

THE SCOOP



ONEOTA COMMUNITY FOOD CO-OP
312 West Water Street
Decorah, Iowa 52101
CHANGE SERVICE REQUESTED

VOL. 36 NO. 5
SEPTEMBER/OCTOBER 2010

312 WEST WATER STREET • DECORAH • IOWA • 563.382.4666 • WWW.ONEOTACOOP.COM
WINTER HOURS (NOV-MAR): MONDAY-SATURDAY 8:30-8:00 • SUNDAY 10:00-7:00
SUMMER HOURS (APR-OCT): MONDAY-SATURDAY 8:30-8:30 • SUNDAY 10:00-7:00



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by: nate furler,
marketing specialist

Love exploring local foods and ready to become a full-on locavore? Or, simply want to explore the flavorful, healthful and economic benefits of eating local? Peak harvest season is here, and Oneota Community Food Co-op is stocked with the freshest, highest quality products available to help shoppers enjoy delicious seasonal foods. Oneota Co-op, along with food co-ops nationwide, invites individuals to celebrate local foods by participating in the third annual *Eat Local, America!* during the month of September.

To participate, shoppers are encouraged to stop by Oneota Co-op to register for *Eat Local, America!* Participants are asked to set a goal for themselves. Whether eating one meal a week made with local foods or trying to eat 80 percent of meals locally, all participants are encouraged to set a challenging goal that will work for their household. Residents and shoppers are encouraged to enhance their local options by checking out the Oneota Co-op, Winneshiek Farmer's Market, your area farmer's market, and

your backyard garden if you are fortunate to have one. All registered participants for *Eat Local, America!* will be entered into a drawing for wonderful prizes. More ideas, recipes, and support can be found online at www.eatlocalamerica.coop.

Another highlight of our month-long celebration of *Eat Local, America!* will be a cooking contest held on Saturday, September 11th from 1:00 - 3:00 pm at the Co-op. Entries will be judged on three categories: prevalence of local ingredients, taste, and creativity. Entry forms and rules for the contest can be found online. Highlights include five categories for entry: International Cuisine, Vegetable Mania (hot or cold vegetarian cuisine), Local Preservation (condiments, jams, jellies, chutney, salsa, compotes), Oh - Sweet Honey (honey-sweetened dessert recipes), and Meat the Maker (hot or cold meat-based cuisine). There will be two age categories - 16 & under, and 17 & older. Local celebrities, including many local chefs, will be judging all of the entries. Prizes will be awarded for the best in each category, as well as the Overall Grand Champion that will receive

(continued on page 16)

What is local at the Oneota Co-op? By our definition, local is any product that is grown, produced, roasted, processed, or packaged within approximately a 100-mile radius of the Oneota Co-op.

We're working on an easy way for you to distinguish all of our local products at the Co-op. You may have noticed our yellow gluten-free shelf tags throughout the store that indicate what products we know are gluten-free. Now you will see green LOCAL shelf tags throughout the grocery aisles on products that we consider local. Look for this LOCAL logo on our shelves coming in September.



Hot on the Trail of Local Sales

by: nate furler,
marketing specialist

We recently began implementing some changes to our Point of Sale (POS) system that will allow us to more effectively keep track of how much local, regional, fair trade, and organic product we sell. We now have the ability to categorize each item in our system with any or all of these "green" options that apply to them: local, regional, organic, and/or fair-trade. Our departments are currently working to completely update the information in our systems.

As for the definition of local, well, ours is pretty strict. When the term "locavore" was created, it was used to illustrate individuals and groups that would strive to consume goods from within 100 miles. We seek to define our local products by the

same distance - within 100 miles of the Co-op. We established this criteria more than two years ago, and subsequently added it to our Merchandising Policy, written using the following definition: "any product that is grown, produced, roasted, processed, or packaged within approximately a 100-mile radius of the Oneota Co-op."

There is no universal definition of local that all co-ops and communities adhere to. Our definition appears to be on the strict side of the scale. Another organization's definition of local may extend to the far borders of the states surrounding their home-state. By comparison, if we used the border of Minnesota as our definition of local, that would include items from 500 miles away. Furthermore, if we took that 500-mile measurement and used it to draw a circle around Decorah, we would be able to extend our local

(continued on page 7)



Thursday, October 21st from 4:00 - 7:00 pm

Each year, the Co-op celebrates our bountiful relationships with local producers by bringing them face to face with you, our local community of member-owners, shoppers, and the wider countryside of Northeast Iowa. On **Thursday, October 21st, from 4:00 - 7:00 pm**, join us inside the Oneota Co-op for a chance to meet the local producers that work to supply the community with the rich harvest of Northeast Iowa and beyond. Sample products grown, produced, roasted, processed, or packaged within approximately a 100-mile radius of the Oneota Co-op. See you at the Co-op.

Beginning **Tuesday, August 24th** we encourage everyone to log in online and take our Member and Customer Survey at the web address below. The survey will

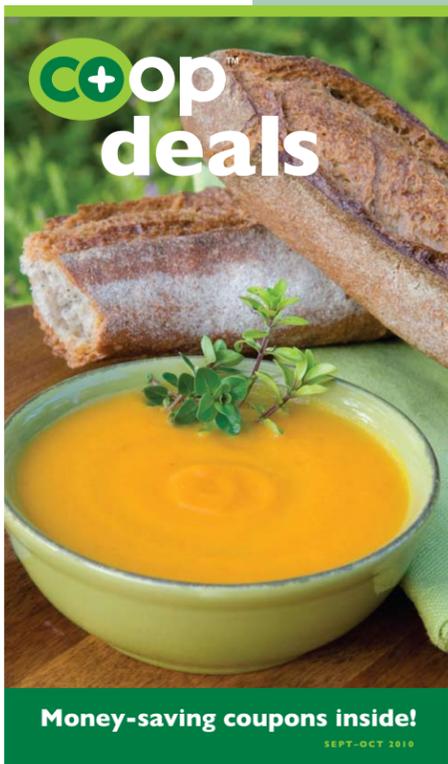
Member & Customer Survey

be open for three weeks and will close at the end of the day Tuesday, September 14th. We will also have a computer available in-store at the Water Street Cafe for those who would like to take the survey on-site. Additionally, if you would prefer to take the survey on paper, we will have those available at the Customer Service Desk upon request.

Not only will you be helping us to better serve you and the community, you will also be entered to win one of various prizes - including a \$100 or \$50 Co-op gift card, Co-op t-shirts, waterbottles, and much more.

We are excited to hear about what we are doing right, what we can do better, and what you would like to see happening at the Co-op. Your answers will help guide us to make decisions on product selection, daily store operations, and strategic planning for the future.

<http://www.surveymonkey.com/s/oneotasurvey>



Co+op Deals Coupon Book: New Look, Great Savings!

The Co+op Deals coupon book offers big savings on your favorite brands including Barbara's Bakery, Country Choice Organic, Amy's, Lundberg Family Farms and more! This fall, you'll notice a new name and a new look, with the same great savings from your co-op. By working with over 110 co-ops from around the country, your co-op is able to offer you great deals on products your family will love.

The Co+op Deals coupon book is just one small way for us to say "thanks" to you, our member-owners and loyal shoppers. Your continued support makes our co-op more than just another grocery store. Your investment, patronage and input help us better serve you, support our local economy, and build connections with other communities across the country and around the world.

Look for the coupon books at the Co-op in September. Coupons are valid through October 31, 2010.



New Look, New Name, New Sales More Often

There's a new look and name for the sales program that is just one of the benefits of Oneota's membership in the National Cooperative Grocers Association (NCGA). Oneota is one of over one hundred co-ops nationwide that form the NCGA and therefore are able to leverage our collective buying power to get better deals on products for our customers. In the past, this program was called the Co-op Advantage Program (CAP). Starting in September, this program will be changing its name to Co+op Deals. You will notice the new logo on all NCGA branded materials, including sales flyers, coupons, napkins, and other in-store signage.

In addition to the new look, there will be a number of other enhancements. One of the more noticeable is that Co+op Deals will change twice a month (more precisely, every 14 days), and Member Deals will change only once a month (or every 28 days). This new system allows NCGA member co-ops an estimated 15% increase in yearly sale-priced items. This averages out to roughly 5-10 extra sale items a month, or roughly 120 more sale items over an entire year.

NCGA Coupon Policy Change

The previous Co-op Advantage and the new Co+op Deals coupon books are made possible through collaboration between the companies that make the products and the co-ops, like Oneota Co-op, that bring the products to you. These coupons offer great values and we know that you love them! We even make it easy for you to know which products our store carries by displaying the coupons with the products on the shelves.

However, the coupon books have been so popular that the product manufacturers have had to revise the usage rules. In order to ensure that co-ops can continue to offer these savings, a change in coupon redemption begins in September. The Co-op can now only accept one coupon per item per visit. This means that if you buy three cans of Muir Glen tomatoes and have a coupon for each of them, you will only be able to use one of the coupons during this shopping trip. You may save the remaining coupons for your subsequent shopping trips. However, if you have three coupons for three different products (for example tomatoes, soymilk, and cereal) you can still use all three coupons during the same shopping trip.

This change only affects coupons available through the Co+op Deals coupon books. We appreciate your understanding as we work to build more savings for our owners and shoppers.

MEMBER DEALS – these are sale items that are available to member-owners of the Oneota Co-op. These sales will continue to change "monthly" or every 28 days. Look for the ORANGE Member Deals signs.

member deals



Kettle Krinkle Cut Potato Chips

limit 2 bags per customer

\$3.89

Reg Price \$4.69

UPC#123456978012

FEB 24-MAR9

Co+op & Member Deals Schedule September/October/November 2010

Sept A	sales valid	9/1 thru 9/14 special order deadline 9/9
Sept B	sales valid	9/15 thru 9/28 s/o deadline for Sept B & Member Deals 9/23
Oct A	sales valid	9/29 thru 10/12 special order deadline 10/7
Oct B	sales valid	10/13 thru 10/26 s/o deadline for Oct B & Member Deals 10/21
Nov A	sales valid	10/27 thru 11/9 special order deadline 11/4
Nov B	sales valid	11/10 thru 11/30 s/o deadline for Nov B & Member Deals 11/24

Please note that these dates fluctuate and do not start and end on the first and last days of the month. Sale dates will fluctuate from month to month and we will include these dates and deadlines as indicated above. For more information, please call, e-mail, or stop by Customer Service at 563-382-4666 or customerservice@oneotacoop.com.

CO+OP DEALS – these are sale items that are available to all Oneota Co-op shoppers, including Co-op members, community members, visitors, and/or individuals that wish to shop at the Co-op but not purchase a membership. Look for the GREEN Co+op Deals signs.

Co+op deals

BOB'S REDMILL Pancake Mix with blueberries and apples

24 oz.

\$7.99

Reg. price \$10.00

1224560784212

MMM DD-MMM DD

AMISH PASTE • AUSTIN'S RED PEAR • BEAM'S YELLOW PEAR • BLACK PLUM • BLACK SEA MAN • BLONDKOPFCHEN • BRANDYWINE • BROWN BERRY • CHALK'S EARLY JEWEL • CHERRY ROMA • EARLIANA • EVA THURTELL BALL • GERMAN PINK • GOLD RUSH GIORGANT • GREEN GIANT • GREEN SQUASH • MORTGAGE LITER • NYGAIOS • REDFIELD BEAUTY • RED FIG • RUSSETTAUBRE • ROSE • SHEBOGAN • SHERIDAN • SILVER FIRE TREE

ANNUAL SEED SAVERS EXCHANGE

Tomato Tasting

Saturday, September 4th

Tomato Seed Saving Workshops
12noon • 1:30pm • 3pm

Tomato Tasting • 1-4pm
Come taste some of our favorite tomato varieties!

Salsa Contest • 1-4pm
Sponsored by Oneota Food Coop

- Tomato Seeds 50% Off
- Hayride Tours to Tomato Fields
- Kids Tomato Squish & Save Station
- Music • Food for purchase

Lillian Goldman Visitors Center
Seed Savers Exchange • 3074 North Winn Road, Decorah, IA
For more information visit www.seedsavers.org

GREEN ZEBRA • HARTMAN'S YELLOW GOOSEBERRY • HILLBILLY POTATO LEAF • ISS CANDY CHERRY • JAPANESE TRIFLE BLACK • JOHN BAER • JOHN BAER • LARGE RED CHERRY • MORTGAGE LITER • NYGAIOS • REDFIELD BEAUTY • RED FIG • RUSSETTAUBRE • ROSE • SHEBOGAN • SHERIDAN • SILVER FIRE TREE • TOMATO SEED SAVERS EXCHANGE

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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Editor, Design/Layout..... Nate Furler
 Proofing Cathy Baldner, Amalia Vagts
 The Oneota Community Co-op Scoop is published every other month and distributed to 10,000+ residents and members. If you are interested in advertising in the Scoop, please contact Nate Furler at the Co-op - 563.382.4666 or nate@oneotacoop.com

WHY JOIN THE CO-OP?

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

Member-ownership

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

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

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

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

THE STATEMENT ON THE COOPERATIVE IDENTITY

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

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

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

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



WELCOME

to these new member-owners & their households!

Carol Caldwell	Duane Johannngmeier	Song-Mi Park
Nola Childs	Shane Johnson	Heloise Poye
Michelle Conklin	Noriko Kuge	Robin Romelton
Leslie Dworkin	Paul Lee	Megan Schellhorn
Keona Katrice Ervin	LaDeane Lensing	Sarahh Scher
Dorette Fravel	Eileen May	Karen Skrypek
John Gehling	Christine McConnell	Joella Steffenson
Sharon Grindeland-Lillie	Shanna Menke	Janet Thompson
Kristin Hightower	Ryan Mix	Wayne Tudor
Holly Humpal	Sara Nottestad	CC Di Yin
Julie Jensen	Nancy Opperman	

WORKING-MEMBERS

THANK YOU to all of the Co-op members who helped out in one way or another as working members in July/August 2010. Your efforts make us better.

Lyle Luzum	Mary Hart	Joanne Hagen
Steve Peterson	Pam Kester	Jan Heikes
Steve McCargar	Dave Kester	Lee Zook
Bill Pardee	Roy Macal	Toast Houdek
Jon Jensen	Perry-O Sliwa	Dane Huinker
Joan Leuenberger	Jennifer Zoch	Onita Mohr
Robert Fitton	Grant Burke	Daphne Roberts
Judy Bruening	Ellen Cutting	Ron Roberts
Brenda Burke	Arlyls Adelman	Lynne Sootheran
Mwara Muriuri	Jerry Aulwes	Kent Simmonds
Dennis Carter	Carol Bentley-Iverson	Wendy Stevens
Barb Dale	Rachel Breitenbach-Dirks	Jim Stevens
Laura Demuth	Lynda Erickson	Jerry Skoda
Christine Gowdy-Jaehnig	George Hagen	Mark Wilharm

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

Wellness Wednesday

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

Senior Citizen Discount Monday

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

COMM POST

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

CO-OP EVENTS & CLASSES

www.oneotacoop.com/classes-and-events

Please sign up in advance as the class will be cancelled if there is not a minimum of 6 participants.

SEPTEMBER

EVENT: Co-op Potluck - Eat Local, America! Kick-off

Thursday, September 2nd at Phelps Park

Come enjoy a meal in community at the Co-op Potluck! This will serve as our kick-off to this month's *Eat Local, America!* We invite you all to bring a dish to pass that is made using local ingredients and also please be ready to share a bit about your dish with our fellow eaters. Recipes are most welcome. This is a very informal event; you need only bring some food to share, table service and a beverage if you desire it. Ever wanted to know what the Pepperfield Project was all about? Hear David Cavagnaro share about opportunities in our community to learn more about gardening and food preservation.

EVENT: Salsa Contest (sponsored by the OCC) during the Tomato Tasting and Seed Saving Workshop at Seed Savers Exchange

Saturday, September 4, 1:00 - 4:00 pm

The event will be held at the Lillian Goldman Visitors Center at Seed Savers Exchange (3074 North Winn Road). The Oneota Co-op is sponsoring this year's Salsa Contest. Limited to 25 entrants, applications are available at the Co-op (563-382-4666) or online at www.oneotacoop.com. The registration deadline is Monday, August 30. Winning entry, determined by public voting, will receive a Seed Savers Annual Membership and gift certificate, a copy of the cookbook *Eating Local - The Cookbook Inspired by America's Farmers*, by Janet Fletcher, a free one-night stay at the beautiful Hotel Winneshiek in downtown Decorah, and a \$30 gift certificate to McCaffrey's Dolce Vita. More details about the event can be found on pages 2 & 7, and at www.seedsavers.org.

CLASS: Presto! Pesto! - Back by popular demand! with Joel Zook & Johanna Bergan

Tuesday, September 7th 6:30 - 8:00 pm at the Co-op

Pesto: That wonderfully elusive and seemingly overly complicated pasta sauce which always seems to cost too much! Let's break it down together - learn all the variations that make this a completely affordable and very manageable recipe. All participants will go home with a wide variety of pesto sauces ready to freeze. Then enjoy them all fall as cold pasta salads, sandwiches, wraps, dips, etc.

Cost \$35 member/owners, \$40 community

CLASS: Russian Cooking with Nikolay with Nikolay Suvorov

Wednesday, September 8th, 6:00 - 8:00 pm at the Co-op

Come for good food and conversation surrounding Russian cuisine. Nikolay will share the preparation (and eating) of Mushroom Soup and Mushroom Salad. Other dishes will be sampled throughout the evening. Emphasis on healthy cooking styles. Nikolay will share traditional recipes as well as his own "twists" and ideas. Don't forget to bring a friend.

Cost \$15 member/owners, \$20 community

DEMO: Winneshiek Wildberry Winery Sampling

Friday, September 10th, 4:00 - 7:00 pm at the Co-op

Eat locally and drink locally as well! Winneshiek Wildberry Winery is a family owned and operated winery specializing in fruit and table wines located north of Decorah, Iowa. Staff will be in our store to sample award winning and best selling wines.

We encourage you to



Register and pledge to eat towards your LOCAL goal. Be it one 80% local meal a day every day of the week, or three 100% local meals a week total, we encourage you to set a challenging goal to eat more local food, more often. Sign-up at the Co-op, make your pledge, and be entered to win great prizes, including cookbooks, t-shirts, water bottles, and more.

EVENT: Eat Local, America! Cooking Contest

Saturday, September 11th, 1:00 - 3:00 pm at the Co-op

It's time for some healthy LOCAL competition. Join us at the Co-op for a contest that celebrates the art of local cuisine - the Eat Local, America! Cooking Contest. There will be five categories for entry, including: International Cuisine, Vegetable Mania (hot or cold vegetarian cuisine), Local Preservation (condiments, jams, jellies, chutney, salsa, compotes), Oh, Sweet Honey (satisfy the sweet tooth with these honey-sweetened dessert recipes), and Meat the Maker (hot or cold meat-based cuisine). There will be a limit of 10 entries per category, as well as two age categories (16 & under, and 17 & older). Entries will be judged on three criteria: prevalence of local ingredients, taste and creativity. Judges will be comprised of local "celebrities," including local chefs.

Prizes: Overall Grand Champion Prize: \$25 Co-op gift card, a Buy Local Co-op t-shirt, complimentary main course for two at LaRana Bistro and a copy of the cookbook *Eating Local, The Cookbook Inspired by America's Farmers* by Janet Fletcher. First Prize in each category: \$10 Co-op gift card and a Buy Local Co-op t-shirt. Second Prize in each category: Co-op reusable stainless steel water bottle. All contestants will receive a Co-op window cling and a reusable shopping bag. Questions: call Nate Furler or Johanna Bergan at the Co-op, 563-382-4666, or e-mail customerservice@oneotacoop.com.

To pick up an entry form, stop by the Co-op, or download the form online at www.oneotacoop.com. Limit of 10 entries total per category. Limit 1 entry per person. Registration form, including recipe title and category to be entered, must be submitted by 8:00 pm on Saturday, September 4th to the Co-op's Customer Service Desk.

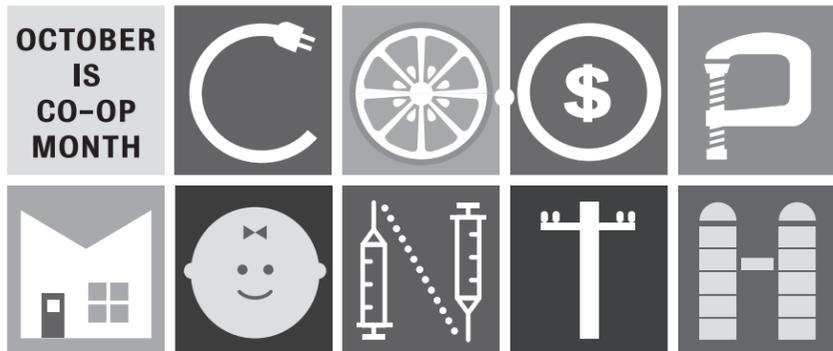
31 days to help you REMEMBER to CELEBRATE during all 365

FAIR TRADE MONTH

www.transfairusa.org



Look for this Label!



www.coopmonth.coop



www.nongmoproject.org

First Fridays

this fall at the Oneota Co-op



Stop in on the first Friday of each month and sip the newest wines & spunky beers and sample tasty cheeses, exciting chocolates, and bounties from the garden.

Watch for times to be announced!

Stop, Sip & Sample

Cheese and Apples Fall Bus Trip

Saturday, September 18, 7:00 am - 6:15 pm

By popular demand, we are hosting another Co-op bus tour. In addition to visiting cheesemakers, we'll see two apple orchards and allow time for lunch out in Mineral Point, both top suggestions from participants on our cheese bus last June. If you went last time, read this blurb. You'll want to sign up again. Don't wait too long. This bus will probably fill up quickly!

Take a one-day vacation with your friends and neighbors on a Fall Cheese and Apple Bus Trip and see some of the places our scrumptious apples and delectable cheeses come from. Your hostess will be Beth Rotto, Oneota Co-op's cheesemonger. We'll travel on a comfortable Scenic Hawkeye Stages bus, leaving from and returning to the parking lot behind Oneota Community Co-op. First stop will be Countryside Orchards along the Mighty Mississippi where we'll have a field day tasting fall apples. Next we'll visit Mt. Sterling Cheese Cooperative, view cheesemaking and sample their award-winning goat cheeses. Continuing through the rolling hills and orchards of Wisconsin, we'll travel to Cedar Grove Cheese Company in Plain, Wisconsin. We'll tour their facility, including the Living Machine, an innovative greenhouse system that treats waste water from the plant. Cedar Grove preserves old-world Wisconsin tradition but is also at the forefront in organic, grass-based dairy production, water treatment and product innovation. Outside of Dodgeville, we will visit Upland's Cheese and their ridgetop farm. Next we will have time to explore Mineral Point, one of Wisconsin's oldest communities. We've built in some free time in this historic, Cornish mining town for lunch and relaxation. Visit some of the 20 or so art studios, try some local brew, play scrabble at the coffee and ice cream shop, shop for antiques and books, visit Pendarvis Historic site, stroll down Shake Rag Alley or down the Cheese Country Trail. You'll love this charming town. Walking shoes recommended. On our way home, we'll also stop at Peake's Orchard near Waukon, Iowa for a hayride and tour of their orchards.

To reserve your place, please sign up at the Co-op or (with a credit card) by calling 563-382-4666 soon.

Cost: \$49 for both members and community - non-refundable. A snack and beverage will be included in your fee.

EVENT: PLAY WITH YOUR FOOD SCULPTURE CONTEST!

WHO: KIDS (and parents if you are under age 10)

WHERE: The ArtHaus Studio - 516 W Water Street

WHEN: Saturday, September 18th, 2:00 - 4:00 pm at ArtHaus Studio

Kids (and parents) are invited to join ArtHaus and the Oneota Community Food Co-op for an afternoon of fun with food as we create one-of-a-kind edible sculptures. At the end of the afternoon you will be encouraged to take home your completed work of art to display and then devour at your next meal. However, before you leave, photographs of the finished products will be taken to be exhibited at the Co-op. While on display, photos of finished sculptures will be judged by the public and prizes will be awarded to the winning sculptors! This free event is open to the public; however, pre-registration is required. Please call ArtHaus 382.5440 to reserve your spot today.

CLASS: Toward Better Birth: Doula Support for Mama, Baby, and Family with Lindsay Harman

Monday, September 20th, 6:00 - 7:00 pm at the Co-op

A Doula is a support person who attends to the emotional and physical comfort of women and their families during pregnancy and birth. They are trained in comfort measures, the physiology of birth, optimal positioning, immediate postpartum care (including breastfeeding support) and also serve as a resource and advocate for you. Do you have a baby on the way and want to have a supported and fulfilling birth? NE Iowa is fortunate to have a number of resources for prenatal care, and doulas are just one of the great options for support throughout pregnancy and birth. Statistically, according to MH Klaus' *Mothering the Mother*, Doula care can: decrease the use of an epidural by 60%, decrease cesarean sections by 50%, decrease the use of pitocin by 40%, decrease the use of pain medications (narcotics) by 30% and shorten the length of labor. Take advantage of this opportunity to discuss and learn the benefits of doula care with Lindsey Harman, CD(DONA) a certified doula care provider.

Wanted

INSTRUCTORS & CLASS IDEAS

for upcoming sessions.

- November/December
- January/February

Interested?

Please contact Johanna Bergan at the Co-op.
frontend@oneotacoop.com or call 563-382-4666

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.)

OCTOBER

EVENT: Co-op Potluck

Thursday, October 7, 6:30 pm at Good Shepherd Lutheran Church

Come enjoy a meal in community at the Co-op Potluck, held inside once again at Good Shepherd Lutheran Church. This is a very informal event; you need only bring some food to share, table service and a beverage if you desire it.

CLASS: Potstickers

with Joel Zook & Johanna Bergan

Wednesday, October 6th 6:30 - 8:00 pm at the Co-op

Come and learn how to make Potstickers (Chinese Dumplings) from start to finish. Learn how to make and roll handmade dough for the wrappers. Multiple variations on stuffing will be explored, offering both vegetarian and meat options. Dipping sauces included. Leave with a tray full of potstickers to freeze or eat immediately!

Cost: Member/Owner \$35 Community Member \$45
Maximum 8 class members

CLASS: Russian Cooking with Nikolay

with Nikolay Suvorov

October 20th, 6:00 - 8:00 pm at the Co-op

Come for good food and conversation surrounding Russian cuisine. Nikolay will share the preparation (and eating) of two Russian dishes to be announced closer to this class date. Other dishes will be sampled throughout the evening. Emphasis on healthy cooking styles. Nikolay will share traditional recipes as well as his own "twists" and ideas! Don't forget to bring a friend.

Cost \$15 member/owners, \$20 community

EVENT: Taste of the Local Harvest

Thursday, October 21, 4:00 - 7:00 pm at the Co-op

Each year, the Co-op celebrates our bountiful relationships with local producers by bringing them face to face with you, our local community of member-owners, shoppers, and the wider countryside of Northeast Iowa. Join us inside the Oneota Co-op for a chance to meet the local producers that work to supply the community with the rich harvest of Northeast Iowa and beyond. Sample products grown, produced, roasted, processed, or packaged within approximately a 100-mile radius of the Oneota Co-op.

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

Sunday, October 31, 3:00 - 6:00 pm at the 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: Taste of the Holidays

Thursday, November 4, 5:00 - 8:00 pm at the Co-op

On Thursday, November 4th from 5:00 to 8:00 pm you are once again invited to attend a full holiday meal—from appetizers through dessert—prepared by the Water Street Café. Suggested donation of \$10 per person. All donations go to support local food banks. More information coming soon to www.oneotacoop.com. Potluck cancelled for this evening. Next scheduled potluck December 2nd.

Cost: \$10 minimum donation to local food pantry.

EVENT: Beaujolais Nouveau

Thursday, November 19, 6:00 - 8:00 pm at the Co-op

Join us for a wine tasting of Beaujolais Nouveau—both regular and vineyard specific village we'll be sampling baked brie and other French style cheeses with our wholesome Waving Grains and McCaffrey's breads. More info coming in the Nov/Dec edition of the Scoop.

ARTHAUS

Fall Happenings

details at arthausdecorah.org

Sept 3 First Friday: New Work by Artist Ben Moore
Sept 10-11 Dance Performance: Solo by Amanda Hamp
Sept 17 Bluegrass in the Courtyard

Oct 1 First Friday: ArtHaus Oktoberfest
Oct 3 Story of Music. Stories from Home
Oct 15 Acoustic Jam in the Courtyard
Oct 22 All-Original Fall Poetry Slam
Oct 23-24 Bookmaking Workshop
Oct 29 Baker London Presents: Adam Svec

508 W. Water Street, Decorah, IA 52101 • 563-382-5440 •
arthaus508@gmail.com

MEMBER DEALS

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

ONEOTA
COMMUNITY
FOOD
COOPERATIVE

member deals

Kettle
Krinkle Cut Potato Chips
limit 2 bags per customer

\$3.89

Reg. Price \$4.99

UPC 0146197802 FEB 14 MARK

SEPTEMBER MEMBER DEALS

* Regular prices subject to change

	Regular Price	Sale Price	Savings
Bulk			
Lundberg, Jasmine White Rice, Org	\$2.69/#	\$2.19/#	\$.50/#
Lundberg, Millet, Org	\$1.29/#	\$.99/#	\$.30/#
Lundberg, Pinto Beans, Org	\$1.89/#	\$1.39/#	\$.50/#
Lundberg, White Imported Quinoa, Org	\$3.69/#	\$2.99/#	\$.70/#
Lundberg, Kidney Beans, Org	\$2.29/#	\$1.69/#	\$.60/#
Lundberg, Steel Cut Oats, Org	\$1.29/#	\$.79/#	\$.50/#
Sunridge Farms, Sunny Bears, Org	\$8.99/#	\$6.59/#	\$2.40/#
Packaged			
Ginger People, Ginger Spread	\$3.29	\$2.49	\$.80
Happy Baby, Happybellies Brown Rice Cereal	\$4.29	\$2.69	\$1.60
Happy Baby, Puffs, Org	\$3.29	\$2.29	\$1.00
Montebello, Pasta, Org	\$4.39	\$3.29	\$1.10
Muir Glen, Fire Roast Tomatoes, 28oz, Org	\$3.59	\$2.49	\$1.10
Newman's, Mint Tins, Org	\$2.59-2.69	\$1.79	\$.80-.90
Simply Organic, Selected Seasoning Mixes, Org	\$1.59-1.69	\$1.19	\$.40-.50
Household			
Biokleen, Laundry Powder, 5#	\$14.59	\$9.99	\$4.60
Citra-solv, Solvent, 16oz	\$10.99	\$7.99	\$3.00
Earth Friendly, Furniture Polish Spray	\$4.69	\$3.29	\$1.40
Bakery			
Rudi's, Double Fiber Bread, Org	\$4.69	\$3.49	\$1.20
Rudi's, Cracked Wheat Bread, Org	\$4.69	\$3.49	\$1.20
Fridge			
Follow Your Heart, Veganise	\$4.79	\$3.49	\$1.30
Follow Your Heart, Grapeseed Veganise	\$4.99	\$4.29	\$.70
Earth Balance, Buttery Spreads	\$4.29	\$3.49	\$.80
Body Care			
Baraka			
Line Drive Sinus Support Products		15% off	
neti pots, sinus oil, sinus salts			
Locally Grown Clothing			
T-Shirts Hats and Sweatshirts		20% off	

Sampling in the Aisles

by: kristin evenrud, grocery manager

Have you ever walked down the grocery aisles and wondered what something tasted like? I know I have often thought to myself, "I wonder if my kids will eat this?" Starting in September, we'll be bringing you more chances to check out some interesting and tasty foods offered at the Co-op. Food demonstrations will happen every Tuesday and Friday from 3:00 - 5:00 pm. Stop by and give something a try that you may not normally have had the chance to.

September - Asian Cuisine

Featuring:

- Miso (reduced sodium version) • Wakame Soup • Kombu Wild Kelp
- Bonito Flakes • Tapioca Sheets • San-J Thai Peanut Sauce
- Soba Buckwheat Pasta • Thai Kitchen Green, Yellow and Red Curry Paste

October - Indian Cuisine

Featuring:

- Kitchens Of India
 - Mashed Vegetable Curry
 - Basmati Rice Pilaf w/ vegetable
- Stonehouse 27
 - Dates and Tamarind Sauce
 - Cilantro and Coconut Sauce
- Patak's Hot and Sweet Mango Chutney
- Calcutta Masala Simmer Sauce
 - Punjab Saag
 - Bombay Curry
- Couscous Savory Herb
- Chickpeas



OCTOBER MEMBER DEALS

* Regular prices subject to change

	Regular Price	Sale Price	Savings
Bulk			
Coarse Ground Bulgur, Org	\$1.99/#	\$1.79/#	\$.20/#
Navy Beans, Org	\$1.99/#	\$1.59/#	\$.40/#
Yellow Split Peas, Org	\$1.69/#	\$1.19/#	\$.50/#
Lundberg, Basmati Rice, Org	\$2.39-2.69/#	\$1.99/#	\$.40-.70/#
Raw Sesame Seed, Org	\$3.29/#	\$2.19/#	\$1.10/#
Packaged			
Annie's Homegrown, Family Sized Macaroni Dinner Mixes	\$3.39	\$2.49	\$.90
Ancient Harvest, Pasta	\$2.59	\$1.99	\$.60
Annie's Homegrown, Org Family Sized Dinner Mixes	\$3.99	\$2.99	\$1.00
Annie's Homegrown, Cheddar Bunnies, 6.7oz, Org	\$3.59	\$2.99	\$.60
Erewon, Cereals, Org	\$4.49	\$3.39	\$1.10
Braggs, Liquid Aminos, 16oz	\$4.79	\$3.49	\$1.30
Braggs, Liquid Aminos, 32oz	\$7.89	\$5.99	\$1.90
Braggs, Apple Cider Vinegar, 16oz Org Raw	\$3.59	\$2.69	\$.90
Braggs, Apple Cider Vinegar, 32oz Org Raw	\$5.89	\$4.49	\$1.40
Crofter's, Superfruit Spreads, 11oz Org	\$4.79	\$3.49	\$1.30
Crown Prince, Brisling Sardines in Olive Oil	\$4.39	\$3.29	\$1.10
Crown Prince, Sardines in Mustard Sauce	\$3.49	\$2.79	\$.70
Earth's Best, Rice Cereal, Org	\$3.49	\$2.69	\$.80
Equal Exchange, Baking Cocoa, Org, 8oz	\$8.59	\$6.49	\$2.10
Ginger People, Ginger Chews & Hard Candy, 3oz	\$2.19	\$1.49	\$.70
Green Mountain, Tortilla Strips, Org	\$2.99	\$2.29	\$.70
Living Harvest, Hemp Milk	\$3.99	\$3.29	\$.70
Natural Sea, Pink Salmon, Canned	\$3.69	\$2.49	\$1.20
Newman's, Salad Dressings, 16oz	\$5.39	\$3.99	\$1.40
Pacific, Soups, 32oz	\$3.99	\$2.99	\$1.00
Pamela's, Organic Cookies	\$3.99	\$2.99	\$1.00
Panda, Licorice, Box	\$3.39	\$2.29	\$1.10
Panda, Licorice, Bars	\$0.79	\$0.49	\$.30
Santini, Sweetened Condensed Milk, Org	\$3.79	\$2.79	\$1.00
Santini, Evaporated Milk	\$1.89	\$1.49	\$.40
Spectrum, Coconut Spray Oil	\$5.69	\$3.99	\$1.70
Vita Spelt, Spelt Pasta	\$2.99	\$2.29	\$.70
Pet			
Wellness, Dry Cat Food, 40oz	\$15.19	\$10.99	\$4.20
Frozen			
Amy's, Pizzas	\$7.19-8.49	\$5.99-6.99	\$1.20-1.50
Body Care			
Badger, Line Drive		20% off	
Balms Lip Care Body Oils			

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

IT'S CLASSIFIED

Classified ads are free to Oneota Co-op members. 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.

WANTED: Apartment or House for rent, in town or country, must allow pets.

Contact niki@oneotacoop.com



Timber Frame Park Shelters

Enhance your park or campground with a timber frame park shelter from Wild Rose Timberworks. These long-lasting and low-maintenance structures are the perfect complement to the natural landscape.

Enhance Your Park or Campground



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Located in Decorah, Iowa
(563) 382-8500 or (563) 382-6245
www.wildrosetimberworks.com

Made from local materials, each park shelter is skillfully crafted using traditional hand tools.

Enhance the beauty and service of your park or recreational area!

Tai Chi of Decorah

Movement for Health and Well-Being

Tai Chi classes meet at two locations:

Team Rehab
Winneshiek Medical Center
Lower Conference Room B on Wednesday

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

Tomato Tasting and Seed Saving Workshop with Seed Savers Exchange

Seed Savers Exchange near Decorah, Iowa is hosting a free Tomato Tasting and Seed Saving Workshop on Saturday, September 4, 2010. The Tomato Tasting will run from 1:00 – 4:00 pm, offering visitors the opportunity to sample a wide variety of heirloom tomatoes and learn how to save tomato seeds.

The event will be held at the Lillian Goldman Visitors Center. More than 30 varieties of tomatoes of all colors and sizes will be available, including yellow cherry tomatoes, pink beefsteaks, striped stuffing tomatoes, red grape tomatoes and green romas.. Last year, Velvet Red, a small salad tomato was voted most popular.

The Oneota Food Co-op in Decorah is sponsoring this year's Salsa Contest. Limited to 25 entrants, applications are available at the Co-op or by calling 563-382-4666. The registration deadline is Monday, August 30. The Co-op will also be providing food for purchase during the event.

Tomato Seed Saving Workshops are scheduled at 12:00 pm, 1:30 pm, and 3 pm. These workshops will teach gardeners how to preserve tomato seeds from their own garden.

Visitors will be able to tour Seed Savers Exchange's tomato gardens. Guided hayride tours begin at 12:00 noon and are scheduled for every 45 minutes.



Also scheduled are activities for kids, including the Kid's Tomato Squish and Save Station, a beginners guide to saving seeds.

"This family event gives people the opportunity to experience the wide diversity of tomatoes available, and learn how to improve their own gardening experience," says Diane Ott Whealy, the co-founder of Seed Savers Exchange.

All events are free to the public.

Located six miles north of Decorah, Seed Savers Exchange is a non-profit membership organization dedicated to the preservation and distribution of heirloom seeds. Seed Savers has records on more than 25,000 varieties of open pollinated varieties, making it the largest non-profit seed bank in the United States. Visit us at www.seedsavers.org



BUY LOCAL? YEAH, RIGHT.

by: david lester, general manager

On my way back from a recent trip to central Iowa, I made a stop into a small town's grocery store. Their selection of natural products caught my eye, and I decided to see what dairy and grocery items they were carrying. About a minute into my shopping experience, I heard an older woman's voice behind me say, "Buy local? Yeah, right." It was one of those moments when you are in an unfamiliar area where no one could possibly know you. Yet, the voice from behind sounded like it was directed at me. I thought, should I turn around or just stand here? Being familiar with the local foods movement I found it difficult to not immediately stand up for local producers I have come to know. Then I realized that I happened to have on my Oneota Co-op t-shirt with the words "Buy Local" emblazoned on the back. Undoubtedly, she was talking to me. I turned around to find a woman casually shopping with her husband. She continued, "You can't buy anything local anymore, good luck with that." Wow.

I was faced with one of those moments where you really want to say something so incredibly well crafted and earth shattering that it would change this person's life forever. "Oh, I'm from Decorah," I replied. Like that was supposed to prove anything. Sheesh. During the ensuing five-minute conversation, I learned that this community used to have a vibrant local farmer scene, including a bustling local farmer's market. After our brief conversation, we both went our separate ways. I couldn't help but ponder the changing definition of local and how happy I was to be heading home to Decorah.

What does local mean? In 2007 a group of four women in San Francisco coined a new word, "locavore," that later was named the New Oxford American Dictionary Word of the Year. The group coined the word to challenge residents to eat food only grown or produced within a 100-mile radius.

I invite you to read the article "Hot on the Trail of Local Sales" by Nate Furler beginning on page 1. His article describes the complexity of the word local, how our Co-op currently defines it and what we are doing with technology to track our local sales.

I have found that every co-op, every business, every college, every manufacturer and every individual has their own definition of what local means. For me, the word really took on meaning when I was stopped by a customer shopping in our Co-op who wanted to know more about the hardneck garlic that we were selling. I could only answer a couple of his questions and began to desperately look around for Betsy, our Produce Manager. Betsy was nowhere in sight, however, I saw Eric Sessions in the store shopping. I was happy to tell the customer that the grower of that hardneck garlic was in the next aisle over and I'm sure he would be glad to answer his questions. After making their introduction, I went down to my office to do some work. When I returned upstairs about 30 minutes later, I found Eric and the customer still engaged in a very deep discussion about growing this particular kind of garlic. Eric later informed me that the customer's wife came up to him and told Eric that he had made her husband's day with all the information he gave him. To me, that's local.

Hot on the Trail of Local Sales

by: nate furler, marketing specialist

(continued from page 1)

area up into Canada and down into Arkansas. We feel, though strict, our definition of 100 miles is reasonable and allows for greater pride in the sheer number of local products we are fortunate to carry.

We recently redefined the distance we consider regional. The previous definition that Oneota had established included the same criteria as our local definition, only it allowed for items to be from anywhere considered in the Midwest. As you may know, the borders of the Midwest are not clearly defined. Therefore, we decided to simply increase the radius of our circle to 300 miles in order to give us a cleaner limit to our regional definition.

We invite you to look through the aisles of the Co-op and notice the large number of items that we carry that are considered local or regional. We also look forward to sharing more facts and figures about our local and regional sales in the coming months and years.






Your LOCAL source for whole-house hardware



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200 East Main Street
563-382-3538
www.acehardware.com



Ace Kitchen Place
106 East Water Street
563-382-3544
www.acekitchenplace.com

DECORAH



Crunching leaves, crisp air, skies bluer than blue and the red gems that taste like fall - apples. We are fortunate to have three great local orchards from which we buy our apples sold at Oneota Community Food Co-op.

Peake Orchard, run by Al Peake and family, is on a beautiful piece of land near Waukon off Highway 9. They practice IPM – integrated Pest Management – which means they monitor their orchard for pest outbreaks with pheromone traps and they only spray if there is a significant outbreak. This year Al tells me they have not had to spray much because the pests have been very minimal. Peake Orchard grow many varieties of apples and keep up with the trends by planting popular new favorites next to old stand-bys.

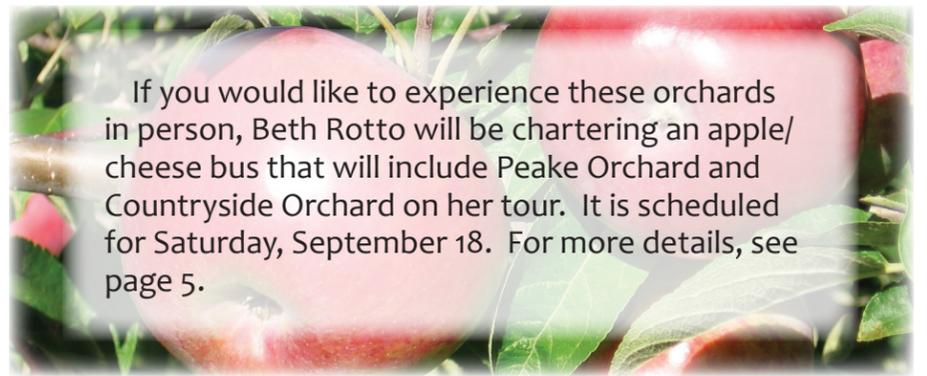
Their first apple to come due is the Cortland. They are a big, deep-red apple with a pinkish white interior. They are very flavorful, leaning toward the tart end of the spectrum. They make amazing apple sauce that's pink. They are

also an excellent baking apple. They are good to eat as well, although they do not stay crisp for long.

Everybody's favorite apple in the fall is Honeycrisp, another early apple. We're happy to report that Peakes have a great crop this year. Since Honeycrisp became available on the market in the late 1980's, there has not been enough supply to meet the demand for this "perfect" apple. It's tart, yet super sweet and crisp, and the juice is bountiful. Hence, the perfect apple. However, they are not a good storage apple - so eat them while they last. Other varieties coming from Peakes: Regent, Connell Red, Haralson, Yellow Delicious and Enterprise.

Countryside Orchard in Lansing IA, owned by Jaime Bjornsen, grows apples without the use of pesticides. They are able to call them organic because the orchard falls under the income level required to go through the certification process. Jaime specializes in apples that are disease-resistant for our climate. Her apples are unique and very flavorful. She expects a bumper crop this year as well.

Jaime's early varieties are not as well-known. The Priscilla apple she calls the "school apple" because they are ready when school starts and the kids love them. They are a Red Delicious cross characterized by their conical shape and bumps at the base of the fruit. Their flavor is candy-sweet with a spicy after-taste. Some other favorite varieties include Liberty and Valstar apples. Liberty apples are a deep dark red



If you would like to experience these orchards in person, Beth Rotto will be chartering an apple/cheese bus that will include Peake Orchard and Countryside Orchard on her tour. It is scheduled for Saturday, September 18. For more details, see page 5.

with a white interior and are usually on the small side. They are a crunchy sweet/tart apple with big flavor. This variety makes for great eating and baking apples. Valstar apples are crunchy, juicy and sweet, but with a brightness to it that rescues it from being cloying. Valstar reminds me of a Pink Lady apple, only not as hard - in other words these babies seriously pack big fla-

vor that can really impress and they are an excellent all-around apple - eating apple, sauce-making, baking, you name it.

Countryside also grows: Red Free, Priscilla, Haralson, Honeycrisp, Dayton and Gold Rush varieties.

Sliwa Meadow Farm grows many of the varieties of apples that Jaime sells and they grace our shelves on good years. Perry-o and David Sliwa also have a growing fleet of pear trees in their orchard. This year was not so lucky. They were hit by a May frost that killed many of the early flowers. We may see a few pears from Sliwas this year (Warden Seckle and Golden Spice), but not as many as usual. The apple crop, on the other hand, looks great. David grows Honeygold - a yellow apple with Yellow Delicious heritage. They taste sweet crisp. Good for eating or baking. He also grows Regent, Golden Russet, Snow apple, and Fireside.



Countryside Orchard



by: niki mosier

Memories of childhood apple trees, led Jamie Bjornsen and her late husband to eventually plant 200 trees and start Countryside Orchard. It is located near Lansing, on a small 15 acre "farmette," with about an acre and a half devoted to the trees and a growing "Wild English Garden." The garden is complete with blackberries, peaches, strawberries, raspberries, rhubarb, gooseberry, grapes, red and black currants, apricots and horseradish. The berries become jams and jellies. Jamie has a state certified kitchen on the farm where in addition to the jams and jellies, they make pies, caramel, carrot cake and fudge in the fall. Jamie learned how to cook and bake from her mother growing up. She is also a full-time photographer, so her biggest challenge is not having enough time with the trees.

Countryside Orchard practices all of the organic growing guidelines but is not certified. Jamie uses the Eco-System of organics to raise the fruits, which means that she plants certain flowers, installs bluebird houses and pulls lots and lots of weeds. She has hands on control of the bugs with the trees, just like her father did, using no spray. The sheep she raises also help with the mowing and the disposal of the rough apples and peelings. The apple shed at the orchard is open weekends in October or you can find them at the Oneota Co-op.

Every single apple from the 200 trees finds a home. The three-pound apples are turned into sauce on-site, the two-pound apples go into pies, cakes or breads and the one-pound apples are for customers. Jamie's greatest joy is watching the children's faces light up when they taste the flavor of the apples they pick fresh from the trees.

Pan-Grilled sausages with Apples and Onions

courtesy of Bon Appétit | October 2002
Makes 2 servings

Ingredients

- 3 tablespoons butter
- 4 fully-cooked sausages (13 ounces total)
- 1 medium onion, sliced
- 1 medium-size tart apple, such as Granny Smith, peeled, cored, sliced
- 1 cup apple cider or apple juice
- 2 tablespoons chopped fresh sage
- 2 tablespoons fresh lemon juice

Directions

Melt 1 tablespoon butter in large skillet over medium heat. Add sausages and cook until beginning to brown, turning occasionally, about 5 minutes. Add onion and apple to sausages in pan; cook until onion and apple are tender and brown, stirring often, about 5 minutes. Add apple cider and chopped sage; increase heat to high and stir until liquid is slightly reduced, about 2 minutes. Stir in lemon juice. Season to taste with salt and pepper. Using slotted spoon, transfer onion and apple to 2 plates, dividing equally. Top with sausages. Whisk remaining 2 tablespoons butter into cider mixture. Season sauce to taste with salt and pepper. Drizzle over sausages and serve.



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Peake Orchard

by: niki mosier

Al Peake knows apples, he has been growing them for almost twenty one years. Al and his late wife Sandra, planted their first apple trees in 1979 roughly twelve miles east of Decorah. It all started when Al made a visit to a "pick your own" orchard and thought he could do it on his farm.

He uses integrated pest management, which means as little pesticide spray as possible and no herbicides on his trees. Most commercial orchards use a band of herbicide around their trees so that the trees do not have to compete with the grass for nutrients and water. Instead, he mows around the trees to avoid using any herbicides.

Al and his crew pack all of the fruit in their own packing house and store the apples in a large home-made walk-in cooler. Al knows that there is a huge difference in eating a tree-ripened apple versus one that has been shipped and stored. All of the Peake's apples are sold locally, which allows them to be able to pick the apples as they ripen. There are six varieties of apples available each year, Honeycrisp, Cortland, Haralson, Regent, Connell Red and Enterprise. The Peake's annual harvest of approximately 1,500 bushels gets sold here at the Co-op, at the farmer's market, Luther College, Fareway and through Grown Locally.

Especially great is the opportunity during mid-September through Thanksgiving when you can head out to Peake's and gather your own apples. I asked Al what one of his biggest joys is. He told me that nothing beats being out in the orchard on a crisp fall day harvesting a great crop of good apples and tasting a few as he goes.



Top of the Hollow Farm

by: niki mosier

Potatoes and goats are what Top of the Hollow Farm, owned by the Steines family, is most known for. Top of the Hollow potatoes and other produce have been available at the Co-op for the past ten years. The Steines family has been gardening and producing food for almost forty years. For the Steines it really is a family operation with grandpa Merle, daughter Becky and granddaughter Grace all involved in the process. Top of the Hollow became certified organic in 1994. At Top of the Hollow they

believe completely that using chemical pesticides, herbicides and fertilizers is the wrong way to nourish our bodies and the earth. Sticking to those principals, they adhere to all organic regulations and are inspected annually which means that hours of hands-on attention and labor lie behind every one of their products. Sourcing organic seed and establishing reliable markets to sell their products can make the seasons difficult. However, with all of the frustrations of farming come great joys like the knowledge that they are providing a healthy and organic product for the consumer. The Steines' commitment to a simple, rural lifestyle devoted to sharing what they grow is part of what makes them a farmer's market staple and an easy choice for those looking to purchase fresh, local produce. Look for Top of the Hollow potatoes and other produce here at the Co-op, at the Winneshiek Farmer's Market in Decorah, or contact them for direct sale.



Thinking "Close to Home"

by: gretchen schempp,
body care/books & gifts buyer



I often think to myself, I have to be one of the luckiest people in the world. I live in the most beautiful and peaceful place I know. I have access to great food, I am surrounded by engaged, caring, interesting and talented people, and I have a job that keeps me learning, is fulfilling and serves my community.

One of the best things about my job is working with local and regional producers and artists. Here are the local and regional companies you can find within the shelves of the Wellness section, along with their location of business and product selection.

Local

Aura Cacia: Norway, Iowa. Essential Oils, body oils, bath salts, bulk products. All things aromatherapy.

Nice Suds Soap Company: Decorah, Iowa. Carole Daughton's soaps are a best seller in our store and boast all-natural ingredients. A variety of scents, sizes and designs can be found. Carole cures her soaps so that they are longer lasting.

Lynn Staley Originals: Cresco, Iowa. Natural essential oil scented soap.

Linden Soaps: Durango, Iowa. Bulk slice your own soap. Naturally scented, botanically colored. Ronald and Kelly Lindblom, creators of Linden Soaps, are constantly producing loaves of their lovely soap and even make the soap cutters in their workshop just North of Dubuque.

Eco Lips: Cedar Rapids, Iowa. Organic lip balms. I had the pleasure of trying Andrea and Steve's organic lip balms back in 1997 when they would bring it to the store I worked at in Iowa City. Now you can find Eco Lips nationwide!

Regional

Four Elements: North Freedom, Wisconsin. Four Elements is located on a 130-acre farm set in the Baraboo Bluffs. They have been certified organic since 1991, and established in 1987. All products are created and packaged by local women in their renovated dairy barn, certified by the Wisconsin Department of Agriculture as a commercial kitchen. Look for lovely infused massage and body oils and balms in our store.

Veriditas Botanicals: Minneapolis, Minnesota. Wonderful organic, therapeutic-grade essential oils, flower waters and wellness formulas.

Party in My Pants: Ashland, Wisconsin. "Cloth pads for the princess on her period." Lydia and Luci Daum create functional and adorable lined reusable pads for menstruation and incontinence. They also offer nursing pads, which are cleverly named "Honeysuckles". Also super-soft sleep masks in cute and funky patterns and oilcloth pouches perfect for makeup or loose change.

Sunleaf Naturals: Waconia, Minnesota. Sunleaf Natural's commitment is to natural, clean, green and joy. They use all plant derived ingredients, never any harmful preservatives or synthetics, packaging is minimal, compostable with fresh uplifting scents. Look for Sunleaf candles, shampoo bars, body

bars and green shave bar. No plastic packaging, ever!

In our gift section you will find more items that are locally handcrafted by talented people. Many of these folks work with me on a consignment basis. This is great for the Co-op because we are able to showcase more items and more artist's handicrafts by utilizing this system. The artists also get exposure to a wide range of shoppers. Here are the local artists we are featuring right now and what they have to offer.

Angie Amsbaugh's precious gemstone earrings. Cresco, Iowa.

Emil Moorbeck's "Nature of Things" handblown glass pendants and vessels. Decorah, Iowa.

Elyse Hawthorn's Simple Silks. Waldorf inspired childrens toy intended for imaginative play. Hand dyed 100% silk. Decorah, Iowa.

Gabi Masek's Cuddly Critters. Hand stitched stuffed toys and quilts. Decorah, Iowa.

Matthew Alexander of Other World Arts. World Tree design T-shirts.

Aaron Bodling Photography. Nature and architectural photographs. Decorah, Iowa.

Rebecca Splittstoesser Handmade shopping bags. Rebecca brings these bags to us from Caledonia, Minnesota where they are made. All proceeds go to supporting the persons with disabilities who create them.

Seed Savers Exchange. Seeds. Decorah, Iowa.

Locally Grown Clothing. Kelsey Byus started selling "Locally Grown" T-shirts at the Des Moines Farmer's Market a few years ago. The response was great and the message of sustainability and buy local resonated with so many people. All materials are USA sourced and manufactured. We have "Grass Fed," "Locavore," "Urban Farmer" and "Grown Locally" shirts, baby onesies, hats and sweatshirts.

Local Authors

The Divine Rhubarb Committee (Nancy Martinson, Jennifer Wood, Heidi Dying, Mary Bell) - Everything Rhubarb

Jeffery Skeate - Familiar World

Robert Wolf - Eating in Place, and Heartland Portrait

Monique Jamet Hooker - Cooking with the Seasons

Jeanne Meyer - Family Cookbook

Robert Felde - Life at the Crossroads

David Anderson - Boats, Ships and a Raft

Local Musician's Recordings

Footnotes (Beth Rotto, Jim Skurdal, Jon Rotto and Bill Musser)

Contratopia (Erik Sessions, John Goodin, Pat O-Loughlin, Patrice Pakiz)

Amalia Vagts

Local Greeting Card Producers

Alison Dwyer, Carl Homstad, Carol Bentley-Iverson, Alisha Duckett and Kevin Fitzgerald.

Regional Greeting Card Producer

Alisha Duckett

I would like to thank all of our local artists, authors and producers for the great work that you do. It is a pleasure to work with you.

River Root Farm

(Reprinted with permission from People's Food Co-op, LaCrosse, WI)

Katie Prochaska and Mike Bollinger are the enviable owner-caretakers of a perfectly beautiful eight acres of farm land just northeast of Decorah, IA, called River Root Farm. Organic certification is right around the corner and will surely prove to be a boon to the farm, since every day people are discovering the health benefits and importance of fresh, locally grown food. Connect with your food... appreciate the strength and fortitude of the hard-working people who grow your food with great attention to detail and an innate love for the land. Oneota Co-op carries a variety of their microgreens—taste them once—you'll be back for more, and then back again!

Prochaska's time spent in the Peace Corps in West Africa was followed by years of experience studying organic farming, land stewardship and health education. Combining that with some inner-city urban farming in Chicago as well as a stint of bucolic New England farming results in an impressive résumé. The couple purposefully ended up back in Iowa with plenty of knowledge and hands-on experience that would prove to be invaluable on their soon-to-be certified organic farm.

The Co-op is proud to sell their microgreens, and we know that you will like them too. Microgreens are very young and tiny plants, usually with only their cotyledon leaves developed. Typically, they are perfect at eight to fourteen days old. They're filled with flavor and packed with nutrition. Microgreens are smaller

and more tender than baby lettuces but with a more mature, zesty and robust flavor that is far different from sprouts. The stem and leaves are consumed—not the roots—as is the case with alfalfa and bean sprouts. Microgreens are delicious and ideal for enhancing salads and soups, piling on sandwiches, or as an elegant garnish. Their full flavor, delicate crunch, and colorful beauty add vibrancy and nutrition to most any dish.

River Root Farming Practices

River Root Farm uses a system of mobile unheated greenhouses to maximize year-round fruit and vegetable production. These mobile greenhouses, or high tunnels as they're called, enable them to extend their growing season. High tunnels are inexpensive, simple, passive solar greenhouses in which crops are grown directly in the soil. The plastic-covered garden structures allow growers to roll sidewalls up and down for ventilation and frost protection. The system is completely enclosed, so no rainfall enters the tunnel. Growers place plants directly into the soil and water them with small irrigation tubes under the plastic. Many of the crops produced within their greenhouses are ready for harvest up to five weeks earlier and/or five weeks later than crops without. The end result is a growing season that is extended by as much as two and a half months and yields that are two to three times the size of conventional gardens. Consumers are happy to have locally grown produce available for a much longer portion of the year.



Healthy Soils

The foundation of nutritious food and a healthy ecosystem starts with the soil. In healthy, well-balanced soil, plants grow in an active and vibrant environment full of living organisms that are interconnected and interdependent—a valuable synergy. All soils have five major components—organic matter, minerals, water, air and living organisms. The living organisms are hugely important and consist of earthworms, algae, plants, tiny insects, bacteria, fungi and other microorganisms. The life of the soil, or “soil biota,” is a collective term for all the organisms living within the soil. River Root Farm builds healthy soil by nourishing the living component of the soil and the microbial inhabitants that release, transform, and transfer nutrients. They also feed soil biota and build soil organic matter with cover crops, compost, and biologically based soil amendments. These soil-enhancing methods produce healthy plants that are stronger and readily able to resist disease and insect predation, improve soil structure, and increase water-holding capacity.

Pest Control

River Root's primary strategy in controlling pests and diseases is prevention through good plant nutrition and management. Cover crops and crop rotations are painstakingly planned and put in place to effectively change the field ecology. The desired end result is a natural disruption in habitat for the pesky weeds, insects, and disease organisms. Weeds are also controlled through cultivation, hand-weeding, mulches, and flame weeding. Flame weeding is a type of thermal weed control. It was once commonly used in row crops like cotton and sorghum from the late 1930s until the mid-1960s—about the time herbicides and pesticides became widely available. During the 1980s and '90s flame weeding made a rapid comeback as an effective alternative to chemical weed control.

Flame weeding relies on propane gas burners to produce a carefully controlled and directed flame that briefly passes over young weeds. The intense heat sears the leaf, causing the cell sap to expand and disrupt cell walls. The flamed weeds don't stand a chance—they soon wilt and die.

Another piece of an effective pest control puzzle is a reliance on a vast population of soil organisms, beneficial insects, and birds to keep pests in check. When pest populations get out of balance, River Root uses a variety of strategies such as the use of insect predators, mating disruption, traps, and barriers.

Organic farmers are required to use sanitation and cultural practices before they resort to applying a material to control a weed, pest, or disease problem. Use of these materials in organic production is regulated, monitored, and documented. As a last resort, OMRI (Organic Materials Review Institute) approved botanical or other non-synthetic materials may be applied.

Organics...Why Bother with the Extra Effort?

Small-acreage organic agriculture is an approach to farming that seeks to maintain and improve the productivity of the land by encouraging and enhancing natural biological processes. It can't be stressed enough—the foundation for healthy plants and animals is healthy soil. River Root Farm strives to grow strong, healthy crops by stimulating soil biology, growing cover crops, incorporating compost and manure to build soil structure, while using innovative methods of pest control, and participating in organic research projects—all as efficiently as possible.

All of us at the Co-op and at River Root Farm hope you enjoy the bounty of Katie and Mike's hard work, idealism, and organic acumen. Thanks to their system of farming, we will be enjoying their produce long past the end of the Midwest's growing season. Eat healthy and prosper.

A Cheesemaker's Tour

by: beth rotto, cheesemonger

I've just been on a Cheesemaker's Tour, lavishly wined and dined by members of the Wisconsin Milk Marketing Board and Classic Provisions, one of our distributors in Plymouth, MN. There were two dozen co-op cheese buyers, demo coordinators and deli managers on the trip, so we had a lot in common, but especially the love and appreciation of good cheese. For three days we visited with cheesemakers, touring their factories and stores, and sampling their wares. Yes, I ate my fill of cheese, and that means a lot of cheese!

There were so many things to learn. One designation I hadn't understood is that of Wisconsin Master Cheesemakers. This isn't just a puffed up title. To be called a Master Cheesemaker and to label cheese with the Master's Mark, a candidate must have 10 years experi-



ence in quality assured plants before applying, then they must declare one or two cheese varieties they would like to seek certification in. They must then take required classes and participate in a 3 year program before taking a rigorous Ph.D.-level final written examination as well as submitting samples of cheese for evaluation. There are just 49 Masters at this time. Some of our Wisconsin cheese comes from these Masters, including the Buholzer brothers - Ron, Dave and Steve who make our Klondike Feta Cheese, Sid Cook and Tom Jenny who makes cheese under the Carr Valley label, Myron Olson who makes Limburger at the only cheese factory in the United States producing that cheese and Robert Wills of Cedar Grove is a master for Cheddar and Butterkase varieties.

(continued on page 16)



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BPA Coated Receipts? Fortunately NOT ours.

by: nate furler, marketing specialist

In previous Scoop publications, we have focused on the chemical bisphenol-A (BPA) which is commonly found in plastics such as polycarbonate and the inside liner of cans of food. Recently, it has been given great attention in the media for its prevalence in receipts in the retail sector.

The short story is that thermal receipt tape contains a coating of plastic dust - which is typically a powder form of BPA. Unfortunately, because this plastic is in powder form, it is easily transferred to the body, and potentially the bloodstream, through simple contact with the skin. This raises potential risk for anyone that comes into contact with the paper, especially our employees, customers, and community that handle the paper routinely.

We are aware that many businesses, in particular many food co-ops, have switched from BPA-containing receipt paper to a different paper that does not contain BPA. I am happy to inform you that the Oneota Co-op already uses BPA-free thermal receipt paper in our credit card terminals.

While this is a step in the BPA-less direction, we can only hope it is the correct one. We cannot say for certain that there isn't a degree of risk with the alternatives. Other forms of thermal receipt tape may be free of BPA, however, the manufacturer most likely uses BPS or BPF in place of BPA. As far as we can tell, the toxicity of these other chemicals are still up for debate. Therefore, we are able to say that our thermal receipt paper (used on our credit card terminals) is BPA-free, but we cannot say for certain that this new thermal receipt paper is benign. We feel this is an important distinction to be made when addressing this topic.

As with BPA-containing plastic water bottles and food containers, the highest risk associated with the absorption of BPA is for young children and pregnant mothers. BPA is suspected of contributing to developmental abnormalities - particularly in young boys. BPA has even been detected in the umbilical fluid of mothers.

The good news? You have options. The register tapes that our cashiers are able to print out for you from our Point Of Sale (POS) system - also known as itemized receipts - DO NOT contain BPA. These printers use the "old-style" paper and ink system, and therefore do NOT have a plastic coating on the paper. It is simply paper and ink.

Here are some options for avoiding contact with thermal receipts at the Co-op:

- pay by cash or check - this prevents you AND the cashier from having contact with the thermal receipt paper.
- if you are using a credit card, you will still need to sign, however you do not need to take a copy of your receipt with you
- if you are using a debit card, you will not need to even have contact with the thermal receipt paper, however, the cashier will still have to handle it.
- reduce your contact, but not avoid it completely, by making one larger payment towards a declining balance on your member account (my personal favorite). This also makes subsequent checkouts a bit faster.

One final detail - DO NOT throw your thermal receipts into the recycling pile. They can't be recycled because of the plastic coating and will simply contaminate the paper supply at the recycling center. How to tell if it's thermal paper? If you can run your fingernail quickly and firmly across the receipt and it leaves a mark, it is thermal paper.

What's The Worst That Could Happen?

by: michael jensen, amigos bravos

(Reprinted with permission from La Montanita Co-op's, July 2010 edition of the Co-op Connection News, a free monthly New Mexico community education publication. Also available on line at www.lamontanita.coop.)

The issue of climate change and its impacts on the planet and human beings has become so contentious that the idea of achieving consensus on how to respond seems ludicrous. Yet, a high school teacher in Oregon - in the best American tradition of citizen scientist/activist - took on that challenge and proposed a straightforward way to bypass the current impasse between those who deny climate change and those who predict an impending global catastrophe.

Some of you may already be familiar with Greg Craven's YouTube video; it went viral shortly after he shared the URL with his students in 2007. In that video, he asked a simple question: "What's the worst that could happen?" (<http://www.youtube.com/watch?v=zORv8wwiadQ&feature=fvfw>).

To answer that question, he used a standard tool of game theory and rational choice analysis: the 2x2 table. This simple tool (see box below) distills the two primary elements of an issue, sets up the basic outcomes when those elements are put into action, then draws conclusions regarding the preferred course of action given the outcomes. This approach doesn't deal in nuances, but it does expose the fundamental core of a problem, which provides the needed context for more refined analysis.

The two primary elements of the climate change debate are 1) belief about climate change and 2) strategy for dealing with climate change. There are two rows representing the two fundamental beliefs in the climate debate: "climate change is false" and "climate change is true." There are also two columns, representing the extreme points of action: "full action" to stop and maybe even reverse climate change and "no action" to deal with climate change.

The brilliance of Craven's approach is to bypass people's beliefs regarding climate change. Science has provided broad agreement on climate change, but there isn't consensus and that uncertainty underpins people's ability to hold radically differing beliefs. Given that, it is a waste of time and resources trying to attack and change people's beliefs on climate change.

Instead, we should talk to people about strategies and risks. What are the consequences of different actions given people's beliefs about climate change, and out of the range of consequences, is it possible to discern a rational choice?

On the surface, people's beliefs about climate change also tends to select their choice of strategy as well, but it should be more amenable to rational discussion when we include an analysis of the risks associated with various strategies.

Basically, Craven has shifted the focus from looking across

the rows in the table - starting with beliefs and moving to actions - towards looking down the columns at the risks posed from pursuing different strategies based on the reality (or not) of climate change.

If we take action to halt climate change (first column) and climate change turns out to be false, then - according to those who say climate change is false - we've imposed a huge cost on the economy and we'll end up with a massive global economic decline. If we take action and climate change is true, then we will incur the same cost, but the world will have dodged the climate change bullet and everyone will be happy.

On the other hand, if we take no action (the second column) and climate change is false, everyone will be happy because we didn't waste resources fighting something that didn't exist. However, if we do nothing and climate change is real, then - according to those who say climate change is true - we will have political, social, environmental, health, and economic catastrophes on a global scale.

If we eliminate the "Happy" scenarios from each column, we're faced, then, with two choices and their associated risk: 1) Take Action and risk a massive economic collapse, or 2) Take No Action and risk a global catastrophe the likes of which we've never seen.

In other words, the answer to the question - What's the worst that could happen? - is not global economic collapse, but a global catastrophe beyond anything we can imagine.

Because let's face it: we've seen global economic collapse. We had a really big one in the 1930s before we knew what to look for and how to respond; we've had smaller, but still global, recessions in the 80s and 90s, and now. We can deal with these, even if they cause widespread pain.

Furthermore, there is a possible positive side to spending all those resources to fight phantom climate change (something Craven doesn't go into): all that spending could actually create jobs, make economies more efficient users of resources - especially energy resources - and provide a platform for the next economic revolution as companies innovate and compete to use the enforced changes to put themselves ahead of the market.

On the other hand, we have never had to deal with the sort of catastrophe that is represented by the risk of taking no action when climate change is real. Widespread famine as the world's breadbaskets dry up, massive migrations, outbreaks of disease from emerging vectors or old ones in new places, wars for shrinking resources like water, and the collapse of the global economic system.

Ask yourself, ask your friends and families, ask your neighbors: What's the worst that could happen? Ask the corporations whose products you buy. Ask your elected representatives. Demand answers.

Look for Greg Craven (wondering-mind42): What's the Worst That Could Happen? A Rational Response to the Climate Change Debate. For more information, contact Michael Jensen (mjensen@amigosbravos.org).

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Therapeutic-Grade Essential Oils...In My Ice Cream?

by: karina klug, nutritional supplements buyer

I love ginger, especially in stir-fry. Unfortunately, when I don't have time to peel and chop, sometimes I forego this delightful addition. Recently I stumbled on a replacement, which I suggest trying - ginger therapeutic-grade essential oil.

Essential oils are already a part of my life. I use them for skin care, burns and scars as well as for their uplifting, energizing and calming effect. Essential oils are often thought of solely for their smell. However, let me expand your creativity with essential oils into their variety of culinary uses.

Essential oils have a long history of being used in both the fragrance and food industries. In fact, many packaged foods on the market have essential oils in them, you just may not know it because they are labelled as "natural flavoring." One thing to keep in mind is not all essential oils are to be taken internally. For a complete list of essential oils that are Generally Regarded As Safe (GRAS) by the FDA, check out the following link, <http://www.fda.gov/Food/FoodIngredientsPackaging/FoodAdditives/FoodAdditiveListings/ucm091048.htm#abb>.

A good rule of thumb is to only take essential oils internally that are already used for culinary purposes, such as orange, lavender, cinnamon bark, lemon, lemongrass, basil, oregano,

rosemary, thyme, grapefruit, clove, rose, cardamom, ginger, and peppermint. Please note essential oils are powerful and concentrated. Do not take one unless you know it's considered generally safe. For instance, Pennyroyal is one essential oil that should NEVER be taken internally.

This article was a great excuse to talk to the dynamic, knowledgeable Melissa Farris who owns Veriditas Botanicals, a therapeutic grade essential oil line. Melissa has inspired me to cook with essential oils. I now understand that the fear generated around using essential oil in food in the United States has really been a misunderstanding. The queen of therapeutic grade oils mentioned all of the fabulous ice cream made with essential oil available in Provence, France. Imagine how refreshing and luxurious lavender, lemon verbena, rosemary or basil ice cream would be on one of these scorching hot days.

It is absolutely essential to use therapeutic grade essential oil. Problems with reactions to essential oil are most often due to synthetic fragrances in oil. When an essential oil is therapeutic grade be assured that it is the pure plant oil and has no synthetic additives. If you or someone you know has had a reaction to essential oil it could have been a synthetic fragrance in the oil. We

cannot stress enough to use a therapeutic grade essential oil in cooking! When Melissa uses essential oils in cooking, she recommends 1 drop per 4 servings. Remember these concentrated oils go a long way. Melissa warmed me with another edible visual. When she makes ratatouille, she adds oregano, thyme, basil or marjoram in essential oil form instead of dried herb. She also noted to always put the oil in at the end because oils are volatile and evaporate in the heat.



What stirred my desire to write this article was a bit of experimenting I've been doing with essential oil in yogurt. Lemon essence yogurt, is fresh, creamy and lovely. Fabulous on its own, or served in place of whipped cream with dessert.

I use the plain Fage Greek yogurt for its thick luscious texture. A hand-held microplane grater works great for this and you can pick one up at Ace Kitchen Place in downtown Decorah. Grate the lemon rind into 32 ounces of your choice of yogurt. Make sure to scrape only as deep as

the yellow rind because the white pith of citrus fruit is bitter. The texture of the rind with the yogurt is fabulous. The suggested amount of essential oil is one drop per four servings of food. However, this is a rough guideline as far as flavoring intensity. I use Verditas Lemon essential oil and I sweeten with lemon or plain stevia about 7-10 drops per serving, add more or less to your taste. In addition, I have chopped up mint leaf and basil and mixed that in, although one could certainly use a drop or less of basil and/or peppermint essential oils. Keep it simple enough to showcase the sunny lemon burst. Finally, whip all ingredients together and enjoy.

My friend Britney of *Eat and Be Merry* put the following together for a sweet, low sugar treat. Whether you prefer peppermint-cocoa, lavender-cocoa, or just plain cocoa, I think you'll be pleased with this pudding-like sweet treat. Again, the Greek yogurt works perfectly as a base but any yogurt can be used. The Co-op

(continued on page 15)

GROWN
Locally
a community
farming cooperative

LOCAL
100 miles

GROWN Locally began on a summer afternoon in June 1999. A group had just finished touring Sunflower Fields Farm, and started visiting about the fact that so much of the food that was being eaten in the area was being shipped long distances. They had just seen firsthand how much food could be grown on a local level. The challenge was to have a system that could grow and distribute this food direct to neighbors, schools and the institutions in the area. After many monthly meetings and discussions, the group of 10 producers took up the challenge and GROWN Locally was incorporated.

GROWN stands for "Goods Raised Only With Nature." GROWN Locally has both certified organic and non-certified growers. Unless otherwise noted, vegetables are raised without the use of synthetic fertilizers, pesticides and herbicides. Animals are raised without antibiotics and hormones, and with attention to humane treatment. Eggs are from free-range flocks and the egg producers have an egg handling license from the state of Iowa.

Our customers are restaurants, grocery stores, hospitals, nursing homes, schools, colleges and distributors. Our product list includes eggs, meats, herbs, fruits, berries,

chickens and produce.

For the past year, GROWN Locally has been focusing on food safety. We audit each producer to ensure that they are growing to our standards, have a good water test and that they are keeping the appropriate logs and documentation. Our members and coordinator have attended various food safety courses in the past year. We have upgraded our distribution facility and just recently passed Sodexo's third party audit to become a qualified vendor in order to sell to Luther College and other Sodexo accounts in our region.

GROWN Locally currently has 16 members and just introduced a brokerage level this year. As a broker, your farm is audited as if you were a member, but your products are only requested if members do not have them available. This year our current members chose to expand their operations to cover our increased demand, but even with the best planning, we are usually short on a few items and have been using some of the local brokerage farms we have in place.

We work closely with Betsy, Matias and their staff to ensure that the very best products are available at Oneota Co-op and Water Street Café.

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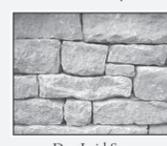
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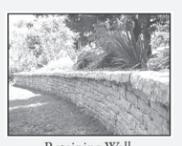
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Domestic Cheese Platter

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

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

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

Vegetable and Dip Platter

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

large 16" (serves 25-30) - \$45

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) - \$35

large 16" (serves 24-30) - \$50

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 crème 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

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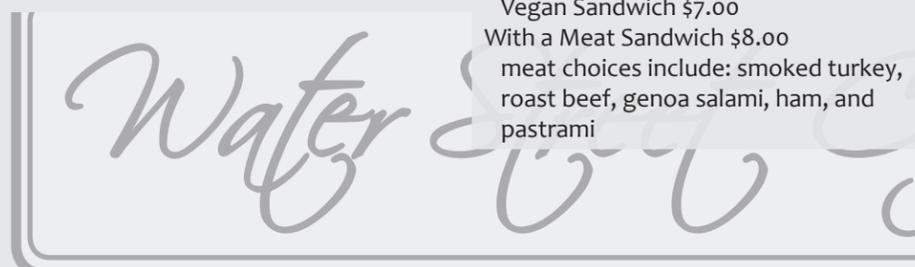
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meat choices include: smoked turkey, roast beef, genoa salami, ham, and pastrami



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MegaFood Partners with Organic Valley

MegaFood is very proud to announce it has partnered with Organic Valley as a Farm Fresh Partner to buy organic broccoli, cabbage and carrots to craft our FoodState concentrates. Organic Valley is the largest cooperative of organic farmers in the United States, based out of LaFarge, Wisconsin. What began as a group of family farms selling their produce soon expanded into the production and local distribution of vegetables, and dairy products. Today, Organic Valley is the nation's largest, independent cooperative of organic family farmers and one of the largest producers and distributors of organic produce (in season), dairy, soy, and eggs. Organic Valley comprises 1332 farmer-owners located in 32 states and one Canadian province that specialize in sustainable, organic agriculture practices. The cooperative network of over 1,300 family farms that now make up Organic Valley's production base are located throughout the Midwest and the continental United States, and range from farms supported by multiple families to small, family owned-and-operated farms. The mission of Organic Valley is to save family farming culture through organic farming and distribute the highest quality organic food in the nation. For more information check out www.lovemegafood.com and look under the heading COMMUNI-TREE.

INDIA

by: wendy gordon

I recently returned from a month-long trip to India full of tales to tell and a body about ten pounds heavier. Yes, the food was delicious. So delicious that our family now cooks and eats Indian food several times a week.

This is not to say that India is a nutritional paradise. Most significantly, there are millions of Indians who do not get enough to eat. Poverty exists at a depth unknown in the United States or Europe. Sanitation often leaves a lot to be desired, making it difficult to eat raw fruits and vegetables with impunity. White bread, if you can afford it, is preferred to whole grain, and white rice to brown (though I must admit the white jasmine rice absorbs Indian spices more effectively). There's all that ghee, dripping off the chapattis, making the sauces silky and smooth and adding tons of calories and saturated fat. The hot weather and the limited availability of tap water often leads to the consumption of gallons of sweet beverages.

Cows are sacred in India. Protected culturally by religious belief and legally by a "Cattle Preservation Act," they wander the streets garlanded with marigolds and do not wind up on people's plates. Some people (primarily Sikhs and Muslims, but some Hindus as well) do eat lamb and chicken, and fish is common in coastal regions. Even then, animal protein plays a secondary role. Indian vegetarian cooking is among the most sophisticated in the world. While in the West "vegetarianism" too often descends into an unhealthy morass of pizza and grilled cheese sandwiches, in India grains, legumes, vegetables and dairy products offer seemingly endless combinations.

Spices are a significant enough facet of foods to make nutritional contributions. Cinnamon, ginger, red chile pepper, yellow curry, cloves, coriander and turmeric are several common Indian spices known to contain heat-stable antioxidants.

India remains a Third World country. Despite the proliferation of the computer industry, it is primarily agricultural. Most people live the same way they have for thousands of years: growing diverse crops organically; grinding their wheat on a stone wheel; gathering water at

the well. Refrigeration and cooking facilities are limited even in the wealthiest of homes, so food is bought fresh every day from the local market. Supermarkets are rare (I was told they existed in the Delhi suburbs, but never saw one). The limited infrastructure doesn't permit anything but seasonally-grown food. People make everything from scratch: bread, yogurt, paneer, ice cream. Agribusiness corporations such as Monsanto are doing their best to change this ancient system, but at the same time there is a growing environmental consciousness among the educated classes. During my weeks there, I read both about a corporate effort (so far unsuccessful) to introduce genetically modified eggplant and about a former computer engineer who had returned to his ancestral village to grow organic crops. One can only hope the nascent environmental movement will beat out agribusiness, so (unlike here) there will be no need to reset a world view and relearn techniques that never should have been lost.

Perhaps most notably, India is not a fast food culture. Sure, there are plenty of snacks. Street vendors offer a plethora of fried goodies, and spicy potato chips line market

shelves. But, there, food matters. It is not fuel to be gobbled behind the wheel of a car or in front of the TV set. It is something worth spending time to shop for, cook, eat, share with others and savor. It is a precious resource not to be taken for granted. We ate a meal of dal, vegetables and roti at the Delhi Sikh Temple, whose huge kitchen (staffed entirely by volunteers) serves food all day, every day, to anyone who wants to eat. We were dawdling over our food, not especially hungry and turned off by the flies buzzing about. "Finish your food," the cook instructed us sternly, "Do not waste." He meant it. The food, incidentally, was delicious.

Because hunger is not an abstract concept, Indians do not share America's obsession with slimness. My son is stocky, not overweight but not fitting neatly on a standard growth chart. At home he might get a lecture from the doctor. In India he got compliments: "He looks like the baby Krishna!"

It was rather refreshing.

Wendy Gordon lives in Portland, Oregon, where she is a restaurant reviewer and freelance writer. She has an MS in Clinical Nutrition from the University of Chicago Medical School.

Essential Oils for Fido and Tabby

by: josie noecker, pet foods buyer

Can essential oils be used for fleas and ticks? Which essential oils are considered to be safe to use for my pet? In this article I will give some information regarding the common questions one might have in regards to essential oil usage and pets.

The most commonly read reason essential oils may pose a problem to your feline is because they cannot metabolize the oils the way dogs and humans can. It boils down to their liver not having the enzymes to break down the oil in their systems. Other sources state that it is not the oil itself that poses the issue, but that the oil was a low-grade quality with chemical additives. If one were to use essential oils, it is vital that they are therapeutic-grade and also diluted 1-2 drops of essential oil to 99-98 drops of a carrier oil such as olive or almond oil.

With cats, avoid the following oils: wintergreen, birch, and any oils containing Phenol (thyme, tea tree, cinnamon, clove). Citrus, pine, fir, and sage oils should also be avoided. Keep in mind some cleaning products use citrus and pine essential oils. If you have those kinds of products, keep the animal away for a minimum of an hour in a well ventilated room.

Hydrosols are said to be the safest option for felines, and may be the only safe aromatherapy option for them. Hydrosols are sprays that are created from what is left in the plant after the oil has been distilled out. Some examples of hydrosols are: lavender, rose, geranium, neroli, and chamomile. Hydrosols are also said to be easy to work with. One could combine several hydrosols into one for specific needs just as you would with the oils.

For dogs, it seems essential oils

can be used easily and effectively with little or no worry of adverse side-effects. Quality is key, use only therapeutic-grade essential oils and as a precaution always dilute the oil in a base oil. This way the smell will not be too overpowering or potentially irritating to the dog. Some oils safe to use are lavender, myrrh, sweet orange, rose, geranium and peppermint. Oils to avoid would be anything containing high levels of phenols and ketones, such as clove, oregano, wintergreen, and cassia.

You can also use essential oils as flea and tick preventatives for dogs. The most commonly used are lavender, eucalyptus, rosemary, and peppermint. The following are a couple examples of effective flea/tick sprays. Ingredients include the following: 600ml warm water combined with 2 drops of lavender and 2 drops cedar wood essential oils. Shake well and pour into a spray bottle and spray on fur; avoiding contact with eyes.

A healing and flea repellent spray can be made with lavender by mixing 15 drops of lavender into water in a small spray bottle. This can also be used as an aid for hot spots. You can also turn a regular pet shampoo into a flea shampoo simply by adding a couple drops of a flea-repelling essential oil to it.

Aromatherapy is known to be relatively safe for large animals and dogs. Just use some caution when choosing particular essential oils as they can be irritating to the animal if not diluted. For cats, the safest way to provide them aromatherapy is through hydrosols which would provide aromatherapy and medicinal benefits without the oil. Here's to healthy and happy pets.

and extracting. All other equipment is stored in a shed. Steve and Jeannie keep bees because they enjoy working outside and feel that bees are a vital component to successful agriculture.

Coon Creek Ranch

Coon Creek Ranch honey is produced by David Wadsworth and Heidi Betz of rural Decorah. Along with their young daughter, Amelia, they have been producing honey from their 18 hives since 2000. They have been selling their local, raw honey here at the Co-op since 2007. They got started when they moved back to the Midwest and decided that bees seemed like a nice complement to their market garden. David's favorite part of the honey production process is during the "flow," or the period during which the bees are bringing in an excess of honey. During that time (late June to early August), the hives are swarming with activity and there is the wonderful smell of ripening honey. Coon Creek Ranch produces raw honey (unheated) because the beneficial bacteria, enzymes and delicate floral essences which give honey its wonderful variety of flavors are greatly reduced by heat.

Come on into the Co-op anytime to find these, and many other local products. Remember buying local products is just another way of helping out your neighbors and enriching your community.



photos courtesy of Bear Creek Honey

Eight Health Benefits of Honey

As a healing remedy, raw honey can address multiple issues. There are far more benefits of honey than I will include here. Scientific research is ongoing surrounding the benefits of this remarkable substance. I've included some interesting benefits that you may not know about.

- Taking organic raw honey is a healthy way to get an energy boost. Its carbohydrates supply us with energy and strength. It can boost your endurance and reduce muscle fatigue.

- Honey is a great aid in relieving morning sickness, reportedly even more effective than traditional soda crackers. It's also good for sore throats including laryngitis and pharyngitis.

- Honey and cinnamon can help in many areas including relief from bladder infections, arthritis, upset stomach and bad breath. It's even supposed to be able to slow down hair loss.

- Raw honey can be used as a medication for men with problems of impotence and women with problems related to infertility. Warm raw goat milk and raw honey is believed to increase sperm count considerably.

- A salve made of honey, for diabetic ulcers, has been proven effective when other topical antibiotics are not well tolerated. It can be applied to eczema, canker sores or bleeding gums.

- Honey and apple cider vinegar can be used for many ailments like stomach aches, constipation and even migraines.

- Honey and lemon goes to work in the body shifting the extra fat stores, thus making it usable energy for regular body functions. And, honey is cholesterol-free. It reportedly can even help to keep cholesterol levels in check.

- Raw honey has a viscous texture due to its low water content. It also establishes a poor environment for bad bacteria to grow, and is a good natural preservative.

Reference: Global healing center. www.globalhealingcenter.com/natural-health/health-benefits-of-organic-locally-grown-raw-honey/

Busy Bees LOCAL 100 miles

by: kristin evenrud, grocery manager

For some the sound of bees elicits fear and dread, while others hear love. You've probably been at a picnic, where a child runs, screaming, dropping their hot dog in the dirt just because a bee is near. Then there are the brave souls who tend hives of bees, nurturing those yellow and black critters until the amber, sweet honey is ready. We are lucky to have three wonderful families producing honey for the Oneota Co-op. Their passion is evident and their product superb.

Golden Ridge

Owned and operated by Manley and Linda Bigalk. Their Century Family Farm is in northern Howard and Winneshiek counties and in addition to bees they also raise corn, soybeans and hay. Manley has over 50 years of experience working with bees. They are the largest of our producers with around 650 hives. They are currently semi-retired and previously had roughly 1,400 hives. They also have been providing honey to the Fareway grocery store chain for the last 20 years.

The bees stay out all year in their "deeps" collecting pollen and doing what bees do. At the end of August the Bigalks collect the honey from the "supers," which are extensions placed on the hives where the bees put the additional honey for collection. Linda says that the bees don't really like it when they take the honey, but that she and Manley don't worry about getting stung. They use a cherry scented substance that drives the bees downward and allows Manley the opportunity to extract the honey from the "super".

Bear Creek

Steve and Jeannie Daughton have been in the honey business since 1998. Both also work at Deco and operate a B&B out of their home. They have about 100 hives in 5 locations around the Highlandville, IA area. Their total honey production depends on the weather, the bees health, good hive management, and a lot of luck. They usually are able to extract around 6,000-8,000 lbs of honey in a good year.

The Daughton's method for extraction depends on the weather and temperament of the bees. Most often they use fume boards or a leaf blower. They do all their packaging in a honey house. This is a converted milk house that has worked out very well for bottling



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demand continues to grow for local, healthy foods, it's certainly been a struggle to create a supply chain like the conventional one that's fed us for decades.

So, we solve problems as we face them, and we encourage customers to follow our work in progress. Here are some projects Grass Run Farm will be tackling this year:

- Consolidating our fresh and frozen inventory to our

own local warehouse, helping us serve more people with less run-around

- Hiring additional local employees to manage our inventory and help us meet new opportunities with efficiency and ease.

- Moving our beef and pork processing to family-owned specialty packing houses in Omaha, Nebraska, and Estherville, Iowa, respectively.

"What?!" you may be thinking. Well, it's our best option, having outgrown our most local branded meat processor in Cannon Falls, Minnesota. Furthermore, this move actually makes Grass Run Farm greener. Consider the distinction between "food miles" and the fuel burned per pound of meat as it travels from producer to processor to cold storage warehouse, then to the customer. According to the USDA report "Local Food Systems: Emerging Research and Policy Issues," intermediate-size, regional supply chains like Grass Run Farm (buying from regional farmers, processing efficiently in the region, and selling meat regionally), provide the lowest ratio of fuel per pound of meat, significantly better than conventional meat distributors, as well as individual farmers hauling a handful of animals at a time and selling at farmers' markets.

Grass Run Farm

by: kristine jepsen

Yup, it's true: Grass Run Farm is growing. What started in 2005 as one family's efforts to market a few beef at the farmers' market has grown to a producer-owned meat company specializing in buying local all-natural livestock from more than 15 families and marketing them to an expanding customer base in Iowa, Minnesota, and Wisconsin.

We now deliver fresh and frozen 100% grass-fed beef, all-natural beef fed local grains, and all-natural Iowa pork to co-op groceries, institutions, restaurants, and other wholesalers along our weekly delivery routes.

Each year, we've encountered lack of infrastructure in the local foods movement. It's one thing to sell a cooler full of ground beef at farmers' market. It's another thing to process, freeze, and ship 1,000 lbs of local beef patties to Iowa colleges. Each week. All year. We've rented pallet space in metro areas. We've purchased our own delivery truck to make sure orders get places on time in good shape. We've orchestrated livestock trucking and product cross-docking and last-minute route changes because of icy roads and steep driveways. While

The bottom line is that our local food system is growing and adopting an infrastructure that makes it affordable and accessible to all. Along the way, we must expand our idea of local to include bigger food. Each additional farm family we represent, for example, increases the number of neighbors who can make a living farming on the increasing amount of land and commerce engaged in a legacy of sustainability.

Thank you to all our customers, who have supported us from the start and seen us grow through the years. And thank you, Co-op members, for seeing us in the bigger picture and encouraging us to fill a needed niche in the local foods system.

Curious to learn more? Check out grassrunfarm.com for updates or, better yet, come on out for a tour. Seriously. Our gates are always open.

Grass Run Farm will continue to use the famous Lorentz cure for their bacon and ham.

Therapeutic-Grade Essential Oils...In My Ice Cream?

by: karina klug, nutritional supplements buyer

(continued from page 12)

Bulk department stocks plain cocoa powder, of which I use about a tablespoon per serving, more or less to your liking. Add the plain liquid stevia. Some possible essential oil inclusions for the cocoa recipe are orange, cinnamon bark, peppermint or lavender. Be sure to follow the same suggested amount of essential oil per serving - one drop per four servings. In particular, peppermint oil is known to be used to aid in digestion and many people find it quiets gas and upset tummy. One thing to note is if an oil is coming out too strong in your food, next time dip a toothpick in the bottle and stir that into the food rather than pouring one whole drop into the food.

A note about Stevia. This is my favorite alternative to sugar. It takes getting used to because if one uses too much, the bitter after-taste is a turn-off.

Melissa has an easy way to incorporate essential oils into your daily

life. She suggests putting one drop of either cardamom or peppermint (peppermint cooling, cardamom warming) on your hand and licking it off to aid digestion after a meal. I sometimes add one or two drops of essential oil to hot water to make a flavorful tea. Some of my favorite suggestions for this would be peppermint, lemon, spearmint or lavender.

Another great way of using therapeutic essential oils in culinary practices is by infusing honey with 1-2 drops of essential oil. The creative possibilities are endless. For example, I think lavender-infused honey over homemade bread would make for a wonderful breakfast and start to the day.

Lastly, perhaps a drink to cool and refresh using a simple blend of essential oils and tonic water. A non-alcoholic *Gin and Tonic* using therapeutic essential oils: 1 drop Juniper Berry, 1 drop Rosemary, 6 oz Tonic water. Always remember, with essential oils - less is more.

Check out Veriditas' Hydrosol Facial Toners for a sweet surprise. Besides being fantastic face and body toners, three of the four can be made into relaxing cocktails to drink. Orange Blossom, Rose Hydrosol, and Lavender can be added 1 Tbsp to 8oz of mineral water. A refreshing and relaxing cocktail.

Please note that in this article we are specifically discussing information and uses of the Veriditas line of essential oils. Other brands of essential oils may not result in the same experience.

As always this information is for educational purposes only and is not intended to diagnose, treat or replace advice from a licensed medical practitioner. I find the benefits of essential oils to be many. Start to explore the possibilities of using therapeutic essential oils in your culinary practices. Ginger oil in ice cream, cinnamon bark and orange oils added to bread doughs and pastries, oregano oil added to pizza sauce, peppermint oil in frostings and brownies. Allow the exploration of essential oils to be fun.

For more inspiration, Melissa recommends the book *The Essential Oil Cookbook-Outrageous Recipes for Weight Control and Long Life* by Menkit Price. If we don't have a copy in-store, Gretchen would be happy to special order it for you to be picked up at the Co-op.



It's back!

SHIRLEY'S CHEESECAKE

Back by popular demand, Shirley's Cheesecakes can again be found in the Café cold case. They will be available beginning Thursday, August 19, with Raspberry Swirl Cheesecake and Chocolate Chocolate Chip Cheesecake as your first scrumptious choices.

Other flavors to look for in the coming weeks include; Triple Berry, Almond, New York, Mint Chip, Peanut Butter Fudge, Double Fudge, Dutch Apple Brandy, Chocolate Orange, and Toffee Chip.

Satisfy your sweet tooth and pick up a slice of Shirley's Cheesecake in the Café cold case. To order a whole cake, please call or e-mail Shirley at -

563.382.4319 • 563.419.2999 • SVERMACE@GMAIL.COM





(continued from page 1)

a \$25 Co-op gift card, a Buy Local Co-op t-shirt, complimentary main course for two at LaRana Bistro and a copy of the cookbook *Eating Local, The Cookbook Inspired by America's Farmers* by Janet Fletcher. For entry forms and more information, stop by the Co-op and inquire at Customer Service, or visit us online at www.oneotacoop.com. Be sure to also stop by the contest to try some of these locally created dishes.

Oneota Co-op defines local food as “grown, produced, roasted, processed, or packaged within approximately a 100 mile radius of the Oneota Co-op.” To help consumers during *Eat Local, America!* and throughout the year, the Co-op identifies local food in-store with local product stickers and shelf signs like the one you see on page 1.

“Our shoppers are more engaged than ever in knowing how and where their food is produced. Oneota Co-op has long been a leader in connecting our shoppers with fresh, local food,” said David Lester, General Manager. “Food co-ops continue to grow in size and number. Farmers' markets and subscriptions to Community Supported Agricul-

ture are becoming more popular – consumers have made it clear – they want more locally grown and produced foods.”

“We have strong longstanding relationships with great local food producers so we can provide shoppers with the highest quality local foods available. During *Eat Local, America!* we shine an even brighter light on the pleasures and benefits of local food and producers in our community,” Lester added.

Oneota Co-op is joined by natural food co-ops coast-to-coast in hosting *Eat Local, America!* All are members of National Cooperative Grocers Association (NCGA) – a business services cooperative representing 114 retail food co-ops nationwide.

Since peak harvest times vary throughout the nation, initiative dates and durations (typically one-week to one-month) vary as well.

“*Eat Local, America!* celebrates the uniqueness and diversity of our local food, as well as a collective and growing passion for eating more local, organic and natural foods,” said Nate Furler, Marketing Specialist.

Food lovers can learn more about *Eat Local, America!* and how to participate at www.eatlocalamerica.coop.

To learn more about Oneota Community Food Co-op, visit www.oneotacoop.com.

A Cheesemaker's Tour

by: beth rotto, cheesemonger

(continued from page 10)

Of course there are many other talented, licensed cheesemakers in the state. In many cases, the art of cheesemaking has passed from generation to generation for more than 150 years in Wisconsin. We visited the Brunkow Cheese Company where a small plant sits at the crossroads in a rural area and Joe Burns makes cheese like his father and grandfather. The company started as a co-op in 1899. We have carried Brunkow's Raw Milk Mild Cheddar cheese for as long as I can remember and currently we are carrying their newest variety, Brun-uusto, a baked cheese.

We visited Emmi-Roth Kase, a company specializing in traditional Gruyere cheese. Originally a Swiss cheesemaking family, the Roth's who left Switzerland founded Otto Roth & Co. and became an importer of European specialty cheeses. In 1991, Fermo Jaeckle, a fourth generation member of the family business joined with his cousins in Switzerland to found Roth Kase USA, Ltd. to craft European-style cheeses here. The factory uses copper vats and Scotch Pine boards from Switzerland for crafting and aging their traditional Gruyere cheese which we sell under the name Grand Cru Gruyere.

We visited with members of an Amish co-operative who deliver milk to the creamery in old-fashioned milk cans, the only plant left picking up milk with this method. The cheese is sold under various labels, including Pasture Pride. Look for the new Organic Provolone cheese in our case from this company.

We visited other very interesting factories, but I'd like to tell you about a most special visit to Faribault Dairy, in my hometown of Faribault, MN.



This was the only factory that we visited outside of Wisconsin and we were lucky to get inside since they do not offer tours. They make award winning St. Pete's Select and Amablu Blue cheese. The factory is unique because of its St. Peter sandstone caves, uniquely suited for creating a world-class blue cheese for several reasons.

First, the caves maintain a very stable temperature – the finicky *P. roquefortii* mold grows best in a stable environment. The sandstone is also self supporting when dug out in a Gothic Arch, so the experience is like walking through ancient, white-washed catacombs.

Second, St. Peter sandstone is unique in that moisture can migrate both vertically and horizontally in the rock. This allows the interior cave wall to maintain a fresh, sandy smell. The undesirable ammonia compounds given off during ripening are transported back to the outside air. That means that this was the freshest smelling cheese factory that we visited.

Finally, the caves maintain a relative humidity in excess of 90% without mechanical humidification. This ensures natural ripening conditions in a uniquely hygienic environment. No dripping!

I've come home more committed than ever to offering you delicious cheese from our locality and region. Watch for some new offerings and features of some of our tried and true cheeses. Please try something new, and let me know what you think.



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Taste of the Holidays 2010

Thursday, November 4th - 5:00 - 8:00 pm

On Thursday, November 4th from 5:00 to 8:00 pm you are once again invited to attend a full holiday meal—from appetizers through dessert—prepared by the Water Street Café. Suggested donation of \$10 per person. All donations go to support local food banks. More information coming soon to www.oneotacoop.com.

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