

THE SCOOP



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

VOL. 36 NO. 6
NOVEMBER/DECEMBER 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

2ND ANNUAL TASTE OF THE HOLIDAYS

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

Celebrate the holiday season early by joining us for "Taste of the Holidays!" 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 Cafe. For a suggested minimum donation of \$10 per person, you can enjoy a tentative menu of:

- sparkling, white and red wines
- organic crudites and seasonal fruit
- cheese and cracker platters
- free range turkey
- spiral cut ham
- stuffing
- baked squash, green beans almondine
- mashed potatoes & gravy
- a delicious vegetarian option
- fresh rolls
- holiday desserts: pumpkin and pecan pie

Get into the spirit with local live music in Windows on Water Street and throughout the store. This is a semi-formal event, a chance to wear something that is tastefully elegant. Donations support the area food banks: Decorah Lutheran, First Lutheran, Northeast Iowa Community Action, and Greater Area Pantry (GAP). They will be represented at a table near the front door where you can make a donation and learn more about their services. Please sign up at Customer Service for one of six seatings: 5:00, 5:30, 6:00, 6:30, 7:00, 7:30. Space is limited.

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

Sponsored by:



European Imports, Ltd. • Albert's Organics
Coon Creek Ranch • Sno Pac Foods, Inc.
Canoe Creek Produce • Faribault Dairy Co.
McCaffrey's Dolcé Vita



JOIN US

Member Sale
10% off storewide*

Tuesday, November 30th
8:30 am - 8:00 pm

May be combined with all other member discounts.

*discount only excludes Co+op Deals and Member Deals sale items.

Stop in and stock up!

PRST STD
U.S. Postage
PAID
Decorah, IA
Permit 25

HOLIDAY GIFT SHOPPING GUIDE

by: gretchen fox schemp

This season when you are looking for the perfect gift for someone special remember that the Co-op offers many **sustainable, local and fair trade** options. We have a wide variety of fair trade items from all over the globe. Beautiful market baskets from Africa have been a favorite mainstay for many years. Fill one with baking goods or wine and bread for a gift anyone would love. Get in the spirit of the season and decorate your door with one of the lovely takip-asin wood peace sign wreaths from the Phillipines. Look for soapstone items from India and wooden gifts from Indonesia. All of these items are sustainable and fair trade. Andes Gifts and fair trade woolen goods are here. You can warm yourself in this year's new designs.

In trying to keep our modest clothing selection fresh and affordable, you will find new items from Synergy Clothing out of Santa Cruz, CA. This new line is all organic cotton, dyed with low impact dyes. Look for skirts, tops and dresses screen printed with water based inks or hand worked appliqué.

New items from our buds up in the twin cities at Soulflower and Circle-Tees will keep men and women clothed in organic and natural fabrics. Of course there will be plenty of the popular organic fair labor Maggie's yoga pants, leggings, wrap tops and socks.

On the local scene we will have many options as well. Check out new deliveries from Angie Amsbaugh, our local earring maker. Angie's earrings are made with precious and semi-precious healing stones and hypo-allergenic silver hardware. Emil Moorbeck's hand blown glass pieces make lovely gifts for hanging in the sunlight or around your neck. Local author's books can be found on our shelves year-round. Children's creativity enhancing PlaySilks made by Elyse Hawthorn are a visual and tactile delight.

Reusable water bottles are always a great gift. Remember, you can bring your personal size water bottle into the Co-op and fill it from our Culligan water dispenser or Café crock any time free of charge. We have the best selection in town ranging from stainless steel, glass and BPA free plastics. In large, mid and child sizes there is a bottle for everyone. You will also find many choices of insulated coffee mugs, reusable alternatives to the paper coffee cup and BPA free reusable plastic cups with a straw and lid.

Candles, local hand-made soaps, bath salts, incense, Badger balms in adorable reusable tins; the list goes on and on. Stuff someone's stocking with sustainable, local and fair trade gifts this year and you are giving towards a sustainable future for our world and economy. Make sure to stop in and check out our ever-changing gift selection.

WINTER SEASONAL HOURS BEGIN NOVEMBER 1st
Monday - Saturday 8:30 am - 8:00 pm
Sunday 10:00 am - 7:00 pm

Holiday Hours

Thanksgiving Eve Wednesday, November 24, 2010	8:30 am - 8:00 pm
Thanksgiving Day Thursday, November 25, 2010	CLOSED
Friday, November 26, 2010	8:30 am - 8:00 pm
Christmas Eve Friday, December 24, 2010	8:30 am - 4:00 pm
Christmas Day Saturday, December 25, 2010	CLOSED
Sunday, December 26, 2010	8:30 am - 8:00 pm
New Year's Eve Friday, December 31, 2010	8:30 am - 4:00 pm
New Year's Day Saturday, January 1, 2011	8:30 am - 4:00 pm

gather 'round the table

by: kristin evenrud, grocery manager

Happy Holidays! When I think about the holidays, I picture sitting around the table talking with my friends and family after a great meal of turkey, ham and all the sides. I relish those moments of warmth, togetherness and tummies satiated. The best part about shopping for this special meal to create that magical moment is all the bounty offered at the Oneota Food Co-op. This year in the meat department we are lucky to provide you and your families with the best in local and regional products.

HAM

Our ham is from Grass Run Farm. It is uncured, nitrate and nitrite free, free-range, antibiotic free and fed a vegetarian diet. It is so tasty and juicy it doesn't need anything but an oven and a roasting pan. However, you might like to get a little fancy with your ham. Here is a glazing recipe I recommend:

2/3 cup honey, 1/3 cup Dijon-style mustard, 1/4 teaspoon ground cloves. First, score your ham with a diamond pattern a quarter inch deep into the meat. Second, bake at 325 degrees until almost done. Finally, drizzle the glaze over the whole ham and continue baking another half hour.

TURKEY

Our turkeys are from two sources this year: Ferndale Market and Larry Schultz Organic Farm. Both of these providers are from just over the border in Minnesota, land of 10,000 lakes and plump, wholesome turkeys! Larry Schultz raises his flock on his certified organic farm and the birds offered are free-range. (We carry his organic chicken here at the Oneota Co-op too). Ferndale Market raises antibiotic free, vegetarian, free-range turkeys. They are working to support the slow food movement in their store in Cannon Falls, MN. Stop by

next time on your way to the Twin Cities, you will be impressed! Go to www.ferndalemarketonline.com for directions. We are also carrying a variety of their turkey products in our freezer. Turkey tenderloins are my favorite.

FISH

Now, I know some folks are ready to move on to a less traditional holiday meal. May I suggest salmon as a fresh and new alternative. The Oneota Food Co-op has whole salmon fillets and smaller pieces. Our salmon is always wild caught from Bristol Bay, AK and adheres to the standards of the Marine Stewardship Council (www.msc.org). The salmon we have in stock from this fishing season is beautiful, red and firm. I had a customer visiting from Seattle recently who came to find me and tell me how fantastic our salmon is. He was surprised our

fish was as tasty as what he usually buys from the fresh fish market! My all time favorite salmon recipe is simple: butter, minced garlic, salt and pepper, splashed with lemon juice. Rub the fillet with butter (or olive oil), splash with lemon (fresh is the best), and rub on the garlic, salt and pepper. Next, put the fillet skin down on a hot grill, flip in 5-10 minutes and cook until flaky. Garnish and serve with boiled new red potatoes, steamed green beans, and a chewy loaf of french bread.

DON'T FORGET BREAKFAST!

When you wake up on the biggest day of the holiday season and you want to impress your guests at the breakfast table, try one of our minimally processed pork sausages. In the freezer we have a variety of sausages from loose meat to siz-zlers; all are MSG, nitrate and nitrite free. These cook up in no time and really add flavor to a holiday breakfast of french toast or pancakes and farm fresh eggs. We also have Grass Run Farm hardwood smoked

and pepper bacon in our fresh meat cooler. If you haven't tried this tender, sweet and smoky bacon, now is the time. Treat yourself and your family.

If you like a dish to just pop in the oven in the morning try this:

Kristin's Breakfast Casserole Serves 8 to 10

Ingredients:

6 slices bread, cubed
1 pound sausage, browned, drained
1 1/2 cups shredded Cheddar cheese
8 eggs, beaten
2 cups milk
1 teaspoon salt
pepper to taste

Directions:

Cube bread and place evenly in greased 9x13 pan or baking dish. Sprinkle evenly with sausage and cheese. Mix eggs, milk, salt and pepper. Pour over ingredients in pan. May cover and chill overnight. (If left overnight, remove from refrigerator 15 minutes before baking). Bake 45 minutes at 325 degrees or until set. Cut into squares to serve.

Easy Herb Roasted Turkey

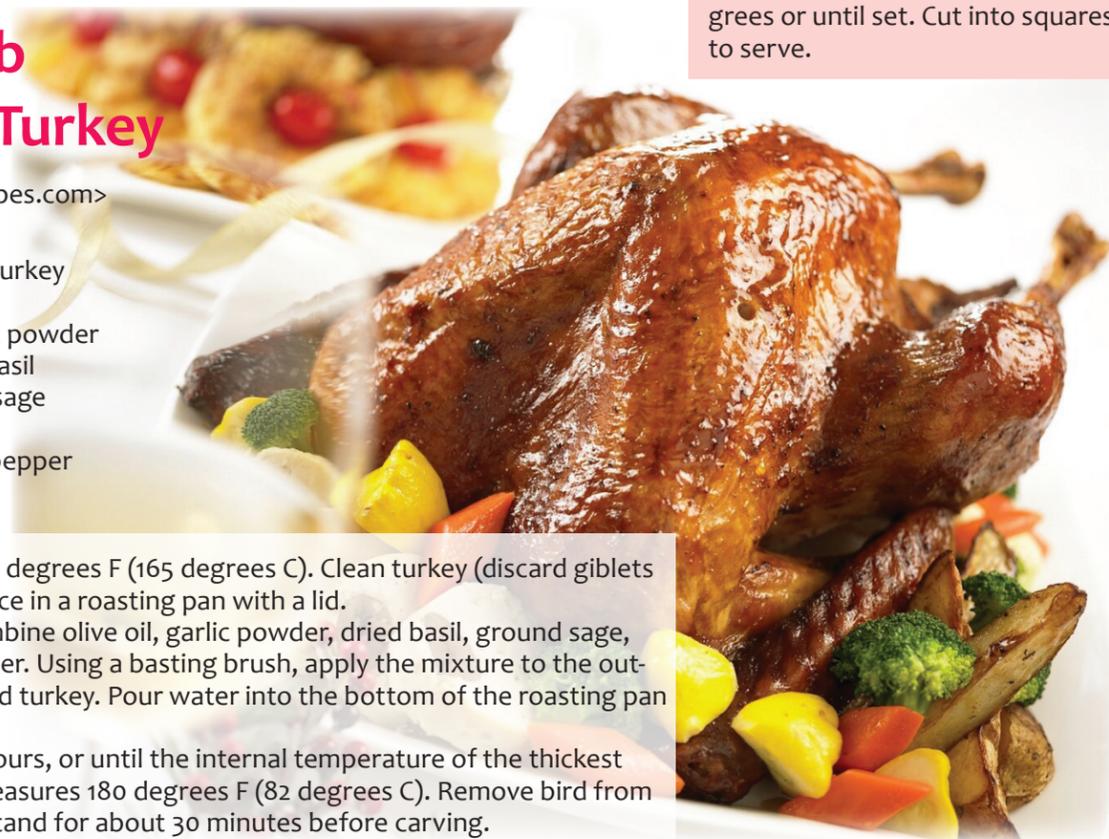
recipe from <allrecipes.com>

Ingredients:

1 (12 pound) whole turkey
3/4 cup olive oil
2 tablespoons garlic powder
2 teaspoons dried basil
1 teaspoon ground sage
1 teaspoon salt
1/2 teaspoon black pepper
2 cups water

Directions:

Preheat oven to 325 degrees F (165 degrees C). Clean turkey (discard giblets and organs) and place in a roasting pan with a lid. In a small bowl, combine olive oil, garlic powder, dried basil, ground sage, salt, and black pepper. Using a basting brush, apply the mixture to the outside of the uncooked turkey. Pour water into the bottom of the roasting pan and cover. Bake for 3 to 3 1/2 hours, or until the internal temperature of the thickest part of the thigh measures 180 degrees F (82 degrees C). Remove bird from oven and allow to stand for about 30 minutes before carving.



NEW! **coop deals**
look, Name, sales more often

ALL-COMMUNITY SALES



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 changed 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 are 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.

MEMBER-ONLY SALES

member deals



Co+op & Member Deals Schedule November/December 2010 - January 2011

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
Dec A	sales valid	12/1 thru 12/14 special order deadline 12/9
Dec B	sales valid	12/15 thru 12/28 s/o deadline for Dec B & Member Deals 12/23
Jan A	sales valid	12/29 thru 1/11 special order deadline 1/6
Jan B	sales valid	1/12 thru 2/1 s/o deadline for Jan B & Member Deals 1/27

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.

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

Lyle Luzum	oneotalyle@gmail.com
Steve Peterson, president	oneotapeterson@gmail.com
Joan Leuenberger, secretary	oneotajoan@gmail.com
Robert Fitton, vice president	oneotarobert@gmail.com
Steve McCargar	oneotamccargar@gmail.com
Bill Pardee, treasurer	oneotapardee@gmail.com
Jon Jensen	oneotajensen@gmail.com

CO-OP STAFF e-MAIL addresses

General Manager, David Lester..... gm@oneotacoop.com
Marketing, Merchandising & Signage Specialist,
 Nate Furler nate@oneotacoop.com
Financial Manager, Larry Neuzil larry@oneotacoop.com
HR Coordinator/Office Manager, Deb Reiling deb@oneotacoop.com
IT Specialist/Dairy Buyer, Niki Mosier niki@oneotacoop.com
Produce Manager, Betsy Peirce produce@oneotacoop.com
Grocery Manager, Kristin Evenrud grocery@oneotacoop.com
Deli Manager, Mattias Kriemelmeyer deli@oneotacoop.com
Front End Manager, Johanna Bergan frontend@oneotacoop.com
Bulk Buyer, Carl Haakenstad bulkfoods@oneotacoop.com
Grocery Buyer, Frances Kittleson frances@oneotacoop.com
Wellness Buyers,
 Gretchen Schempp, Karina Klug wellness@oneotacoop.com
Meat Buyer, Kristin Evenrud meat@oneotacoop.com
Bakery and Cheese Buyer, Beth Rotto beth@oneotacoop.com
Wine and Beer Buyer, Barrett Kepfield barrett@oneotacoop.com
Customer Service, general inquiries customerservice@oneotacoop.com



Editor, Design/Layout..... Nate Furler
 Proofing Cathy Baldner
 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!

Katie Anderson	Kristen Hope	Grayson Pangburn
Jessa Anderson-Reitz	Phoebe Jan-McMahon	Amanda Parrish
Jeni Arbuckle	Kia Johnson	Michelle Petersen
Ross Bansen	Rolf Johnson	Claire Philpott
Christopher Bartels	Mackenzie Klemphen	Brad Priest
Hans Becklin	Megan Kluge	Colton Pugh
Ellen Behrens	Danielle Koch	Thomas Reimann
Megan Benzschawel	Benj Kost	Alyssa Ritter
Rebecca Blake	Angela Kueny	Michael Schneider
Margaret Board	Jess Landgraf	Laree Schouweiler
Cole Bosworth	Alex Lange	Rebekah Schulz
Lance Bremer	Brett Larsen	Alex Schumacher
Megan Buckingham	Mariana Last	Rachel Schutter
Hannah Buehler	Erika Lord	Robert P. Sheridan
Colin Christiansen	Callie Mabry	Amy Shishilla
Carrie Corlett	Jean Markee	Gregory Siems
Jacob Debacher	Philip Marty	Risa Smith
Kelsey Dieterman	Delaney McMullan	Kara Speltz
Elliot Drake	Lynne McMullen	Emily Streeper
Madeline Ford	Molly McNicoll	Kari Tjossem
David Friday	Shimon Melik	Tarn Travers
Sue Fuhrman	Carlee Meyer	Sarah Umland
Holly Gettys	Calli Micale	Ashley Urspringer
Lisa Guinn	Holly Moore	Andrew White
Jessica Hansen	Nick Mozena	Samuel White
Luke Hanson	Alex Mundy	Ryan Wilcox
Sena Hanson	Tammy Nordheim	Julie Wilkins
Nathan Hecht	Colleen Oster	Paula Womeldorf
Michaela Hill	Robert Palatchi	Tara Woosley
		Kay Worpel

WORKING-MEMBERS

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

Lyle Luzum	Jerry Skoda	Elyse Hawthorn
Steve Peterson	Perro-O Sliwa	Jan Heikes
Steve McCargar	David Sliwa	Lee Zook
Bill Pardee	Jennifer Zoch	Georgie Klevar
Jon Jensen	Ellen Cutting	Onita Mohr
Joan Leuenberger	Laura Hennessee	Emily Neal
Robert Fitton	Louise Hagen	Wendy Stevens
Arlyls Adelman	Janet Alexander	Jim Stevens
Judy Bruening	Grant Burke	Clara Kittleson
Dennis Carter	Carol Bentley-Iverson	Deneb Woods
Barb Dale	Rachel Breitenbach-Dirks	David Paquette
Laura Demuth	Brenda Burke	Grant Burke
Mary Hout	Mwara Muriuri	Reed Fitton
Toast Houdek	Laura Demuth	Holly Moore
Pam Kester	Gabriel Demuth	Jaci Wilkinson
Dave Kester	Christine Gowdy-Jaehrig	Rick Sheffert
Roy Macal	Lindsey Harman	Larry Berland
Ellen MacDonald	Andrew Wood	Vicki Berland

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 vs ILLNESS

What to do and take to stay well this season.



Take that, flu!

by: gretchen fox schempp, wellness buyer

Many of our customers in the Wellness Department come to us out of illness. We are often approached by the classic coughing, sniffing customer asking, "What should I take to make me feel better?" We are happy to suggest items from our vast array of nutritional supplements and topical treatments to help you on your journey back to wellness. However, what about when you are already well? How do you best maintain that wellness? This is an especially appropriate subject as we are now into the school year and well into the cold and flu season. I suggest a conscious movement towards wellness and away from the focus on action after illness. Rather than "treating" a symptom, I would like to focus on preventative medicine and intention. These are some of the things I like to use and do as I focus on maintaining my wellness throughout the year.

The Daily Multivitamin

Ideally we would all be eating a diet full of antioxidant rich fruits and vegetables, whole grains, fiber and other essential nutrients. Fact of the matter is, most of us aren't getting all the nutrients we need from our food. A quality whole food multivitamin can provide you with many of the vitamins and minerals you may be missing in your diet. Whole food multivitamins are not the same as synthetic vitamins. They are actually made from the very foods that are rich in these specific essential vitamins, minerals and antioxidants. The advantage to taking a whole food supplement vs. synthetic is that your body recognizes the nutrients as it would if you were eating the foods containing these nutrients. Not into popping a pill? Try one of our liquid multivitamins or better yet, make your own juice from whole foods and herbs. This way you also receive plenty of freshly activated enzymes and tons of other nutrients.

Good Old Vitamin C

Called the king of antioxidants, vitamin C is required for at least 300 metabolic functions of the body. These include tissue repair, adrenal gland function and healthy gums. The body cannot manufacture vitamin C so it must be obtained through

diet or supplementation. Vitamin C is a water soluble vitamin that cannot be stored in the organs or fatty tissues like fat-soluble vitamins such as vitamins A, D and E can. So don't worry about overdosing on vitamin C. What happens is you will reach a "bowel tolerance" and you will experience a slight case of diarrhea. At this point just reduce your intake by 1,000mg a day. Most people have no trouble with 3000-6000mg a day, and many people have been known to tolerate up to 20,000mg a day. The body needs to be recharged with vitamin C in six hour intervals because it is quickly used and eliminated from the body. If you smoke, you may need extra vitamin C as the vitamin metabolizes more quickly in smokers and those who are subjected to second hand smoke. Each cigarette depletes the body of at least 25mg of vitamin C. Some common signs of vitamin C deficiency include bleeding gums, increased susceptibility to infection, particularly colds and bronchial infections, joint pains, lack of energy, poor digestion, prolonged wound healing time, bruising easily and tooth loss.

The Sunshine Vitamin (D)

Vitamin D is getting a lot of attention these days and rightfully so. This fat soluble vitamin, with properties of both vitamin and hormone, is required for the absorption and utilization of calcium and phosphorus. It is necessary for growth, especially in children, of bones and teeth. It is important in the prevention and treatment of breast and colon cancer, osteoarthritis, and osteoporosis. It enhances immunity and is necessary for thyroid function and normal blood clotting. In a study reported by the New England Journal of Medicine, there are indications that vitamin D deficiency is much more widespread than previously thought, especially in older adults. The reported benefits of vitamin D include reduction in the risk of colon polyps and prostate cancer, less coronary artery disease, decreased chance of developing type 1 diabetes, increased muscle strength and coordination along with higher bone strength. Since this vitamin is fat soluble and is not flushed out of the body as water soluble vitamins are, it is advisable to get a vitamin D blood test from your doctor to find the correct dosing for yourself.

Get Fungal with Cordyceps

Cordyceps sinensis is a type of fungus that has been used in Traditional Chinese Medicine for thousands of years. The Chinese have long used this fungus to promote overall good health and modern research indicates that cordyceps support liver, kidney, heart and immune system function. It acts as an antioxidant as well, protecting the body from free radical damage. Cordyceps is a popular supplement among athletes because it is thought to increase lung function and energy levels. Cordyceps is also among a group of herbs called adaptogens. Adaptogenic herbs are nontoxic and cause little or no side effects, produce a nonspecific resistance in the body to all types of stressors (physical, chemical and biological) and produce a normalizing influence on the body. Cordyceps is also known for its ability to increase sex drive. Which leads us to our next section: breaking a sweat.

Get Moving:

The Healing Power of Sweat

Ever notice how great you feel after a brisk walk? Whenever I get to feeling bluesy or brain foggy I get up and move. A nice walk in the fresh air can change my mind about a lot of things. Routine physical activity plays an important part in overall wellness. Individuals should include both aerobic activity and strength training to get well rounded exercise. Aerobic activity strengthens the heart and lungs. Examples include brisk walking, dancing, jogging, bike riding, swimming and skiing. For healthy adults, 30 minutes of cardio is recommended most days of the week. In addition to aerobic activity individuals

should participate in strength training exercises at least 2 days a week. Some strength training exercises include weight lifting, yoga and Pilates. Routine exercise improves the physical body but also has a positive mental effect. According to studies, anxiety, stress and mild to moderate depression can often be remedied with regular physical activity.

Think positive

Studies have found that people who suffer from depression are at higher risk for heart disease and other illnesses. And people under stress are found to be more susceptible to colds and flu, and to have more severe symptoms when they do fall ill. Researchers at the University of Wisconsin are reporting that the activation of brain regions associated with negative emotions appear to weaken the immune response to the flu vaccine. So what does this mean to us and our wellness? Our thoughts have potential to influence our overall health. Pure positive thought is achieved by transforming negative thoughts into positive ones. It is about consistently assuming a mental posture of appreciation. Be grateful. Think good thoughts. It will make you feel better.

Get Rubbed

Six days of the week you can come into the Co-op at designated times and get a chair massage with one of four licensed and experienced massage therapists for a buck a minute. Matt Johannmeier from Appearances gave me a short list of some of the benefits of massage, which include: move toxins out of the body, prevent injuries, increases flexibility, increase metabolism, lower blood pressure, reduce stress, increased circulation, heal muscle-related injuries, relaxing, boost immune function.



Enhance Your Park or Campground



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

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!

great river organic milling

by: carl haakensted, bulk buyer

In preparation for the Eat Local, America! event that was held during the month of September, staff at Oneota set out to label our products with special signage to better inform customers about our local options. I was proud to note that our bulk department stocked a number of flours and grains that qualify as local by our Co-op's definition – within 100 miles. Most of these flours come from a company called Great River Milling in Fountain City, Wisconsin, just across the river from Winona, MN. As I sought, and found, more information about this small local milling company, I became excited to be carrying their fine products. At this time of year with baking season approaching (or already here for some people), I thought it would be perfect to let you know a little more about the Great River Milling products we carry in the Oneota Co-op Bulk Department.

Great River Milling started grinding organic grains harvested from nearby farms in the mid-1970's. In their words, "before organic was cool". The original mill, Little Bear Trading Company, went bankrupt in 1992. The

mill was later purchased by former employees who then re-opened the mill under the name Great River Milling. Four years ago, in 2007, Great River was purchased by Rick Halverson. Rick purchased the mill under one condition: that the current owners stay on and run the mill they resurrected from bankruptcy. Since then the mill has prospered as sales have grown along with America's exponential increase of interest in organic, whole, slow foods.

One important reason I am glad to carry flours and grains from Great River Milling is that they source all of their grains from the Midwest. And if that's not enough, Great River Milling is one of the few mills in the U.S. that still grinds grain on granite millstones. Milling on granite stones was the standard for centuries before techniques for milling more refined flours were developed in the 1870's. At the time, new milling techniques allowed for longer shelf lives of flours and meals but the nutritional value of the resulting powders suffered. (Hence, the need to enrich white flours was realized and became common practice). When grains are milled on granite

stones, the whole wheat kernel is integrated into the flour and retains the taste and nutritional integrity of the whole grain.

Nutritional value and hearty taste aside, Great River Milling has another great reason to be considered a great local business. They recently became the first food and beverage company in Wisconsin to be Green E certified. Being Green E certified means that they purchase only renewable energy credits for 100 percent of their electricity usage.

For all of these reasons and because they taste so darn good, I have decided to carry as many Great River Milling products in the Co-op as possible - including all three of our whole wheat flours in our bulk department. Current Great River Product we carry: All-Purpose Whole Wheat Flour, Whole Wheat Pastry, Whole Wheat Bread, Buckwheat Flour, Barley Flour, and Cracked Wheat.

This recipe is from the Great River Milling website. A healthy, delicious cake that calls for applesauce hopefully made from some local apples and put up in jars or in your freezer. I look forward to seeing you among the bins in the bulk department.

Favorite Applesauce Cake

4 cups Great River
Whole Wheat Pastry Flour
4 teaspoons baking soda
1 1/4 teaspoons salt
1/2 teaspoon nutmeg
1/2 teaspoon cloves
2 tablespoons cocoa powder
1 cup honey
1 cup canola oil
3 cups unsweetened applesauce,
warm
1/2 cup raisins
1/2 cup chopped walnuts

Preheat oven to 400 degrees. Stir together flour, soda, salt, spices and cocoa. In a large mixing bowl combine oil and honey. Beat until well blended. Stir in the applesauce, blending thoroughly. Add dry ingredients, blending well. Stir in raisins and walnuts. Spread batter in two 9" x 9" or one 9" x 13" greased pans. Bake in 400 degree oven for 10 minutes, then reduce oven temperature to 375 degree and bake about 20 minutes longer. A toothpick inserted in center should come out clean.

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.

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 on page 1 of this publication. **Co-op Potluck** cancelled for this evening. Next scheduled potluck December 2nd.

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

EVENT: Beaujolais Nouveau

Thursday, November 18, 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 cheeses as well. Great pairings for a fun and festive evening. Barrett may even wear his beret. More information on page 7 of this publication.

CLASS: Hummus and Tapenade

Monday, November 8, 6:30 - 8:00 pm in the Co-op Classroom

Chickpeas, tahini, oil, lemon, garlic - five ingredients are the start of something endless! Hummus is a beautiful appetizer for holiday parties, the base of a healthy lunch, and a protein source for your vegetarian friends. Scoop it with pitas, wrap it, spread it on toast, but make sure you make it! And because hummus is such a manageable dish to learn, Joel will be teaching an olive tapenade as well.

Cost: Member/Owner \$35 - Community Member \$45

CLASS: Be Healthy, Be Happy.

Thursday, November 11, 6:00 pm in the Co-op Classroom

A Free offering at the Co-op but please call to reserve your spot today!

Amanda Rhine is offering a 45 minute class to discuss her approach to physical and mental fitness, utilizing The Method Pilates and wellness coaching. In this short time you'll discover the basic foundation Pilates offers for more efficient movement to maximize your workouts and how wellness coaching can help you discover how to meet your wellness or fitness goals. Amanda believes when we discover our dreams, we can meet our health goals which results in happiness.

TOUR: Welcome to the Co-op! New Member/Owner Introduction

Thursday, November 11, 6:00 pm at the Co-op (2nd Thursday of every month)

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

DECEMBER

EVENT: Co-op Potluck

Thursday, December 2, 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: Cheesemaking 101

with Marge Kitchen and Allan Weinand

Saturday, December 4, 1:00 - 4:30 pm at the Co-op

This class will be an introduction on making goat milk cheese. We will make Mozzarella, Feta and Chevre. The class will focus on the "how to" for beginner cheese makers. The instructor will teach easy, basic techniques using equipment and materials from her own kitchen. The class will include demonstration, hands on work and discussion. The class will also include a short overview of yogurt and ice cream making. Goat milk will be the preferred ingredient for this class. Participants will leave with recipes, cheese starter and plenty of samples.

Marge Kitchen has been making cheese for over 40 years and teaching cheese making for 20+ years. She and her husband Earl live on their farm near Houston, MN where they raise and show Nigerian Dwarf and Oberhasli Dairy goats.

Allan Weinand and his partner Greg Biehn raise and show registered Nigerian Dwarf Dairy Goats at "Wren Hill Farm" in rural Canton, MN Township. They use their goat milk for cheese, yogurt, ice cream, and cooking. They sell farm direct goat milk to local customers.

Cost: Member/Owner \$40 Community Member \$45

Maximum 12 participants

Wanted

INSTRUCTORS & CLASS IDEAS

for upcoming sessions.

• 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.)

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 01314697802 FEB 14 MARK

NOVEMBER MEMBER DEALS

* Regular prices subject to change

	Regular Price	Sale Price	Savings
Bulk			
Black turtle Beans, Organic	\$1.99/#	\$1.49/#	.50/#
Green Lentils, Organic	\$1.99/#	\$1.39/#	.60/#
Green Split Peas, Organic	\$1.89/#	\$1.29/#	.60/#
Cranberries, Sweet	\$4.49/#	\$3.19/#	1.30/#
Olde World Pilaf	\$2.89/#	\$2.29/#	.60/#
Wild Blend Rice, Organic	\$4.39/#	\$3.29/#	1.10/#
Dark Chocolate Coconut Haystacks	\$14.69/#	\$12.99/#	1.70/#
Peanut Chocolate Sundrops	\$8.99/#	\$6.99/#	2.00/#
Plain Chocolate Sundrops	\$7.99/#	\$5.99/#	2.00/#
Packaged Foods			
Arrowhead Mills, Graham Cracker Pie Crust, Org	\$3.79	\$2.79	1.00
Arrowhead Mills, Rice & Shine Cereal, Org	\$4.49	\$3.49	1.00
Better Than Bouillon, Broth Bases	5.29-5.99	\$3.99-4.49	1.30-1.50
Crofters, Fruit Spreads, Org	\$3.99	\$3.29	.70
Crown Prince, Skinless, Boneless Sardines	\$2.89	\$2.29	.60
Crown Prince, Pink Salmon	\$3.69	\$2.99	.70
Divine, Chocolate Bars, 3.5oz	\$3.69	\$3.49	.20
Divine, Chocolate Bars 3.2oz	\$3.39	\$2.99	.40
Earth's Best, Baby Food, 4oz	\$1.29	\$0.89	.40
Good Health, Avocado Chips, 5oz	\$3.19	\$1.99	1.20
Ginger People, Ginger Juice	\$3.89	\$2.79	1.10
Ginger People, Minced Ginger	\$2.19	\$1.49	.70
Happy Baby, Puffs, Org	\$3.29	\$2.59	.70
Health Valley, Cream Soups	\$2.89	\$1.99	.90
Montebaldo, Grapeseed Oil, 33.75oz	\$11.99	\$8.99	3.00
Montebello, Pasta, 16oz	\$4.39	\$3.49	.90
Pretzel Crisp, Pretzel Snacks	\$3.29	\$2.29	1.00
Rapunzel, Bouillon Cubes	\$2.99	\$1.99	1.00
Sesmark, Rice Thins, 3.5oz	2.69-2.89	\$1.99	.70-.90
Simply Organic, Spice Blend Grinder, Org	\$6.99	\$4.49	2.50
Simply Organic, Gravy Mix	\$1.49	\$0.99	.50
Spectrum, Shortening, Org	\$7.29	\$4.99	2.30
Spectrum, Canola Oil, Org	\$11.49	\$6.99	4.50
Spectrum, Canola Oil	\$7.79	\$4.99	2.80
Spectrum, Spray Oils	\$5.69-8.99	\$3.99-\$6.49	1.70-2.50
Westbrae, Canned Veggies	\$2.19	\$1.49	.70
Household			
Biokleen, Laundry Pwd, 10#	\$20.69	\$13.99	6.70
Biokleen, Produce Wash	\$5.49	\$3.79	1.70
Biokleen, Bac Out Stain&Odor Eliminator, 16oz	\$6.69	\$4.69	2.00
Ecover, Cleaners	3.99-5.29	\$2.99-3.99	1.00-1.30
Twist, Sponges or Scrubbies	2.69-4.99	\$1.79-3.29	.90-1.70
Pet Food			
Wellness, Cat Food, Canned, 5.5oz	\$1.99	\$1.29	.70
Wellness, Cat Food, Canned, 3oz	\$1.39	\$0.99	.40
Refrigerated			
Nancy's, 64oz Yogurt	\$6.89	\$5.99	.90
Organic Valley, Cream Cheese and Neufchatel Bars	\$3.49	\$2.79	.70
Body Care			
Veriditas Botanicals - Line Drive		20% off	
Organic Essential Oils and Essential oil blends			
Nutritional Supplements			
MegaFood - Select Products		20% off	

DECEMBER MEMBER DEALS

* Regular prices subject to change

	Regular Price	Sale Price	Savings
Bulk			
Pinto beans, Org	\$1.89/#	\$1.29/#	.60/#
White Quinoa, Org	\$3.69/#	\$2.99/#	.70/#
Sugar, Org	\$1.79/#	\$1.09/#	.70/#
Frozen			
Amy's, Pot Pies	\$3.49	\$2.99	.50
Amy's, Pizza, Org	7.19-8.49	\$3.59-\$5.99	3.60-2.50
Packaged			
Annie's, Canned Pasta Dinners	2.69-2.89	\$1.99	.70-.90
Beanitos, Bean Chips	\$3.39	\$2.49	.90
Crown Prince, Anchovy Paste or in Oil	\$2.49	\$1.89	.60
Crown Prince, Smoked Oysters in Olive Oil	\$2.99	\$2.29	.70
Crown Prince, Boiled Baby Clams	\$3.39	\$2.49	.90
Food For Life, Ezekiel Cereal, 16oz	5.79-6.29	\$4.49	1.30-1.80
Frontera, Taco Sauce	\$2.69	\$1.99	.70
Frontera, Enchilada Sauce	\$4.29	\$3.49	.80
Ghiradelli, Chocolate Baking Bars	\$2.99	\$2.29	.70
Ghiradelli, Chocolate Chips	\$4.59	\$2.99	1.60
Ginger People, Ginger Spread	\$3.29	\$1.99	1.30
Glutino, Crackers, GF	\$4.69	\$3.29	1.40
Meditalia, Basil Pesto	\$4.69	\$3.49	1.20
Napa Valley, Balsamic Vinegar, Org, 12.7oz	\$6.59	\$4.99	1.60
Newman's, Microwave Pop Corn, Org	3.59-3.69	\$2.79	.80-.90
Panda, Licorice Bar	\$3.79	\$0.49	.30
Panda, Licorice Box	\$3.39	\$2.49	.90
Spectrum, Shortening, Org	\$7.29	\$5.29	2.00
Spectrum, Canola Mayonnaise, 16oz	\$5.19	\$3.99	1.20
Spectrum, Canola Mayonnaise, 32oz	\$7.79	\$5.79	2.00
Stretch Isle, Fruit Leather	\$0.69	\$0.45	.24
Stretch Isle, Fruitabu Rolls	\$4.39	\$3.49	.90
Household			
Biokleen, Liquid Laundry Detergent, 32oz	\$7.39	\$4.99	2.40
Biokleen, Hand Dish Soap, 32oz	\$5.99	\$3.99	2.00
Biokleen, Laundry Powder, 5#	\$14.59	\$9.99	4.60
Airscense, Air Freshener	\$7.99	\$5.99	2.00
Refrigerated			
Organic Valley, Egg Nog	\$3.89	\$3.79	.10
So Delicious, Coconut Milk Creamer	\$2.39	\$1.99	.40
Body Care			
Lifefactory - Line Drive		15% off	
Glass water bottles, BPA free teethers, glass baby bottles			
Evan Healy - Line Drive		15% off	
High end natural facial care products			
Nutritional Supplements			
Be Well Teas - all varieties	\$11.99	\$9.99	



Organic Bananas
Everyday VALUE

\$.99/lb

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.



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

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.

FREE to a good home: Ellington Upright Piano. Please contact Lee or Vicki at 563.387.0417 or vbjerke@gmail.com.

FOR SALE: PFAFF Grand Quilter. Hobby 1200 including Inspira Frame, cruise control, and thread 30. Contact kristenjanehope3@yahoo.com or mail inquiries to Kristen - PO Box 162, Decorah, IA 52101.

Tai Chi of Decorah



Movement for Health and Well-Being

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

holidays for fido and tabby

by: josie noecker, pet foods buyer

The holidays are a wonderful time to get together with loved ones. These gatherings usually include meals with wonderful smells that saturate your home. Sounds of merriment fill rooms; decorations and food take center stage with the celebrations. One thing is for sure, you probably love to share some of this with your four-legged companion. But beware. There is a right and wrong way to go about this because some of our favorite holiday dishes may pose hidden health risks to your dog or cat.

Keep these items off the floor

- Coffee, Alcohol, Avocado, Yeast Dough, Xylitol, Milk and Salt
- Onion and Garlic - Foods cooked with onion or garlic can damage a cat's blood cells and cause anemia. Some books do mention homemade pet food recipes containing garlic, but I err on the side of caution as I can't seem to find a solid yes/no answer.
- Cooked Bones - These are a big "NO" for both dogs and cats. Cooked poultry bones can shatter and potentially perforate the digestive tract. If you want to give your animal any sort of bone, anything that is not cooked would be acceptable. Some cats love to chew on chicken necks; any poultry neck would probably do. This also helps them with cleaning their teeth!
- Nuts - Be careful of nuts; both dogs and cats can develop muscular issues and tremors if they have consumed macadamia nuts.
- Chocolate - And what holiday is complete without chocolate? This is probably the most important thing to keep an eye out for. Chocolate is quite toxic to dogs and cats; it can cause heart issues, stomach upset, tremors, and increased body temperature. Vomiting, panting, and seizures are also a possibility if your pet has consumed chocolate. Milk chocolate is not as toxic as the darker chocolates; all chocolate should be out of reach at all times.
- Raisins - This includes consumption in their natural state as grapes. Ingestion can lead to kidney failure and even death.

Delights you can share with your furry friends

Pretty much any meat and vegetable that is not seasoned in any way would be fine to give your pet. Some of you might already feed raw meat to your pets; otherwise lightly boiling the meat will keep some nutrients within and make handling the meat more tolerable for some. Unseasoned veggies are acceptable as well; you can choose to lightly boil them to make them more palatable for picky eaters. Take your pet's favorites and create a unique holiday meal all their own! You could also add a few choice ingredients to your pet's regular diet; a few chunks of boiled turkey to moist or dry food would be a great way to introduce meat to their diet.

- Spice up Fido or Tabby's meal with these spices listed in last year's holiday Animal Wellness Magazine. Remember if you want to add anything new to your animal's diet, start out small to prevent digestive upset.
 - Cinnamon is beneficial for gastrointestinal issues, nausea, or gas. Also it is noted for its antibacterial and antifungal properties.
 - Cayenne is full of calcium, vitamins A, B, and C, and contains iron, zinc, and phosphorus as well. Known to help with blood flow regulation and beneficial for arthritis.
 - Cardamom is helpful for the lungs, kidneys, and digestive ailments. Also may be helpful in ridding Fido of his doggy breath!
 - Cloves are said to help with ringworm, indigestion, diarrhea, and other fungal infections.
 - Ginger is known as a common digestive aid and also has anti-inflammatory properties; also helps the kidneys, skin, and respiratory systems.
 - Turmeric has anti-inflammatory properties and helps the cardiovascular and gastrointestinal systems as well.
- Here is to healthy and happy pets for this holiday season.



President's Cancer Panel: Addressing Chemical Concerns

by: robin seydel, managing editor - la montañita co-op

In May, the annual President's Cancer Panel report was released. It is amazing and heartening to read an acknowledgement of what so many in the organic and environmental communities have been saying for decades. That our daily exposures to the nearly 80,000 chemicals in the air, water, soil and in our food, workplaces and medical drugs and procedures are linked to the development of cancer is not new for most of us, but having it finally acknowledged by the President's Cancer Panel is definitely news!

"It is striking," as New York Times writer, Nicholas D. Kristof wrote in his blog "On the Ground" on May 5th, "that this report emerges not from the fringe but from the mission control of mainstream scientific and medical thinking... Established in 1971, this is a group of three distinguished experts who review America's cancer program and report directly to the president."

Their report notes that 41% of all Americans will be diagnosed with cancer in their lifetimes and one fifth (21%) will die of it. Additionally, it reports that some of the most common childhood cancers are increasing "for unexplained reasons." The report goes on to note that toxicity testing does not take into consideration the sensitivity of "in-utero" exposures or exposure of children and other fragile individuals in our communities, noting that babies are born "pre-polluted" with as many as 300 chemicals contaminating umbilical cord blood in newborns.

The National Cancer Institute, the American Cancer Society and others have long suggested that traditional medical means, (i.e., annual check-ups, pap smears, mammograms, etc.) are enough to reduce cancer risks. And while they do, the report adds to those recommendations such formerly radical ideas as giving preference to organic foods, abstaining from eating animal products produced with hormones (essentially all industrial chicken, feedlot beef and fast food burgers) and microwaving food in glass containers rather than plastic, among others.

In addition the report states:

"Research on environmental causes of cancer has been limited by low priority and inadequate funding. As a result... the consequences of cumulative lifetime exposure to known carcinogens and the interaction of specific environmental contaminants remain largely unstudied... particularly compared with research emphases on genetic and molecular mechanisms in cancer."

A CALL FOR A PRECAUTIONARY APPROACH

Again the report vindicates what we of the "fringe" have been saying for decades: "The prevailing regulatory approach in the United States is reactionary rather than precautionary... instead of taking preventive action when uncertainty exists about the potential harm from a chemical or other environmental contaminant... a hazard must be incontrovertibly demonstrated before action to ameliorate it is initiated."

Moreover, instead of requiring industry or other proponents of specific chemicals, devices, or activities to prove their safety, the public bears the burden of

continued on page 11

Le Beaujolais Nouveau est arrivé!

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

Join us Thursday, November 18th from 5 to 7 pm at the Co-op. Along with a wine tasting of Beaujolais Nouveau, we'll be sampling cheeses with our wholesome Waving Grains bread. We'll also have themed music provided by Pine Wilson and friends.

Beaujolais Nouveau is a light, easy-drinking red wine made from Gamay grapes produced in the Beaujolais region in the southeast corner of France. The unveiling of

the first wine pressed in 2010 is serious business. The Beaujolais French law states that the Beaujolais Nouveau cannot be released any earlier than the third Thursday of November, so every year on this day producers embark on a mad race to get the first bottles on the shelves.

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

So, join us November 18th, raise a glass of Beaujolais Nouveau and shout, "Vive la Co-op!"





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The helpful place.



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Decorah, Iowa

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DECORAH

the bulk pantry project

by: nate furler, marketing specialist

Price perception issues remain in the forefront of the minds of many shoppers and community members when it comes to the Oneota Co-op. Such perceptions, and realities were vividly apparent when analyzing the results of our recent Customer Survey. Members and customers are also concerned with environmental issues and the impact, as consumers, we have on the planet. Keeping both of these ideas in mind, we thought it was time to do a comparison of bulk and packaged grocery items, to better illustrate the positive options that we provide at the Co-op.

Let's tackle the environmental issue first. When buying in bulk, you are able to fill your own (clean) reusable containers over and over again. This reduces, greatly, the amount of packaging that is commonly thrown away, or in the best case – recycled, by the consumer. At the Co-op, we offer different degrees of packaging options – ranging from plastic bags, to plastic containers, to glass containers – all of which can be reused to their own structural limits. As we have stated in past articles, sometimes as much as 80 percent of the cost of a product is in the packaging. You might as well imagine yourself throwing perfectly good dollar bills right into the garbage (or the recycle bin) every time you throw something away. Yes, a sturdy glass jar or plastic container may cost more in the short run, but just as it is with recycling, the investment is in the future savings and reuse.

The environmental issue relates

directly to the elephant in the room: price. To better illustrate what shopping in bulk can do for your pocketbook, we have put together a comparison of 29 similar pantry and household “staple” items. (see chart) These items are available in both our grocery and bulk departments. Brands may be slightly different, but the product is comparable. We've included flour, oils, spices, pasta, cereals, shampoo, soap, to name just a few.

The results speak directly to the Co-op's mission, which is to provide our member-owners with “reasonably priced whole, bulk and minimally packaged foods and household items.” We calculated an overall savings of 28% on the entire basket of 29 selected items when purchased in bulk form. The total cost to the consumer for the “packaged grocery” basket was \$166.51, compared to \$119.60 for the “bulk” cart. And just to reiterate, these are like items that were compared – or as we like to say “we compared walnuts to walnuts without the shell.” The comparisons can be found at the front of the store and we encourage you to stop and see how such a small change can make such a big difference – both for your wallet and the environment.

Come to the Co-op and experience what we can offer you and your family, particularly when it comes to bulk items. We are always open to new ideas and new products and will gladly explore additional options if you don't find what you'd like. See you at the Co-op.

FRESH tips for the holidays

by: betsy peirce, producer manager

Last holiday season I wrote a column in The Scoop about new twists on old holiday favorites. In it I incorporated some new ingredients and ideas to spice it up a bit on the holiday table. It was met with lots of enthusiasm and that leads me to believe that you'd naturally want more ideas!

Of course, I will first and foremost advocate for lots of local vittles on your table. There is no coincidence that the produce items that are in season in November and December have made their way into our holiday traditions. Here in the Midwest it seems we are heavy on squash, cranberries and potatoes. We will also be rich in Brussels sprouts and carrots and all the tasty root vegetables. They ripen this time of year and you can readily find them either here at the Co-op, in your garden, or at the Farmers Market.

Here are my lists of culinary ideas for your holiday table. Enjoy.

- Cut sweet crisp Rock Spring Farm local carrots into 1/2” chunks and coarsely chop garlic into 1/8” chunks. Drizzle generously with olive oil and season with salt and pepper. Slow-roast in a 325 degree oven for 1 1/2 hours in a glass baking dish. The garlic mellows out and the roasting brings out the sugars in the carrots. Stir or toss frequently while roasting.

- Sauté Patchwork Greens Brussels Sprouts (cut in 1/2) in bacon grease, or olive oil, until tender. In the last 5 minutes of cooking, add a splash of apple cider vinegar and some sugar

and salt and pepper to taste. Sprinkle liberally with chopped crispy-fried bacon (Grass Run Farm makes the best bacon around).

- Slice or dice multi-color potatoes (red, blue, purple, Yukon Gold and Colorado Rose, or French fingerling). Toss with olive oil, garlic and fresh rosemary or thyme and plenty of salt and pepper. Bake at 450 degrees until desired crispness – roughly 1/2 hour or more. Stir occasionally during baking.

- Bake your favorite squash by slicing it down the middle and roasting both halves on a cookie sheet in a 350 degree oven. Scoop out the seeds for composting, and scoop out the cooked squash from the peel. Set aside. Caramelize 2 chopped onions (sauté in olive oil on low heat for 1/2 hour) and add some chopped fresh sage, thyme, salt and pepper. Mix together. Add lemon juice to taste. Bake in oven in a buttered casserole dish for 1/2 hour. Crumble feta or Chevre (fresh soft goat cheese) and chopped pecans or walnuts on the top for the last 10 minutes of baking, or simply leave plain.

- When making your stuffing, use cornbread instead of wheat bread. As an added bonus, cornbread may be made gluten-free.

- To enliven and beautify any of your dishes this holiday season, not to mention make them burst with extra nutritional goodness, try sprinkling some of River Root Farm's micro greens atop just about any dish - hot or cold.

PACKAGED GROCERY ITEMS



BULK EQUIVALENT ITEMS



Total SAVINGS by shopping BULK: \$49.81
Total SAVINGS as a percent: 29.82%

Item	Size	Packaged Price	Bulk Price	Difference
Pasta, Brown Rice, Tinkyada Org	12oz.	\$3.79	\$2.95	\$0.84
Canola Oil, Spectrum Org	32oz	\$11.49	\$9.58	\$1.91
Olive Oil, Napa Valley Org	25.4 oz	\$14.69	\$10.94	\$3.75
Tamari, San-J Gluten-Free Org	10oz	\$4.29	\$2.24	\$2.05
Cereal Flakes, Nature's Path	32oz	\$9.59	\$7.98	\$1.61
Pancake Mix, Central Milling Co. Org	32oz	\$3.79	\$4.38	-\$0.59
Rice, brown basmati, Lundberg Org	32oz	\$5.29	\$4.78	\$0.51
Oats, Steel cut, Bob's Red Mill - GF	24oz	\$5.29	\$1.94	\$3.35
Quinoa, Ancient Harvest Org	12 oz	\$4.79	\$2.76	\$2.03
Peanut Butter, Santa Cruz Org	16 oz	\$4.99	\$3.79	\$1.20
Soup Bean Mix, Bob's Red Mill	26 oz	\$4.79	\$4.21	\$0.58
Ginger Chews	3 oz	\$2.19	\$1.12	\$1.07
Pinto Beans, Westbrae Org	15 oz	\$1.99	\$1.77	\$0.22
Garbanzo Beans, Westrae Org	15 oz	\$1.99	\$1.77	\$0.22
Balsamic Vinegar, Bionature Org	8.5 oz	\$4.99	\$2.44	\$2.55
Honey, Golden Ridge, Local	12 oz	\$4.39	\$2.99	\$1.40
Sunny Bears /Organic gummy	2.7 oz	\$2.99	\$1.44	\$1.55
Sugar, Woodstock Farm Org	24 oz	\$3.69	\$2.69	\$1.00
Flour, Central Milling Co. Org	5 lb	\$4.89	\$5.95	-\$1.06
Salt, Sea	26.5 oz.	\$2.49	\$1.14	\$1.35
Coffee, Kickapoo, Org	12 oz	\$10.49	\$7.49	\$3.00
Basil, Simply Org	.54 oz	\$4.59	\$0.69	\$3.90
Vanilla, Singing Dog	2 oz	\$6.29	\$2.87	\$3.42
Castille Soap, Dr. Bronner's	8oz.	\$5.99	\$3.71	\$2.28
Shampoo, Giovanni, Tea Tree	8.5oz.	\$7.99	\$5.43	\$2.56
Conditioner, Giovanni, Tea Tree	8.5oz.	\$8.99	\$5.43	\$3.56
Lotion, Griffin Remedy	8oz.	\$8.99	\$5.39	\$3.60
Dish Detergent, Earth Friendly	25oz.	\$3.99	\$3.11	\$0.88
Laundry Detergent, Earth Friendly	50oz.	\$7.29	\$6.22	\$1.07
TOTALS:		\$167.01	\$117.20	\$49.81



Chipotle Cranberry Sauce

Bon Appétit - November 2009
by Marlena Spieler

This relish has a smoky, savory quality, thanks to the chiles and garlic. Unlike most cranberry sauces, this one doesn't require any added liquid.

Yield: Makes about 2 cups

Ingredients:

- 2 dried chipotle chiles*
- 1 12-ounce package fresh or frozen cranberries
- 1 1/3 cups sugar
- 3 tablespoons fresh lemon juice
- 1 small garlic clove, chopped
- 1/4 teaspoon (generous) ground cinnamon
- 1/4 teaspoon (generous) ground cumin

Directions:

Place chiles in medium saucepan filled with water; bring to boil. Reduce heat to medium and simmer until chiles are tender, adding more water if needed to keep chiles submerged, 1 to 1 1/2 hours, depending on dryness of chiles. Drain.

Combine softened chipotles, cranberries, sugar, and lemon juice in heavy medium saucepan and stir over medium heat until sugar dissolves. Continue cooking until cranberries begin to pop, stirring occasionally, about 5 minutes. Stir in garlic, cinnamon, and cumin. Simmer until sauce thickens slightly and flavors meld, stirring often, about 5 minutes. Cool.

Remove chipotles. Stem and seed. Mince chiles and return to cranberry sauce; stir to distribute. Cover and chill. DO AHEAD: Can be made 1 week ahead. Keep chilled.

* Can be found at the Co-op, specialty foods stores, natural foods stores, and Latin markets.

Carrot and Cranberry Salad with Fresh Ginger Dressing

Bon Appétit - November 2009
by Amelia Saltsman

The bright flavors are a nice counterpoint to rich foods.

Yield: Makes 8 servings

Ingredients:

- 7 large green onions
- 1/2 cup seasoned rice vinegar
- 2 level tablespoons chopped peeled fresh ginger
- 4 cups coarsely grated peeled carrots
- 1/2 cup sweetened dried cranberries
- Chopped toasted Pecans- handful

Directions:

Cut tops off onions. Cut tops lengthwise into thin strips; cut strips into 2-inch pieces. Chop half of onion bottoms. Place remaining bottoms in blender; add vinegar and ginger. Puree, occasionally scraping down sides of blender jar. Strain puree into measuring cup, pressing enough solids through to yield 1/2 cup dressing; season with pepper.

Place carrots and cranberries in large bowl. Add onion tops and bottoms. Toss with enough dressing to coat. Add Pecans.

THE CHEESE AND APPLE BUS

by: beth rotto, cheese buyer

Thirty Co-op members and friends took a day trip together this fall, heading east for a Co-op Cheese and Apple Bus trip. Everyone seemed to have a great time visiting some of our local producers and enjoying the beauty of the season. Our tour began at Jaime Bjornson's Countryside Orchard near Lansing, Iowa. There we learned about the challenges of organic apple production, while enjoying a misty morning in a beautiful setting. If you think apple growers plant trees and then wait around to pick perfect fruit in the fall, you are mistaken. Raising organic apples requires careful planning, choosing disease resistant varieties, attracting beneficial insects, and providing natural biological and cultural methods of pest control as well as constant vigilance and hard work. Don't take your organic apples for granted.

Our next stop was Mount Sterling Co-op Creamery, just over the Mississippi, where award winning goat cheese is produced. We sampled several varieties including Country Jack cheese, which was so good that we've added it to our line of Mount Sterling cheeses in the Co-op cheese case. Mount Sterling is a producer-owned and operated cooperative, incorporated in 1976.

Our second tour was at the Cedar Grove Cheese Company outside of Plain, Wisconsin. Here we heard just how cheese is made and understood it better as we looked at the equipment and layout of the plant. Unique to Cedar Grove is the Living Machine, which is designed to be a working ecosystem using microbes and a collection of hydroponic plants to clean the many gallons of wash water used in the plant.

Our most in-depth tour was at Uplands Cheese, a family-run dairy farm near Dodgeville, Wisconsin. Here, milk from grass-fed cows is used to make an artisan, farmstead cheese called Pleasant Ridge Reserve. We donned hairnets and booties and got right into the

"caves." We really got an education. We learned just how much attention and care goes into artisan cheeses, made by hand in small batches. The cheese makers there received our applause when they let us know they had received Best of Show (out of 1400 entries) at the recent American Cheese Society's annual competition.

On to Mineral Point, Wisconsin where we had time for lunch in a restaurant of our choosing and just a little extra time to be intrigued with the shops and history in this small Cornish mining town. We could have lingered, but we had one more appointment. Our last stop was at Peake's Apple Orchard between Waukon and Decorah. Here we took a hayride through the trees, enjoying the beauty of a crisp, cool afternoon, and again, we appreciated the hard work required to bring in the harvest. We sampled several kinds of apples and many indulged in an Apple Sundae. The super easy recipe follows!

Peake's Apple Sundae

Just core an apple and spread like a flower in your bowl, drizzle warm caramel sauce on top of the apple, top with plenty of whipped cream, chopped nuts and a maraschino cherry.



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M.S.G. can be a headache

by: kristin evenrud,
grocery manager

Are you one of the many people who have eaten at a Chinese Buffet and gotten a terrible headache an hour or so later? Thinking it may just be stress, you probably pop a couple ibuprofen and lay down. But, have you ever considered that headache's cause could be the food you just ate? Let me introduce you to MSG symptom complex.

Many people, including me, are sensitive to food enhanced with Monosodium Glutamate, commonly referred to as M.S.G. It is a flavor enhancer and can commonly be found added to canned vegetables and soups, processed meats, and snack chips. In synthetically manufactured MSG, glutamic acids are broken down, or made "free" by a variety of factory processes that involve chemicals, bacteria or enzymes. Once free it is refined until finally reaching a white crystal consistency that resembles the appearance of sugar. It is odorless and has no distinct flavor in and of itself, though some describe it as having a salty/sweet taste.

M.S.G. is recognized by the U.S. Food and Drug Administration as a GRAS (generally recognized as safe) food ingredient. However, the use of this chemical is heavily disputed by the public and some in the scientific community. According to information on the mayoclinic.com website, researchers have found "no definitive evidence of a link between M.S.G. and these symptoms." Commonly known as MSG Symptom Complex, these may include headache, flushing, sweating and pressure or tightness in the face. Also listed are reactions of numbness, tingling and burning in the face, neck and other areas, rapid fluttering heartbeats, chest pain, nausea and weakness.

A book by Dr. Russell L. Blaylock M.D. was published in 1996 titled *Excitotoxins: The Taste that Kills*.

M.S.G. falls into the category of excitotoxins, as does aspartame (AminoSweet).

Though this book is nearly 15 years old, I find it interesting that he cites a 1968 study that was conducted by Dr. John W. Olney that indicates "widespread destruction of neurons in the hypothalamus." His book

goes on to acknowledge that Dr. Olney (and others) testified before Congress concerning the possible dangers of M.S.G. The subsequent voluntary removal of M.S.G. from baby food in 1969 is credited to these testimonies.

Reading on in the book you will find that Glutamate is an amino acid that naturally occurs in the human body and is a neurotransmitter in the brain. However, the amounts are naturally controlled by the body and dramatically smaller. The body creates only as much glutamate as it needs. This makes me wonder if, aside from the possible consequences of destruction of brain cells due to overdose, my migraines are due to a surge of glutamate in my body.

I have suffered from M.S.G. sensitivities for the last 13 years and know firsthand how debilitating it can be. My reaction starts with a cap that spreads over the top of my head (it actually feels like someone pulling a stocking cap of prickliness onto my scalp). Then a pinpoint headache will start that is very localized and feels like a hot, sharp piece of metal is lodged into the right side of my brain. I have also noticed that my speech slurs ever so slightly and my mind grows foggy. If it was a small amount in a diluted form, the reaction, for me, tends to last about an hour. If it was a hefty dose, it might result in a migraine that lasts for days.

If it was as simple as looking for the big three - M.S.G., aspartame, L-cystiene - the task of shopping for foods that don't contain these synthetic glutamates would be pretty manageable. Unfortunately, due to its ability to enhance the taste of foods, it has become a ubiquitous ingredient known by many different names. Yeast extract, autolyzed yeast extract, glutamic acid, glutamate, anything that is "hydrolyzed", and sodium caseinate are only a few.

If you haven't had any adverse reactions, you might be wondering how this affects you. Well, according to some research, even though you are not having any immediate reactions, you may still be doing harm to your body that will show up later in life. Manufacturers are getting increasingly creative about sneaking excitotoxins onto our grocery shelves. We have a com-

mitment to our customers here at the Oneota Community Co-op to try to keep M.S.G. out of the products we carry and off of our shelves. We have a lot of products that are "clean." However, it is increasingly difficult to find clean processed products to substitute for the popular items we may be carrying that contain the occasional glutamate.

This is where you, the consumer, come into play. Giving us your feedback with your food dollars and what products you are buying, you can affect what products we carry. Furthermore, though we may have certain resources for obtaining this type of information, we can always use an extra set of hands and eyes. We encourage you to ask questions, make suggestions, and pass on any food information to us that you think may be pertinent. We can all make a difference.

Here is a partial list of manufacturers that try to keep excitotoxins out of their products:

Organic Sunshine Burgers • Applegate Meats • Snopac • San-J • Erewhon • Larabar • Green Mountain Gringo • Food Should Taste Good • Terra Farm • Nature's Path • Barbara's (select items) • Annie's Naturals • Field Day • Probar • Ancient Harvest • Muir Glen • Drew's • Enjoy Life • Simply Organic (Most) • Bob's Redmill • Namaste • Pamela's (some) • Jennie's • Pacific (some) • Eden Organic • Earth's Best • Sprout • Walnut Acres • Vilux • Mrs' Clarks • Natural Value • Bionature • Monastero di Montebello • Vitaspelt • Westbrae • Crofter's • Beeler's
Single source and unprocessed products like virgin cuts of beef, pork, chicken, turkey, and seafood

Glutamic acid found in unadulterated protein does not cause adverse reactions. To cause adverse reactions, the glutamic acid must have been processed/manufactured or come from protein that has been fermented.

Ingredients that always contain processed free glutamic acid (MSG):

- Glutamic acid (E 620)
- Glutamate (E 620)
- Monosodium glutamate (E 621)
- Monopotassium glutamate (E 622)
- Calcium glutamate (E 623)
- Monoammonium glutamate (E 624)
- Magnesium glutamate (E 625)
- Natrium glutamate
- Yeast extract
- Anything "hydrolyzed"
- Any "hydrolyzed protein"
- Calcium caseinate
- Sodium caseinate
- Yeast food, Yeast nutrient
- Brewers' yeast
- Autolyzed yeast
- Gelatin
- Textured protein
- Vetsin
- Ajinomoto

These ingredients work with MSG to enhance flavor:

If these are present for flavoring purposes, so is MSG.

- Disodium 5'-guanylate (E 627)
- Disodium 5'-inosinate (E-631)
- Disodium 5'-ribonucleotides (E 635)

(all-meat products at the OCC do not have injected flavor salines), as well as honey, molasses, fruit and veggies, nuts, beans and grains.

www.mayoclinic.com
www.laleva.org
www.resourcesforlife.com
www.joyfulaging.com
www.msgmyth.com
www.truthinlabeling.org

The book, *Battling the MSG Myth*, will simplify your life by giving in-depth facts about these hidden substances and the common foods in which they are found. Find tips on label reading, shopping, and cooking. Enjoy good eating by learning how to avoid all the common foods and supplements that contain MSG, aspartame, L-cysteine, and sulfites. Learn how to substitute healthy alternative products that can be found in most supermarkets.

Ingredients that often contain or produce processed free glutamic acid (MSG):

- Carrageenan (E 407)
- Bouillon and broth
- Stock
- Whey protein
- Whey protein concentrate
- Whey protein isolate
- Natural flavor
- Any "flavor" or "flavoring"
- Maltodextrin
- Citric acid (E 330)
- Anything "ultra-pasteurized"
- Barley malt, Malted barley
- Pectin (E 440)
- Protease
- Anything "enzyme modified"
- Anything containing "enzymes"
- Malt extract
- Soy milk
- Soy sauce
- Soy sauce extract
- Soy protein
- Soy protein concentrate
- Soy protein isolate
- Anything "protein fortified"
- Anything "fermented"
- Seasonings

Ingredients suspected of containing lesser amounts of MSG:

- Corn starch
 - Corn syrup
 - Modified food starch
 - Lipolyzed butter fat
 - Dextrose
 - Rice syrup, brown rice syrup
 - Milk powder - Reduced fat milk (e.g., skim milk; 1% milk; 2% milk)
- Most things low fat or no fat
Anything Enriched or Vitamin enriched



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M.S.G. cont.

Places where MSG is often hidden

- Low fat and no fat milk products often contain milk solids that contain MSG and/or contain carrageenan, guar gum, and/or locust bean gum. Low fat and no fat versions of ice cream and cheese may not be as obvious as yogurt, milk, cream, cream cheese, cottage cheese, etc., but they are not exceptions.

- Protein powders and protein drinks contain glutamic acid, which, invariably, will be processed free glutamic acid (MSG). Individual amino acids are not always listed on labels of protein powders and drinks.

- At present, there is an FDA requirement to include the protein source when listing hydrolyzed protein products on labels of processed foods. Examples are hydrolyzed soy protein, hydrolyzed wheat protein, hydrolyzed pea protein, hydrolyzed whey protein, hydrolyzed, corn protein. If a tomato, for example, were whole, it would be identified as a tomato. Calling an ingredient tomato protein indicates that the tomato has been hydrolyzed, at least in part, and that processed free glutamic acid (MSG) is present.

- Disodium guanylate and disodium inosinate are relatively expensive food additives that work synergistically with inexpensive processed free glutamic acid (MSG).

- MSG will be found in some soaps, shampoos, hair conditioners, and cosmetics, where MSG is hidden in ingredients with names that include the words "hydrolyzed," "amino acids," and/or "protein."

- Drinks, candy, and chewing gum are potential sources of hidden MSG and/or aspartame, neotame, and AminoSweet (the new name for aspartame). Neotame is a relatively new ingredient that seems not to be in use in the United States.

- Aspartame will be found in some medications, including children's medications.

- Binders and fillers for medications, nutrients, and supplements, both prescription and non-prescription, enteral feeding materials, and some fluids administered intravenously in hospitals, may contain MSG.

- According to the manufacturer, Varivax-Merck chicken pox vaccine (Varicella Virus Live), contains L-monosodium glutamate and hydrolyzed gelatin, both of which contain processed free glutamic acid (MSG). It would appear that most, if not all, live virus vaccines contain some ingredient(s) that contains MSG.

- There are a number of ingredients identified as organic that contain processed free glutamic acid (MSG). Autolyzed yeast, yeast extract, textured soy protein, and anything hydrolyzed are examples.

INFORMATION PROVIDED BY THE TRUTH IN LABELING CAMPAIGN
www.truthinlabeling.org

NEWS FLASH... Co-ops on the Rise

by: david lester, general manager

Yes, it's true. A flurry of emails from other GMs across the country came across my computer on Sept. 19 asking if anyone had read the recent article in Fortune Magazine about the success of food co-ops. We hit the big time. CNN carried the story and suddenly a lot of people were paying attention. As a member of a Co-op, the news isn't that shocking, but the reasons given in this article pertaining to our success in a down economy make it even more exciting to work at a food co-op.

In her article, The Rise of the Grocery Co-op, Beth Kowitt writes about one particular co-op, Park Slope Food Co-op in New York and its successes. It is not a typical food cooperative in many ways. But, its reasons for being successful are typical for co-ops across the country. Kowitt writes about Park Slope as being "responsive to the membership rather than to the companies trying to sell their products. Because co-ops don't need shareholders or executives to back initiatives, they answer customer-member demands quickly and are often ahead of national trends."

Our Co-op is performing very well during one of the worst recessions this country has seen. It is clear that we have a strong membership by the percentage of sales that we are able to track from member-owners. The staff and I welcome your suggestions, from products that members

believe we should carry to customer service relations. Tell us what you are thinking by email to customerservice@oneotacoop.com or in person with a customer suggestion card found at the Customer Service Desk.

The article also quotes Dave Gutknecht, editor of Cooperative Grocer, stating that "there are now 200 co-ops in startup mode, which is the largest number since the 1970s." Currently, we are only one of three co-ops in the state of Iowa (Iowa City and Ames) but there are folks in the communities of Cedar Falls and Dubuque who are interested in starting consumer cooperatives. Cooperation among cooperatives is one of our seven cooperative principals and we look forward to helping these communities in any way we can to get their co-ops off the ground.

In a related matter, on Sept. 25, seven board members and seven staff members from the Co-op got together to have a strategic planning session. Driven by our Ends statements, a former board member, current board members, members of staff and I presented articles and data to show where we have been, where we are currently, and where we would like to be in the future. This was great collaborative work and the membership can be assured that we are all working very hard for you and building on the strengths of our co-op.

President's Cancer Panel: Addressing Chemical Concerns

by: robin seydel, managing editor - la montanita co-op

continued from page 7

proving that a given environmental exposure is harmful. Only a few hundred of the more than 80,000 chemicals in use in the United States have been tested for safety.

U.S. regulation of environmental contaminants is rendered ineffective by five major problems: (1) inadequate funding and insufficient staffing, (2) fragmented and overlapping authorities coupled with uneven and decentralized enforcement, (3) excessive regulatory complexity, (4) weak laws and regulations, and (5) undue industry influence."

The blow back from industry and their legions of lobbyists is to be expected. But hopefully, thanks to a thoughtful and progressive approach in the current administration (a special thanks goes out to our courageous First Lady Michelle Obama for her organic White House garden!), we will see some action on policies to truly protect the unborn and give all children the basic human right of a healthy life.

Then too, pressure from the grassroots always helps! We must support current legislation that would remove bisphenol-A from the inside of all our canned food products, require a clean-up of the pesticides, other agricultural synthetics, radiological materials and pharmaceuticals that currently contaminate our drinking water and demand research, testing and protections, including labeling of GMOs and the many other untested materials, including "nano" particles, currently used in a host of consumer products and foods.

Since it will take time for a precautionary approach to be implemented in policy and legislation and in the commercial marketplace, the report offers some suggestions to individuals to manage exposures:

- Recognize the special risks to children and pregnant women. Choose foods lower on the food chain, organic as much as possible, and stay away from hormone-treated meat and meat that is cooked well done.
- Choose children's toys carefully and stay away as much as possible from endocrine disrupting household and garden chemicals.
- Recognize the occupational hazards some jobs (including the military) represent and mitigate the effects as much as possible. For those who work in hazardous industries remove shoes when entering the house and wash work clothes separately from the rest of the family laundry.
- Filter drinking water and store water in glass or stainless steel containers. Make sure plastic water bottles do not contain Bisphenol-A. Do not buy water in single use plastic bottles.
- Microwave food in glass or ceramic containers
- Check radon levels in your home. Radon is a natural source of radiation linked to cancer.
- Americans now are estimated to receive nearly half of their total radiation exposure from medical imaging and other medical sources, compared with only 15 percent in the early 1980s. The increase in medical radiation has nearly doubled the total average lifetime radiation exposure. Use medical radiation treatments wisely, especially when treating children.

FOR THE FULL REPORT GO TO www.deainfo.nci.gov

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



KID'S FRUIT SCULPTURE CONTEST

THANK YOU to all the kids, parents and friends who attended the KID'S FRUIT SCULPTURE CONTEST that was held on Saturday, September 18th AT ARTHAUS STUDIO.

The winner of this year's contest was Potato Monster, made by Aidan Deen-Lester. Congratulations Aidan.



we want to listen

by: bill pardee,
board member

Your board has taken steps this year to listen more fully and deeply to the members of Oneota Community Co-op. While the General Manager manages the operations of the Co-op, the Board governs through enunciation and monitoring of desired ends, limitations on the GM and on itself, and acceptable policies. To do so successfully, nothing is more important than to search steadily to understand and clarify member values and concerns. We want to listen to you.

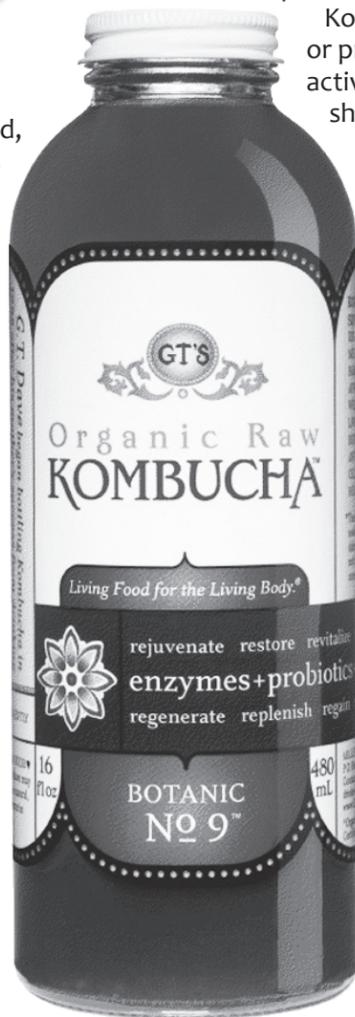
To do so, we have so far taken two steps. First, we began periodic (3X/year) public meetings between two or three Board members and any member who wants to question or comment or complain. We held the first of these July 15th. Seven members attended. They asked a lot of questions, and we answered them either immediately or by email after Board discussion. We're going to experiment with offering these occasional meetings in association with a regular potluck.

Second, we have changed our procedure for handling member comments at meetings. Now, when a member expresses a concern, either the presiding officer or someone he designates will attempt to summarize the member's concern, asking if he or she understood correctly. It helps keep me attentive to know that President Steve might suddenly call on me to summarize a lengthy comment! It ensures that we really do understand the essence of the member's concern, and that may be reassuring to the member.

Later in the same meeting, the Board uses that summary to decide who will address that issue. It might be a request for longer hours in the

Water Street Café, and, because that involves balancing labor hours and utility cost with revenues, we'd refer that to the GM to decide. It might be an issue involving posting minutes, and we might schedule that for discussion and action at the next meeting. It might be something we'd schedule for discussion later in the same meeting. One Board member will then email or call the OCC member who made the comment or complaint to tell him or her this intermediate outcome. Our intention is to respond promptly and respectfully to every member concern, within our ability, even when we decide we can't say, "Yes."

We're your Board. The more we understand about your values, the more we can do to find solutions that serve all of us.



Kombucha is back...but why did it go?

by: nate furler, marketing specialist

As you may well know, GT'S Kombucha was pulled from our store shelves several months back. This came as a sad surprise to many staff and customers that enjoy this refreshing beverage. If you are puzzled as to what kombucha is, let me "enlighten" you with some technical tidbits.

Kombucha is a cultured or fermented tea that is made using active cultures known as probiotics. During the fermentation process these probiotics, which are actual living organisms, produce an assortment of organic acids, enzymes and other nutrients. Because of the fermentation process it goes through, kombucha as well as other products like kefir, apple cider vinegar and kim chi, reach their final state containing a small amount of alcohol. The creation of alcohol is all part of the fermentation process and for this particular product typically results in this is less than 0.5 percent alcohol per volume.

Kombucha, also known as Raw Kombucha, is typically not refined or processed in any way during its production. For this reason, its active probiotics continue to remain viable throughout the products shelf life. In temperatures below 40 degrees, these living organisms do not die, but rather become dormant. Once exposed to warmer conditions (above 40 degrees) the organisms can become active once again. This resurgence of activity can lead to the creation of more alcohol after the product has been bottled. In rare cases, the content can be slightly higher than 0.5 percent alcohol per volume.

According to federal laws, a beverage cannot exceed a limit of 0.5 percent alcohol per volume to still be considered non-alcoholic. Surpassing this limit in a beverage would mean requiring a different label and age-restrictions to be purchased by consumers. In essence, the original formulation of GT'S Kombucha will need to be sold in our beer and wine case, with the same restrictions for purchase as applies to alcohol-containing wine and beer.

Perceived as an easy fix, changing the recipe of the product to eliminate the possibility of excess alcohol is one option. However, with the potential impact to the product's possible health benefits due to reformulation, GT'S solution has been to relaunch the original formula with a new label and begin a new, reformulated version with a greater sensitivity to the alcohol content of the product. This reformulated version will ensure that it will not exceed the 0.5 percent alcohol per volume limit established by the federal government. According to GT's, the consumer should only notice a lighter and smoother taste, with the same high nutritional value that you would expect with the original formulation.

As may have already come to mind, there are many other products that contain no restrictions on alcohol content but that do contain larger amounts of alcohol per volume. Assorted herbal tinctures, vinegars, cooking wines, extracts, mouth wash and cough syrups are all sold without restrictions on alcohol content due to the fact that they are not considered beverages.

At this point in time, we are working to line up a supplier for the original formulation of GT'S Kombucha. If we are eventually able to carry the product, it will only be available to people over the age of 21.

The new reformulated version, named GT'S Enlightened Kombucha, is currently available, to everyone, in the Co-op dairy and drink coolers. Cheers.

Kick 'em up for Karen

(your heels, that is)

A fundraiser for Karen Misseldine.

Damsel Fly 7-8 p.m.

Foot-Notes Dance 8-11 p.m.

Live Auction at 8:45 p.m. (during dance break)

Free admission to Silent Auction and Bake Sale 7-8:45 p.m.

\$10 admission to Dance and Live Auction

Let's have fun while helping Karen defray the costs associated with cancer treatments.

To make a donation to the bake sale or auction, contact Beth at (563) 382-9315

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Senior Citizen Discount Monday

Every Monday members who qualify for the senior discount
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(excludes already marked down Co-op Deals sale items)

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- Cake orders are placed a minimum of 5 days in advance.
- Large catering orders or special requests/substitutions may require 7 days notice.



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

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 (estimated)

large 16" (serves 25-30)

\$55 (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) - \$40

large 16" (serves 25-30) - \$50

Fresh vegetables, olives, parmesan cheese, and marinated artichoke hearts.

Mediterranean Platter

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

large 16" (serves 25-30) - \$50

Olives, hummus, cucumbers, vegetarian dolmas and dates accompanied by whole wheat pita bread wedges.

Sandwich Platter

small 12" (serves 20-25) - \$35

choice of 2 sandwiches

large 16" (serves 25-30) - \$50

choice of 3 sandwiches

Your choice of sandwiches, cut into bite size pieces and arranged beautifully on a 12 or 16 inch platter.

ENTRÉES

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

Some of our favorites include: lasagna, meatloaf, salsa verde enchilada pie, and chicken chile enchilada pie. Ask the chef for other choices and suggestions.

BOX LUNCHES

Includes a sandwich, pickle, salad and Waving Grains cookie or a piece of organic fruit.

With a Vegetarian or

Vegan Sandwich \$7.00

With a Meat Sandwich \$8.00

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



holiday foodways and traditions

by: beth rotto, cheese buyer

Our product lines become a little more diverse in November and December as a whole host of food traditions and customs are celebrated by families and friends in our corner of the globe. Does your festive meal include Lutefisk & Lefse or Chicken & Dumplings? Roast Turkey or Curried Lamb? Latkes or Kolaches? Pumpkin Pie or Chocolate Macadamia Pie? Do you hide a coin in the Christmas pudding or an almond in the Risengrøn? Do you munch on springerle or candy canes? Eggnog? Gløgg? Stilton? Stollen? What is exotic to one person is comfort food to another. And who doesn't like to share their food traditions with friends who haven't tasted them?

We understand that food makes holiday gatherings special so we take time to make special holiday orders. We are pleased to offer an expanded selection of foods in all Co-op departments. We do our best to order plenty, and some imports must be ordered as early as the previous summer. We urge you not to wait to pick up your traditional or favorite holiday foods when you see them on our shelves. Many specialty items cannot be reordered again before Christmas, so once they are gone, they are gone for the season. Here are some specialties to look for in the Co-op with a focus on the cheese case since that's the department I order for.

Take time to relax. Enjoy your food. Be thankful.

A sampling of our classic European cheeses:

- **Dutch Midnight Moon** (imported by Cypress Grove with their distinctive label)
- **English Sage Derby**- distinctive green mottling makes a beautiful addition to a cheese plate
- **English Stilton**- world-class blue cheese
- **English Cotswold**- Double Gloucestershire cheese with onion and chive
- **French Le Roule**- Soft cheese rolled into a log with a spiral filling of herbs and garlic.
- **French Le Roule Cranberry**- festive and delicious
- **French Emmental**- Swiss style cheese with well formed holes
- **Irish Kerrygold**- rich and delisious
- **Italian Parmigiano Reggiano**- the original Parmesan cheese
- **Italian Tallegio**- soft and sweet

Some of our domestic cheese specialties:

- **Belevitano Gold** from Wisconsin
- **Boursin** Roasted Red Pepper and Garlic Cheese
- **Boursin** Original Garlic Herb Bucheron from Wisconsin
- **Fig Goat Cheese Log** from Wisconsin
- **Horseradish Cheese Ball** and **Sharp Cheese and Nut Ball** from Wisconsin
- **Humboldt Fog Grande** from California
- **Pleasant Ridge Reserve** from Wisconsin
- **Prairie Breeze** from Iowa
- **Saint Pete Summit Winter Blue** from Minnesota
- **San Rocco Brie** rounds from Michigan



Yummy Nibbles for a Party:

- **Spanish dried fruit and nut cakes**- Fig & Almond, Date & Almond, Apricot & Almond
- **Spanish Marcona Almonds**- fried and salted
- **Italian Taralli** crackers- Spicy Bloody Mary, Fennel, Onion and Red Pepper

Fit for You or for a Gift:

- **English Twinings Teas**
- **Italian Balsamic Vinegar Cruets** and **Extra Virgin Olive Oil Cruets**
- **Sicilian Partana Olive Oil** in Tins

Candy:

- **Belgian Chocolate Sticks**
- **Columbian Cordillera Chocolate**
- **French Candy Drops**
- **German Chocolate Santas**
- **Ida's Truffles** made in Winneshiek County
- **Swedish Mints**
- **Swiss Chocolate**
- **Chocolate Hearts, Toasting Cups** and **Ice Cream Cups** for your favorite filling

Baked Goods:

- **German Dresden Stollen** and **Marzipan Stollen** Fruit Cakes
- **Lefse** from God Dag Lefse - LOCAL
- **Italian Panettone**- smaller sizes this year
- **Julekake** from Waving Grains Bakery right down the street in Decorah
- **Springerle** by Lynn Staley from northeast Iowa
- Look for **Raisin River Smoked Duck** and **Chicken Baguettes** in the meat cooler, **Organic Valley Eggnog** in the dairy cooler, **Clementines** in the produce case, **pistachios** in the bulk department, and **wines** galore.

alternative holiday favorites

by: niki mosier, dairy buyer

There is a growing segment of the population that is becoming aware of what have become “common” food sensitivities. These sensitivities can include gluten intolerance, lactose and dairy intolerance, and a whole host of other allergies of differing severity and health consequences. So, no matter what type of holiday event you attend this season, there is bound to be someone in the crowd who can't eat the traditional holiday favorites. The Co-op has extensive gluten-free, dairy-free and also non-allergy related dietary restriction food solutions to accommodate vegetarian and vegan palates during holiday meals and events. Also, if you are intimidated by cooking from scratch, check out

our freezer section for Quron “Turkey” Roast. For the semi-ambitious chef, I recommend a recipe that has become a favorite in my family – Uncle Tom's Almost Famous Tofu Turkey and Stuffing. This dish, requested even by strict meat eaters, serves sixteen people and can find all the ingredients right at the Oneota Co-op. And don't be intimidated by the length of Uncle Tom's recipe. It's really easy, and you can even make your own “drumsticks” if you want to kick it up a notch. Don't fret, come and get it - at the Co-op. We are your source for food sensitive and diet restrictive ingredients for the holiday season, and beyond.

Classic Gluten-Free Bread Stuffing with Crisp Sage Dressing

Serves 10-12

Ingredients:

4 cups gluten-free bread, cut into little cubes and lightly toasted
6 tablespoons unsalted butter or margarine, divided into 4 and 2 tablespoon chunks
1 cup quarter-inch diced onion
1 cup quarter-inch diced celery
1/3 cup quarter-inch diced carrot
16 large fresh sage leaves
1/8 teaspoon fresh grated nutmeg
1 pinch dried thyme leaves
1/2- 3/4 teaspoon coarse salt
24 grinds of fresh black pepper - to taste
3/4 - 1 cup broth (gluten-free vegetable or chicken)

Directions:

- Put the bread cubes into a mixing bowl. Melt 4 tablespoons butter in a small skillet. Sauté the onion, celery, and carrot until tender. Then lightly mix in the vegetables with the bread.
- Using the same skillet, melt the remaining 2 tablespoons of butter. Toss in the sage leaves. Over medium heat, brown the butter. The butter will be ready when it has a nutty smell and the sage leaves begin to crisp and brown. Remove the sage leaves and place them on a paper towel to drain.
- Pour the brown butter over the bread mixture. Chop the sage leaves and lightly mix in with the bread and vegetables. Season with nutmeg, thyme leaves, salt and pepper. Use just enough broth to moisten the stuffing. If you stuff it inside the bird, leave the mixture on the dry side. For a separate baked dish, make it a bit moister.
- Transfer stuffing to an ovenproof casserole and bake at 350 degrees until brown on top.

"Give Thanks" Gluten-Free Gravy

Makes about 2 cups

Ingredients

4 tablespoons hot turkey drippings
4 tablespoons cornstarch
2 cups Gluten-Free turkey or chicken broth
Salt and pepper to taste

Directions

- Wisk together drippings and cornstarch. Gradually add broth, stirring constantly over medium-high heat until smooth and simmering.
- Season to taste with salt and pepper.



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Uncle Tom's Almost Famous Tofu Turkey and Stuffing

Faux Turkey:

5 pounds of firm tofu
1 pound of firm tofu - for the drumsticks - optional

Homemade Poultry Seasoning - makes 1/2 cup

1/4 cup sage
2 tablespoons each - marjoram, thyme and savory or rosemary
1 tablespoon celery seed
1 tablespoon pepper

Stuffing - makes 5 cups

2 tablespoons toasted sesame oil
1 large onion, chopped fine
1 1/3 cup celery, diced (about 4 stalks)
1 cup mushrooms, finely chopped
3 to 4 cloves garlic, minced
1 tablespoon homemade poultry seasoning
salt and pepper to taste
1/4 cup soy sauce or tamari
4 cups whole wheat bread cubed

Basting mixture:

1/2 cup toasted sesame oil
1/4 to 1/3 cup soy sauce or tamari

Directions:

Mash tofu or mix well with hands. Be sure that all of the lumps are out. Line a 12" colander with wet cheesecloth overlapping the sides. Add the mashed tofu to the cloth covered colander, press down and cover with the overlapping sides. Place the whole thing in a large bowl. Cover the cheesecloth with a plate that fits inside the colander and place a 5 pound weight on the plate. Refrigerate and let sit for 2 to 3 hours.

When time is up, start the stuffing. Sauté the onions, celery and mushrooms in the 2 tablespoons sesame oil. When soft, add the garlic and all the rest of the stuffing ingredients, except bread cubes, mixing well. Stir and cook for 5 minutes. Add bread cubes and mix well.

Remove tofu from fridge and take off weight, plate and top of cheesecloth. Hollow out tofu to within 1 inch of the sides and bottom, placing the tofu in a bowl. Place the stuffing inside the shell and pack in firmly. Cover with the remaining tofu and pat down firmly. Turn stuffed tofu onto a greased baking sheet, flat side down. Gently press on sides of “turkey” to achieve a more oval shape. If desired at this point, you may mold drumsticks out of one pound of tofu, and place on each side of the turkey.

Mix up the basting mixture and baste tofu turkey with half of it. Cover the turkey with foil, and bake at 400 degrees for about 1 hour.

Remove foil, baste with all the remaining mixture except for a few tablespoons and return to oven for 1 hour more, or until the turkey is golden. Remove from oven and use rest of the basting mix. Using at least 2 large spatulas, move to a large plate. Serve with the gravy of your choice, if you wish, and cranberry sauce. Garnish with fresh parsley or sage.

Wellness Wednesday

The **FIRST** Wednesday of every month
members receive 5% off Wellness products
(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.



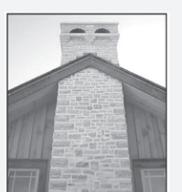
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women's wisdom: take the hint - put up your feet, get a massage, and go to bed an hour early

by: karina klug, wellness buyer

I sit down to write this article about "that time of the month" with a bar of Chocolove dark chocolate, invoking chocolate as an inspiration, being that it is many women's solace in times of hormonal imbalance. Interestingly, I have read that a craving for chocolate may indicate a magnesium deficiency. Furthermore, a lack of sufficient magnesium has been linked to menstrual cramps. Many girls and women experience premenstrual symptoms. These often include cramps, irritability, headaches, moodiness, depression, fatigue, and bloating. Dubbed Pre-Menstrual Syndrome (PMS) this multi-faceted extravaganza of emotional, physical and psychological upset can be challenging for the woman and those around her.

In the book *Super Immunity for Kids* by Leo Galland, M.D, the author speaks to the fact that taking pain killing drugs for cramps may relieve the symptoms but does not address their frequent cause. He later goes on to state, "I have never seen a case of menstrual cramps that did not respond to EFAs (essential fatty acids) and magnesium." Dr. Galland recommends the following to lessen or stop menstrual cramps - eat a low-saturated fat diet and supplement with Omega-3 EFAs as well as with magnesium.

I first learned of the connection between pre-menstrual symptoms and a lack of omega-3 EFAs during training with the educator for Nordic Naturals, Stuart Tomc. I contacted Stuart for a refresher course and he reiterated his earlier teaching by saying, "Menstrual cramps can be caused by a number of issues and oftentimes there is more than one issue to correct. Estrogen dominance, magnesium deficiency, and omega-3 to omega-6 imbalances are some of the main issues. In general, Western diets contain too few omega-3 fats and too many omega-6 fats. Over consumption of omega-6 fatty acids, found in vegetable oils, results in chronic inflammation. The predominance of these omega-6 fatty acids increases the requirement of omega-3 fats necessary to reach a healthy balance. Omega-3 fatty acids promote anti-inflammatory prostaglandin pathways. Menstrual cramps can be a result of this imbalance and the anti-inflammatory action of omega-3 fatty acids can really help to reduce or diminish this discomfort." Stuart later refers to a study done that correlates low Omega-3 EFAs with menstrual pain at www.omega-research.com.

Another good resource is the book *Fish Oil, The Natural Anti-Inflammatory* by Dr. Joseph Maroon. Dr. Maroon finds that the pain many women experience while menstruating is connected with omega-6 fatty acids that produce prostaglandins that increase smooth muscle contractions. Dr. Maroon says that prostaglandins derived from omega-3 fatty acids do not cause such severe contractions.

As I mentioned the chocolate bar I ate during the writing of this article

was Chocolove, and each bar comes with a love poem on the inside of the wrapper. This bar's poem is actually a sonnet by Alfred, Lord Tennyson. I found the first line of this sonnet to be particularly relevant for this subject matter - 'O beauty, passing beauty! Sweetest sweet! How canst thou let me waste my youth in sighs?'

The following are tips that acquaintances and I have found particularly helpful during menstruation. My hope is that these tips allow you to begin to see menstruation as a passing beauty. Your experience may seem troublesome and uncomfortable at first glance, but handled with intention and care I hope you find it is an opportunity to nurture yourself and your spirit.

Find a qualified Mayan Abdominal Massage practitioner

"Cramps became a thing of the past for me. I got a Mayan Abdominal Massage, then did the self-massage, and found myself cramp-free for a long time." To find a practitioner in your area refer to http://arvigo-massage.com/practitioners_list.php

Supplement with Magnesium

"I wasn't taking my Omega-3 and found myself getting menstrual cramps. By adding a daily magnesium supplement and starting back up on Omega-3s my cramps were eliminated! I currently use Source Naturals Magnesium Serene. Peter Gillham also makes Natural CALM. Nordic Naturals also make a product called Omega Woman, which is a blend of fish oil and evening primrose oil and is used by some women for hormonal support."

Keep your socks on, stay warm

"Years ago I was told by a Chinese herbalist and acupuncturist that women should not go barefoot during menstruation and should keep their feet warm. The reason seemed to involve the intricacies of Chinese medicine. The herbalist went on to recommend warm drinks like ginger tea and soups for women and spoke of the importance of avoiding iced drinks and food during menstruation."

Veriditas Menstrual Cramp Relief

In the Wellness Department, I have heard great reviews from customers and co-workers about this particular blend of organic essential oils. It is to be rubbed on the abdomen and lower back for pain relief. The combination of Organic Anise, Roman Chamomile, Sweet Marjoram and Lavender also smells wonderful.

Don't discount your feelings

It's true that emotions can run a bit wild during this time. This is a chance to release and cleanse angers or resentments that have built up and are coming to surface. Many women are used to taking care of many people and things before they tend to themselves. Take time to honor what emotions come up for you while you are menstruating. Step back and find a healthy constructive way to express these emotions before they become overwhelming.

Take the hint

Many women feel fatigued and drained during menstruation. Find a way to rest, even in little ways. Put your feet up, get a massage, and go to bed an hour early.

Stop to smell the roses

Keep fresh flowers in your home and surround yourself with beauty and calm as much as possible. Consider using flower essences. Flower essences are extracts from flowers that are used to assist with emotional well-being. There are topical flower essences like FES Mugwort Moon Magic, which one can rub on abdominal area during menstruation. Flower essences can also be used internally. Some popular flower essences for PMS are Chamomile, Scarlet Monkeyflower, Willow, Alpine lily and Pomegranate.

Vitamin D3

As Gretchen mentions in her article, one can go to their doctor and

get their blood checked for vitamin D levels. It is possible, however, to get too much vitamin D. I was told by Dr. Glen Nagel of Washington State that it is likely that most people in this northern hemisphere are experiencing low vitamin D levels. I have found Vitamin D3 to be helpful with mood and physical discomforts of menstruating. I have had women tell me that Vitamin D has significantly lessened their menstrual cramps as well.

Therapeutic Herbs

Herb Pharm herbs and blends to consider, Willow Meadowsweet compound, Women's Health Tonic, Cramp Bark, Chaste Tree, Chamomile. Please review the Therapeutic Herb Manual by Ed Smith in our reference library to decipher which may be most fitting to you as an individual.



So what does it mean? "Non-GMO Project Verified"

"First of all, we want you to understand what it doesn't mean. It is not a guarantee that the product is 100% GMO free. The reason for this is that our program is process-based, using a set of best practices to avoid contamination. We do require testing of all ingredients (everything being grown in GMO form in North America), but we don't require testing of every single finished product. Instead, testing can be done at any one of a number of places in the production chain, for example right after harvest. Following the test, which must indicate that the ingredient is below 0.9% GMO (in alignment with laws in the European Union), we require rigorous traceability and segregation practices to be followed in order to ensure that the tested ingredients are what get used in the product. So in short, what our seal means is that a product has been produced according to rigorous best practices for GMO avoidance, including testing of risk ingredients. Companies enrolled in the Non-GMO Project are serious about keeping GMOs out, and work hard to do so. While you might see other claims regarding GMO status (e.g. "GMO free"), these are really not legally or scientifically defensible, and they are not verified by a third party. The Non-GMO Project is the only organization offering independent verification of testing and GMO controls for products in the U.S. and Canada. Buying products that are enrolled and verified in our program is the best way to support the sustained availability of non-GMO choices in North America. As a non-profit organization, we are committed not only to verifying and labeling products, but also to supporting and coordinating efforts between seed breeders, farmers, processors and manufacturers. With time, these efforts will allow us to protect and even expand the availability of non-GMO seeds, ingredients and products."

Information courtesy of www.nongmoproject.org.

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- Essential for bone development
- Needed for calcium and vitamin C absorption
- Supports the immune system
- Easy-to-swallow softgel
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THE STORY OF



by: nate furler,
marketing specialist

There are multiple versions of cooperatives. Consumer Cooperatives, like the Oneota Community Food Co-op, are organized by individuals that seek to purchase “like” goods and services. Another version of a cooperative is a Purchasing and Shared Service Cooperative, of which Decorah Ace Hardware is a prime example. In this model, the members of the cooperative are typically smaller businesses that have joined together to pool resources in order to compete with larger “big box” competitors. This LOCAL business is anything but a simple chain. Like many small-town businesses, they have a story to tell.

The doors of the business that is now known as Ace Hardware were once opened on Water Street in downtown Decorah. As early as 1928, Leo J TeKippe was welcoming customers into his store located at the current site of Happiness Is. As you can see in the pictures, the storefront has changed in the many years since, as has the branding umbrella. This Decorah business was originally a Coast to Coast, and remained that way until the turn of the twenty-first century.

In the year 1973, Jerry and JoAnn Aulwes were traveling through the enchanting town of Decorah, Iowa. Jerry had always been interested in opening a hardware store, and upon visiting Leo’s Coast to Coast, he decided to tell Leo that if he were ever interested in selling the business to give him a call. Soon after this acquaintance had been made, Jerry and JoAnn, along with their daughter and son, moved to Minnesota. Not six months after the family had moved, Jerry received a call from Leo expressing his interest in selling the business and inquired if Jerry was still interested. Soon after that telephone conversation, Jerry, JoAnn, Julie and her brother headed back to Decorah as the new owners of the local Coast to Coast.

Co-operative Principle #6 – Cooperation Among Cooperatives

Cooperatives serve their members most effectively and strengthen the cooperative movement by working together through local, national, regional and international structures.

Just seven years after taking ownership in the store, Jerry expanded the business to the location that now houses a StoryPeople workshop next to Radio Shack on Winnebago. In 1982, this is where you could buy your local sporting goods. In 1988 the hardware business moved to 110 Washington Street, and in 1995 it moved to its current location at 200 East Main Street.

In the year 2000, Coast to Coast was bought out by True Value and the brand was eliminated. Jerry and JoAnn had to make a decision as to what to do next with the business. Maintaining a cooperative business and also the buying power that the larger organization could secure was vital to the continued success of the store. After much consideration, they chose to become sheltered under the umbrella of Ace Hardware, and the store has remained associated with Ace ever since.

For two years, Jerry operated Decorah Ace Hardware before finally selling the business in 2003 to their daughter Julie (Aulwes) Spilde and her husband Steve Spilde of Decorah. When asked what made Julie want to own the business, she replied, “I wanted to keep the family business alive.” After all, Julie had been working at the store since she was in third grade and standing on a stool to reach the register.

Four years after taking over the business, Julie expanded it to include a second location. Based on Water Street, the Ace Kitchen Place arm of Decorah Ace Hardware opened its doors in 2006. Inside you can find any number of kitchen supplies, gadgets, and equipment – including everything you would need to make Lefse.

Julie, Steve and daughters Taylor and Annie are proud to call their father and grandfather’s business their own. Like Jerry and JoAnn, they enjoy finding ways for the business to contribute to the local community which they are a part of both as a business and as a family. Currently, they are spearheading a campaign to raise funds for the Winneshiek County Celebration of Life. The campaign is titled “Light the Town Pink” and is raising funds and awareness for breast cancer research by selling pink light bulbs to businesses and

residents of the Decorah area. If you wish to do your part in lighting the town pink, contact Julie at Ace.

This holiday season, Decorah Ace Hardware is working to make the holiday season a bit more “green.” They are looking into having bins available for recycling old holiday lights, as well as being a source to purchase new energy efficient LED lights with instant rebates that will drop the price of a string of 50 lights to an affordable \$2.99. This will mean cost savings for the consumer at the time of purchase, and on their monthly energy bill. Be on the lookout for more information about possible holiday light recycling, as well as fluorescent light bulb recycling, at Ace in the future. On another recycling front, Decorah Ace Hardware is working to expand their service to the community by becoming a location that features Batteries Plus. Not only will customers be able to purchase various kinds of specialty batteries at Ace, but they will also be able to drop off their old batteries for proper recycling and disposal.

The Oneota Co-op was recently

a beneficiary of the generosity and cooperative spirit of Decorah Ace Hardware. When we were looking to outfit our cooking classroom, Julie, Steve and the crew at Ace Kitchen Place were able to help us secure utensils, bowls, sampling items, silverware, and a beautiful kitchen island (made by Steve Spilde) for use at the store. A big thank you goes out to Julie, Steve and the crew at Decorah Ace Hardware – in the family, and supporting the LOCAL and cooperative communities, since 1975.

Decorah Ace Hardware

200 East Main Street, Decorah
563-382-3538
Mon/Tue/Wed/Fri/Sat
7:30 am – 6:00 pm
Thurs 7:30 am – 8:00 pm
Sun 10:00 am – 3:00 pm

Ace Kitchen Place

106 East Water Street, Decorah
563-382-3544
Mon/Tue/Wed/Fri 9:00 am – 6:00 pm
Thurs 9:00 am – 8:00 pm
Sat 9:00 am – 5:00 pm
Sun 12:00 noon – 4:00 pm



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- Winter Fronts** 89¢ (Durable front of heavy metal, Wire frame interior, Opening adjustable to 4 positions, Silver dash, Each \$6. Special Winter Front, Mack Finish, 19¢)
- Velocipedes** \$3.98 (Speed lined and streamlined like a streamlined Zephyr, 15 in. Regular Velocipede)
- Lunch Kit** \$1.19 (Dish hot & cold, inside 200 mesh, rust proof box)

WELCOME TO COAST-TO-COAST STORES TOYLAND

SEE PAGES 4 AND 5