

THE SCOOP

ONEOTA
COMMUNITY
FOOD
COOPERATIVE

VOLUME 38 ■ NUMBER 4 ■ FALL 2012

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

WINTER HOURS (NOV-MAR): MON.-SAT. 8:00-8:00 ■ SUN. 10:00-7:00 ■ SUMMER HOURS (APR-OCT): MON.-SAT. 8:00-8:30 ■ SUN. 10:00-7:00

ONEOTA COMMUNITY FOOD CO-OP
312 West Water Street
Decorah, Iowa 52101
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(How) Should We Grow? Part II

By David Lester, General Manager

In the last edition of The Scoop I wrote an article asking member/owners to think about what growth means for our Co-op. The response was mostly positive with a few questions like, "Are we growing for growth's sake?" and "Are we trying to open a new store location already?" These are good questions to ask because we expect more from our Co-op when it comes to growth and being profitable. We have heard stories about corporate greed and misuse of profits by businesses and it makes the discussion about growth a difficult one. I would argue that Co-ops are set up for success when it comes to growth because of their sustainable and dynamic business model.

A friend of mine and fellow General Manager, Dan Gilotte, at Wheatsville Food Co-op in Austin, TX believes that if co-ops can focus on deliberate growth of their store and business model, they will have "more Co-op economy, more local/organic/sustainable food, and more happy people." I love this statement because it describes healthy growth. One result of growth for our Co-op is a healthier, happier community.

The board, management team, staff and I have focused our energy lately on these three Ends policies:

- a retail source for food and other products that, to the greatest extent possible, are organic, sustainably produced, locally grown and/or processed and affordable.
- a business that encourages the expansion of sustainably grown local food sources.
- a community that is educated about food and other products that are healthy for people and the environment.

We are looking for low-cost ways to achieve these focused Ends policies and we have received some great ideas from the latest Biennial Member/Customer Store Survey. We hear that our membership would like to see more of an effort to help local producers transition to organic farming practices and create more opportunities for locally grown and organic products in our store. Members would also like to see more local, fresh meat options, more educational offerings expanded outside the Decorah area and find more ways for us to expand accessibility for low-income families and individuals. These are just a few of the more popular ideas we intend to address in the near future.

continued on page 2

PRST STD
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Co-ops Make a Difference Every Day

by Nate Furler, Marketing Manager



a business that promotes the development of cooperation and co-operative enterprise.

The food co-op brings people together to share good food and create healthy communities. This year, cooperatives of all kinds are celebrating the United Nations declaration of 2012 as the International Year of Cooperatives. We are thrilled to have the opportunity to show everyone how our co-ops build a better world and make a difference in their communities every day.

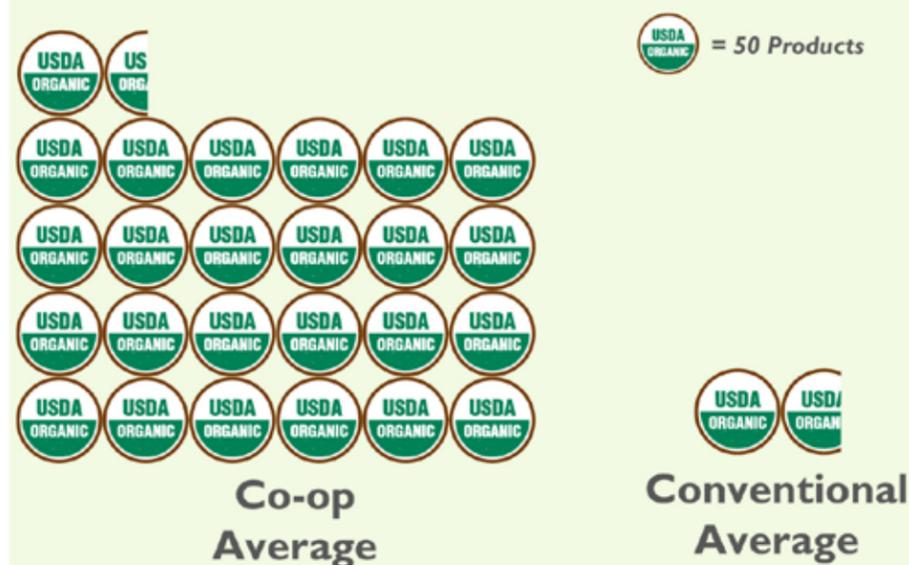
All co-ops are part of an international movement that has strong impacts globally. Members of the world's communities and cooperatives play an important role in this. When you support your local co-op with your shopping dollars, you are taking part in a business system that cares about people and contributes to a livable community. Our food co-ops contribute to many local economies in the U.S. with \$1.3 billion dollars in annual sales and over 1.3 million members. That's just one of many benefits food co-ops bring to the table.

Food co-ops have spent the last decades being at the forefront of virtually every positive reform in the food industry. From product labeling laws and reduced packaging to organic food production, we have set the standard for food safety and quality.

We strive to connect our farmers and shoppers so you know where your food comes from. Did you know that nearly 30 percent of all farmers' products in the U.S. are marketed through producer-owned cooperatives? And of course, you can find many of these popular co-op food brands, such as Organic Valley

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Organic Products Sold Per Day in the Grocery, Frozen, Refrigerated Departments



Join us at the Co-op for a full holiday meal, from appetizers through main course and finishing with your favorite holiday desserts. Live music will be heard throughout the store. Sign up now at the Customer Service Desk (382-4666) for one of five seatings between 5:00 and 7:30.

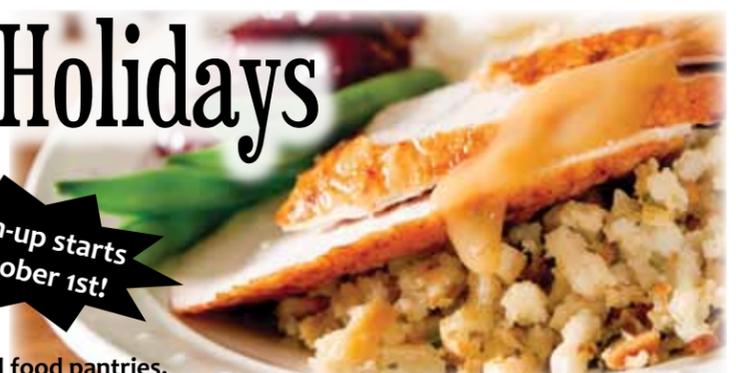
Cost is a minimum donation of \$15 per person. Please arrive 15 minutes prior to your scheduled seating to enjoy the appetizer course.

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

Taste of the Holidays

Thursday, November 8th
5:00-7:30 pm

Sign-up starts
October 1st!



(How) Should We Grow? Part II

continued from page 1

Food Co-op Facts		
Average Members per Co-op 6,400		
Impact Per Co-op		
Annual Sales \$10 Million	Sales From Members 60%	
	Co-op	Conventional
Store Size		
Total Square Feet	15,000	33,300
Staff / \$1 million sales	9.3	5.6
Sales / square foot	\$10.37	\$ 8.55
Compensation		
Average Hourly Wage	\$14.31	\$13.35
% Eligible for Benefits	68%	56%
Local Impact		
Purchases Locally Sourced	20%	6%
Local Suppliers	157	65
Economic Multiplier	1.60	1.36
Donations, % of Income (Cash)	13%	4%
Healthy Foods		
Organic Groceries	48%	2%
Organic Produce	82%	12%
Environmental Impact		
Energy Star Rating	82	50
Metric Tons CO ₂ / \$1M Sales	51	74
Plastic Recycled	81%	29%
Cardboard Recycled	96%	91%
Food Waste Composted	74%	36%

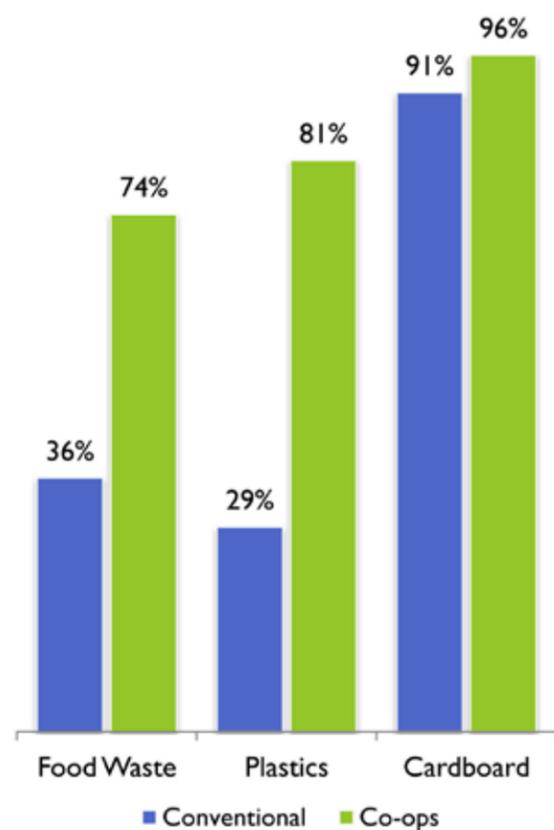
There are some nice visual images and data in this edition of The Scoop and throughout our store which tell the story of how Co-ops across the country better serve their communities and environment.* Some of the best examples are:

- Co-ops source 20% of their products locally compared to 6% at conventional grocery stores.
- Organics as a percentage of produce sales is 82% at co-ops compared to 12% at conventional stores.
- Organics as a percentage of all grocery sales averages 48% in co-ops compared to 2% at conventional stores.
- Co-ops recycle 81% of their plastics and 74% of all food waste compared to 29% and 36%, respectively, at conventional stores.
- Co-ops have an Energy Star average score of 82/100 for their buildings compared to 50/100 for conventional stores. (Oneota's is 98/100)
- For every \$1,000 a shopper spends at their local food co-op, \$1,604 in economic activity is generated in their local economy—\$239 more than if they had spent that same \$1,000 at a conventional grocer.

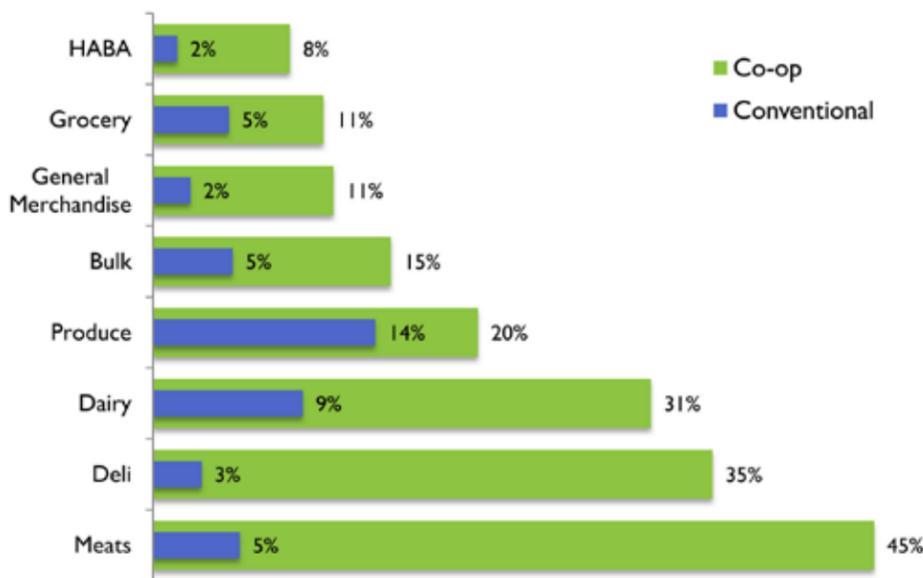
Co-ops are focused on providing their members the best products and services and bettering their communities through their business practices. We all know that shopping locally benefits our local economy. Spending that dollar with local businesses who have sustainable business practices in place also have big impacts our environment and quality of life in our community. When we look at how growing our Co-op can strengthen our local economy and make our community a healthier place to live, it makes sense. When we see that we are a part of an even larger movement of many co-op communities across the country approaching growth the same way, it becomes more possible to envision a happier world on the horizon.

*The study behind this report was commissioned by National Cooperative Grocers Association (NCGA). NCGA partnered with the ICA Group—a national not-for-profit consulting firm with expertise in cooperatives, economic development and business research.

Recycling Rates



Local Purchasing Co-op vs. Conventional



Impact of Refrigerant Leak Rate on Greenhouse Gas Emissions

116
Metric Tons

Co-op Average:
8% Leak Rate

370
Metric Tons

Industry Average:
25% Leak Rate

The Reduction in CO₂ Emissions from Co-ops' Recycling is Equivalent to:



CO₂ emissions from the electricity use of 3,459 homes for one year



Carbon sequestered by 20,744 tree seedlings grown for 10 years



CO₂ emissions from burning 8.1 railcars' worth of coal

WORKING MEMBER SPOTLIGHT: Jerry Aulwes on His Co-op Connection & Decorah's Downtown Through the Decades

Sitting down with working member Jerry Aulwes to do this interview required two things: an appreciation for his wily sense of humor, and (for Jerry) a bottomless cup of coffee. A bargain at twice the price. As we spoke over a cup of fair trade in the Water Street Café one sunny summer morning, Jerry's enthusiasm was infectious. Little silvery peals of laughter often flitted around his stories like fireflies. It was wonderful. The man's got a great yarn. Here's how it goes.

"I'd Rather Swim than Sort Potatoes." Jerry grew up eating out of the garden in Guttenberg, Iowa. The son of a stay-at-home mom turned teacher, and a dad who worked for Interstate Power (now Alliant Energy), Jerry spent his Midwestern childhood working hard and dreaming of playing harder. At eighteen Jerry found himself in a whole other world when he landed at a naval boot camp and shipped off on a fueling-at-sea tanker that wove him for months at a time through the Atlantic, Caribbean, and Mediterranean seas. Hours of card playing and endless tasks kept him busy. After ending his enlistment in 1956, Jerry headed to Upper Iowa University on the GI bill to study business and economics. Like so many handsome devils of his time, he met a lady. Jerry and JoAnn were married one year later on August 11, 1957 (Happy Anniversary you two!).

Working part time for Jack and Jill Supermarket in Caledonia, Minnesota, a job transfer brought Jerry to Decorah, a fateful happenstance that would affect the rest of his life. Both Jerry's daughter Julie and son David were born in Decorah. His life wove him and JoAnn from Tomah, Wisconsin to Wausau, and Marshall, Minnesota, Jerry's gigs included time among places like the Office of Economic Opportunity and chamber management (out of an old railroad car Jerry thought ought to be revived. It now serves as Tomah's visitor center). All the while, Jerry's thoughts still lingered on Decorah. He continued to seek out opportunities here -his entrepreneurial spirit ever lively.

Throughout all of it, Jerry was a man about town wherever he was and kept his finger on the pulse of Decorah downtown development in a big way.

"We build highways to go around our towns so people don't have to go through the downtown—it leads to more of the same problem."

As the conversation turned to his involvement in Decorah, Jerry made me grin. "I guess I've always been very downtown," he sighed "very downish." Having been active on the Downtown Decorah Betterment Association since 1975, Jerry's seen a lot. He recalled a time in the seventies when there were five hardware stores in downtown Decorah alone, as well as three drug stores. The changes he's seen are nothing short of astonishing, particularly to someone who can't imagine a pre big box landscape so accommodating to mom and pop businesses. It was 1975 when Jerry bought "Coast to Coast Hardware" located in the current "Happiness Is" space downtown. He went on to own several hardware stores here, including our current Ace Hardware, which

e7 a local community whose fabric is strengthened through caring, and sharing gifts of time, energy, and resources.

he sold to his daughter Julie in 2003. When Jerry made the sale, he forgot to read the contract as well as he should have. "The fine print apparently said 'Dad'll work whenever I want him to,'" he jokes.



So even in Jerry's retirement, he's more active than many. At the Co-op, Jerry's one of our friendliest faces, often stepping up to serve up samples in the aisles at the last minute, sometimes bagging your groceries, always with a kind word. If you missed the Saturday he showed up in a bow tie to sample wine for us, you missed out on classic Jerry. "Next time I just need a white towel," he mused.

This man adores Decorah's buoyancy. When I asked him what he loved so much about this special place, he shrugged, "Just the town itself. We still have a good downtown, hiking, tubing, fishing...and good people." He lauded Decorah's variety of restaurants, "Including a good one here," he said, gesturing toward the Water Street Café. He went on, "We have a variety of shops downtown, including a great drug store and an exceptionally good hardware and kitchen store," he winked. "We've got lots of good people active in this community," Jerry finished.

As we touched on the Co-op's changes over the years, Jerry called those changes "Absolutely amazing. It's fantastic. So much variety, it's so fresh. It's such a nice place to shop and so convenient. I love the bulk department. And the people here are so friendly... until I come in," he quipped. As the future unfolds, Jerry wants to see the Co-op keep up with what's changing and continue to stay ahead of the curve when it comes to what's fresh and local. When I asked him about his food philosophy and favorites, he had no short supply of answers.

"Sandwiches should be messy, oughta' dribble down the chin."

Jerry loves dinner served from his daughter's stone pizza oven and praised her as an excellent cook. Family and food seem to be a strong theme in his life, but he's careful not to have too much. "Eat in moderation—don't overdo it. And be selective," he said. "I've always been a one plate person. One plate, and then quit. Pork steaks, chicken legs... I like food, period. Except for split pea and bean soup. I've never liked split pea and bean soup, stay away from it if I can help it... but I'm weakening."

Aulwes' last bits of advice were simple and true. The kind you don't truly appreciate until you have a certain number of birthdays in your rear view. "Live life the best you can," he said over his last sip, "and celebrate every birthday you can because they haven't taken that one away from you yet."

Thanks Jerry. And party on.

U.S. Consumption of Processed Foods Nearly Doubles in 30 Years

by Brian Phillips, Operations Manager, The Merc – Community Mercantile

Data from the Bureau of Labor Statistics

Breakdown of \$\$\$ Spent on Groceries	2012	1982
Processed Foods & Sweets	22.9% ↑	11.6%
Meats	21.5% ↓	31.3%
Fruits & Vegetables	14.6% ↑	14.5%
Grains & Baked Goods	14.4% ↑	13.2%
Beverages	11.1% ↑	11.0%
Dairy Products	10.6% ↓	13.2%
Other Foods	5.1% ↓	5.3%

My brother was born in 1982. That year, the compact disc, Toyota Camry and MRI were all introduced to the public. The internet was only used by a handful of scientists and researchers, cell phones sold for \$4,000, and only 4% of Americans owned a VCR. It's easy to see that a lot has changed since 1982.

Back then the average American household spent 13% of their income, or around \$5,700 annually, on groceries. Now, three decades later, we spend only 8.5% of our income, or \$4,200 annually, on groceries. Americans spend considerably less on groceries than we did 30 years ago, while at the same time the average American now weighs 25 pounds heavier than their 1982 counterpart. The observation may not surprise you, but the extent to which the change has occurred may.

The biggest change in our diet is our consumption of processed foods. In 1982, 11.6% of our grocery budget was spent on processed food. Currently that figure has nearly doubled to 22.9%. This is now the food category that Americans spend largest percent of our grocery budget on according to the Bureau of Labor Statistics. At the same time, the price of meat has fallen considerably due to increased antibiotic and hormone usage and the conglomeration of meat producers. In 1982, we spent 31.3% of our grocery budget on meat, more than any other category. Today that figure has plummeted to 21.5%, even though that the average American eats 50 pounds more meat annually than we did in 1982. Our increased consumption of cheap, calorie-dense food may have everything to do with the current obesity epidemic. The rising health care costs more than offset any savings we may be seeing at the checkout lane.

So what can be done to reverse these trends? Swimming in a sea of negative data, there are a lot of positive signs that the pendulum may be swinging back the other direction. Interest in local food and learning about where our food comes from is gaining momentum daily. At the same time, home gardening, community supported agriculture, and farmers markets are gaining in popularity. Efforts have been launched all across the United States to increase access to whole foods for underserved populations and to combat so-called food deserts, areas where there are no fresh, whole foods available. Only time will tell if the food choices we make today have the positive impact we need to secure a healthier future.

My daughter was born in 2011. I often wonder what kind of world she'll grow up in.

This article was originally published in the August 2012 edition of Merc News, a publication of The Merc – Community Mercantile, Inc. of Lawrence, Kansas.



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CO-OP EVENTS & CLASSES

www.oneotacoop.com/classes-and-events

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

Moovving up the block!

Over the last year our attendance at educational classes here at Oneota has increased. A lot! We have been working to increase the number of offerings to meet this demand. This plan is working, except classes are often meeting registration maximums. Our next step is to increase the space available to teach in. We are working with the First United Methodist Church in order to use the excellent kitchen space available in their building. Please take extra care in noting the location of classes in the upcoming months. Many of our cooking classes will take place in this new space at 302 W. Broadway St., Decorah. FUMC is just two blocks from our store and easy to locate on historic Broadway St.

Keep your eyes open for KIDS CLASSES in our weekly e-newsletter the COMM POST. Plans are in the works to host a variety of classes for younger age groups throughout this school year. Classes will be announced in upcoming COMM POST newsletters as well as on our Calendar of Events found on our NEW website – www.oneotacoop.com.

SEPTEMBER

Live Local. Eat Local. Co-op Potluck

Thursday, September 6th 6:30 pm at Timberframe Shelter Phelps Park

Come enjoy a meal in community at the Co-op Potluck. In celebration of our local bounty, we encourage everyone to bring a dish to share that highlights food items grown and produced locally. This is a very informal event; you need only bring some food to share, table service and a beverage if you desire it.

Seed Savers Exchange Harvest Lecture Series

Public Planting and the Role of the Land Grant Universities

Friday, September 7th 6:30 pm

Dr. William Tracy, Ph.D., Professor of Agronomy at UW-Madison, is a sweet corn breeder. To improve eating quality and pest resistance, Bill works with corn varieties from around the world. He creates and releases improved populations, inbreds, and hybrids.

Refreshments provided by the Water Street Café, 6:30 pm. Lecture at 7:00 pm. \$10, tickets available online at www.seedsavers.org or at the Oneota Community Co-op.

Location: Seed Savers Exchange, 3074 North Winn Rd, Decorah

How to Boil Water: Freezing for the Future: Ratatouille

Tuesday, September 11th 6:00 – 7:00 pm

Working together we will be chopping up veggies galore! Taking some of the lesser used vegetables - zucchini, eggplant and peppers - we will make Ratatouille (maybe you've seen the movie?) We'll cover the basics of sautéing vegetables (cooking in oil on the stove) as well as roasting vegetables in the oven. Ratatouille freezes beautifully and can then be used as pizza topping, pasta sauce, or calzones for quick meals later in the winter.

Instructor: Johanna Bergan

\$10 Co-op Member/Owners, \$12 Community Members

Location: First United Methodist Church, 302 W. Broadway, Decorah

Welcome to the Co-op! Member/Owner Orientation

Thursday, September 13th 6:00 pm

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

FREE

Green Forestry: Beyond Sustainable Walking Tour

Friday, September 14th 1:00 - 4:00 pm

Instructor Jack Knight shares his 30 years of planning and planting experience with woodlot management. Class will tour Yellow River Valley Homestead to see hands-on management of a woodlot with many positive aspects including increasing diversity, carbon sequestration, timber production and wildlife habitat. Tour will show that this is all possible within the same woodlot. Please be prepared for a vigorous walk through this Forest Stewardship Council Certified woodland.

Instructor: Jack Knight

Please note off-site location. Maps will be available in-store at the Customer Service Desk with an option to meet earlier at the Co-op and carpool. Please designate preference to carpool at time of registration

\$3 Co-op Member/Owner, \$5 Community Member

Canning Basics

Monday, September 17th 6:00 – 8:00 pm

Does the thought of canning your wonderful summer bounty fill you with dread and worry? No need to any longer, come and join Chef Justin Scardina and let him help you make the most of what your garden (or someone's else's) has given you. Be prepared for a hands-on experience with canned items to take home.

Instructor: Justin Scardina is the Executive Chef of La Rana bistro for nearly a decade and the Chef/Owner of Driftless Food & Catering. Originally from Chicago, he came to Iowa to pursue school and fell in love with Decorah and the local bounty.

\$25 Co-op Member/Owners, \$30 Community Members

Location: First United Methodist Church, 302 W. Broadway, Decorah

Taste the Local Harvest

Thursday, September 20th 4:30 – 6:30pm FREE

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

Release Weight Through Hypnosis

Friday, September 21st 6:00 - 8:00 pm

Release weight with ease and grace through hypnosis and ThetaHealing®.

Attain your ideal weight with Janet. Learn how to test yourself for sabotaging, subconscious beliefs; some you don't know you have! Eliminate them and align your subconscious programs to shed excess weight. Receive a way to continue to release unwanted pounds daily.

Instructor Janet Wahl, PhD, CHt, is a certified medical support hypnosis provider. See more about her experience and training at www.mindbalance.us.

\$15 Co-op Member/Owner, \$20 Community Member

Location: Oneota Community Co-op Classroom, 312 W. Water St, Decorah

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OCTOBER

Freezing for Food Preservation**Wednesday, October 10th 6:00 – 8:00 pm**

Eating locally and seasonally is easy in Iowa, as long as it's summertime. Oftentimes, it can even be difficult to eat up the bounty available to us throughout the warm seasons. This class will cover the basics of how to freeze food safely and in a manner that preserves the best taste and nutrition. Class will cover produce preparation, blanching, freezing methods and containers used. Knife skills will be demonstrated and all participants will have time to practice. Let's take that bounty with us for the rest of the year.

Instructor: Johanna Bergan

\$15 Co-op Member/Owner, \$20 Community Member

Location: First United Methodist Church, 302 W. Broadway, Decorah

Welcome to the Co-op! Member/Owner Orientation**Thursday, October 11th 6:00 pm**

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

FREE

Seed Savers Exchange Harvest Festival**10:00 am – 4:00 pm Saturday, October 13th FREE**

This free event includes a Harvest Soup Tasting and a Speaker's Stage featuring Dan Carmody, President of Detroit's Eastern Market; and Emily Torgimson, founder and Executive Director of Eat for Equity.

Location: Seed Savers Exchange, 3074 North Winn Rd, Decorah

Pickling Basics**Monday, October 15th 6:00 – 8:00 pm**

Do you want to know how to make your own pickles at home with minimum effort and maximum reward? Come join Chef Justin Scardina and learn the ins and outs of making quick pickles, refrigerator pickles and jarred pickles using a variety of local produce. Be prepared for a hands-on experience with treats to take home.

Instructor: Chef Justin Scardina

\$25 Co-op Member/Owners, \$30 Community Members

Location: First United Methodist Church, 302 W. Broadway, Decorah

Healthy School Lunches**Tuesday, October 16th 5:00 - 6:30 pm**

Did the school year start with daily lunches, but now you've fallen out of practice? Or did you get stuck in a rut with pb&j? Come for a fresh round of ideas and suggestions to troubleshoot potential lunch problems (Chronically late in the morning because of lunch packing? Soup spills in transport?). Recipes and ingredient suggestions included.

Instructor: Johanna Bergan

\$8 Member/Owners, \$10 Community Members

Location: Oneota Community Co-op Classroom, 312 W. Water St, Decorah

Seed Savers Exchange Harvest Lecture Series**Our Apple Heritage****Friday, October, 19th 6:30 pm**

Dan Bussey is the Orchard Manager at Seed Savers Exchange. Apple historian and orchard keeper, Bussey has written a book on 14,000 varieties grown in North America since the 1600s which is scheduled to be published later this year. He owns a four-acre orchard in Wisconsin featuring more than 250 apple varieties.

Refreshments provided by the Water Street Café, 6:30 pm. Lecture at 7:00 pm.

\$10, tickets available online at www.seedsavers.org or at the Oneota Community Co-op.

Location: Seed Savers Exchange, 3074 North Winn Rd, Decorah

How to Boil Water: Roast Vegetables**Thursday, October 25th 6:00 -7:00 pm**

As the chilly weather changes the outside colors to brownish hues our kitchen tables begin to change colors as well. Now is the time for roasted turnips, potatoes, squash and sunchokes. Join us for the basic lessons on cutting, seasoning and roasting the best of what fall vegetables have to offer!

Instructor: Johanna Bergan

\$10 Co-op Member/Owners, \$12 Community Members

Location: First United Methodist Church, 302 W. Broadway, Decorah

NOVEMBER

Taste of the Holidays – Annual Fundraising Event for Local Food Pantries**Thursday, November 8th 5:00 – 7:30 pm**

Cost: \$15 minimum donation to local food pantry. Pre-registration required. You are invited to attend a full holiday meal—from appetizers through dessert—prepared by the Water Street Café. Suggested donation of \$15 per person. All donations go to support local food banks. Seating will be scheduled every half hour. Please arrive 15 minutes before your scheduled seating to enjoy appetizers, beverage samples and the company of friends. Last year this event raised over \$3,300 to support local food pantries. Registration begins October 1st, please call Customer Service at 563-382-4666 to sign-up for your preferred seating time.

Gluten-Free Tour**Monday, November 12th 5:30 – 6:30 pm**

Love good food but find yourself without options because you are gluten free? Tour the Co-op with us and find the large array of gluten-free products on our shelves. Learn the ins and outs of gluten-free labeling on products, as well as the unique labeling system used in the Co-op. Enjoy samples of favorite gluten-free products as you walk through the store. *Tour focused towards those just beginning a gluten-free diet*

Led by Johanna Bergan

FREE

How to Boil Water: Cooking with Squash**Wednesday, November 14th 6:00 - 7:00 pm**

This visit to the Oneota Co-op's kitchen classroom offers an opportunity to prepare and taste many types of squash. Squash always seems so intimidating - how do you cut it up and then what do to with it? So many recipes call for lots of butter and sugar. Here's another way to prepare squash. We'll use apples for sweetness and squash for nutrition - and end up with something the whole family will eat!

Instructor: Johanna Bergan

\$10 Co-op Member/Owners, \$12 Community Members

Location: First United Methodist Church, 302 W. Broadway, Decorah

Welcome to the Co-op! Member/Owner Orientation**Thursday, November 15th 6:00 pm**

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

*November tour will be held the *THIRD Thursday of the month to avoid conflicting with Taste of the Holidays**

FREE

Beaujolais Nouveau**Thursday, November 15th 5:00 - 7:00 pm**

In keeping with the tradition that marks the autumn harvest and start of the holidays, the Co-op will be celebrating the unveiling of the first wine pressed in 2012 – Beaujolais Nouveau. You can't get this wine any earlier than 12:00 midnight on the morning of the third Thursday in November! Stop by Thursday evening and enjoy samples of this delightful wine made from Gamay grapes in the Beaujolais region of southeast France. This particular wine is a hit around the holiday season because it pairs particularly well with holiday foods such as cheese appetizers and Thanksgiving turkey or ham. Even those who don't prefer wine, typically enjoy a cool glass of Beaujolais Nouveau with their holiday meal. Pine Wilson will also be on-hand to serenade the crowd with her accordion. Bonnes vacances!

FREE

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.)

CLASSIFIED

For Sale: 1950's chrome grey slate kitchen table with 4 chairs. \$350 or best offer. Talk to Joan at the Co-op or call 563-379-8274.

COMM POST

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

LADYBUG LANDSCAPES
 “your gardening friends” **& FLORAL**
 garden center, floral and landscape services
 Al & Anita Weis, owners 906 Mechanic St · Decorah, IA 52101
 563-387-0217 · ladybugdecorahfloral.com

Q: Why is it so cold in the store?

A: Good question. This is the first full summer with our two, new HVAC units working together and our new, insulated roof in place. We have experienced one of the hottest summers on record and dew points in July were also very high. This makes for a very challenging situation. The store thermostats are set to maintain the store temperature at 75 degrees and maintain the store humidity at 60% or below. In our case, humidity trumps temperature in order to ensure that our freezer and refrigerator coils do not freeze up from excess moisture. This means that the A/C units will run until the 60% humidity goal has been reached. We make adjustments daily to also use a little heat to control humidity and help with the colder air temps in the store. The good news is that these measures have allowed us to avoid any of our coolers freezing up this summer. However, you are correct, it has meant for a cooler store. We are all looking forward to cooler weather outside.

Customer Comments

Stonyfield and National Cooperative Grocers Association to Increase Buzz around Bee Colony Collapse Disorder

Organic yogurt maker donating \$10,000 to Pesticide Action Network to help stop honey bee declines

One in every three bites of food we eat depends on the pollination work of honey bees, and a third of honey bees are dying each year. This sticky situation is a threat to global biodiversity and agriculture.

This September, organic yogurt leader Stonyfield is teaming up with the National Cooperative Grocers Association (NCGA) to raise awareness around drastically declining bee populations due to Colony Collapse Disorder (CCD). In recent years, honey bees have been mysteriously dying off and disappearing at unprecedented rates. Scientists have now traced their declines to key factors including pathogens, habitat loss and hazardous pesticides used in conventional agriculture practices – which means there are ways to prevent the decline of honey bees.

Stonyfield is donating \$10,000 to the Pesticide Action Network (PAN) to support efforts to stop the vanishing of the bees. Throughout September, shoppers visiting any of NCGA's 165 cooperatively owned stores can learn about the plight of the bees, and how choosing organic food, like Stonyfield products, helps protect them.

“Honey bees play a crucial role in pollinating the world’s food crops, and with their decline being linked to hazardous pesticides it’s just one more reason to choose organic,” says Gary Hirshberg, Stonyfield Co-Founder and Chairman. “Colony Collapse Disorder is a sign of broader environmental issues and should be a sounding alarm about the effects of widespread use of chemical pesticides.”

Honey bees give us a lot more than honey! These busy bees pollinate most fruits, many vegetables, almonds, alfalfa and many other crops that are prominent in our food system. The loss of honey bees is a direct threat to the variety and nutritional value of our food system.

Beyond the buzz, what can consumers do?

Choose food grown without pesticides that harm bees: Organic food is always grown without the use of hazardous pesticides.

Visit PAN’s website to learn more about the plight of bees and urge congress to take action.

Take the pledge to protect honey bees close to home at Honey Bee Haven.org and create a pesticide-free bee haven.

For more information on Colony Collapse Disorder, and Pesticide Action Network’s campaign to help the honey bees, visit <http://www.panna.org/>



M.A.D. sale

Member Appreciation Day

Tuesday, October 23, 2012
Tuesday, November 27, 2012

10% off storewide*

May be combined with all other member discounts. *discount excludes Co-op Deals and Member Deals sale items and special-order case discounts.



To accommodate our later diners, the Café will now be offering our hot bar, salad bar, full panino menu, espresso, and soups until 7:30 pm Monday through Saturday. Sunday the Café will remain open until 6:00 pm.



ENTRÉES

12-15 servings per pan - \$48/pan
Some of our favorites include:
lasagna, meatloaf, salsa verde enchilada pie, and chicken chile enchilada pie and our speciality Swedish Meatballs. Ask the chef for other choices and suggestions.

HOMEMADE SOUPS

\$3.99/lb
Over 50 soups to choose from!
Some of the favorites:
Potato Dill - Hearty Bean & Vegetable - African Peanut - Italian Bean & Squash - Clam Chowder - Red Lentil with Greens & Lime - Spicy Thai Carrot - Mulligatawny - Hungarian Mushroom - Cajun Corn Chowder

DIPS & SPREADS

priced per pound - please call for pricing
hummus - dill dip - spinach artichoke dip
black bean dip - white bean dip - garden veggie dip
and many more - inquire with the chef

BOX LUNCHES

Includes a sandwich, pickle, salad and Waving Grains cookie or a piece of organic fruit.
With a Vegetarian or Vegan Sandwich \$7.00
With a Meat Sandwich \$8.00
meat choices include: smoked turkey, roast beef, genoa salami, and ham

EXTRAS

Single serving bag of Kettle Chips - \$1.50
Blue Sky Sodas - \$1.00
Izzie's Sodas - \$1.65
Organic Santa Cruz Soda or Switch Sparkling Juices - \$1.30
Bottle Teas - \$1.60
Coffee by the pot - \$10 per pot (plus container deposit)
Cookies - \$1.25

PANINI

Panino Hours:
Monday-Saturday 11:00 am - 7:30 pm
Sunday 11:00 am - 6:00 pm

In a hurry? Call ahead with your panino order 563-382-4666. We'll have it ready for you to pick up.

- California Turkey..... 6.39
sliced smoked turkey breast, cheddar cheese, fresh avocado, fresh tomato, chipotle mayo served on organic Sourdough bread
- Hot Ham and Swiss 6.39
sliced ham, swiss cheese, honey mustard dressing and mayo served on Pumpnickel Rye bread
- Buffalo Bleu Tuna 6.39
house-made Blue Tuna salad, fresh tomatoes, cheddar cheese served on organic Sourdough bread
- The Fun Guy 6.79
marinated Portabello mushrooms, mozzarella cheese, roasted red peppers, roasted red pepper mayo, alfalfa sprouts served on local ciabatta bread
- Turkey Mango Madness..... 6.39
sliced turkey, curried mango mayo, provolone cheese, roasted red peppers, served on Rudi's Sourdough bread
- Fresh Caprese 6.79
fresh mozzarella, fresh sliced tomatoes, pesto, balsamic vinegar, served on McCaffrey's Focaccia bread
- SW Turkey Tom..... 6.39
sliced turkey, cilantro mayo, divina tomatoes, cheddar cheese, served on Rudi's Sourdough bread
- Chipotle Beef or Tofu 6.39
sliced roast beef or seasoned tofu, chipotle mayo, grilled green peppers, grilled onions, provolone and cheddar cheese, served on Rudi's Sourdough bread
- BBQ Chicken 6.39
BBQ chicken, sliced red onion, cilantro mayo, pepper jack and provolone cheese, served on Rudi's Sourdough bread
- Italian Lovers 6.79
genoa salami, pepperoncini, divina tomatoes, italian dressing, mozzarella cheese, served on McCaffrey's Focaccia bread
- Pesto Pantheon..... 6.79
bacon, mozzarella cheese, fresh sliced tomato, pesto, served on McCaffrey's Focaccia bread
- Grilled PB & Jelly..... \$3.99
organic peanut butter, Crofter's organic jelly, Waving Grains Wheat bread
- Kid's Grilled Cheese \$3.99
cheddar cheese, served on Rudi's Sourdough bread
- 1/2 sandwich w/ cup of soup\$4.79
your choice of half of any panino on the menu along with a cup of your choice of soup
- PANINO OF THE WEEK..... \$5.49
New flavors and sandwich concepts as well as old favorites!

OPEN HOURS

Nearly every item sold in the Water Street Cafe is made fresh daily, from scratch, in our kitchen. We use primarily organic ingredients, focusing on local and organic ingredients when at all possible. The Water Street Cafe is open for breakfast, lunch and dinner. Beginning at 8:00 am, you can find breakfast sandwiches available Monday/Wednesday/Friday and breakfast burritos Tuesday/Thursday/Saturday.

HOT BAR

Our hot bar, salad bar, panini and soups are available each day beginning at 11:00 am. At the Water Street Cafe you will find a hot bar based each day on a different culinary or regional theme. With variations such as Greek, Chinese, Soul Food, BBQ and Italian, you will be pleasantly surprised by what our talented chefs come up with.

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

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

SALAD BAR

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

GRAB-N-GO

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

FRESH BAKERY

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



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

BEVERAGES

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

THE GREEN PLATE

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

GLUTEN SENSITIVITY

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

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

The vital persimmon. Seasonal health care for Autumn.

Addressing colds/flu/allergies - A Chinese Medicine Perspective

By Brenda Harris LAc - Licensed Acupuncturist in Decorah Iowa



Autumn is the transition between summer and winter that marks the end of the growing season. Outer-directed energy turns inward. Leaves drop and plants begin to draw energy down toward their roots for winter storage.

Why does this transition between seasons seem to be a common time for colds/flu/allergies?

In nature, the weather changes from hot to cool during autumn. Energetically, yang - exuberant, outward energy, begins to transition to yin - calm, inward energy. The organ system that shares the power of this season is the Lung. Corresponding to the temperament of autumn, the Lung pulls in and refines energy (air/Qi) sending it downward to nourish our roots, the kidneys. The Lung also provides a layer of surface immunity known as "Wei Qi" (pronounced Way-Chee) or "Protective Qi". If one's "Wei Qi" or "immune system" is weak, that person will not be able to adequately sustain the energetic change from yang to yin, or weather changes from hot to cool. Weakness in this protective layer can also cause sensitivity to pollens and other environmental debris that does not occur when this layer is non-compromised.

The exuberant heat of summer creates dryness in the autumn which can injure the lungs if not properly protected by

the Wei Qi. This will lead to the Lung's inability to carry out normal functions of moistening tissues and moving Qi and fluids downward. Instead dryness prevails and Qi reverses upward creating sore throat, dry cough, sneezing, itchy eyes, nasal discharge and lethargy. These are the first signs of imbalance and the possible start of cold, flu or allergy.

If not properly treated at this stage, the condition worsens; dryness turns to heat causing fever, coughing with yellow phlegm, body pain, headache, and constipation. The Lung works in concert with the large intestine to regulate breathing and coordinate the inward flow of air and nutrients and the outward elimination of waste and toxins. A weakness in the lungs will lead to a weakness in the large intestine creating bowel disturbances or skin eruptions.

If the cold/flu/allergy continues to go on improperly treated, it may develop into pneumonia, asthma, bronchitis, or even urinary tract infection. As the lung continues to weaken, the large intestine continues to weaken. Other internal organs begin to be affected as they try to maintain a proper balance in body function further decreasing immunity, draining vitality, and creating long-term illness or serious disease.

What is the secret to avoiding colds/flu/allergies?

Strengthen your "Wei Qi" and do it before you get sick! If your "protective function," "Wei Qi," "immune system" is strong you will not over react to pollen, catch the cold from your neighbor, or come down with a debilitating flu. Start to strengthen your system in summer to avoid problems in the fall. How you live today will affect how you function tomorrow. Treating these conditions after they occur is like digging the well once you are already thirsty.

It is important to be well in the fall to properly prepare for the storage of vital energy required for the winter. Wellness

in winter allows for the regeneration of stored energy required to produce new life energy in the spring. Remember the fallen leaves? They are stored in the soil all winter to steep the richest nutrients for new spring growth. Chinese Medicine highlights self-care during the transition between summer and winter because, as seen in nature, this transition allows for the proper cycling of life energy. Proper daily living, acupuncture and moxibustion treatments, and herbal elixirs are utilized to strengthen one's protective layer to sustain seasonal change.

If the protective layer "Wei Qi" is weak, then one cannot endure the transition and will become ill.

Why is my Wei Qi weak?

Many situations can reduce Wei Qi including, but not limited to, life style, stress, and genetic weakness.

How can I strengthen my Wei Qi:

- Increase sleep.
- Breathe in crisp autumn air.
- Dress appropriately to keep your body warm.
- Let go of mental rubbish.

- Do not overindulge in food. Such stagnation can back up & damage the lung, creating allergy/cold symptoms.
- Eat to ensure daily bowel movement. Toxins from the lung get discarded through the large intestine. Improper elimination from the large intestine allows toxic build up in the lung which can create allergy/cold/flu symptoms.
- Eat foods that moisten: oats, millet, sweet potatoes, yams, white beans, seaweeds, eggs, turnips, parsnips, persimmon.
- Decrease cold & raw foods.
- Increase warm foods like soups.
- Massage your nose & face.
- Hydrate with warm water.
- Slow down. Allow more time to get where you need to go.
- Do Qi Gong, Taiji, Yoga to strengthen Wei Qi directly.
- Seek out acupuncture, herbal medicine.

For more information visit www.brendaharrislac.com.

Meatless on Mondays

in the

Water Street Cafe

fresh. organic. local.

featuring a variety of meatless hot bar options each week!

SHEETCAKES

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

Frosting flavors: vanilla buttercream, chocolate buttercream, cream cheese

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

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

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

Flourless Chocolate Cake \$30.00
This cake stands alone. Four ingredients combined to make the richest, most satisfying chocolate experience. Eggs, chocolate, butter, and coffee. Coffee is optional. Serves 16

CHEESECAKES

We use organic ingredients in all of our cheesecakes.

All cheesecakes \$35
each serves 16

New York Style • Turtle Cheesecake
White Chocolate Raspberry • Fudge Truffle
Bailey's Marble • Spiced Pumpkin
Cappuccino Fudge • Oreo (Newman O's)
Pecan Pie • Heath Bar Mocha • Candy Cane
Kahlua Fantasy Chocolate • Coconut Cream

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Specializing in fresh, local, natural and organic food.

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

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

fresh. organic. local.

PLATTERS

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

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

Cold Cuts Platter
Sliced turkey, roast beef, ham, salami (no hormones or antibiotics)
small 12" (serves 16-22) - \$35
large 16" (serves 24-30) - \$50

Fruit Platter
An array of colorful fruits for any occasion centered around a crème caramel dip. Organic fruit when possible.
Call for prices - dependent on season and availability
small 12" (serves 20-25) - \$40 estimated
large 16" (serves 25-30) - \$55 estimated

Antipasto Platter
Fresh vegetables, olives, parmesan cheese, marinated artichoke hearts, Prosciutto ham.
small 12" (serves 20-25) - \$40
large 16" (serves 25-30) - \$50

Mediterranean Platter
Olives, hummus, cucumbers, vegetarian dolmas and dates accompanied by whole wheat pita bread wedges.
small 12" (serves 20-25) - \$40
large 16" (serves 25-30) - \$50

Sandwich Platter
Your choice of sandwiches, cut into bite size pieces and arranged beautifully on a 12 or 16 inch platter.
small 12" (serves 20-25) - \$35 - choice of 2 sandwiches
large 16" (serves 25-30) - \$50 - choice of 3 sandwiches

SALADS

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

Salad Selections -

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

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

fresh. organic. local.

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

Let's Talk Turkey!

By Kristin Evenrud, Grocery Manager & Meat Buyer



a retail source for food and other products that, to the greatest extent possible, are organic, sustainably produced, locally grown and/or processed and affordable



Minnesota weather. Their turkeys eat a balanced diet of small grains and receive probiotic supplements and herbs to promote good health. John says "We're not using some radical new philosophy; we're simply growing turkeys as we have for generations!"

Both farms process their turkeys at a USDA-inspected facility and have no added water, salt or flavoring - giving you a tender and tasty bird the natural way.

(*Federal regulations prohibit the use of hormones in poultry and pork.)

As always we will have an in-store sign-up for fresh turkeys ready for the Thanksgiving holiday. You can also sign-up online at our website - www.oneotacoop.com.

Larry Schultz Organic Turkey
\$3.69/lb

Ferndale Market - Free-range, antibiotic-free Turkey
\$2.59/lb

Gather your family and friends together and celebrate Thanksgiving with mouth watering, tender, juicy young turkeys raised with care on small family farms. The Oneota Community Food Co-op is pleased to offer fresh and frozen turkeys from Larry Schultz Organic Farm and Ferndale Market .

Larry Schultz Organic farm in Owatonna, MN, is a small family farm where Larry and Cindy have always operated organically and subsequently certified their land and poultry in 1998. The Oneota Co-op has carried Larry Schultz Organic Farms turkey and chicken products for many years. Certified organic turkeys will never have been given antibiotics or hormones*, are raised with full access to the outdoors, and are only given certified organic feed. We know from experience the turkeys have thick breasts with deep delicious flavor. These turkeys are most definitely the best organic choice for the Thanksgiving holiday table.

Ferndale Market is a third-generation family farm located in Cannon Falls MN. John Peterson, following in his father's footsteps, is committed to raising free-range, antibiotic and hormone-free* turkeys. These birds live completely free-range on pasture in the summer months. He feels "life on the range gives his curious turkeys endless opportunities to spend their day investigating their surroundings and chasing anything that grabs their attention." In the spring and fall the birds live in the barn with access to generous outdoor yards and the ability to wander in the grass and fresh air while giving the birds protection when needed from the temperamental

Whole Turkey Cooking Tips

Courtesy of Ferndale Market

Few things are more central to family traditions than food. That's why we're always reluctant to tell folks how to prepare our turkey. Instead, we'll give you a few tips to make sure your bird is juicy and full of flavor, no matter how you cook it.

If you selected a frozen turkey, be sure it's fully thawed before cooking. We typically recommend 24 hours in the refrigerator for every 4 pounds. A fresh turkey will cook slightly faster than a frozen bird, even after thawing.

Use a high-quality meat thermometer and make sure the internal temperature in the breast reaches 165 degrees. Because turkey is so lean, it will begin to dry out quickly if overcooked.

If you're cooking in an open roasting pan, you may want to cover the bird loosely with an aluminum foil tent.

Let your turkey rest for 20 minutes after cooking to let the natural juices reabsorb before carving.

Because our turkeys don't contain any added water, salt, or flavorings, you don't need to worry about hidden flavors competing with whatever your tradition calls for.

What is Nutrition Response Testing?

By Katherine Whitsitt, Holistic Health Coach

Nutrition Response Testing is a non-invasive system of analyzing the body in order to determine the underlying causes of ill health. When these are corrected through safe, natural, nutritional means, the body can repair itself in order to attain, and maintain, more optimal health.

Nutrition Response Testing analyzes the different points and areas on the surface of the body that relate to the state of health and to the flow of energy in each organ and function of the body. Each

Nutrition Response Testing reflex represents a specific organ, tissue, or function. Each reflex indicates the effect that energy, or the lack of energy, is having on the body. By testing these reflexes, we have a proven and accurate system of monitoring your body at each visit. This helps identify exactly what the body needs and how well we are meeting those needs.



What makes this approach unique?

In medical practice there are two key parts: the diagnosis (identifying and/or naming the "disease" or syndrome) and the treatment (drugs, surgery, etc.). In Nutrition Response Testing we do not diagnose or treat disease. However, our process also has two parts: the analysis (the assessment of your body's current health status) and the personalized health improvement program (using designed clinical nutrition).

Simply put, first we do an analysis and then we design a natural health improvement program to help you handle what we find in our analysis.

The Analysis

The analysis is done through testing the body's own neurological reflexes and certain acupuncture points. The neurological reflexes are derived from the part of the nervous system whose job it is to regulate the functions of each organ. The acupuncture points are selected from the ancient Chinese system of acupuncture. Since the human anatomy has not changed significantly in thousands of years, the utilization of these reflexes and specific points are extremely useful in our practice due to their accuracy.

The "Personalized Health Improvement Program"

For example, let's say the liver or kidney reflexes are active. Then what? Our next step is to test specific, time-tested and proven nutritional formulas against those weak areas to find which ones bring the reflexes back to strength.

Decades of clinical experience tells us that when we have found the correct nutritional supplements - personalized for the individual as indicated through this procedure, we have identified the most important first step in correcting the underlying deficiency or imbalance that caused the reflex to be active in the first place. By following the program as precisely as possible, you are well on your way to restoring normal function and improving your health. This practice coupled with a complete analysis of your daily nutritional intake, including possible recommended alterations, can bring about change, growth and healing.

Is it Possible to Restore Your Health?

Many people we see in our practice have, to one degree or another, eaten themselves into their current state of ill-health. The deficiencies or imbalances have led to a breakdown in resistance or immunity, and a loss of the ability to cope with environmental stresses - be it chemical, microscopic, or otherwise. Each cell, tissue, and organ in your body is in the process of replacing itself every day. The health of each organ is dependent on making the correct nutrients available to upgrade, or simply maintain, the health of the body at a cellular level. Nutrition Response Testing tells you when and what to use to bring about the desired healthy result.

Working as a team, Dr. Reagan and I help identify your internal stress and design a program intended to eliminate these stressors, allowing your body to heal. Through the testing of your body, the elimination of stressors and the close analysis of your daily food intake, the process of healing from within can begin naturally and efficiently.

After extensive training in the area of nutrition, Dr. Kelly Reagan is now offering Nutrition Response Testing in Decorah. Being a Holistic Health Coach, Katherine Whitsitt serves the role of Patient Advocate throughout the healing process. To learn more about Nutritional Response Testing, and gain detailed insight, contact Dr. Reagan at Chiropractic Offices and request a brochure, your body will thank you. Chiropractic Offices - 300 E. Water St., Decorah, IA - (563) 382-4411.

"What's essential to me is playing with my best friend Lucy."

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NORDIC NATURALS

Spotlight on Local: Country View Dairy – Hawkeye, Iowa



Country View Dairy is a new farmstead creamery located in Hawkeye, IA. Dave and Carolee Rapson, Country View Dairy owners, came to Iowa 15 years ago to start a dairy farm. At the time they were newly married and starting a family. They have since grown their family—they now have 5 children ages 4 to 17—and their farm operation—to a herd of 280 cows producing 20,000 lbs of milk per day. The newest addition to the family operation is the Creamery—operational since September 2011—pumping farm fresh rBST-free milk less than 200 feet over from the milk house to make the Creamery’s signature product, all natural farmstead yogurt.

Back when milk prices recently plummeted and the instability of the market became painfully evident,

original, creamy, and delicious all natural yogurt recipe. They are selling this high-quality farmstead yogurt at the Oneota Co-op.

At the Co-op, Country View Dairy yogurt is available in 3 lb plain and vanilla. Beginning in September we will carry some of their 6 oz and 24 oz flavored yogurts, which are now available with all-natural flavors. The Co-op will soon be carrying a new Greek-style yogurt they are in the process of developing.

All of Country View Dairy’s yogurt flavors are made from low fat (1%), Grade A pasteurized milk from their own antibiotic and hormone-free cows. Their milk cows live in a free-stall barn, while their dry cows live on pasture. Their milk is non-homogenized, allowing the cream



the Rapsons started thinking about ways that they could make their farm financially sustainable over the long-term. Expansion of the farm wasn’t an option due to the high cost of land. So they began exploring other ways they might add value to their high quality milk. Was there a product they could produce and market successfully themselves rather than relying on the sale of pooling their milk on the open market?

Carolee had been making yogurt for their family in her kitchen for years and knew how to create a product that her family enjoyed on a small scale. After discovering that there weren’t any other local yogurt producers in Northeast Iowa and that market trends were pointing toward increased demand for local, healthy, all natural cultured foods like yogurt, the Rapsons decided to pursue making yogurt on a large scale as well.

Country View Dairy built a state-certified yogurt processing facility on their farm. After many trials and lots of assistance, they have successfully developed an

to rise to the top the old-fashioned way, with the added benefit of making it easier to digest. Each flavor is made with the highest quality ingredients and cultures, and each is “all natural” in every way—containing no preservatives, no gelatin or other thickeners and no artificial ingredients. Country View Dairy yogurt is always gluten-free.

A retail store on the farm will also be opening in the near future (possibly spring), where you can go to see the farm, meet the cows, and if you’re lucky, view yogurt being made. Country View Dairy is located at 15197 230th Street, Hawkeye, IA.

Join Country View Dairy at the Co-op for an in-store sampling September 8th from 11:00 to 2:00 pm.

Country View Dairy welcomes any feedback, questions or comments you may have and can be reached at rapsondairy@netins.net.



A Seasonal Guide to Locally-Grown Produce

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Fruit												
Apples	A	A	A								A	A
Blueberries												
Grapes												
Peaches												
Pears												
Raspberries	G	G	G								G	G
Strawberries	G	G	G							G	G	G
Vegetables												
Asparagus												
Beets												
Broccoli												
Brussel sprouts												
Cabbage												
Carrots												
Cauliflower												
Corn												
Cucumbers	G	G	G	G	G					G	G	G
Eggplant												
Garlic	A	A	A								A	A
Green Beans												
Greens	G	G	G	G							G	G
Herbs												
Kohlrabi												
Lettuce Mix	G	G	G	G						G	G	G
Lettuce, head												
Melons												
Onions	A	A	A								A	A
Onions, Green												
Parsnips	A	A	A									
Peas												
Peppers												
Potatoes	A	A	A								A	A
Pumpkins												
Radishes												
Rhubarb												
Spinach	G	G	G	G						G	G	G
Squash, Summer												
Squash, Winter	A	A	A								A	A
Tomatoes	G	G	G	G						G	G	G
Turnips	A	A	A								A	A

= Peak Season
 = Harvest Season
 = Available
 = Greenhouse grown

www.iowafreshfood.com
www.iowafoodandfitness.org

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Local

How do we **distinguish local?**

At the Co-op we mark local products in the aisles and on the shelves with signs like these -



Mike Bollinger & Katie Prochaska family - River Root Farm, Decorah

How do we **define local?**

grown, produced, roasted, processed, or packaged within approximately a 100-mile radius (of the Co-op).

shelf channel signs



The grazing herd - Rock Cedar Ranch, Decorah



Why Eat Local?

Enjoy Excellent Taste & Freshness

Local food is fresher and tastes better than food shipped long distances from other states or countries. Local farmers often cultivate varieties of fruits, veggies, and livestock that are bred for flavor and suitability to our region rather than for uniformity and ability to travel.

Know What You Are Eating

Buying food today is complicated. What pesticides were used? Is that corn genetically modified? Do those eggs come from free range chickens? What does "free-range" really mean anyway? When you eat locally, it's easier to get answers. You can build relationships and trust with farmers, bakers, and stores.

Support Endangered Family Farms

This is a critical time to support your farming neighbors. Buy locally and ensure that more of your money goes to the farmer and these local farms can stay in business.

Protect the Environment & Reduce your Carbon Footprint.

Most food travels over 1,500 miles from farm to plate. Buying locally grown food reduces pollution and our dependence on fossil fuels while preserving farmland near our cities. Your food dollars make a difference in building a sustainable future.

Strengthen the Local Economy & Communities

Buying locally keeps your dollars circulating in your community and is an investment in healthy communities.

Get In Touch with the Seasons - and get to know your region better.

When you eat locally, you eat what's in season. You'll remember that strawberries are savored in early summer and tomatoes later in the growing season. In the winter, foods like squash make a lot more sense than flavorless tomatoes from the other side of the world. You'll likely have a chance to try varieties. Find out what is grown in your area of the country. Visit farms and see how food is grown.

Courtesy of Eat Local Milwaukee. Eat Local Milwaukee, a partnership of the Urban Ecology Center and Outpost Natural Foods Co-op with the support of MKEfoodies and Slow Food WISE.

Join us for: **Taste the Local Harvest**

A chance to **meet** local producers, **taste** local foods, and **experience** local connection.

**Thursday, September 20th
4:30 - 6:30 pm**

Erik Sessions and Sara Peterson family - Patchwork Green Farm, Decorah



Ryan and Kristin Jepsen family - Grass Run Farms, Dorchester



Chicken with Cherry Tomato Pan Sauce

www.closetcooking.com

Pan seared chicken served under a tasty sautéed tomato sauce with hints of balsamic vinegar and fresh herbs. Makes 2 servings

Ingredients:

- 2 tbsp *unsalted Organic Valley butter*
- 2 cloves *garlic, chopped, Patchwork Green*
- ½ tsp *dried oregano, Frontier Co-op*
- ½ tsp *paprika, Frontier Co-op*
- Salt and pepper to taste
- 2 tbsp *flour, Heartland Mills*
- 2 *Larry Schultz chicken breasts, boneless and skinless*
- 2 tsp olive oil
- 2 cups *J & J Produce cherry tomatoes*
- 1 tbsp balsamic vinegar
- 2 tbsp *Footbridge Farm basil, chopped*
- 1 tsp *chopped fresh oregano, Rock Spring Farm*
- 1 tbsp *chopped fresh parsley, Canoe Creek Produce*

Directions:

Mix the butter, garlic, oregano and paprika. Pat the chicken dry, season with salt and pepper and dust it with the flour. Melt 1 tablespoon of the butter into the oil in a pan over medium-high heat. Add the chicken and sauté until the chicken is golden brown and cooked through, about 3-4 minutes per side and set aside. Add the tomatoes and cook while stirring until they start to char and burst open, about 5 minutes. Add the remaining butter and the balsamic vinegar. Crush the tomatoes and deglaze the pan using a wooden spoon. Remove from heat and stir in the basil, oregano and parsley. Slice the chicken, mix any juices into the tomato sauce and serve with the sauce spooned over the chicken.

Fresh Corn and Basil Polenta

www.closetcooking.com

Creamy smooth polenta with juicy corn kernels and fresh basil. Makes 2-4 servings

Ingredients:

- 4 cups water or broth
- ¼ tsp salt
- 1 cup *polenta, Integrity Mills (find in bulk section)*
- 2 tbsp *Organic Valley butter*
- ½ cup *Shullsburg Asiago or Sartori Montamore, grated*
- ¾ cup *corn, about 1 ear of corn, Grown L.O.C.A.L.L.Y.*
- 2 tbsp *basil, chopped, Footbridge Farm*

Directions:

Bring the water and salt to a boil in a large sauce pan. Slowly whisk in the polenta. Reduce the heat to medium-low and simmer until tender, stirring occasionally. Remove from heat and mix in the butter, cheese, corn and basil.

*Local products and producers in bold italics

**live local.²⁰¹²
eat local.**
Sept 2nd through 20th

Did you know that you can see how much "local" you shopped at the Co-op each time just by looking at the bottom of your register receipt? Stop in and see how it all adds up from September 2nd through September 20th and let's see if we can meet our local goal of \$35,000 in local purchases by members and customers during that time period. We challenge you to eat more local!

check out the **new**
www.oneotacoop.com

- Online class registration
- Calendar of Events - including classes and events
- Local producer information by department - including interactive Google Maps
- Online Bulk PLU lookup

- Membership information and forms
- Board of Directors meeting minutes, agenda and policies
- Member FAQs
- Co-op Deals and Member Deals
- Online product request and comments
- Water Street Cafe catering menu
- Weekly menu schedule of the Water Street Cafe on the homepage
- Department descriptions and helpful information



“Preserving a Future for Ourselves and our Children”

Understanding the meaning and value of Non-GMO Project Verification

You have the right to know what’s in the food you’re eating and feeding your family. Most governments agree—nearly 50 countries around the world, including Japan, Australia, Russia, China and all of the EU member states, have either banned genetically modified organisms (GMOs) completely, or require that food containing them be clearly labeled. The experimental technology of genetic engineering forces DNA from one species into a different species. The resulting GMOs are unstable combinations of plant, animal, bacterial and viral genes that cannot occur in nature or in traditional breeding. GMOs have not been adequately tested and have not been proven safe for human consumption.

In the U.S. we do not have mandatory GMO labeling, and the Food and Drug Administration (FDA) does not require safety assessments of GMO foods or even review all of the GMO products hitting the market. Meanwhile, close to 75% of our conventional packaged foods now contain GMOs. In response to this dire situation the Non-GMO Project was founded with a mission of protecting consumer choice and preserving and rebuilding our non-GMO food supply. By offering North America’s only third party standard and labeling for non-GMO products, the Project helps fill the information gap for the increasing number of Americans who are concerned about the health risks and environmental pollution associated with GMOs. This October is the third annual Non-GMO Month – an event created by the Non-GMO Project to help raise awareness about the GMO issue and celebrate Non-GMO Project Verified choices. As part of our participation in Non-GMO Month, we are sharing this article to help you understand what Non-GMO Project Verification is all about.

Since late 2009, the Project has verified over 5,000 products to its rigorous standards for GMO avoidance, and this number increases daily. Companies enroll in the Non-GMO Project for many reasons. For some, it is part of their company’s mission. For other companies, verification is driven by the demands of retailers and consumers. Doug Foreman, the founder and chairman of Beanitos says, “We were totally unaware of what GMOs were until a

health food store questioned us on whether we were verified Non-GMO. This was an eye-opening moment for us. We found an abundance of evidence revealing possible problems with genetic modification in our food supply and immediately began the process of verification.”

More and more people are looking for the Non-GMO Project Verified label, and asking their favorite brands to participate, but what does that really mean? The butterfly on the “Verified” seal is a real eye-catcher, but many people are still curious about what it takes for a food producer to earn that lovely lepidopteran. When you see the Non-GMO Project Verified seal on a product, it indicates that the product is compliant with the Non-GMO Project’s Standard – a transparent document requiring producers to meet strict requirements for GMO testing, segregation, and traceability. The butterfly’s cute, but it represents a tremendous level of commitment on the part of the brands that have earned it.

Here’s an overview of what it takes to become Non-GMO Project Verified.

First, an interested manufacturer, farmer, or restaurateur reaches out. The Project answers basic questions and helps them understand what to expect. The company shares basic information, such as product names, ingredients and number of production facilities. All this info helps the Project’s technical advisors to pinpoint high-GMO risk ingredients and facilities, sketch out a rough idea of what any individual verification will entail, and figure out what the verification process will cost.

As a mission-driven Non-Profit organization, the Non-GMO Project works to keep the cost of verification as low as possible. After all, the more Non-GMO options, the merrier! For the many brands that do decide to pursue Verification, contracts are signed ensuring that confidential product information stays confidential, and that products only get to use the Verification Mark once they’ve completed Verification. It’s all legalese to many of us, but it’s an important step in making sure that shoppers can trust any product bearing the butterfly seal.

Even more important is the Verification process itself. Companies provide

“We joined our voice with the chorus of quality retailers, brands and consumers who are together telling the agricultural conglomerates that GMO’s are not acceptable in our food stream. Together, we are preserving a future for ourselves and our children that can be healthy and bright.”
~ Brian Ray, President, Garden of Life



Why Choose Non-GMO Project Verified?

Other Countries Do Not Trust GMOs

In nearly 50 countries around the world, including all of the countries in the European Union, there are significant restrictions or outright bans on the production and sale of GMOs. They have not been proven safe.

GMOs are Not Healthy

GMOs are engineered with bacteria and viruses to produce insecticides and survive heavy doses of herbicides...that’s not healthy for us OR for the environment!

You Have a Right to Know

We believe you have a right to know what’s in your food. The non-profit Non-GMO Project works with committed manufacturers to provide reliable Non-GMO choices.

Reliable Non-GMO Choices

The Non-GMO Project seal appears only on products that have met rigorous standards for GMO avoidance, including ongoing testing of high-GMO-risk ingredients. Look for the seal on our shelves during Non-GMO Month!



For an up-to-date list of Verified products, visit tinyurl.com/nongmoproducts

hard data about the products they are enrolling: ingredient lists, production facility information, test results from approved laboratories, etc. Once the data upload is complete an evaluator with FoodChain, the Project’s technical advisor, begins the review process – and what a process it is!

To quote Brian Ray of Garden of Life,

Our Multi-Vitamins, for example, can contain 50 to 60 different food based ingredients. It’s a staggering amount of work to evaluate each product. The Non-GMO Project auditors are extremely thorough. Even though we collect certifications from every supplier verifying that each ingredient is GMO-free, the auditors work tirelessly UP the food chain, challenging each statement and requiring that suppliers prove through adequate agricultural controls and regular DNA testing protocols that GMOs are not unintentionally introduced.

For companies with low risk ingredients the process can be quite a bit simpler. In describing their verification, Doug Foreman of Beanitos says:

The process itself took just a few months to complete. The longest part was waiting for our supplier’s 3rd party lab tests proving their commitment to sourcing Non-GMO ingredients. One of our seasoning suppliers couldn’t guarantee that the milk in our cheddar was sourced from hormone free cows. We subsequently moved to a supplier that is just as dedicated to Non-GMO as we are.

If a product contains only low-risk ingredients with no GMO varieties on the market, testing is not required. However, FoodChain conducts a thorough review of ingredient specification sheets for an in-depth assurance that there is no risk of GMO presence.

For companies with major high-risk

ingredients in their products, the Non-GMO Project standard requires ongoing testing of those risk ingredients. High-risk ingredients are any derived from crops grown commercially in GMO form—from corn and canola to the occasional summer squash. After testing, ingredients must remain segregated from other GMO risk factors, and traceable from that point on. This ensures ingredient integrity through to the finished product. To ensure that everything’s being produced properly, manufacturers must pass onsite inspections of any facility that uses high-risk ingredients.

Upon successful completion of the verification process, the manufacturer receives a certificate of compliance and can start using the Verified seal on their packaging. Even at this point, manufacturers who have committed to Verification aren’t off the hook. They must continue testing every single batch of their high-risk ingredients and complete an annual audit process to remain verified.

As you walk through Oneota Community Food Co-op, keep an eye out for the many Verified products we sell. In addition to Non-GMO Project logos that are on the packaging themselves, we have attempted to label all Non-GMO Project Verified products on each shelf channel. This is a time consuming process, but one well worth the effort. Supporting manufacturers who have committed to Non-GMO Project Verification sends a powerful message about what you want on your family’s table and helps support some of this country’s best farmers.

In this day and age, it can take a lot of extra energy to provide reliable Non-GMO products. But as Doug Foreman says, “Being verified by the Non-GMO Project has been a 100% positive for us. Consumers want to eat food that is safe, and being Verified is a big part of making sure that happens.”

GMOs – the Basics

What are GMOs?

Genetically modified organisms (GMOs) are plants or animals created through the process of genetic engineering. This experimental technology forces DNA from one species into a different species. The resulting GMOs are unstable combinations of plant, animal, bacterial and viral genes that cannot occur in nature or in traditional breeding.

What should I look out for?

The following carry a high GMO risk:
Crops - Alfalfa, Canola, Corn, Cotton, Papaya, Soy, Sugar Beets, Zucchini and Yellow Summer Squash

Ingredients derived from GMO crops

(including Amino Acids, Aspartame, Ascorbic Acid, Sodium Ascorbate, Vitamin C, Citric Acid, Sodium Citrate, Ethanol, Flavorings (“natural” and “artificial”), High-Fructose Corn Syrup, Hydrolyzed Vegetable Protein, Lactic Acid, Maltodextrins, Molasses, Monosodium Glutamate, Sucrose, Textured Vegetable Protein (TVP), Xanthan Gum, Vitamins, Yeast Products, and many others.)

Animal products - milk, meat, eggs, honey, etc.
(due to feed contamination)

How can you avoid GMOs?

With GMOs now present in more than 75% of conventional processed food, choosing Non-GMO Project Verified is the most reliable way for your family to avoid GMOs.

Look for this seal on the package or the shelf

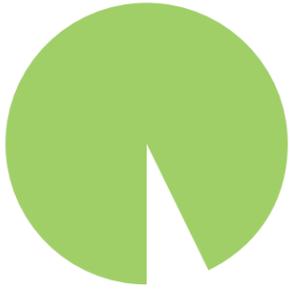


FRESH PRODUCE: access and equity

Food & Community

W.K. KELLOGG FOUNDATION

Recently, the W.K. Kellogg Foundation commissioned a nationwide poll to survey views on access to fresh produce, among other topics. The findings confirm that there is broad support for the work of the good food movement. People want produce that is healthy, affordable, green and fair – and they want equal access for all.



INCREASING ACCESS

93% of people surveyed say it's **VERY IMPORTANT OR SOMEWHAT IMPORTANT** that all Americans have equal access to fresh fruits and vegetables.

PUTTING SNAP DOLLARS TO WORK

75% of people support

a national program to double the value of SNAP benefits when used at farmers markets – boosting both local farm economies and access to fresh food for low-income families.

WE ALL HAVE A ROLE TO PLAY

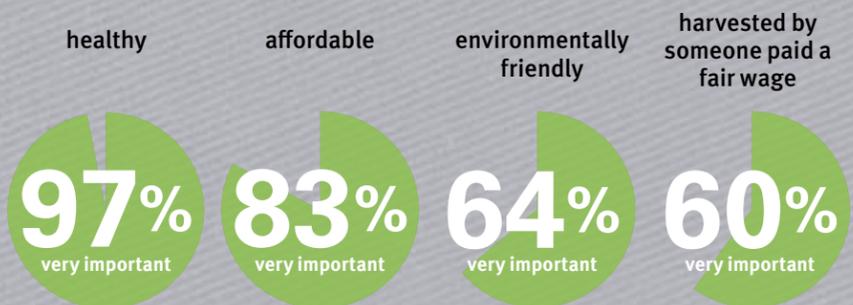


FAIRNESS FOR FARMWORKERS



88% of people surveyed strongly or partly agree they would pay \$1.50 more for produce each month if it **guaranteed workers harvesting the produce were paid fairly.** (According to a study by the Economic Policy Institute, this would raise a seasonal worker's average annual pay from \$10,000 to \$14,000, which would be above the poverty line.)

HOW IMPORTANT IS IT THE FRESH PRODUCE YOU BUY IS:



PUTTING PERSONAL MONEY AND TIME INTO LOCAL, FRESH PRODUCE



You can view the full poll and results at www.foodandcommunity.org/conference.
Nationwide survey of 800 adults using mobile or landline phones conducted by Lauer Johnson Research April 18 – 22, 2012.

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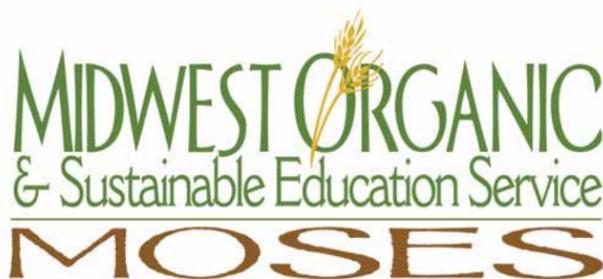
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Midwest Organic and Sustainable Education Service

How are MOSES and organic farming related? We're not talking about the guy with the stone tablets, but the Midwest Organic and Sustainable Education Service (MOSES), and they are VERY MUCH related!

MOSES is a non-profit education organization that puts farmers first. As the name implies, MOSES teaches farmers how to manage a farm using organic and sustainable practices. It offers information and training that is farmer-based, and farmer-focused. Both new and experienced farmers look to MOSES for support when they have questions about the best way to tackle an issue.



As a Co-op member, you care about the food that you eat and how it is produced. Through educational programs, MOSES helps your farmer to produce better and more nutritious foods for you and your family.

MOSES hosts the largest organic farming conference in the United States in La Crosse, WI in February. Last year, 3,100 farmers attended an array of 70 workshops and walked amid 160 exhibit booths.

All year long, the MOSES staff provides educational opportunities for farmers including Organic Farm Field Days where farmers can tour a successful organic farm and learn valuable lessons from experienced farmers. They produce a menu of thirty fact sheets on various farming topics and offer a toll-free organic Info Line for farmers to contact who have particular problems on their farms. The Rural Women's Project caters directly to women farmers and eco-preneurs, while the Young Organic Stewards Program targets the needs of young and beginning farmers.

Many of the MOSES staff members are farmers themselves and understand the needs of farming communities.

As organic, sustainable and local food consumers, you help MOSES to accomplish two of their most pressing goals. First, you increase the market demand for more organic and sustainable farmers, and second, growing the total acreage that is under organic management producing healthy and nutritious food.

The cornerstone for expanding organic and sustainable agriculture systems, preserving farmland, conserving natural resources, and reducing environmental toxins in our environment is education. That is what MOSES offers, and they do it well.

MOSES is a 501(c)3 non-profit organization and accepts tax-deductible contributions. Learn more or make a donation to your farmer through MOSES today.

For more information, visit the MOSES website at www.mosesorganic.org.

Co-ops Make a Difference Every Day

continued from page 1

Family of Farms, Frontier Natural Products, Equal Exchange, Florida's Natural and Cabot Creamery, in retail food co-ops.

Food co-ops continue to extend their influence beyond the doors of the store to make it possible for everyone to participate in the local food movement by also promoting community supported agriculture, community gardens and farm-to-school initiatives.

In co-op classrooms nationwide, we love to share what we know about enhancing wellness and enjoying delicious food. We're not just handing out information but giving everyone a way to think about and explore a different relationship to food, one that reflects the values and agriculture of a certain place.

Our co-ops are also a critical part of neighborhoods because we are building and sustaining local communities. The co-op is owned by thousands of people who care about where they live. Vermont's governor, Peter Shumlin, is a member of the Putney Food Co-op in Putney, Vermont. He says, "The great thing about the co-op is that you see people from all walks of life coming together. It's really a community center. It's a community resource." That's why we put so much into what we do to make the world better. It all comes together at the co-op.

Reprinted by permission from StrongerTogether.coop. Find article about your food and where it comes from, recipes and a whole lot more at www.stronger-together.coop.

Northeast Iowa Apple Report



a business that encourages the expansion of sustainably grown local food sources

By Betsy Peirce, Produce Manager

You may or may not have heard about this year's Midwest fruit tree crop failure. Since I am a produce manager with the responsibility of filling my department with fall bounty, it has been front and foremost in my mind. The Midwest had three nights of killing frost in early spring. This in itself would not normally be a problem, but an extended stretch of temperatures in the 80's in early March caused the apple and pear trees to go into full bloom about three weeks ahead of schedule. The blossoms were damaged, or destroyed when temperatures dipped into the 20's for three nights in a row. Growers have not fully known the extent of the damage but were estimating numbers ranging from 40% to 80% loss. I am now starting to hear from growers who had originally estimated about 40% loss now are saying it's more like 75% loss because the dry hot weather all summer further stressed the trees.



Our four local growers of apples and pears have this to report:

Sliwa Meadow Farm (David and Perry-O Sliwa) have no pears and very few, if any, apples to sell.

Wind Song Farm (Steve McCargar and Heidi Swets) have about 40% of their apple crop to sell.

Peake Orchards (Al Peake Family) have about 20% of their crop to sell. They do have a decent crop of Honeycrisp because they lit fires in the orchard in the Honeycrisp rows to raise the temps. YEAH!

Countryside Orchard in Lansing (Jaime Bjornsen) has a BUMPER CROP of apples! This year for personal reasons she did not get to pruning her trees. It turns out that this was a stroke of pure luck that the heavy foliage saved the blossoms. She has a big crop of nearly all her varieties, and she is selling them to only her current customers, despite lots of other orchards and stores calling her for her apples!

We are lucky to have at least a few growers to help us get through this tough time. You may see more than the usual number of Washington Apples filling the gaps where local would have been. Enjoy and appreciate your local growers and local apples while they last. We will hope for a better apple season next year.

Tune to the NEW KPVL Community Radio

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The Exciting World of Dry Beans

By: Carl Haakenstad, Bulk Buyer



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

Well, ok, I admit that not everybody thinks of dry beans as very exciting, but they have a lot to offer the shopper who is value, health and flavor conscious. Dry beans are a great example of the slow foods to be found in the bulk department because they are a food in their most raw form. This means that you have to plan for their cooking time, but it also means you are starting with a blank food slate that you can spice up in many exciting ways. Since slow foods are close to their original form, it also means that they maintain as much of their original nutrition as possible, which, is

great because beans are a good source of protein, dietary fiber, B vitamins, calcium, and iron while also being low in fat. Below are some of the dry beans offered in the bulk department along with their culinary characteristics and some cooking tips.

Adzuki Beans: Compact and deep red in color, these beans are native to Japan and are some of the most easily digested of any beans. In the world of macrobiotics, these beans are known as a balancing and strengthening food. They are similar in flavor to kidney beans and can be easily substituted for them. Try serving cooked adzuki beans with quinoa and an Asian dressing of tamari (soy sauce), honey, ginger, and sesame oil.

Black Beans: Also known as “turtle” beans and common in Mexican, Central American and Cuban cuisine. These dark beans stand up to intense seasoning like hot chilies and savory herbs. I like to finish cooking them in a simple sauce of a little tomato paste and broth or water along with plenty of cumin, coriander, paprika, garlic, and cayenne or chipotle. If you want to add an even bolder taste to your sauce, try re-hydrating an Ancho or Chipotle pepper from the bulk Herb and Spice section and use a blender to puree them into the sauce.

Cannellini Beans: These beans are popular in Mediterranean cuisine and

are known as white kidney beans. Cannellini beans are a staple in a good minestrone soup, which would also be a great way to use up any extra tomato, basil, and oregano from your garden. They are also great for use in simple bean dips, like the one listed below. You can experiment with other herb and spice combinations in making bean dips because they are simple and quick to make and can be delicious with many different flavor combinations.

Mung Beans: Small and green in color, these beans are popular in Asian and Indian cuisines. They pair well with curries that are full of spices, chilies, and ginger. Additionally, they are quite good when sprouted and added to stir fry.

Soybeans: These beans are native to China and have the most protein of any bean. Soybeans do take longer than other beans to cook but they are very versatile once cooked. Try some in your bean soup recipes or try sprouting some for adding to a stir fry.

Split Peas: Coming in both yellow and green varieties, these beans break down into a hearty mush when cooked thoroughly. Split peas are a perfect bean for soups and stews since they produce a thick consistency and have a pleasing, savory

flavor. You can try them in Dal, a thick - usually Indian - stew, by cooking them with curry powder, chilies, onions and vegetables. Serve this Dal over rice or quinoa and you will have a healthy, complete meal.

Over the years beans have gotten a, well, stinky reputation because of what they can do to your digestive system. But you should know that if cooked properly beans can be easily digested. One important thing is to make sure you cook your beans thoroughly. If they are still crunchy, they can be very hard to digest.

Here are some more tips to make sure your beans are thoroughly cooked and easily digested:

- Don't cook the beans in the same water they were soaked in.
- Add Beano to cooked beans
- Add a little vinegar toward the end of cooking. Plus, adding vinegar can make for a wonderful tangy sauce to go with your cooked beans. Function and flavor all in one.

-Only add salt to beans at the very end of their cooking time. If you add it earlier, it can cause the bean skins to remain hard and take a long time to cook. Your beans may need salt just don't be too hasty with it.

-Pick up a grain and bean cooking chart - part of the How To Shop Bulk tri-fold - at the Co-op so you know how long to cook your dry beans. These cooking charts are available by the shopping carts in front and on the bulk counters in the rear.

So now that the weather is cooling off, dust off your stove and cook some dry beans. Whether you are making refried beans or a big batch of bean soup, beans are a great cool weather food because they call for lots of spices and they are cooked into hearty dishes that will stick to your ribs and warm you from the inside. All hail the humble bean.

Bean Cooking Chart

Bean (1 cup)	Water (cups)	Salt	Stovetop cooking time (minutes)	Pressure Cooking Time (minutes)	Yield (cups)
Adzuki	3 1/4	1 t	45	5-10	3
Anazasi	2	1 t	60	15-20	2
Black	3	1 t	60-90	15	2 1/4
Black-eyed Peas	3	1 t	60	15-20	2
Fava	2	1 t	90	20	2
Garbanzo	4	1 t	2-3 hours	30	2
Great Northern	4	1 t	1-2 hours	10-15	2 3/4
Kidney	2 1/4	1 t	60	20	2 1/4
Lentils Brown	3	1 t	30-40	never	2 1/4
Lentils Red	3	1 t	15-20	never	2
Mung	2 1/2	1 t	45-60	never	2
Pinto	3	1 t	2 hours	15-20	2 3/4
Split Peas	3	1 t	45-60	never	2
Soy	3	1 t	3 hours	30	2

Roasted Red Pepper and Cannellini Bean Dip

www.myrecipes.com

Ingredients:

1/4 cup chopped fresh basil	1 large garlic clove
1 teaspoon balsamic vinegar	2 tablespoons extra virgin olive oil
2 cups cooked cannellini beans	1/2 teaspoon salt
1 (7-ounce) bottle roasted red bell peppers, rinsed and drained	1/2 teaspoon freshly ground black pepper

Directions:

Process all of the above ingredients in a food processor or blender while slowly adding the olive oil. Add salt and pepper to taste once everything is mixed. Serve with pita wedges or crackers of your choice.

Split Pea Soup with Gouda-Sausage Toasts

www.epicurious.com

Bon Appetit, Oct 1991

Yield: 6 servings

Ingredients:

1 pound dried green split peas	2 teaspoons dried thyme, crumbled
1 pound fully cooked smoked sausage (such as Kielbasa), split lengthwise	1 large bay leaf
4 14 1/2-ounce cans low-salt chicken broth	1/8 teaspoon ground cloves
2 onions, chopped	2 1/2 cups firmly packed shredded Gouda (about 10 ounces)
3 large celery stalks, chopped	Strong German-style mustard
4 large garlic cloves, chopped	12 1/2-inch-thick slices sourdough baguette, toasted

Directions:

Combine first 9 ingredients in heavy soup pot or Dutch oven. Bring to boil over high heat. Cover pot; reduce heat to low and simmer until peas are tender, stirring occasionally, about 1 hour. Transfer sausage to large plate; cut into bite-size pieces. Reserve 1/4 of sausage pieces; return remaining sausage to soup. Add 1 cup Gouda to soup and stir until melted. Thin soup to desired consistency with water if necessary. Season with salt and pepper. Keep warm. Preheat broiler. Mix remaining 1 1/2 cups Gouda with reserved sausage pieces. Spread generous amount of mustard on bread slices. Top with Gouda-sausage mixture. Broil until cheese melts and begins to brown. Serve soup, passing toasts separately.

Oneota Community Food Co-op

Mission

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.

Ends Policy

As a member-owned consumer co-operative, the organizational goals of the Oneota Community Co-op originate from our commitment to the seven internationally recognized Principles of Cooperation and reflect our concern for our community.

The Oneota Community Co-op serves primarily members, customers, and the OCC staff, but also its service extends outward to the following:

- vendors and suppliers,
- the larger community of cooperatives,
- the wider regional community.

Because the Oneota Community Co-op exists as an institution grounded in the cooperative principles, there will be the following:

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

Oneota Community Food Co-op Staff

- General Manager**, David Lester gm@oneotacoop.com
Marketing Manager, Nate Furler nate@oneotacoop.com
Financial Manager, Larry Neuzil larry@oneotacoop.com
HR Coordinator/Office Manager, Deb Reiling deb@oneotacoop.com
IT Specialist, Niki Mosier it@oneotacoop.com
Produce Manager, Betsy Peirce produce@oneotacoop.com
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Wine and Beer Buyer, Carina Cavagnaro carina@oneotacoop.com
Member Volunteer Coordinator, Cerrisa Snethen membervolunteers@oneotacoop.com
Customer Service, general inquiries customerservice@oneotacoop.com

"The Scoop" Newsletter Staff

- Editor** Nate Furler
Design/Layout Deb Paulson/Zelda Productions
Proofing Cathy Baldner
 The Scoop is published quarterly and distributed to 10,000+ residents and members. If you are interested in advertising in The Scoop, please contact Nate Furler at the Co-op - 563.382.4666 or nate@oneotacoop.com.

2012-2013 Co-op Board of Directors

- Johnice Cross oneotacross@gmail.com
 Lora Friest oneotafriest@gmail.com
 Gary Hensley oneotahensley@gmail.com
 Jon Jensen oneotajensen@gmail.com
 Anne Dykstra oneotadykstra@gmail.com
 Steve McCargar oneotamccargar@gmail.com
 Bill Pardee, President oneotapardee@gmail.com

Senior Citizen Discount Monday

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

Working Members - April/May/June/July 2012

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

- | | | | |
|-------------------------|--------------------|--------------------|---------------------|
| Johnice Cross | Katherine Whitsitt | Karin Martin-Hiner | Brita Nelson |
| Robert Fitton | Emily Cochrane | Perry-O Sliwa | Steffen Mirsky |
| Gary Hensley | Jerry Skoda | Roy Macal | Scott Hawthorn |
| Jon Jensen | Jack Knight | Dennis Carter | Elyse Hawthorn |
| Lyle Luzum | Brenda Burke | Brenda Burke | Steph Hughes |
| Steve McCargar | Rita Lyngaas | Mwara Muriuri | Matt Hughes |
| Bill Pardee | Mary Hart | Jason Trout | Laura Weis |
| Ellen Cutting | David Kester | Shodi Moris | Lyle Luzum |
| Elizabeth Makarewics | Julie Fischer | Jim Stevens | Sue Luzum |
| Georgie Klevar | Robert Fischer | Wendy Stevens | Hannah Breckbill |
| Lindsey Harman | Arlyls Adelmann | Deneb Woods | Kelly Skoda |
| Carol Bentley-Iverson | Bev Steege | Barb Dale | Parker Deen |
| Jerry Aulwes | Ellen Vance | Jon Hart | Andrew Ellingsen |
| Sharon Huber | Clara Bergan | Mara Dobervich | Amanda Worth Pambin |
| Brenda Burke | Lynda Sutherland | Onita Mohr | Gabe Twedt |
| Christine Gowdy-Jaehnig | Elizabeth Finanger | Phil Iverson | |
| Cynthia Lantz | Louise Hagen | Jeanine Scheffert | |
| Nancy Eldridge | Janet Alexander | Lindsay Lee | |

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

The Statement of Cooperative Identity

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

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

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

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

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:

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

Member/Owner Orientation Tour

2nd Thursday of each month

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



Welcome to these new member-owners:

- | | | |
|-------------------|---------------------|----------------------|
| Page Appelbaum | Melissa Greco | Kelsey Moler |
| Tonya Balik | Travis Greentree | William O'Connor |
| Giora Bass | Peter Haas | Jennifer Park |
| Carol Benzing | Annette Hansmeier | Debbie Rand |
| Nancy Carlson | Ben Harman | Karen Rochford |
| Joseph Carthey | Claire Henning | Trevor Rockwell |
| Lauren Cochran | Daniel Henry | Becky Ruff |
| Amy Courtney | Rex Holland | Pedro Dos Santos |
| Nancy Dayton | Travis Houle | Brian Schilling |
| Mathew Deal | Miriam Humpal | Alyssa Schutter |
| Kathleen Dekeyrel | Carol Ann Irons | Ranae Snyder |
| Roy Dobbs | Maggie Jasper | Gwen Strand |
| Emily Dufford | Tiphonie Keefe | Gabe Twedt |
| Maria Dzul | Deb Larson | Katherine Van Winkle |
| Lori R. Egan | Allura Lothary | Neva Viise |
| Natasha Ewy | Alison Mandaville | Megan Wachholz |
| Kim Flatjord | Linda J Mccarville | Alexandra Wyman |
| Sarah Frydenlund | Tara McConnell | Shawna Yaussi |
| Katherine Gehlsen | Alexandra McGarrity | Min Yu |

Wellness Wednesday

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

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.

MEMBER DEALS 09/05 - 10/02

* Regular prices subject to change

	Regular Price	Sale Price	Savings
Bulk			
Grandy Oats Classic Granola	\$6.29#	\$4.39#	\$1.90#
Grandy Oats High Antioxidant Trail Mix	\$9.99#	\$7.99#	\$2.00#
Grandy Oats Maple Roasted Cashews	\$12.99#	\$11.29#	\$1.70#
Lundberg Organic White Jasmine Rice	\$2.99#	\$2.19#	\$0.80#
Organic Brown Jasmine Rice	\$2.69#	\$1.89#	\$0.80#
Organic Arborio Rice	\$3.99#	\$2.99#	\$1.00#
Bulk Organic Black Eyed Peas	\$1.99#	\$1.79#	\$0.20#
Bulk Organic Prunes	\$5.79#	\$4.39#	\$1.40#
Packaged Food			
Back to Natures Nut Mixes, 10 oz	\$7.99	\$5.99	\$2.00
Cascade Oats & Honey 2/pack Granola	\$10.98	\$5.99	\$4.99
Food Should Taste Good			
Sweet Potato Chips, 4.5 oz	\$3.69	\$2.79	\$0.90
Ginger People Ginger Chewws Pouch, 3 oz	\$2.49	\$1.79	\$0.70
Madecasse Chocolate Bar, 2.64 oz	\$5.59	\$3.99	\$1.60
Mediterranean Snacks Lentil Crackers, 4.5 oz	\$3.99	\$2.79	\$1.20
Napa Valley Grapeseed Oil, 25.4 oz	\$10.19	\$7.39	\$2.80
Napa Valley Organic Balsamic Vinegar, 12.7 oz	\$5.19	\$4.79	\$0.40
Natural Sea Premium			
Alaskan Pink Salmon, 7.5 oz	\$3.99	\$2.79	\$1.20
Prometheus Organic Elixer Beverage, 16 oz	\$2.59	\$1.99	\$0.60
Santa Cruz Organic Chocolate Syrup, 15.5 oz	\$4.69	\$3.39	\$1.30
Simply Organic Organice Seasoning Mixes	\$1.69	\$1.19	\$0.50
Spectrum Canola Mayonnaise, 16 oz	\$5.69	\$4.29	\$1.40
Spectrum Canola Mayonnaise, 32 oz	\$8.49	\$6.29	\$2.20
Sweet Leaf Flavored Liquid Stevia, 2 oz	\$12.79	\$8.99	\$3.80
Sweet Leaf Liquid Stevia, 4 oz	\$21.99	\$14.99	\$7.00
Woodstock Organic Pickles, 24 oz	\$5.99	\$3.89	\$2.10
Household			
Citra Solv Citra Solv Spray, 22 oz	\$4.99	\$3.79	\$1.20
If You Care Baking Cups, 2.5", 60 ct	\$1.99	\$1.39	\$0.60
Body Care			
Aubrey Organics Shampoo and Conditioner Green Tea, Blue Chamomile and Honeysuckle Rose			
	\$10.99	\$8.99	\$2.00
Lily of the Desert Topical Aloe Products			
4 oz. tube Aloe Vera or 12 oz. bottle Aloe Vera		20% off	
Peaceful Mountain Topical first aid products			
Arnica Plus, Back and Neck Rescue, Muscle Ice		20% off	
Nutritional Supplements			
Megafood Food Based Supplements		20% off	

member deals

ONEOTA
COMMUNITY
FOOD
COOPERATIVE

EXAMPLE

Kettle
Krinkle Cut Potato Chips
limit 2 bags per customer

\$3.89

Reg. Price \$4.69

EXAMPLE

MEMBER DEALS 10/03 - 10/30

* Regular prices subject to change

	Regular Price	Sale Price	Savings
Bulk			
Grandy Oats Mainely Maple Granola	\$6.49#	\$4.99#	\$1.50#
Coconut Almonds	\$11.99#	\$10.29#	\$1.70#
Swiss Muesli Granola	\$5.49#	\$3.89#	\$1.60#
Lundberg Olde World Pilaf	\$2.99#	\$2.29#	\$0.70#
Bulk Banana Chips	\$4.99#	\$2.99#	\$2.00#
Packaged Food			
Alter Eco Fair Trade, Organic Chocolate, 2.8 oz	\$3.99	\$2.99	\$1.00
Angies Boom Chickapops Popcorn, 5 oz	\$3.59	\$2.49	\$1.10
Annie Chun Rice Noodles, 8 oz	\$3.39	\$2.49	\$0.90
Artisana Organic, Raw Coconut Butter, 16 oz	\$11.79	\$8.39	\$3.40
Barbara's Jalapeno Cheese Puff, 7 oz	\$2.99	\$2.29	\$0.70
Bob's Gluten Free Pizza Crust Mix	\$4.19	\$2.99	\$1.20
Bob's Gluten Free Flour Baking Mix	\$4.59	\$3.39	\$1.20
Bob's Gluten Free Cornbread Mix	\$3.59	\$2.79	\$0.80
Bragg's Liquid Aminos, 16 oz	\$5.19	\$3.79	\$1.40
Bragg's Liquid Aminos, 32 oz	\$8.49	\$6.19	\$2.30
Equal Exchange Organic, Fair Trade			
Baking Cocoa, 8 oz	\$8.39	\$6.29	\$2.10
Glutino Gluten Free Crackers	\$4.99	\$3.79	\$1.20
Hatch Enchilada Sauce, 15 oz	\$4.99	\$3.99	\$1.00
Justin's Peanut Butter Cups, 1.4 oz	\$1.99	\$1.50	\$0.49
Lucy's Gluten Free Cookies, 5.5 oz	\$5.19	\$3.79	\$1.40
Mori Nu Silken Tofu, 12 oz	\$2.19	\$1.59	\$0.60
Nasoyu Sandwich Spread, 14 oz	\$3.99	\$2.89	\$1.10
Newman's Organic Cookie O's, 13 oz	\$4.69	\$3.49	\$1.20
Organic Valley Organic Aseptic Milk, 4/pack	\$5.79	\$4.59	\$1.20
Once Again Peanut Butter, 16 oz	\$5.99	\$4.49	\$1.50
Once Again Organic Sunflower Butter, 16 oz	\$7.49	\$5.79	\$1.70
Panda Licorice Chews, 7 oz Box	\$3.79	\$2.79	\$1.00
Michael Season's Potato Chips, 8 oz	\$3.79	\$2.79	\$1.00
Shelton's Canned Chicken Breast, 5 oz	\$3.39	\$2.49	\$0.90
Simply Organic Pasta Sauce Mixes	\$1.69	\$1.19	\$0.50
Yummy Earth Organic Lollipops, 12.3 oz	\$6.79	\$5.49	\$1.30
Yummy Earth Organic Lollipops, 3 oz	\$2.49	\$1.99	\$0.50
Refrigerated			
Cheribundi Tru Cherry Juice, 32 oz	\$5.99	\$5.79	\$0.20
Body Care			
All Books		15% off	
Nutritional Supplements			
Eclectic Institute Freeze dried herbs and herb blends		20% off	

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November - look for English Cheese. Sage Derby, Double Gloucester with Onion & Chive, and a crock of English Stilton.

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Celiac Disease Facts and Figures

Celiac disease is an inherited autoimmune disorder that affects the digestive process of the small intestine. When a person who has celiac disease consumes gluten, a protein found in wheat, rye and barley, the individual's immune system responds by attacking the small intestine and inhibiting the absorption of important nutrients into the body. Undiagnosed and untreated, celiac disease can lead to the development of other autoimmune disorders, as well as osteoporosis, infertility, neurological conditions and in rare cases, cancer.

(Source: Celiac Disease Facts and Figures, The University of Chicago, Celiac Disease Center.)

Prevalence of Celiac Disease in the U.S.

- In average healthy people: 1 in 133
- In people with first-degree relatives (parent, child, sibling) who are celiac: 1 in 22
- In people with second-degree relatives (aunt, uncle, cousin) who are celiac: 1 in 39

(Source: A multi-center study on the seroprevalence of celiac disease in the United States among both at risk and not at risk groups. Fasano et. al., Archives of Internal Medicine. February 2003.)

Label Reading

Labels must be read every time food are purchased. Manufacturers can change ingredients at any time. As of 2006, wheat used in products will be identified on the label. You may verify ingredients by calling or writing a food manufacturer and specifying the ingredients and the lot number of the food in question. State your needs clearly – be patient, persistent and polite.

The following ingredients should NOT be consumed. They are derived from prohibited grains:

- Barley
- Rye
- Triticale
- Wheat (durum, graham, kamut, semolina, spelt)
- Malt, malt flavoring, malt vinegar (are generally made from barley, verify the source)

Possible Symptoms of Celiac Disease

Celiac Disease can appear at any time in a person's life. In adults, the disease can be triggered for the first time after surgery, viral infection, severe emotional stress, pregnancy or childbirth. CD is a multi-system, multi-symptom disorder.

Symptoms vary and are not always gastrointestinal (GI). GI symptoms can often mimic other bowel disorders. Infants, toddlers and young children with CD may often exhibit growth failure, vomiting, bloated abdomen, behavioral changes and failure to thrive.

CLASSIC SYMPTOMS MAY INCLUDE

- Abdominal cramping, intestinal gas
- Distention and bloating of the stomach
- Chronic diarrhea or constipation (or both)
- Steatorrhea – fatty stools
- Anemia – unexplained, due to folic acid, B12 or iron deficiency (or all)
- Unexplained weight loss with large appetite or weight gain

OTHER SYMPTOMS

- Dental enamel defects
- Osteopenia, osteoporosis
- Bone or joint pain
- Fatigue, weakness and lack of energy
- Infertility – male/female
- Depression
- Mouth ulcers
- Delayed puberty
- Tingling or numbness in hands or feet
- Migraine headaches

(Source: Celiac Disease Foundation)



First the milk. Now the cookie.

By Nate Furler, Marketing Manager and Co-op Member-Owner

Food sensitivities, allergies and autoimmune diseases are a sneaky bunch. It's been over fifteen years since my last glass of ice cold milk. Had I known it was going to happen, I would have relished each glass. Nothing could beat an ice cold glass of 2% with a chocolate chip cookie in my book. Especially if that chocolate chip cookie was baked by the skilled hands of my mom. But, as fate would have it, drinking and eating dairy wasn't in my life-long deck of cards. That ice-cold, creamy bit of heaven and I parted ways.

Fast forward several more years and lo and behold, my go-to replacement for dairy – soy – was the new guy on the block. Chopping block, that is. After years of drinking, and loving, chocolate soymilk, I figured out that it, too, was giving me digestive issues.

No dairy, no soy, I can handle that. It's a piece of cake, right? Well, cake without frosting. But, things could be worse. And, as fortune would have it, five years later along came worse – gluten.

At this point, all I could think was "you have got to be kidding me." First the milk, and now the cookie!?

Not only did I thoroughly enjoy my mom's chocolate chip cookies, but also my grandmother's kolaches, a killer Swedish Roll recipe given to me by my baking professor, and most recently the fresh Waving Grains bread that is delivered daily to the Co-op. Gluten is my go-to. Well, was.

I was a recent sufferer of acid reflux. Did the scope, changed my diet (in some ways), and took some pills. Nothing worked. Perplexed, I started talking to people. Not just anyone, but rather other staff members at the Co-op. After all, I remember joking with several employees over the years about the fact that many (not all, but many) employees at the Co-op should wear their food allergies/sensitivities/autoimmune diseases on their shirt instead of simply a name tag.

On the advice of many, I looked more deeply at gluten as a potential cause of my reflux. Some believed that it really might be the cause, while others simply said it couldn't hurt to try.

After figuring out my sensitivity to dairy and soy the hard way, through trial and error, I decided to cut to the chase and I investigated testing. A former co-worker, and diagnosed celiac sufferer, strongly suggested the testing route. Though potentially expensive, it should be able to shed light on whether gluten, and possibly a whole host of other foods, could be causing my body distress.

There are a number of different avenues one can take when considering testing for suspected food-related sensitivities and the autoimmune disease – celiac disease. The route I chose to take was through a company named Enterolab. My former co-worker sent me to their website (www.enterolab.com) to learn more. It was enlightening - so much so that the next day I wound up ordering my test kits.

These tests were not blood-based, as is typically the case. Rather, these tests involved freezing, packaging, and sending my excrement (yes, poo) directly to the company for testing. In addition, I opted for a gluten sensitivity gene analysis which would test for the presence of genes associated with gluten sensitivity, celiac sprue or other autoimmune syndromes.



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

According to Enterolab, they have "developed a unique screening test for gluten sensitivity, as well as for many other antigenic food sensitivities, that is more sensitive and specific than tests in current use (U.S. and International patents issued). Our method utilizes stool rather than blood as the testing substrate; the rationale of using stool rather than blood for testing for food sensitivity is that immunologic reactions to proteins in the diet that cause these reactions are centered within the intestinal tract and not in the blood. We believe that our new tests can improve the health of millions of people worldwide." Read more about the types of tests offered, and the company, by checking out www.enterolab.com. There is a wealth of information on their website.

I was both excited and nervous when my results appeared in my email inbox. I had a gut feeling the other shoe was about to drop, and I was right. As it turns out, my body does react to gluten and dairy, and soy, and chicken eggs – just for starters. The kicker was that the additional gene test showed that I have two copies of a gene that predisposes me to gluten sensitivity. Two copies is a stronger predisposition than having just one, and also indicated my reaction to gluten may be more severe.

Furthermore, according to Enterolab, having two copies of the gene means that each of my parents has at least one gene, and that any children I may have would also have at least one gene. Not only did this shed light on my own sensitivities, but it held impact for my biological family as well. (The disclaimer on the test results for the genetic test also reads as follows: This test was developed and its performance characteristics determined by the American Red Cross – Northeast Division. It has not been cleared or approved by the U.S. Food and Drug Administration.)

I can't say that I was surprised by my results, but I was completely overwhelmed. This time, however, luck was on my side. I happened to work at the best place in Northeast Iowa to undergo a gluten-heavy to gluten-free diet transformation. Fresh and organic produce; bulk, whole foods; hormone and antibiotic free meats and dairy products are just the tip of the Oneota Co-op iceberg. This community-owned cooperative grocery store caters to the special dietary needs of its many members and shoppers. At the Co-op, I can honestly say that we have come into contact with someone suffering from (nearly) every food sensitivity you can think of - gluten, dairy, soy, casein, MSG, corn, wheat, nut, carrageenan, and coconut. The list continues to grow.

It hasn't been easy, but the Oneota Co-op has made a world of difference when it comes to my food issues. Food co-ops, in general, have established a network of grocers across the country that care about providing for the most inclusive dietary needs of the consumer. From organic and non-GMO to vegan and gluten free, the Co-op is the place to go when you want suggestions about your dietary needs. It has been here for me, and it will be here for you. Here's to a healthier you.

BUSINESS FOR SALE

Nice Suds Soap Company

Carole Daughton is looking to sell her soap making business of 10 years. Included will be a remaining inventory of oils, essential oils, and soap making molds. In addition, she will provide a lesson or two and the wonderful recipe for Nice Suds Soap.

If interested, please call Carole at 563-546-7667

Thank you, Carole, for 10 years of blissful suds here at the Co-op!



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Nancy Lerdall

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In print – a book review

By Johanna Bergan, Education and Outreach Coordinator

“Diet for a Hot Planet” - The Climate Crisis at the End of Your Fork and What You Can Do About It

By Anna Lappé



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

“Looking squarely at the intersection of food and climate change offers each of us power, specific actions we can take. We eat every day.”
—Anna Lappé, introduction

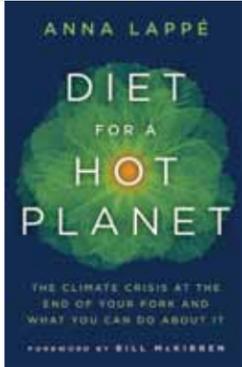
Anna Lappé had me at the introduction. “Diet for a Hot Planet” offers a cross sector picture of climate change, and in the end, brings home the reality that our food system is at the center of the issue. The book serves as a call to action to each individual and the call sounds, loud and clear, from the first page.

40 years ago, Lappé’s mother, Francis Moore Lappé, called a generation to move to a vegetarian diet. This was long before vegetarianism was hip, and it was a frightening truth to share - but a necessary one. Today the message remains the same, but the research and data behind the message is firm in more ways. The connection between the climate crisis and the food we choose to eat daily is made clear through Lappé’s words.

Thoroughly researched and very well cited, “Diet for a Hot Planet” provides an educated overview of the science connecting our food system to climate change. After Lappé sets the stage with this information, she clearly lays out the spin we hear daily from corporate agribusiness and the media. When bluntly confronted with the ‘reality’ that is marketed to us, readers are able to see through the hype to the real need: An agriculture and food system based on sustainable, environmentally-friendly practices.

Lappé’s friend kindly calls this book a “gloom and hope sandwich.” Lappé offers a balanced level of impending danger and warning with an offering of hope. The individual stories of positive change around the globe keep readers engaged and ready to act. “Diet for a Hot Planet” ends with what we need – a call to action. Clearly laid out actions - with justifications, how-tos, and resources - lead us to read and then eat the entire “sandwich.”

Here’s to enjoyable, realistic, and educated reading. I’ll see you in the Produce department as we follow Lappé’s action steps together.



Products we love!

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Royal quinoa, an ancient variety, is grown 13,000 feet up on the arid, desolate Salar De Uyuni salt flat of Bolivia. Traditional Quechua and Aymara farmers tend fields of this highly coveted grain. Quinoa is a small pearl shaped grain that is a nearly perfect nutrition source, with 6g protein per serving and naturally occurring calcium and iron. We love the fluffy, flavorful and gluten-free Royal Quinoa.

Cranberry and Cilantro Quinoa Salad

www.allrecipes.com
Prep Time: 10 Minutes
Cook Time: 20 Minutes
Ready In: 2 Hours 30 Minutes
Servings: 6

“Quinoa is tossed with toasted almonds, dried cranberries, bell peppers, curry powder, and fresh cilantro in this tasty salad.”

INGREDIENTS:

- | | |
|-------------------------------------|---------------------------------------|
| 1 1/2 cups water | 1/4 cup chopped fresh cilantro |
| 1 cup uncooked quinoa, rinsed | 1 lime, juiced |
| 1/4 cup red bell pepper, chopped | 1/4 cup toasted sliced almonds |
| 1/4 cup yellow bell pepper, chopped | 1/2 cup minced carrots |
| 1 small red onion, finely chopped | 1/2 cup dried cranberries |
| 1 1/2 teaspoons curry powder | salt and ground black pepper to taste |

DIRECTIONS:

Pour the water into a saucepan and cover with a lid. Bring to a boil over high heat, then pour in the quinoa. Re-cover, and continue to simmer over low heat until the water has been absorbed, 15 to 20 minutes. Scrape into a mixing bowl, and chill in the refrigerator until cold.

Once cold, stir in the red bell pepper, yellow bell pepper, red onion, curry powder, cilantro, lime juice, sliced almonds, carrots, and cranberries. Season to taste with salt and pepper. Chill before serving.

<http://allrecipes.com/recipe/cranberry-and-cilantro-quinoa-salad/detail.aspx>

Join us for these great fall events

- **Harvest Lecture Series** Sept. 7 and Oct. 19
Speakers cover topics on our food & seed
- **Harvest Festival** October 13 Heirloom apple tasting, squash carving, cider pressing, soup cook-off, speakers, music, and more!
- **Seed Saving Workshop** October 14
Learn the A-Z of saving your own seeds. (Registration required)



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Back Forty Farm, Harmony MN

a business that encourages the expansion of sustainably grown local food sources

by Betsy Peirce, Produce Department

Carolyn Finch (Thompson) grew up in Harmony, MN as one of three children in the Thompson family and the only girl. The Thompson's farmed crops and raised pigs when she was growing up. She had been employed by the family business at various points over the years, and now she is in a different sort of business relationship with them as one of seven partners. The business is Back Forty Farm and they are growing (soon to be certified organic) Oyster Mushrooms on a grand scale.

It all started when Carolyn moved from Decorah, where she was working in the produce department at Oneota Community Food Co-op, to Minneapolis. It was there that she met Fred Finch, her future husband. Fred just happened to be passionate about not only Carolyn, but also growing culinary mushrooms. It had been a pretty serious hobby that he had started in his garage and soon enough he was selling them at the St Paul Farmers Market. Carolyn says that his favorite part about growing mushrooms is teaching others about their cultivation because they are so unique and unlike any of the other common fruits or vegetables like tomatoes or squash.

It just so happened that Carolyn's family, the Thompson's, had some agricultural buildings on their farm that were sitting empty in Harmony MN, and they were discussing what to do with them one night. Fred pitched in with the idea to start a commercial mushroom business. After everyone had a good laugh, they actually started talking seriously about it. Later, they had a brainstorming session and decided that Oyster mushrooms made the most sense to grow because they require the fewest inputs (no manure or compost) of all cultivated mushrooms.

They set up the organizational structure of their business with Fred Finch as CEO and Carolyn doing the marketing. Mother, Roxy, is the finance manager and all the other Thompsons are partners in name (Father Jeff, brothers Paul and Thomas, and sister-in-law Jessica) The next step was funding. They decided to stay local. Rather than get an FDA loan, they applied for a loan, and it was granted, from a local bank in Harmoy. The loan enabled them to renovate the buildings and purchase the equipment needed to get started. The renovations included new walls and concrete floors, and an upgraded HVAC system in one of the empty farm buildings.

The equipment needed for commercial Oyster mushroom production is primarily for the purpose of sterilizing the environment to keep their "spawn" pure and free of contamination from other types of fungus. Back Forty has a HEPA air filtration system that sits as a hood above their work space where they do all their inoculations and an Autoclave that pressure sterilizes each bit of equipment and substrate that the mushroom comes in contact with.

They ordered their first strain of Oyster mushrooms from Penn State University. If all stays according to the plan, they will be able to grow off this one strain for the next several years if they keep up their spore library.

Oyster mushroom spawn (Latin *expandere* = to spread out) go through six stages of "growing out" on 6 different mediums before they get to the "pinning" stage when they begin to fruit. Each "growing out" takes about ten days on each separate medium. One interesting thing to note is that before the spawn can be transferred to each medium, the medium has to be pressure sterilized in the Autoclave. Below the stages are numbered to give you an accurate portrayal of what it takes to fully grow out mushrooms from spores to full fruit.

1. Strain culture is taken from slants and used to inoculate petri dishes.
2. After approximately 7-10 days, each dish of culture is applied to approximately 8 autoclaved jars of rye grain (FIRST GENERATION grain spawn).
3. After approximately 7-10 days, each jar of rye grain spawn is applied to an autoclaved bag of rye grain (SECOND GENERATION grain spawn).
4. After 7-10 days, each bag of grain spawn is applied to about 10 more autoclaved bags of rye grain (THIRD GENERATION grain spawn).
5. After 7-10 days, the third generation grain spawn is applied to pasteurized rye straw and packed into hanging "garden" bags. Spawn run begins.
6. After 12-14 days when spawn run is complete, the garden bags are moved to the pinning room which is kept around 61 degrees F.
7. After "pinning" for 4-6 days, garden bags are moved out of pinning and into the fruiting area.
8. Fruit appears within 72 hours and needs to be harvested at least twice a day.
9. Mature fruit is gently pulled or twisted from the garden bags (not cut) and placed in packaging to be refrigerated.
10. Gardens will generally fruit for three "flushes," each spaced about a week apart. After all three flushes have been harvested, garden bags are removed from the building and the material is composted for other uses.

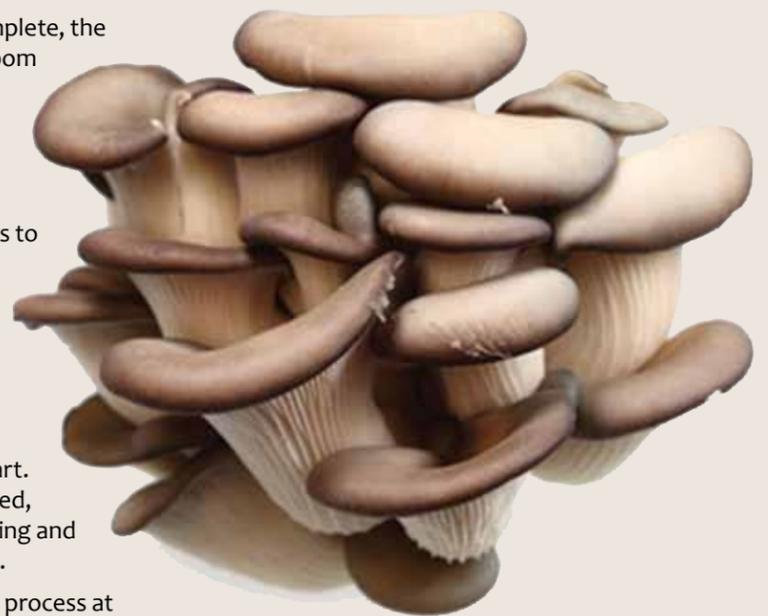
Harvesting the mushrooms is a continuous process at Back Forty Farm. They harvest two times a day right now and are producing about 200-300 pounds a week.

They are selling out of all their produce weekly and are expecting to ramp up production to a higher level in the fall. Carolyn and Fred split their time between Minneapolis and Harmony. They are currently doing the deliveries and farmers

market sales themselves, along with Roxy. They also employ two part time people to help with production. They doubled their expected sales for June and are on track with their business plan for sales in general. They are also now certified organic.

Currently Back forty Farms sells their Oyster mushrooms at the St. Paul Farmers Market and will soon sell them at the St Paul Capital Market (a new one), and The Linden Hills Farmers Market in Minneapolis. They supply several upscale restaurants in Minneapolis who feature their mushrooms on their regular menus. Here in Decorah you can find them at the Winneshiek County Famers Market. Their only retail outlet currently is the Oneota Community Food Co-op. They also supply Oyster mushrooms to Albert's restaurant in the Hotel Winneshiek in downtown Decorah.

Cultivated Oyster mushrooms have a wonderful delicate flavor. The substrate on which they are grown impacts their flavor and thus they taste differently than their wild counterparts which are often described as having a hint of Anise (wild ones grow on dead trees). The cultivated ones are sweeter and nuttier. Oyster mushrooms go well with stir fry as they cook quickly. Throw them in at the end of cooking to preserve their flavor. Of course, one way that mushrooms are best enjoyed is by sautéing them in butter, a no fail option. Below are a few recipes to begin your Oyster mushroom odyssey!



Sautéed Oyster Mushrooms

Gourmet | March 2009 by Lillian Chou

This quick preparation really showcases the gentle flavor of oyster mushrooms. The mild dish, brightened with a small amount of cider vinegar, helps balance the forceful spices of the rest of the meal.

Yield: Makes 8 (as part of a korean meal) servings

Active Time: 15 min Total Time: 1 hr

Ingredients:
1 tablespoon vegetable oil
1 pound small oyster mushrooms (any large ones cut into 1-inch pieces), stems trimmed
2 teaspoons cider vinegar
Pinch of salt to taste

Directions:

Heat oil in a large nonstick skillet over medium-high heat until hot. Sauté mushrooms with 1/2 teaspoon salt until golden, about 8 minutes. Add vinegar and sauté until evaporated, about 1 minute. Season with salt, then transfer to a plate to cool. Serve at room temperature.

Cooks' note: Mushrooms can be made 4 hours ahead and kept at room temperature.

Read More: <http://www.epicurious.com/recipes/food/printerfriendly/Sauteed-Oyster-Mushrooms-351872#ixzz21qRiogB1>

Fingerling Potatoes with Oyster Mushrooms

Bon Appétit | June 2006

Jeanne Thiel Kelley

Yield: Makes 6 servings

Ingredients:

7 tablespoons extra-virgin olive oil, divided
2 pounds small yellow fingerling potatoes, unpeeled, halved lengthwise
4 tablespoons minced shallots, divided
1 garlic clove, pressed
1 pound large fresh oyster mushrooms, torn into 1-inch-wide strips
1 tablespoon chopped fresh Italian parsley
Salt to taste

Directions:

Position 1 rack in top third and 1 rack in bottom third of oven and preheat to 450°F. Brush 2 large rimmed baking sheets with 1 tablespoon olive oil each. Place potatoes on 1 prepared sheet; drizzle 3 tablespoons olive oil over and toss to coat. Spread potatoes in single layer; sprinkle with salt and pepper. Place potatoes on top rack of oven and roast 10 minutes. Sprinkle 2 tablespoons shallots and garlic over. Transfer potatoes to bottom rack of oven and continue to roast until tender and golden brown, stirring occasionally, about 10 minutes longer. Remove from oven. Meanwhile, toss mushrooms on second prepared baking sheet with remaining 2 tablespoons olive oil; sprinkle with salt and pepper. Spread in single layer and roast mushrooms on top rack of oven until golden brown, stirring occasionally, about 15 minutes.

Add mushrooms to potatoes; stir to combine. do ahead Can be made 2 hours ahead. Let stand at room temperature. Rewarm in 450°F oven until heated through, about 5 minutes, before continuing. Add parsley to potato-mushroom mixture and toss; season to taste with salt and pepper and serve.

Read More <http://www.epicurious.com/recipes/food/printerfriendly/Fingerling-Potatoes-with-Oyster-Mushrooms-235160#ixzz21qSUCDXH>