary. Spread potatoes onto pan for roasting. Roast potatoes for 40 minutes or until golden brown. Remove potatoes from oven and turn off oven. Sprinkle on cheese and put into oven for an extra minute to melt cheese. Add salt and pepper to taste.

Senior Citizen Discount Monday!

Every Monday the Co-op gives a 5% discount at the register to **members** who qualify as seniors. We like to call it the "Experienced Discount!"

OUR MISSION IS TO PROVIDE OUR MEMBER-OWNERS WITH:

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

CO-OP BOARD OF DIRECTORS, 2009-2010

To send a message to all board members, write: board@oneotacoop.com

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EditorTroy Bond
 Design/Layout..... Nate Furler
 The Oneota Community Co-op Scoop is published every other month and distributed to 9,000+ 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

WHY JOIN THE CO-OP?

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

Member-ownership

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

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

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

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

THE STATEMENT ON THE COOPERATIVE IDENTITY

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

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

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

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



WELCOME

to these new member-owners & their households!

Janet Anderson	Casey Evanson	Yasamin Mesbah
Jaye Anderson-	James Flaskerud	Dan Ness
Jacobson	Blane Friest	Jacob Otte
Kristi Armour	Adam Frye	Bernie Pecinovsky
Candace Arp	Christopher Garcia-	Gretchen Peters
William Becvar	Prats	Kristin Peterson
Ashley Beek	Melanie Grangaard	Justin Ratzlaff
Idaeth Behar	Mary Gulbranson	Daphne Roberts
Karen Bement	Ryan Hammell	Riley Samuelson
Nicole Benzing	David Hecht	Mya Scarlato
Jordan Burkhart	Mary Helzer	Donna Scholtes
Baily Cahlander	Brad Hernandez	Edith Searles
Flannery Cerbin	Rosalyn Hurley	Craig Sexton
Laura Christensen	Greg Jesson	Janet Sladky
Marie Conway	Darlene Jones	Samantha Sojka
John Dambek	Don Jones	Anna Stamat
Dalores Donlan	James McNally	Dixie Starks
Kjersti Ehrie	Adam Landa	Mary Wagner
Gladys Elsbernd	Beth Larson	Dalen Wanless
Kelly Elsbernd	Kimberly Larson	Kathy Wicks
Lynda Erickson	Scott Lewis	Stephen Zbornik

WORKING-MEMBERS

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

Arlyls Adelman	Christine Gowdy-	Allen & Ellen
Jerry Aulwes	Jaehnig	Macdonald
Suzanne Berg	Joann Hagen	Miranda Quandahl
Clara Bergan	Mary Hart	Kent Simmonds
Johanna Bergan	Jan Heikes	Lynne Sootheran
Rachel Breitenbach-	Toast Houdek	Perry-O & David Sliwa
Dirks	Dane Huinker	Linda Skoda
Pat Brockett	Kelly Jackson	Carol Tack
Brenda Burke	Barrett Kepfield	Mark Wilharm
Dennis Carter	Pam & Dave Kester	Lee Zook
Barb Dale	Laurie Kilarski	Joel Zook
Allison Dwyer	Terry Landsgaard	
Kjersti Ejrie	Roy Macal	

If you are interested in learning about the working member program at the Co-op, please contact us. We would love to have you on board!
 If you were a working member in August or September and you didn't get listed, accept our apologies, and please let us know so you can get credited for your efforts.

Wellness Wednesday!

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

BOARD OF DIRECTORS SEEKS INTERESTED CANDIDATES

by: steve peterson

Last year was difficult. However, after some hard times, the Oneota Community Co-op is seeing a steady turnaround. Our sales are up, even in a tough economic climate, our expenses are controlled, and there are many, many new faces shopping at the store. The Board of Directors has heard weekly from new members and new shoppers who are discovering the store for the first time. These new folks are IMPRESSED with the good food and our commitment to local, organic, and fair trade items. Visitors to town often tell us, "I can't believe Decorah is lucky enough to have a store like the Co-op!"

The Board of Directors seeks interested member-owners to serve on the Board to help ensure a good future for the store. In the upcoming year there are three (3) positions that will be open for candidates to fill. Each position is for a three-year term.

Board member candidates should possess the following characteristics:

- Dedication to the cooperative, its member-owners, and its mission;
- A propensity to think in terms of systems and context;

- Honesty, with independent judgment, courage and good faith;
- An eagerness to deal with values, vision and the long term;
- A willingness to abide by board decisions and the intent of established policies;
- The ability to operate in a group decision-making environment, to share power in group process;
- A willingness to delegate areas of decision-making to others and hold them accountable for results, while not unduly interfering in methods;
- A willingness to learn and work within a policy governance model;
- Access to a computer for file sharing and data management;
- The ability to attend monthly board meetings, and to devote time to committee work.

In a nutshell, the process runs like this:

- Candidates are recruited or present themselves as interested in being a board member. They fill out an application. (Board candidate packets are at the front desk, or call a board member for information.)
- The Directors interview candidates for possible nomination.

• Candidates who are not Board nominated can choose to run through a self-nomination process. (More on that in another month or two.)

- Candidates participate in a candidate forum.
- Ballots are mailed to members.
- Ballots are counted.
- Results are reported at the General Membership meeting on April 1st.

As the year goes by, the Board of Directors will publish more informa-

tion about important dates, and how the election process will run this year. In the meantime, please refer to the table of election related activities and deadlines so you'll know what's up.

Members of the Board recruitment committee are Co-op members Lyle Otte, Paul Bauhs, Janelle Pavlovec, and Lorado Adelman; Board members are Georgie Klevar, Joan Leuenberger and Steve Peterson.

Election Related Activities and Dealines

Activity	Deadline
Candidate recruitment / self-nomination	Ongoing
Candidate statements due (If one wishes to be considered for board nomination.)	December 28
Board interviews candidates	Early January
Board nomination	January board meeting
Board Candidate Statements published	January Scoop
Final deadline for getting name on ballot through self-nomination procedure	February 10
Candidate forum	Soon after February 10
Ballots and candidate statements mailed to members	March 1
Final day to vote	March 30
Ballots counted	March 31
Results announced	April General membership meeting April 1
New board members start	First board meeting after the general meeting (probably April)

MEMBER IN GOOD STANDING

by: oneota co-op board of directors

At the August Board meeting, the Board voted on the following procedure to go into effect on November 1st of this year:

Member / owners are the foundation of Oneota Community Co-op and purchase of a share brings advantages and responsibilities. Our bylaws require that member rights—voting in elections, discounts, etc.—apply to members who are in "good standing," yet what constitutes this status is not clearly stated in the bylaws. It has been further muddled by changing interpretations at the store and Board level. It is the Board's responsibility to clarify what constitutes a "member in good standing."

Therefore, in fairness to all the people who are either paid in full, or paying regularly, the Board sets the following procedures to ensure that our member rolls reflect members

who are in good standing and to provide a method for members whose membership has lapsed to regain good standing status. For lapsed members, the procedure would be the following:

For two months after their anniversary date, store cashiers will remind members that their payment is due as they come to make purchases at the store.

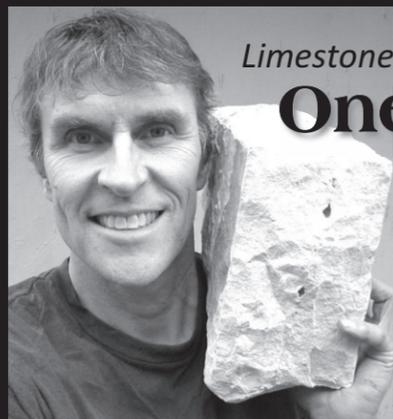
After two months, a postcard will automatically be sent to all lapsed members stating that in thirty days their status will no longer be in good standing, and it will tell them how to remedy that situation.

Thirty days after the postcard is sent—three months after the anniversary date—the Co-op will remove member privileges from members who are not in good standing, including voting and discounts

If members wish to pay their membership after three months, they are welcome to do that. A \$5.00 administrative fee will be added to the payment fee. Those who have missed more than a year must make their payments current, meaning that the missing year(s) must be paid as well as the current year plus the administration fee of \$5.00.

COMM POST

To sign up for our weekly email blast about Co-op news, events, sales, and deli menu, please email nate@oneotacoop.com to be added to our list.



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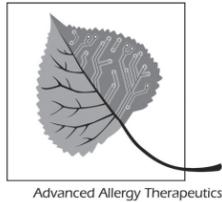
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CO-OP EVENTS & CLASSES

OCTOBER

Co-op Potluck

Thursday, October 1, 6:30 pm at Good Shepherd Lutheran Church
Come enjoy a meal in community at the Co-op Potluck. This is a very informal event; you need only bring some food to share, table service, and a beverage if you desire it.



Class: Healthy School Lunches for Parents & Kids

with Rachel Sandhorst & Johanna Bergan

Saturday, October 3, 10:30 am - 12:00 pm

@ downstairs Co-op Cooking Classroom

Forget the cafeteria. Learn how to create a lunch too good to trade. Yummy for you, and so healthy your mom won't say no! Rachel and Johanna help you explore the Co-op to make lunch.

Cost: \$3 members; \$5 non-members

Class Size: 6 minimum; 16 maximum

Class: Introduction to Pan Sauces

with Chef Mattias

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

@ downstairs Co-op Cooking Classroom

Chef Mattias will create two dishes with meat and show how easy it is to make gourmet pan sauces. He will also talk about some basic principles of sauce making.

Cost: \$12 members; \$14 non-members

Class Size: 6 minimum; 16 maximum

Class: Fiber - Taking the Rough out of Roughage

with Clayton Summit and Karina Klug

Thursday, October 8, 6:30 - 8:00 pm

@ downstairs Co-op Classroom

Explore how fiber may effect the human body, from digestion to cardiovascular health. Many people use fiber to help maintain and establish good digestion and a healthy cardiovascular system. This class will look at ways to get fiber from food as well as dietary supplements.

Cost: \$3 members; \$5 non-members

Class Size: 6 minimum; 16 maximum

Class: Lefse Making 101

with Troy Bond

Wednesday, October 14, 6:00 - 7:30 pm

@ downstairs Co-op Cooking Classroom

A beginners guide to making the traditional Norwegian potato flatbread. Learn a basic recipe and practice rolling out and cooking this delicate treat. We'll fill the lefse with different ingredients. Beer and wine pairings by Barrett.

Cost: \$12 members; \$14 non-members

Class Size: 6 minimum; 16 maximum

Class: Sweet and Spicy Kale Salad

with Kristin Evenrud

Thursday, October 15, 5:00 - 6:30 pm

@ downstairs Co-op Cooking Classroom

Join Kristin Evenrud of the Oneota Deli as she shows you how to make this simply elegant salad. This salad is also being introduced into the deli. Look for it on the salad bar and grab-n-go in the months to come!

Cost: \$6 members; \$8 non-members

Class Size: 6 minimum; 16 maximum

Class: Information and Cooking for Candida

with Joan Oakes & Bruce Jordan

Thursday, October 15, 6:00 - 8:00 pm

@ downstairs Co-op Cooking Classroom

Come and learn about a basic Candida diet. We'll be making homemade mayonnaise, discussing the difficulties involved in cooking for a Candida diet, and taking a tour of the Co-op that will highlight foods safe for people with Candida diet restrictions.

Cost: \$6 members; \$8 non-members

Class Size: 6 minimum; 16 maximum

Class: Basics of Pressure Cooking

with Beth Hoven Rotto

Monday, October 19, 6:30 - 8:00 pm

@ downstairs Co-op Cooking Classroom

The new generation of pressure cookers make preparing grains, dried beans and slow cooking vegetables, stews, and even steamed breads/desserts a breeze. Beth Rotto will show you how to use a pressure cooker to prepare foods the quick and easy way. Each class participant will receive recipes and a coupon for \$50 off any in-stock Rikon-Kuhn pressure cooker.

Cost: \$3 members; \$5 non-members

Class Size: 6 minimum; 16 maximum

Class: Traditional Spanish Tapas

with Chef Justin Scardina of Magpie Coffeehouse

Tuesday, October 20, 6:00 - 8:00 pm

@ downstairs Co-op Cooking Classroom

In the Mediterranean diet it is typical to begin the food with succulent starters to open up the appetite. Either in complete portions or in half rations - the famous "tapas" - appetizers are usually served before the food.

Cost: \$12 members; \$14 non-members

Class Size: 6 minimum; 16 maximum

Class: Gourmet Desserts

with Chef Mattias Kriemelmeyer

Wednesday, October 21, 6:00 - 8:00 pm

@ downstairs Co-op Cooking Classroom

Chef Mattias introduces some of his favorite gourmet sweets.

Cost: \$12 members; \$14 non-members

Class Size: 6 minimum; 16 maximum

Class: Easy College Cooking

with Johanna Bergan

Thursday, October 22, 6:00 - 8:00 pm

@ downstairs Co-op Cooking Classroom

Good food on a budget. Simple recipes that you can make with limited skills, money, and equipment!

Cost: \$8 members; \$10 non-members

Class Size: 6 minimum; 16 maximum

Class: Halloween Treat Making

with Jase Grimm

Friday, October 23, 6:00 - 8:00 pm

@ downstairs Co-op Cooking Classroom

Join Jase in the cooking classroom and have fun making orange marshmallows and chocolate beetle puffs! Children under 15 must be accompanied by an adult.

Cost: \$12 members; \$14 non-members

Class Size: 6 minimum; 16 maximum

Class: Mozzarella Making with Chef Casey

with Chef Casey Henderson

Monday, October 26, 6:00 - 8:00 pm

@ downstairs Co-op Cooking Classroom

Learn how to make fresh Mozzarella with Chef Casey from the Co-op Deli. Starting with whole milk curd and ending with a beautiful bocconcini that you can make right in the comfort of your own kitchen! Wine pairings included.

Cost: \$12 members; \$14 non-members

Class Size: 6 minimum; 16 maximum

Class: Traditional Spanish Tapas

with Chef Justin Scardina of Magpie Coffeehouse

Tuesday, October 27, 6:00 - 8:00 pm

@ downstairs Co-op Cooking Classroom

In the Mediterranean diet it is typical to begin the food with succulent starters to open up the appetite. Either in complete portions or in half rations - the famous "tapas" - appetizers are usually served before the food.

Cost: \$12 members; \$14 non-members

Class Size: 6 minimum; 16 maximum

Class: Custards: from Frozen to Brûlée

with Chef Casey Henderson

Wednesday, October 28, 6:00 - 8:00 pm

@ downstairs Co-op Cooking Classroom

Join Chef Casey and learn the art of making frozen custard, crème anglaise, and crème brûlée. Definitely a night of rich desserts!

Cost: \$12 members; \$14 non-members

Class Size: 6 minimum; 16 maximum

Event: Taste of the Local Harvest

Thursday, October 29, 4:00 - 7:00 pm

@ the Co-op

It's harvest time! Stop in and meet your local producers here at the Co-op. Find out where all the Co-op's wonderful local food comes from. Meet the people responsible for the bounty.

Event: Halloween Trick-or-Treating at the Co-op

Saturday, October 31, 3:00 - 6:00 pm

@ Co-op Front End

We'll be all dressed up and ready for any little ghosts and goblins that walk through our doors.

NOVEMBER

Event: Wellness Wednesday

Wednesday, November 4, 8:30 am - 8:30 pm

@ the Co-op

The FIRST Wednesday of every month members receive 5% off Wellness products. (excludes already marked down CAP sale items)

Event: Taste of the Holidays

Thursday, November 5, 5:30 - 7:30 pm at the Co-op

On Thursday, November 5th from 5:30 to 7:30 pm you are invited to attend a FULL HOLIDAY MEAL—from appetizers through dessert—prepared by our Deli staff. Donations support local food pantries. Potluck cancelled for this evening. Next scheduled potluck December 3rd.

Cost: \$10 minimum donation to local food pantry (see page 1)



Event: Beaujolais Neaveau

Thursday, November 19, 6:00 - 8:00 pm

@ the Co-op

We're turning Windows on Water Street into a French Bistro! Join us for a wine tasting of Beaujolais Nouveau—both regular and vineyard specific *village*—we'll be sampling baked brie and other French cheeses with our wholesome Waving Grains bread. (see page 12)

Registration Information

Co-op members: Pay at time of registration, either by phone and charge class fees to your Co-op account and 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.)

MEMBER BONUS BUYS

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.



OCTOBER MEMBER BONUS BUYS

* Regular prices subject to change

Grocery	Regular Price	Sale Price	Savings
Barbara's Bakery			
Fig Bars, Fat Free, Wheat Free 12 oz, Raspberry, Traditional Fig	\$4.39	\$3.29	\$1.10
Bob's Red Mill			
Almond Meal Flour, Gluten Free 16oz	\$10.99	\$8.29	\$2.70
Brownie Mix, Gluten Free 21oz	\$6.29	\$4.99	\$1.30
Pancake Mix, Gluten Free 22oz	\$4.79	\$3.59	\$1.20
Pizza Crust Mix, Gluten Free 16oz	\$3.99	\$2.99	\$1.00
Ginger People - Ginger Chews 4.5 oz	\$3.79	\$2.59	\$1.20
Henry & Lisa Salmon, Canned, Pink, Wild Alaskan 6oz.	\$4.99	\$3.79	\$1.20
Honest Tea - Organic 16oz.	\$1.59	\$1.19	\$.40
Just Black Unsweetened, Just Green Unsweetened, Peach, Red Pomegranate, Peach Oo-La-Long, Green Jasmine,			
Pamela's Cookies			
Organic Wheat Free 5.29oz	\$3.99	\$2.99	\$1.00
Dark Chocolate, Peanut Butter with Chocolate, Spicy Ginger			
Simply Organic			
Mulling Spice, Organic 1.2 oz.	\$1.99	\$1.69	\$.30
Spice Mix, Sloppy Joe, Organic 1.4 oz	\$1.69	\$1.19	\$.50
Bulk			
Bulgur, Coarse Ground, Organic	\$2.79#	\$2.09#	\$.60#
Soynuts, Organic	\$3.69#	\$3.29#	\$.40#
Great Northern Beans, Organic	\$3.69#	\$1.89#	\$1.80#
Dark Red Kidney Beans, Organic	\$2.29#	\$1.99#	\$.30#
Navy Beans, Organic	\$1.99#	\$1.79#	\$.20#
Yellow Split Peas, Organic	\$1.69#	\$1.49#	\$.20#
Golden Flax Seed, Organic	\$1.99#	\$1.89#	\$.10
Raw Sesame Seed, Organic	\$3.29#	\$2.39#	\$.90
Frozen			
Glutino			
Pad Tai Chicken 7.1 oz	\$5.59	\$4.29	\$1.30
Penne Alfredo Chicken 9.2 oz	\$5.59	\$4.29	\$1.30
Macaroni N' Cheese 10.6 oz	\$5.59	\$3.39	\$2.20
Refrigerated			
Lisanatti Cheese 8 oz.	\$3.99	\$2.99	\$1.00
American Muncheeze Sticks, Mozzarella Muncheeze Sticks, Cheddar Rice Cheese, Mozzarella Rice Cheese			
Nutritional Supplements			
Megafood D3 1,000 mg 6otab	\$15.79	\$12.69	\$3.10
Megafood Organic Pure Fiber 16.oz	\$45.39	\$35.29	\$10.10
Megafood Men's Organic Greens 12.7 oz	\$41.99	\$33.59	\$8.40
Megafood Women's Organic Greens 12.7oz	\$41.99	\$33.59	\$8.40
Body Care			
Griffin Remedy - Line Drive Items			
include Shampoo, Conditioner and Lotions (packaged and bulk)			20% off
NaturoPatch, Aromatherapy Patches	\$1.99	\$1.49	\$.50
Arnica, Energy, Cough and Cold, Sleep, PMS and Menopause, Stress			

NOVEMBER MEMBER BONUS BUYS

* Regular prices subject to change

Grocery	Regular Price	Sale Price	Savings
Ecover			
All Purpose Cleaner 32oz	\$5.49	\$3.99	\$1.50
Glass & Surface Cleaner 16oz	\$4.49	\$3.19	\$1.30
Toilet Cleaner 25oz	\$4.39	\$2.99	\$1.40
Lakewood			
Organic Unfiltered Apple Juice 32oz	\$4.29	\$3.29	\$1.00
Organic Juices 32oz	\$4.49	\$3.49	\$1.00
Maranatha			
Organic Peanut Butters 16oz	\$6.29	\$2.98	\$3.31
Creamy No Salt, Creamy Salted, Crunchy No Salt, Crunchy Salted			
Organic Peanut Butter 26oz, Creamy Salted	\$8.79	\$4.15	\$4.64
Once Again Organic Sunflower Butter 16oz	\$6.79	\$4.79	\$2.00
Pamela's			
Amazing Wheat Free Gluten Free Bread Mix 19oz	\$5.99	\$4.69	\$1.30
Corn Bread & Muffin Mix 12oz	\$4.69	\$3.69	\$1.00
Wheat Free Pancake and Baking Mix 24oz	\$7.49	\$5.89	\$1.60
Ryvita			
Crisp Breads 8.8oz	\$2.59	\$1.99	\$.60
Tasty Dark, Tasty Light, Sesame Rye, Rye & Oat Bran			
Crisp Breads 7oz	\$3.49	\$2.59	\$.90
Fruit & Crunch			
Bulk			
Sunspire			
Chocolate Peanut Sundrops	\$8.99#	\$7.99#	\$1.00#
Plain Chocolate Sundrops	\$7.99#	\$6.69#	\$1.30#
Organic Black Turtle Beans	\$1.99#	\$1.89#	\$.10#
Organic Green Laird Lentils	\$1.99#	\$1.49#	\$.50#
Organic Green Split Peas	\$1.89#	\$1.69#	\$.20#
Frozen			
Natural Choice Fruit Bars - 6 per pack	\$4.99	\$3.99	\$1.00
Mango, Orange, Raspberry, Strawberry			
Van's			
Homestyle French Toast Sticks 8.5oz	\$3.19	\$2.49	\$.70
Organic Blueberry Waffles 8.5oz	\$3.19	\$2.49	\$.70
Wheat Free Gluten Free Blueberry Waffles 9oz	\$3.19	\$2.49	\$.70
Wheat Free Gluten Free Buckwheat Waffles 9oz	\$3.19	\$2.49	\$.70
Refrigerated			
Lifeway			
Keifer 32oz	\$3.59	\$2.99	\$.60
Banana/Strawberry, Pomegranate, Keifer 4-8oz packs	\$4.79	\$3.99	\$.80
Pomegranate, Strawberry			
Organic Valley Organic Heavy Whipping Cream 8oz	\$1.99	\$1.69	\$.30
Nutritional Supplements			
Source Naturals - Line Drive			30% off
Entire Line			
Body Care			
Aubrey Organics - Line Drive			20% off
makeup, hair care, deodorant			
Wally's Ear Candles			20% off
plain paraffin, lavender paraffin, herbal paraffin and beeswax			

DON'T FORGET - use cash or check instead of credit/debit cards. Remember debit card fees are twice that of credit cards!

everyday values in the meat freezer

Grass fed ground beef
\$4.49/lb.

Grass Run Farms,
Dorchester, Iowa

Ground turkey
(free-range, no antibiotics)
\$2.69/lb

Family-owned Ferndale Market,
Cannon Falls, Minnesota



Organic Bananas

Everyday VALUE **\$.99/lb**

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"Driftless 5-String Banjo Jam: An intro to playing Bluegrass with other Pickers" w/ Rick Sampson Oct. 17

"Breath of the Shaman" w/ Bill Humphrey Nov. 7

"Discovering Your Life Purpose" w/ David Banner Nov. 8

"Divine Feminine Series: Holding Your Center in Uncentered Times." w/ Kim Hammer, Marion Nelson, Mark L. Taylor LPC & Tibetan Physician Dr. Yangbum Gyal. Oct. 3, 24 & Nov. 5

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Contact Diane Sondrol for class times and more information:
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Baker's Oven



Chimney

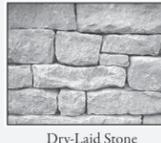


Chimney

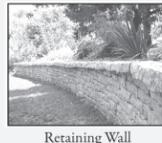
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IN CONTEXT: GOOD FOOD, KELLOGG, AND ONEOTA

by: lyle luzum, president, oneota community co-op board of directors

In April, I had the opportunity to attend, as a representative of the Northeast Iowa Food & Fitness Initiative, the W. K. Kellogg Foundation's "Food & Society Gathering for Good Food, 2009". The Kellogg Foundation has a definition of "Good Food." It is food that is Fair, Green, Healthy, and Affordable. "Fair" food does not depend on exploitation of people in its journey from farm to fork. "Green" food does not depend on exploitation and degradation of the environment in its journey from farm to fork. "Healthy" food encourages health, not chronic illness or obesity. "Affordable" food is available to all, not just the rich.

It struck me, as I listened to the definition, that is what the Oneota Community Food Co-op strives to sell. It also struck me that the goal of Good Food for everyone is a daunting task, for the dominant economic drivers tilt toward exploitation of both people and the environment in the farm-to-fork chain, and the promotion of nutritionally vacant "food" at prices that give the appearance of affordability (quantity at the cheapest possible price).

At the first session of the Gathering, attendees were asked to write, on the back of our ID badge, a word that represented what we hoped to

gain that week. After a little mental panic, I wrote, "perspective". Well, listening to the speakers and talking to people – the Florida farm worker involved in the battle to get tomato pickers a penny more per pound, the county supervisor from SW Iowa, the board member from Weavers Way Co-op in Pennsylvania, the organic dairy farmer from Wisconsin, the Food & Fitness Initiative representatives from Detroit working to even get a grocery chain to open a store in Detroit (there are none), the Tohono-O'odam Native Americans struggling to extract their people from the health disaster caused by the "American" diet – this gives perspective and puts our problems and opportunities in context. The micro-picture we live in can consume us, but we cannot ignore the macro-picture.

All people are on a journey with food. We are at different stages thinking about food's trip to our plate, what goes into it, and what are the consequences. In our new, expanded store, Oneota is bringing more Good Food to more people. We invite you, where ever you are in your journey, to explore at Oneota.

Next In Context: Fair Food, Foreign Foods, and Oneota

STAFF HIGHLIGHT: BARRETT KEPFIELD



Serving Oneota Co-op since 2006

I have been at the Oneota Co-op almost 3 1/2 years, but the first co-op I joined was in 1987 as a college student in Northfield, Minnesota. At Oneota I have had a number of different jobs: cleaner, cashier, grocery stocker, bulk lead, assistant front

end manager, manager on duty, fork lift driver, and am currently wine buyer, and unofficially help with some of the maintenance and upkeep issues, such as our freight elevator.

Favorite product? Well, as to wines, how much room do you have...? My heart melts over northern Italian wines, and I swoon over a good Chianti. That being said, one of my favorite wines at the Co-op right now is the Goats-do-Roam, a South African blend that's so lovely smooth and warm....But just stop me and ask and I can tell you more of my favorites.

Future at the Co-op? Hopefully a continuing solid, stable presence in the front end (among other places), laughing and smiling!

Editor's Note: Barrett is also known for his gracious modesty. He has guided the Front End through the transition between managers, delved into the complexity of the heating & air conditioning problems--even averted a crisis recently when he noticed our motor tunnel overheated and three coolers failed--and is currently serving as interim wine buyer. Barrett is a utility player and a positive force on the team.

Candida Support Group
meets twice a month at Magpie restaurant
Contact Joan at the Co-op - 563.382.4666

October is Gluten-Free Month!
Just in time for apple pie and chilly fall days! Watch for special sales throughout the month on various gluten-free baking ingredients and hot cereals.

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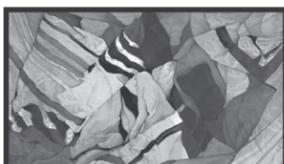
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FIELD DAY: ANOTHER GREAT VALUE

by: michelle campe

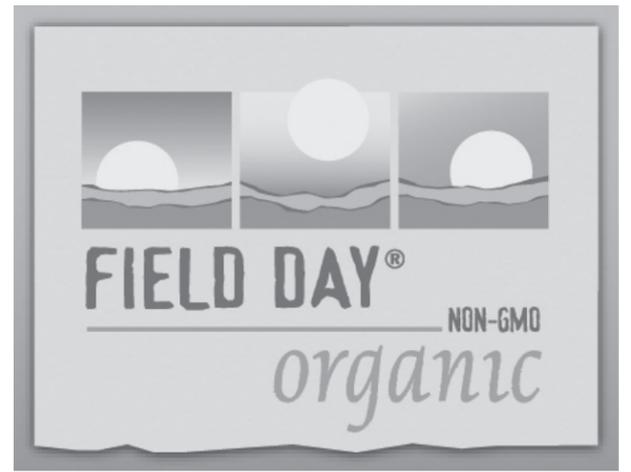
The Oneota Co-op is pleased to introduce a new value line of products under the Field Day label. No other store in Northeast Iowa will have access to this line—it's packaged specifically for co-ops and small independent natural food stores. We like the Field Day products because they're:

- always natural, often organic
- no artificial colors or flavors
- preservative free
- no pesticides or herbicides
- comfortably priced
- wide selection of choices
- nutritious
- wholesome flavors

The Field Day products are being introduced over the next few months. Right now you'll find a terrific range of organic canned beans—black beans, pinto beans, garbanzo beans, and more. Our salad dressings can do more than just dress up a salad—they're great for a mari-

nade or dip. You'll find a great choice of natural and organic snacks and paper products (toilet tissue, facial tissue and paper towels) at prices you'll love.

Look for over 100 new Field Day items as they become available.



COMM POST

To sign up for our weekly email blast about Co-op news, events, sales, and deli menu, please email nate@oneotacoop.com to be added to our list.



NCGA REPORT: SUNNY SEATTLE AND A BRIGHT FUTURE FOR CO-OPS

by: troy bond

I lived in Seattle for five years, and at that time I was a member of the Puget Consumers Co-op. During those years, September was always a cool and cloudy month when you had to put on your fleece sweat-shirt again to be outside. But when I returned to Seattle this September for my first National Cooperative Grocers Association (NCGA) General Assembly, it was warm and sunny. And you'll be happy to know that the forecast for co-ops across the country is just as bright!

In 2007, the Oneota Co-op joined the NCGA, an organization that supports independent co-ops with combined purchasing power, marketing and operations support. The annual General Assembly is a chance for all General Managers from co-ops across America that are members of the NCGA to discuss our future and to network.

The agenda heralded a number of significant changes, so much so that one long time GM from the Eastern Corridor gushed during the closing comments, "I was struck by this being a memorable experience. This was the most productive General Assembly I've attended in seven years. We have turned a corner!"

While this was my first GA, I can



understand his excitement. The NCGA rolled out a new marketing plan with a fresh new logo and a tagline "stronger together" that you'll see soon on ads, flyers, and signage in the store. With the logo came the first (I suspect of many) discussions of adopting some common standards on operations and store cleanliness and merchandising. In other words, the GMs agreed that whenever you visit a co-op with a NCGA co-op logo in the window we want the experience to be a positive one no matter where you are. That said, the GMs were adamant that each co-op express its own individuality and uniqueness.

Also, talks are underway with our main grocery supplier, United Natural Foods, to recognize our combined buying power. Currently, the co-ops in the NCGA represent a huge chunk of the UNFI's sales—only the largest natural food retailer in the world, Whole Foods Market, buys more product from UNFI.

In addition to better prices, our shoppers will be happy to know

that the co-ops approved a new sales schedule with UNFI. Soon we will offer new sale items every two weeks instead of once a month. This will mean you'll see more products on sale more often.

Our organization is growing at a fast clip. More co-ops are set to join the NCGA. In our Central Corridor alone, at least three more co-ops have been identified as new members in 2010.

Another bellwether of good to come were the financial reports. While Whole Foods suffered under the storm of economic collapse last year and turned in negative year-to-year store sales, co-ops nationally went from double digit percentage sales increases down to a very respectable single digit growth in the past year. We're on a quick rebound back to the double digits. My take on those impressive numbers was that co-ops benefit by being independent: we are more nimble and can adapt to economic troubles faster, and we have a committed membership base to support us.



Fall Registration

Saturday, October 24th

10:30-12:30

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IT'S CLASSIFIED

Classified ads are free to Oneota Co-op members. The deadline is the 15th of the month prior for the following month's Scoop. Please deliver typed or legibly written ad to Nate Furler at 563.382.4666, or e-mail nate@oneotacoop.com. Limit of 25 words. We reserve the right to refuse or edit ads.

FOR SALE: CPAP machine REMStar Auto CFlex with heated humidifier and both AC and DC cords. Very lightly used. \$345 OBO Call 563-382-1485.

Do you love the Luther barn? A photo-essay coffee table book is available online at www.blurb.com. Put "Luther College" in the bookstore search window.

Interested in your dreams? Me too. Archetypal Dream Therapy. Amanda Ellingson 382-5384 a_ellingson@hotmail.com

MERCHANDISING POLICY

by: troy bond

Every co-op grocery has purity standards for the foods they sell. That's why many co-ops started in the first place: to be a resource for wholesome, non-commercial foods. As I witnessed at the NCGA meeting in Seattle in September, when the discussion at a table of GMs came to what a food co-op should carry, the assumptions and judgments start to fly.

Some co-ops carry Coke. Others are aghast, but don't see any problem if Heinz ketchup is on the shelf. Co-ops like these generally serve as a convenient neighborhood market-place in addition to being a destination for local and organic foods.

I listened to the debate with interest having brought with me a copy of the Oneota Coop Merchandising Policy written by the OCC's management team in May of 2008. A merchandising policy is intended to be used for buyers to ask the right questions before bringing in new products and for reevaluating existing product lines.

The guidelines we use for product selection are intended to allow enough altitude and flexibility for the Co-op to adjust to an ever-changing

food industry and economy. The guidelines are also a tool to help keep Oneota ethically sound as well as economically viable. It is important to acknowledge that the practical aspects of purchasing for a full-service grocery make it impossible to fulfill any individual's idea of "perfection." OCC Merchandising Policy, p. 1

That's a key paragraph. One that allows the Co-op to bring in product that meets the overall guidelines but may not satisfy the more ardent whole foods purist.

For instance, while a few members request to see more (or only) organic foods on the shelf, the Merchandising Policy does not make organic a requirement. We may... occasionally carry products that fall outside the following guidelines, because we try to meet the needs of as many members as is possible. OCC Merchandising Policy, p. 1

While we have not brought in Cheerios, Campbell's soup or Budweiser, the Merchandising Policy does allow for conventional items to be sold if the situation warrants it. While no one at the Co-op is thinking of bringing in Wonder Bread, it is important to note that the Merchandising Policy recognizes

es that the Co-op is a business, that it must make a profit to survive and it has competition.

Selecting Products to Sell

The OCC Merchandising Policy asks buyers to consider the following criteria before bringing in a product:

1. Nutritional value, health and dietary considerations
2. Price value
3. Environmental impact
4. Social responsibility
5. Economic impact
6. Organic production and processing

In case you're wondering what each point means, the details of each item are too lengthy to include in this article. Within point #1 alone are nearly a page of specifics that generally fall under the category of no artificial anything: colors, flavors, preservatives, stabilizers, sweeteners, etc., not only in food but in body care products as well.

It's interesting to note the OCC Merchandising Policy provides "Exemption Criteria" meaning that certain products that don't fit our purity standards may be sold under special circumstances because a customer requests it, or it's seasonal, or pertaining to a holiday, or even that contain hydrogenated oil, high fructose corn syrup, or chemical preservatives. That said, the

Policy lists "Banned Products" that will not be sold under any circumstances at the Co-op:

- Products containing artificial sweeteners
 - Tobacco products
- And a list of items the OCC does not knowingly sell:
- Irradiated products
 - Products from cloned animals like milk or meat
 - Product made from endangered species
 - Products tested on animals

I work with buyers to maintain the integrity of the Merchandising Policy. Occasionally, lapses occur or new products arrive with undesirable ingredients that aren't known ahead of time. This, too, is considered a part of doing business in the Merchandising Policy:

With the many thousands of products in our store, it is often not possible for us to determine detailed information about every manufacturer that supplies products to us.

If you have concerns or questions about products that you think may fall outside of our Merchandising Policy, please speak with the buyer for that department, fill out a Customer Comment card or just email me.



SINGLE-SERVING BOTTLED WATER BAN

As part of our efforts to demonstrate greater social responsibility as outlined in our Merchandising Policy, beginning October, the Oneota Co-op will no longer sell water in single-serving plastic bottles. Following the lead of major cities such as San Francisco, Seattle and even Australia and countries in Asia, the Co-op recognizes the high environmental

cost to making plastic bottled water available for sale.

While bottled water is convenient, the price for that convenience is staggering: Nearly 4 out of 5 water bottles end up in a landfill. Worse, the cost of manufacturing and trucking the product creates an unnecessary carbon footprint in a time when global warming is increasing exponentially. Lacking any evidence that bottled water is better for your health or even better tasting, the Co-op has decided it no longer wants to contribute to an industry that adversely impacts the environment.

In lieu of bottled water, the Co-op encourages the use of reusable canteens. We've lowered the price to make them more affordable. Given the high price of bottled water, it would only take a dozen or so purchases of bottled water to make up for the price of a reusable canteen. Not only do we have attractive canteens for sale, you can fill up your canteen for **no charge** at the Culligan

water station or in the deli from the water dispenser.

If you're still not ready to let go of your plastic water bottle, here are a few bottled water facts:

- Over 90% of the cost of bottled water is in the bottle, lid and label.
- Americans are willing to pay top dollar for bottled water, which costs up to 1,900 times more than tap water and uses up to 2,000 times more energy to produce and deliver
- Tap water produces 300 times fewer carbon emissions than bottled water.
- Bottled water must be transported long distances, which involves burning massive quantities of fossil fuels. Almost one-fourth of all bottled water must cross national borders to reach consumers.
- To manufacture the plastic bottles it takes 1.5 million barrels of oil per year, which is enough to fuel 100,000 cars for that same year.
- Communities where water is ex-

tracted suffer a disproportionate loss to their own water supplies. Water shortages occur in Texas and the Great Lakes region near bottling plants.

- Incinerating used bottles produces toxic byproducts such as chlorine gas and ash containing heavy metals.
- Four of every five water bottles end up in landfills. In California more than 1 billion plastic water bottles end up in the trash each year.
- Water bottles buried in landfills can take up to 1,000 years to biodegrade.
- Ironically, when deposited in landfills the plastic bottles leak toxic additives, such as phthalates, into the groundwater.
- Between 25 and 40 percent of bottled water comes from municipal water supplies—in other words, it's just tap water. (Bottling companies then filter it and some add minerals.)

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Dale Kittleson, Chris Wasta, and Mark Webber bring together building experience, passion for wood, and a tasteful eye to produce unique and enduring timber frame structures for your home, barn, cabin, or garden area.

Enjoy the inherent beauty and unique qualities in a timber frame structure, built from local sustainable sources and crafted with traditional hand tools.

Take care of THAT BODY

by: gretchen schemp

Allergies got you down, sniffing and sneezing and wheezing? Baraka (Breath of Life) has created Sinus Rejuvenation Oil for chronic sinus sufferers. This fantastic product is a blend of the essential oils green myrtle, inula graveolens, rosemary verbenone, eucalyptus dives, peppermint and spike lavender. This blend not only fights infection and drains mucus, but it has the potential to rejuvenate the sinus cavity.

This oil needs to be applied 3-4 times a day for best results. While the oils do have decongestant properties, this product is best used over extended periods of time. For long term sufferers two months of use is nothing compared to years of discomfort!

Each 5 ml bottle contains over 400 applications, or a 2-3 month supply.

Look for Sinus Rejuvenation oil next to the neti pots in the Wellness Dept.



New by Griffin Remedy are three different shampoos and conditioners.

Daily- gentle for frequent use and all hair types with Sea buckthorn and orange.

Restorative- gentle cream shampoo good for dry and damaged hair in lavender scent.

Volumizing- with vegetable protein and plant sugars for added body and thickness in lemon verbena scent.

Griffin Remedy -- our number one clean body care company. Always free of parabens, sodium lauryl sulfate and harmful chemicals.

Ear candling has been used as a form of hygiene all over the world for centuries. It is a soothing, natural process to help soften hardened ear wax, allowing your body to naturally excrete it in the days that follow the procedure.

Some people have found relief from headaches, sinus conditions, ear infections, allergies, minor hearing loss, ringing in the ears and respiratory issues.

We sell four varieties of ear candles in our Wellness Department:

- plain paraffin candles
- lavender paraffin candles for soothing the ear,
- herbal paraffin candles
- beeswax candles - which burn a bit slower and are said to have a stronger "pull".

Instructions are available with ear candles as well.



CELLFOOD: a BRIEF HISTORY

by: karina klug

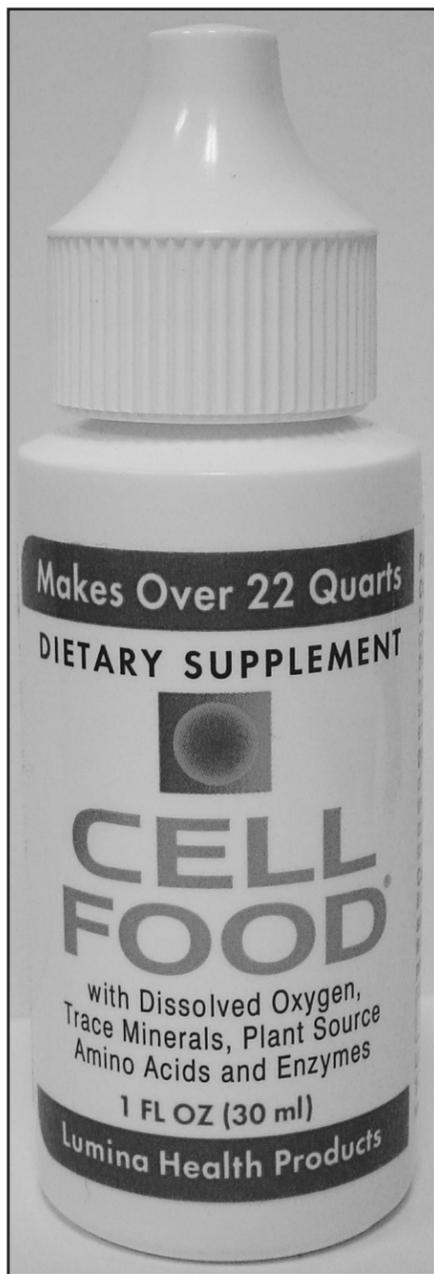
I personally find the history of the discovery of Cellfood inspirational. It is about taking something that is negative and finding positive applications for it. I have used Cellfood and always feel that I am energized on a deep level when I consume it. Cellfood is FDA approved which adds value for many people. A Cellfood training I participated in recently shared the history of the development of Cellfood and its tale of transformation.

In the 1940's, Everett Storey -- a scientist who was called "a genius" by Albert Einstein -- was engaged in an exhaustive process of exploring the fundamental laws of matter. He worked at creating a "water-splitting" technology a process that would cause oxygen and hydrogen to "split" from one another and, in so doing, be released from water. As the world marched to war, the United States government asked Storey to contribute his technology as a critical component in the race to create a hydrogen bomb.

A humanitarian and lover of life, Ev Storey vowed after the war to never again have anything to do with destruction. But Storey and his colleagues then discovered a more personal crisis: they were dying of radiation poisoning, a result of their exposure while witnessing

bomb tests. It was then that Storey developed the conceptual blueprint for Cellfood. He theorized that the very same water-splitting technology could be used to heal a human life. By utilizing hydrogen's deuterium isotope, and a blend of required minerals, enzymes and amino acids, he would create a solution and an "electromagnetic equation" that could release vital oxygen and hydrogen into his bloodstream, remove toxins, nourish and rebuild his systems, and return him to health. It worked and Cellfood was born. Saved by his invention, Storey lived a long, healthy, productive life.

Over the next few decades, Cellfood's reputation as a superior health formulation continued to grow. Today, Cellfood has spread around the world, and is used and recommended by leading health practitioners and clinics in over 70 countries globally.



NORTHEAST IOWA'S LARGEST BULK FOODS DEPARTMENT!

Use reusable organic cotton drawstring bags, great for rice or beans or anything bulk. Look for them near the bulk island.

LOCAL, FRESH APPLES

Lots of apples, lots of varieties

OPEN WEEKENDS

Saturdays 8:00 am - 6:00 pm

Sundays 12:00 noon - 5:00 pm

Hayrides, Sundays 2-4 pm through October

Take Highway 9 east from Decorah to intersection of Highway 51, go north on Apple road (gravel) and follow the signs.

Find us at the Winneshiek Farmers Market



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WHAT'S NEW AT THE Oneota Deli

Fresh. Organic. Local.

by: mattias kriemelmeyer
executive chef & deli manager

New and exciting things are happening at the Oneota deli. We have a new look and new exciting recipes and specials. Come check out our organic homemade lefse, Chef Mattias's guacamole, Nate's cheesecakes and many more healthy, delicious surprises.

Our mission is the same: to provide the highest quality fresh, local, and organic foods that taste great. We cater to all diet types from gluten-free to vegan. Our friendly staff is always eager to answer any questions you might have.

New deli creations starting in October include:

- Nate's Cheesecakes- available in many flavors. See our catering menu!
- Olive Bar- prime choice olives and stuffed olives from around the world.
- New sandwiches
- New dips & spreads
- New Hot Bar Specials
- Improved Catering Menu- platters, box lunches, entrees, salads, cakes, and more...
- Daily samples

Enjoy a healthy, delicious meal at the Oneota deli today!

Mediterranean Platter



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

Note:
3 day notice needed for all 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.

PLATTERS

Imported and Local Artisan Cheese Platter

Call for prices

Domestic Cheese Platter

small 12" (serves 20-25) - \$30

large 16" (serves 25-30) - \$40

Shullsburg cheese: Swiss, Smoky Parmesan, Brunkow Cheddar (rBGH-free), Pepperjack

Vegetable and Dip Platter

small 12" (serves 20-25) - \$45

large 16" (serves 25-30) - \$58

Fresh organic veggies with your choice of dips:

Homemade Ranch, Blue Cheese Walnut,

Annie's Goddess Dressing or Roasted Red Pepper Hummus.

Cold Cuts Platter

small 12" (serves 16-22) - \$45

large 16" (serves 24-30) - \$58

Sliced turkey, roast beef, ham

(no hormones or antibiotics)

Fruit Platter

Call for prices - dependent on season and availability

small 12" (serves 20-25) - \$40-50 (estimated)

large 16" (serves 25-30) - \$60-70 (estimated)

An array of colorful fruits for any occasion

centered around a crême caramel dip.

Organic fruit when possible.

Antipasto Platter

small 12" (serves 20-25) - \$45

large 16" (serves 25-30) - \$58

Fresh vegetables, olives, parmesan cheese, and

marinated artichoke hearts.

Mediterranean Platter

small 12" (serves 20-25) - \$45

large 16" (serves 25-30) - \$58

Olives, hummus, cucumbers, vegetarian dolmas

and dates accompanied by whole wheat pita bread

wedges.

Sandwich Platter

small 12" (serves 20-25) - \$45 - choice of 2 sandwiches

large 16" (serves 25-30) - \$58 - choice of 3 sandwiches

Your choice of sandwiches, cut into bite size pieces

and arranged beautifully on a 12 or 16 inch platter.

ENTREES

12-15 servings per to-go pan - \$48/pan

Lasagna -

Made in-house, many ingredients organic.

Choose from:

- Three Cheese
- Kristen's Greek - feta, spinach, kalamata olives
- Country Beef Ragu - featuring local beef

Meatloaf -

Made with local beef. Our best seller!

Salsa Verde Enchilada Pie -

Vegetarian. With yams and green sauce.

(Substitute rice cheese for vegan option.)

Chicken Chile Enchilada Pie -

A creamy white sauce enchilada with Amish chicken and green chiles.

TAKE-AND-HEAT SOUPS

Priced per pound

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

BOX LUNCHES

Includes a sandwich, pickle, salad and Waving Grains

cookie or a piece of organic fruit.

With a Vegetarian or Vegan Sandwich \$7.00

With a Meat Sandwich \$8.00

EXTRAS

Single serving bag of Kettle Chips - \$1.50

Blue Sky Sodas - \$.80

Izzie's Sodas - \$1.65

Organic Santa Cruz Soda or

Switch Sparkling Juices - \$1.30

Bottle Teas - \$1.60

Fruit Platter



Nate's cheesecakes

Delicate and creamy, these creations are made with mostly organic and local ingredients. Order a full cheesecake, or stop by the deli and pick up a slice of your favorite variety from the grab-n-go.

each cheesecake serves 16

New York Style - graham cracker crust and a rich basic cream cheese filling, topped with your choice of cherry, strawberry, or blueberry puree	cherry \$44 straw \$44 blue \$49
Turtle Cheesecake - graham cracker crust with layers of caramel, pecans, and a chocolate cream cheese filling	\$39
White Chocolate Raspberry - raspberries sandwiched between a graham cracker crust and white chocolate flavored cheesecake	\$39
Fudge Truffle - our standard chocolate crust with a rich chocolate cheesecake filling	\$34
Bailey's Marble - chocolate crust with a chocolatey Bailey's Irish Cream cheese filling	\$34
Spiced Pumpkin - a special spiced graham cracker crust, with a spiced pumpkin cream cheese filling	\$39
Cappuccino Fudge - rich chocolate crust, a coffee infused filling, and two layers of silky chocolate ganache	\$49
Oreo (Newman O's) - cookies in the crust, and another layer in the middle of the vanilla cream cheese filling	\$39
Pecan Pie - rich brown sugar and pecans in the crust and in the filling	\$44
Heath Bar Mocha - chocolate crust, a layer of chocolate and toffee bits, topped with a creamy coffee filling	\$44
Candy Cane - chocolate crust with a peppermint flavored filling, complete with little bits of peppermint candy inside and on top	\$39
Raspberry Mousse - chocolate crust, simple vanilla cream cheese filling, topped with a raspberry mousse	\$34
Kahlua Fantasy Chocolate - chocolate crust with a creamy Kahlua liqueur flavored filling	\$34
Raspberry Swirl - chocolate crust, vanilla cheesecake filling with raspberry sauce swirled throughout	\$39
S'mores - graham cracker crust, creamy filling with marshmallows and chocolate chips baked in	\$39
Chocolate Chip Cookie Dough - graham cracker crust, gooey bits of cookie dough throughout the filling	\$39
Coconut Cream - graham cracker crust, coconut mixed into the filling and sprinkled on top	\$34

The Co-op deli uses Swiss Valley cream cheese and Neufchatel. Swiss Valley directly states they do not use milk containing rBGH in their cream cheese and Neufchatel. Organic cream cheese may be used in your cheesecake, by request. Prices will vary with organic cream cheese, please inquire if you are interested in a cake made with organic cream cheese.

Nate's sheetcakes

Affectionately known as "Nate-cake" by many, these sheetcakes use predominantly organic ingredients.

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

TURKEY TIME

by: kristin evenrud, meat buyer

This time of the year is so beautiful: the leaves fall from the trees, the air is crisp as we gather around the table with those we love. In the Meat Dept. autumn means it's time for turkey, from turkey roasting in the oven to the left-over turkey sandwiches.

This year Oneota Co-op will have both the fresh turkeys and frozen, the sign up to reserve your turkey will be available at the Customer Service Desk. Two regional producers will supply us with turkeys this year--Larry Schultz Organic Farm (Owatonna MN) and Ferndale Market (Cannon Falls MN).

Larry Schultz Organic farm is a small family farm where Larry and Cindy have always operated organically and certified their land and poultry in 1998. The Oneota Co-op has carried Larry Schultz Organic

Farms turkey and chicken for many years so we know from experience the turkeys have thick breasts with deep delicious flavor.

Ferndale Market turkey is raised by John Peterson and his family. The farm was started 70 years ago by John's grandparents, Fern and Dale Peterson. Their turkeys are free range during the warm months and all of their turkey is naturally processed, so there are no artificial ingredients or additives--just delicious turkey. Ferndale Market is strongly committed to the sustainability movement, and sells their product locally to reconnect consumers with high-quality, local agriculture. (I ate Ferndale turkey last year with my loved ones from Minnesota and it was delicious!)

The Oneota Co-op is committed to bringing you the best turkey, either free-range & antibiotic-free or certified organic. SIGN UP EARLY to reserve your bird, so you can be assured your Thanksgiving meal will

be tasty and wholesome this year. Look for ads in the newspaper and mentions in the Comm Post* for more great holiday meats to come.

*To sign up for our weekly email blast about Co-op news, events and sales, please email nate@oneota-coop.com to be added to our list.



LOCAL PRODUCE

by: betsy peirce, produce manager

For years I have been grappling with how Oneota Community Co-op fits into our shoppers' minds when it comes to being a local outlet for farmers to sell their produce and consumers to buy it. Certainly we are not literally a farmers market, and we are not attempting to be.

What Oneota Community Food Co-op can do very well is support our local farmers as best we can. For us that means we have a personal relationship with our growers and we buy nearly every item they have available to sell us. We also mark it up less than all our other produce, making it possible for them to be paid a higher sum for their goods.

Recently I came across a great quote that brought it home to me. "In order for small family farms to survive and thrive they need you to support them in all three of their markets:

1. Through CSA's (Community Supported Agriculture= buy a share in exchange for a semi-regular delivery of produce) Rock Spring Farm's CSA drop point is Oneota!
2. Through Retail Outlets- like ONEOTA!
3. Through Farmers markets- direct to the consumer."

Wow! A revolutionary thought--they need all three to survive? So, when you are buying local produce from Oneota Co-op you are helping us to keep supporting our local farmers on a daily basis, not just twice a week at farmers market or once a week for your CSA share delivery. We and our local growers thank you!

Looking forward to Autumn? Here are some local fall produce treats coming up, or are already here! (BTW: expect delays on apples and pears- it's been cold!)

- Peake Orchard Apples from Waukon: Honeycrisp, Cortland, Haralson, Regent, Gold Delicious and Enterprise
- Brian and Kelly Nordschow: Sommerset Grapes- seedless! These grapes are so wonderful. Kids especially will love their tiny size.
- Sliwa Meadow Farm: Organic Apples and Pears.
- Countryside Orchard Apples- all unsprayed. Look for Priscilla, Liberty, and more!
- Plus: Melons and Raspberries, Edamame (edible soybeans- in the pod- yum!), tomatoes and more sweet corn.

Le Beaujolais Nouveau est arrivé!

In keeping with a long tradition that marks the autumn harvest and the start of the holidays, the Co-op will be celebrating with the rest of the world by hosting a Beaujolais Nouveau event!

Join us Thursday, November 19th from 5 to 7 pm when we turn our Windows on Water into a French bistro. Along with a wine tasting of Beaujolais Nouveau—both regular and vineyard specific *village*—we'll be sampling baked brie and other French cheeses with our wholesome Waving Grains bread. For dessert, we'll enjoy fresh, warm crème brulee. We'll have themed music, and our customer service professionals will offer suitably rude and discourteous French service!

THE BEAUJOLAIS TRADITION -

The date: the third Thursday of November

The time: one minute past midnight

The place: France

The destination: all over the world

The cargo: bottles of Beaujolais Nouveau, the first pressing of 2009 vintage wine from France

Beaujolais Nouveau is a light, easy-drinking red wine made from Gamay grapes produced in the Beaujolais region in the Southeast corner of France. The unveiling of the first wine pressed in 2009 is serious business: The Beaujolais French law states that the Beaujolais Nouveau cannot be released any earlier than the third Thursday of November, so every year on this day producers embark on a mad race to get the first bottles on the shelves.

What makes Beaujolais Nouveau a hit around the holidays is how well it pairs with holiday foods such as cheese appetizers and Thanksgiving turkey or ham. Even people who don't normally prefer red wine often enjoy a cool glass of Beaujolais Nouveau with their holiday meal.

So, join us November 19th, raise a glass of Beaujolais Nouveau and shout, "Vive la Co-op!"

