

# the Scoop

VOLUME 40 • NUMBER 2 • SUMMER 2014



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

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  
CHANGE SERVICE REQUESTED

## STRATEGICALLY SPEAKING...

By: David Lester, General Manager

In the Fall of 2013, the Board of Directors hired a consultant from The Institute of Public Affairs at the University of Iowa to help us set some strategic priorities for the next 3-5 years. This was an intense and productive process and our membership is already benefitting from this work.

The four strategic priorities that we developed are:

- Assist in the development of local food hub/processing facility.
- Increase purchases from Local Vendors.
- Implement patronage dividend program – contingent upon profitability.
- Expand facility with kitchen classroom.

I look at these priorities daily and what strikes me the most is they all reflect our commitment to making our community a better place to live and give more value to being a member of our Co-op. Members of this store are playing a critical role in not only increasing the volume of local products in our community, but also helping create more infrastructures to help process and store those products. In addition, as a member, you are helping us develop better physical space to accommodate the growing need of teaching kids, parents and others to make healthier meals. And, many members will be getting some of their purchases back in the form of a dividend. If you are not a member, you play a role as well and I encourage you to consider the added benefits of becoming a member.

The staff and I have been working hard the past few months to implement strategies to achieve these priorities. Here are a few updates:

### ASSIST IN THE DEVELOPMENT OF LOCAL FOOD HUB/ PROCESSING FACILITY.

Since 2010, we implemented a plan to pay back our member loans on-time. Things have gone well the last few years and we have been able to pay a significant portion of this debt off early. Beginning June 1, we will be paying off the majority of this debt and those members will have an opportunity to contribute a portion

of their interest on these loans to another significant piece of the local foods puzzle.

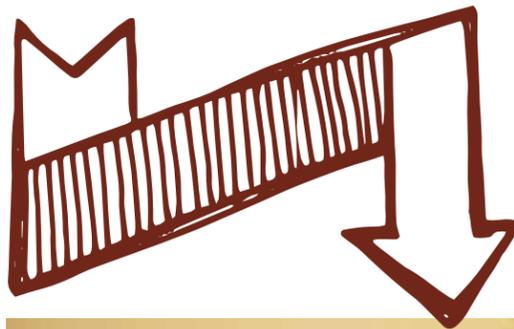
This piece is the Iowa Food Hub project, led by Nick McCann, ISU Extension Food Value Chain Coordinator, began as an idea back in 2007 and has grown significantly in recent years. The Iowa Food Hub, based in Decorah, is a local food aggregation and distribution project sponsored by Allamakee New Beginnings, a 501(c)(3), dedicated to reducing the effects of poverty in NE Iowa. Iowa Food Hub (IFH) unites the mission and vision of its partners by managing the aggregation, distribution, and marketing of source-identified food products to connect farmers to families.

In their first year, IFH had \$120,000 in sales. This year-to-date, they have already sold over \$70,000 of local foods. Because of the projected growth, the IFH board is currently investigating options and partnerships for additional cold storage and warehouse facilities. Additionally, they are piloting a USDA Group GAP program for farmers and they are a partner on a USDA Farm to School grant which will focus on processing and distributing fresh fruits and vegetables to area schools. And, they are currently assisting another non-profit organization as they build a commercial kitchen to do small scale produce processing. Oneota Community Co-op has been helping the Iowa Food Hub grow by providing storage space and consultation to get more of our local producers' products in more homes across Eastern Iowa. They are at a critical growth point and I know that the Co-op will continue to be a valuable partner to see this project expand.

### INCREASE PURCHASES FROM LOCAL VENDORS.

The management team and staff at the Co-op are constantly thinking about this strategy. When we see an opportunity for a new local product, we work with local producers to make it sell. Our local producers are pros when it comes to making a wonderful, delicious product. We help them market it. We have worked with several local producers to create a product that meets our high standards and give advice on

continued on page 13



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

### COOKING WITH THE AUTHOR featuring Robin Asbell

#### Juice It!

Thursday, June 12th from 4:00 to 6:00 pm

Come and learn about the incredible nutrition and potential healing power that can be unlocked by juicing. Fresh juices can be a delicious way to unwind, an energy boost, a health tonic, or just plain delicious, if you know how to make them. Join Robin Asbell as she samples recipes from her new book "Juice It!" and get a taste for your own favorites.

\$35 Co-op Member/Owners, \$40 Community Members  
(Class registration includes autographed copy of Juice It!)  
\$20 Co-op Member/Owners, \$25 Community Members  
(Class registration without book)

#### Gluten Free Pasta

Friday, June 13th from 4:00 to 7:00 pm

Come and meet Chef and Author Robin Asbell as she conquers the final frontier in from-scratch gluten free cooking: Pasta! Yes, if you thought that giving up wheat and gluten meant walking away from silky fresh pasta, hearty spaghetti in red sauce, and ever so comforting mac and cheese, your prayers have been answered. Thanks to Asbell's new book, "Gluten Free Pasta, More Than 100 Fast and Flavorful Recipes with No- and Low-Carb Options" (Running Press) you can learn about the many options that you can make easily at home, as well as the best ways to use dried gluten-free pastas and noodles.

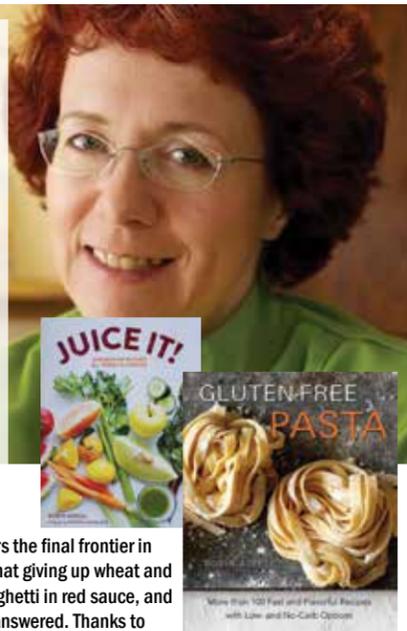
\$40 Co-op Member/Owners, \$45 Community Members  
(Class registration includes autographed copy of Gluten Free Pasta)  
\$30 Co-op Member/Owners, \$35 Community Members  
(Class registration without book)

#### (Cook) Book Signing

Saturday, June 14th from 9:00 to 11:00 am - at Dragonfly Books

Join us and our book-loving friends at Dragonfly Books, for a book signing with visiting Chef Robin Asbell. With two brand new cookbooks out this spring, and a list of previous cookbooks any cook would love to have, there is much to discover. "Juice It!" and "Gluten Free Pasta" are Robin's newest books. In the spirit of loving books and food there will be samples from Robin's cookbooks on hand to enjoy. Free to attend.

These two classes will be held at First United Methodist Church, 302 W. Broadway St., Decorah.  
Book signing will be held at Dragonfly Books, 112 W. Water St., Decorah.



Register for these classes  
online today at  
[www.oneotacoop.com!](http://www.oneotacoop.com)

## MEMBER APPRECIATION DAY

# SALE

### 10% OFF storewide\*

### Tuesday, August 5th

### 8:00 AM - 8:30 PM

May be combined with all other member discounts.

\*discount excludes Co-op and Member Deals sale items and special-order case discounts.  
Everything else is fair game!

Stock Up  
AND  
Save





*Biggest & Best*  
**Potluck**

**Friday, June 27th**  
**6:30 pm**  
**Phelps Park**

Everyone is welcome  
at this community event!

Last names beginning with A through I  
➡ please bring a main course

Last names beginning with J through R  
➡ please bring a side dish

Last names beginning with S through Z  
➡ please bring a dessert

Here are *a few Potluck tips:*

**BRING FOOD TO SHARE**, it need not be fancy. A simple tray of cut up fruit goes a long way • And **REMEMBER** the serving utensil • **LABEL FOOD** if there are questionable allergic ingredients (gluten, nuts, seeds, oils, dairy, etc.) • **SUPPLY TABLE SERVICE** including plate, silverware, drinking cup and napkin • **BYOB - Bring your own BEVERAGE** - if one is not provided • Try new foods, take **A LITTLE OF EVERYTHING** • Remember **THERE ARE OTHERS** behind you • **WASH PLATE** before returning to line for seconds • And remember, there are **OTHERS BEHIND YOU** • Clean up your place - **PACK IN, PACK OUT** • **GATHER YOUR FOOD DISH AND UTENSIL** as soon as food is gone • **HELP** small children • **MEET** new friends • **HAVE a GOOD TIME** • **BUILD COMMUNITY.**

## Did Somebody Rattle a Spoon?

By: Ruth Jenkins

← **end 6**

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

"Just the sound of a spoon rattling was enough to bring people to the kitchen. Food was being prepared, good food, and they wanted some. Our family get-togethers always centered on solid Midwestern food chased with several cups of strong coffee or iced tea. In fact, a gathering never took place that didn't involve eating in some capacity. So it's no wonder these functions came to be known as "Spoon-Rattlings." Yes, we played cards, sang for hours, went for walks, played with the cousins, but mostly we ate."

—*The Never Ending Spoon Rattling Cookbook*,  
Margaret Jenkins Colangelo

Spoon Rattlings, potlucks, potlatch, hot dish supper, "Noodle Night," "Mom's DinDin," whatever you may like to call them, it's all about building good community. Eating is something we all have in common. Just look at the food related photos and recipes on social media. Food is a topic that can help you get to know someone by simply asking, "What was your favorite dinner growing up?" Typically by the end of the conversation, you will have a better understanding of one another and maybe a new recipe. Fellow foodies will recognize themselves who during one meal will start talking about what they're going to make for next meal. You know who you are!

Oneota Co-op has a long history of food gatherings. The Meat and Greet, Harvest Dinner, Co-op cooking classes, and Earth Day Celebration are good examples of Oneota Co-op events that foster food and community. As a matter of fact, the Oneota Co-op's mission statement includes building vibrant communities. No better way to take action than to host a wonderful potluck.

And in this 40th year of the Oneota Co-op, we are setting out to host the "Biggest and Best" potluck the community of Decorah has ever seen. Join us on Friday, June 27th when we take over Phelps Park to celebrate community and food. This event is open to one and all – no need to be a member/owner of the Oneota Co-op – EVERYONE IS WELCOME!

### *The details:*

No need to register if you are planning to attend, but please use the guidelines below when it come to the type of dish you are responsible for bringing to the event. We are splitting it according to the where a person's last name falls in the alphabet.

Last names beginning with A through I – please bring a main course  
Last names beginning with J through R – please bring a side dish  
Last names beginning with S through Z – please bring a dessert

Beverages of coffee, lemonade, and water will be provided.



**SPECIAL HOLIDAY HOURS**  
**OPEN JULY 4TH**  
*10:00 am to 4:00 pm*

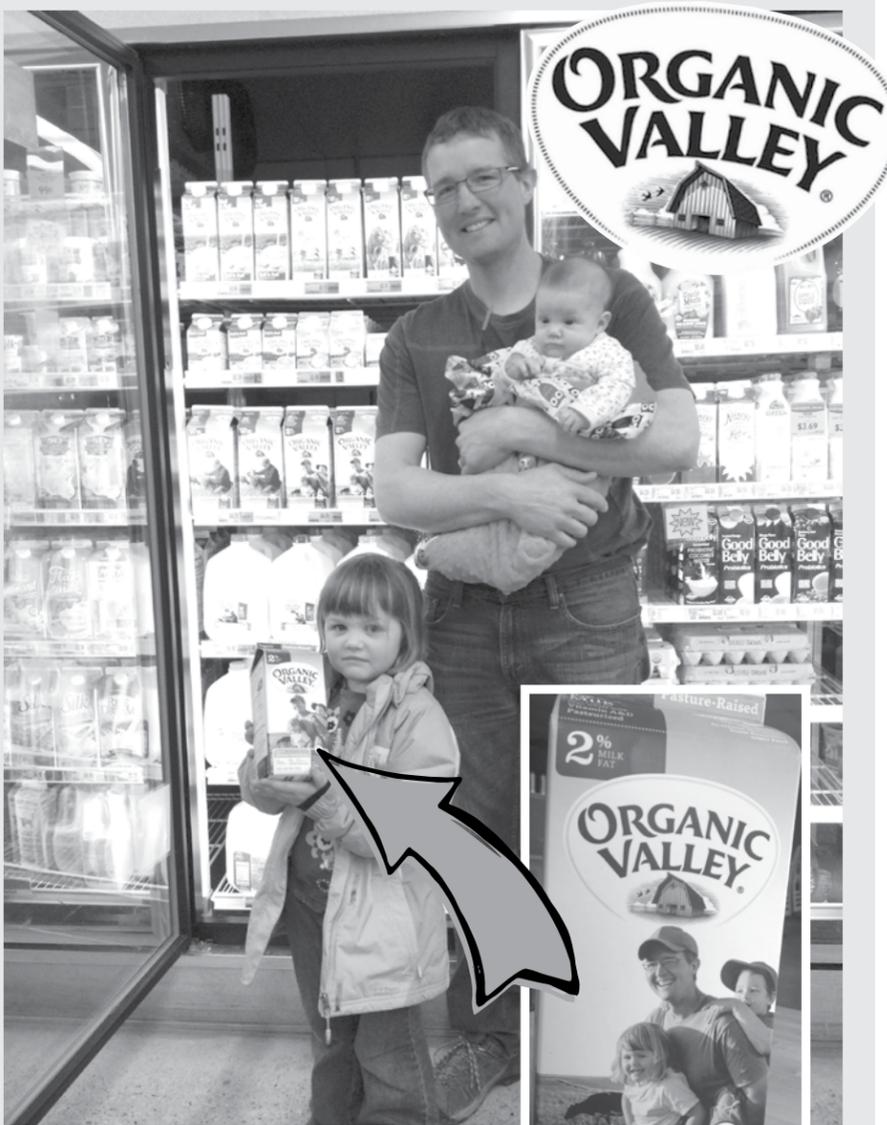
## Join us at the Winneshiek Farmers Market

The Co-op is excited to extend an invitation to children for the 2014 Market season. Our education staff will be on-site most Saturday mornings with a tent devoted to food and children! Each time we'll have a mini lesson for kids, along with interactive activities. This is the perfect complement to the fresh, local food you are purchasing at Market. Our goal is to help connect the dots between growing and eating food. Stop by for a quick sample or stay awhile and play.

**ONEOTA**  
**COMMUNITY**  
**FOOD**  
**COOPERATIVE**  
*decorah, iowa*



# Local Producer



John Palmer and two of his children—they're on the carton, too!

Organic Valley milk comes from family farms committed to the highest Certified Organic standards. The Palmers are one of the Organic Valley Farmer-Owner families from right here in our area - located near Waukon, Iowa. Organic Valley is a national cooperative of farmers who never use antibiotics, synthetic hormones, toxic pesticides or GMO feed and produce a wide variety of dairy products offered in our store, from milk, butter and cream to cheese, soy milk and more.



## ▶ A WEBSITE RE-LAUNCH ◀ www.oneotacoop.com

By: Theresa Kleve, IT Coordinator

After months of preparation, dedication, and hard work, Oneota Community Food Co-op is delighted to announce the release of our new website, designed with a fresh, new look and user-friendly navigation, updated with the latest information about our products and services.

With this new site you will immediately see a cleaner, lighter design with visual improvements, including a different size and style of font and improved layout. We added expanded navigation to make it easier to find content. In addition, articles from The Scoop will soon be searchable – rather than only available as a PDF. We've incorporated more detailed information about Oneota Co-op products and made it easier to find local producer information, as well as submit inquiries and product requests.

Look for regular updates to web content and the addition of a video section on the site – including videos from knife skills to cooking and recipes you can make right at home. You can also register for classes and pay for them through the website.

We hope you find the new site to be the perfect stop for locals, travelers, families, college students and all others hoping to find information about upcoming events at the Co-op and learn about the wonderful area of northeast Iowa.

# Eatwisconsincheese.com

By: Beth Rotto, Cheese Buyer



A retail source for food and other products that, to the greatest extent possible, are organic, sustainably produced, local grown and/or processed, and affordable. A business that encourages the expansion of sustainably grown local food sources.

Do you like cheese, but wish you knew more about it? Are you confused about the names of all the new cheeses you see? Do you wish you had recipes using new varieties of cheese? Do you wonder what to serve with your cheese or how to handle and store a new type of cheese?

If you like to explore and learn about food and cheese, you will be interested to know about a website from the Wisconsin Milk Marketing Board, a non-profit organization funded by Wisconsin dairy farm families. Their site has information about the cheeses that come from Wisconsin and about the cheesemakers and companies that make cheese. You'll find a variety of information including recipes with appealing photos, a pairing tool as well as a multitude of things including how cheese is made and cheese in the news. The website is [www.eatwisconsincheese.com/](http://www.eatwisconsincheese.com/).



Our cheese case is full of delicious Wisconsin cheese. Plus, we are always happy to answer your questions!

If you'd like to try some special cheese from Wisconsin, consider joining the Cheese Club at Oneota Co-op. In June we will feature cheese from Wisconsin cheesemakers, plus you'll get something delicious to go with them. The price for a one month subscription to the Cheese Club is \$30, or subscribe for 6 months for a discount (\$150 or \$25/month).



### SPECIAL ARTISAN CHEESES - EVERY MONTH!

Cheese lovers can sign up for one month or for 6 months of the Co-op Cheese Club. Each month has a theme. Based on the theme, we will be bringing in some special, delightful, rare, artisan, and probably quite expensive cheeses. We'll cut the wheels among the cheese club members. There will usually be two cheeses listed, and members can expect an accompaniment (i.e. fruit, crackers, bread, olives, etc.) and possibly a surprise cheese as well. It will always be a great value and fresh cut! There is limited space, so folks who are interested are encouraged to sign up early.

### THEMES

- June - Wisconsin Cheese
- July - New England Cheese
- August - West Coast Cheese
- September - Midwest Specialties
- October - Raw Milk
- November - Herbed
- December - English

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

Sign-up today  
563-382-4666



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

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

## LADYBUG LANDSCAPES & FLORAL

"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

# REAL, NUTRITIOUS, MUSIC.



LOCALLY OWNED. INDEPENDENT RADIO.

# By Small Farmers, For Small Farmers: THE NEXT STEP IN THE EVOLUTION OF FAIR TRADE

By: Phyllis Robinson

The first Fair Trade farmer-owned certification system, referred to as the Small Producer Symbol (SPP, for its Spanish acronym) will arrive this fall on Equal Exchange coffees in food co-ops and natural food stores across the country. Ten years in the making, the SPP certification system represents the small farmers' persistent attempt to ensure a more just trade system for their fellow farmers everywhere. The colorful SPP logo will initially appear on Equal Exchange coffee bags and bulk coffee bins, and will soon become more prominent throughout stores. While the SPP itself is just a little logo, in actuality, the real symbolism of this new Fair Trade seal is anything but small. This bold step forward reflects the fact that today the very folks for whom the Fair Trade movement was built are taking a leadership role in shaping their own destiny. The potential impact this new system will have on small farmers, their co-operative organizations, and the entire Fair Trade movement could be quite profound indeed.

## The Roots of the Conflict

In the early 1980s, a division in the Fair Trade movement resulted in the creation of one international certification system with two distinct ideologies. The early founders of Fair Trade recognized that small farmer organizations trying to access the market were operating on an unfair playing field. The founders' goal was to create a system that could right the wrongs of hundreds of years of colonialism and unjust trade. Once the system was underway, other traders wanted a faster way to put Fair Trade products on the shelves and decided to open up the system to large-scale plantations. The fact that plantations have one owner (versus being owned collectively by a democratically run, small farmer organization), and generally have more access to resources, it is usually faster and easier for them to move products from origin country to market. This means that plantations,

with their ease in accessing bank loans, infrastructure, market information, technical assistance, and networks, will almost always carry the same advantage over small farmers that Fair Trade was designed to address.

Eventually, the international Fair Trade certifying system, Fairtrade Labelling Organization (FLO) allowed plantations to become a source for almost all Fair Trade products, with the exception of coffee, cacao, and a few other categories. Small farmer coffee and cacao organizations, typically the most advanced and successful Fair Trade producers, have been living with the fear since the division occurred that the Fair Trade system will one day open their products to plantations as well. Should this happen, many believe that they will once again become marginalized and lose their hard-won market access. After all, if it's easier to source coffee and cacao from large-scale plantations and still call it "Fair Trade," why wouldn't multinational corporations simply take the easier route and ignore the small farmer? In coffee, it took 15 years of Fair Trade before coffee farmers began to see a positive impact on their businesses and in their lives. Sourcing from plantations in tea and bananas has prevented the growth of a strong small farmer movement in these two categories.

The farmers' fear became more of a reality 10 years ago. At the 2003 annual Specialty Coffee Association of America conference in Boston, coffee certainly wasn't all that was brewing. Alongside the aromas emanating from the brewing of exotic coffees, big trouble was simmering as well. The foreshadowing of conflict was evident from the loud voices and angry faces of representatives of small farmer co-ops, Fair Trade roasters, alternative traders, and other Fair Trade activists, all of whom were tightly packed in a room at the Hynes Convention Center listening to the words of Paul Rice, CEO of Transfair USA, FLO International's U.S



Fair Trade certifying agency (today known as Fair Trade USA).

Rice was lobbying for a change in standards; he believed plantations should be allowed in the Fair Trade system as sources of "Fair Trade" coffee. He claimed that large companies and corporations wanted access to plantation products and that there wasn't enough small farmer Fair Trade coffee on the market. The crowd was wild with outrage. Most small farmer organizations had far more coffee than they could sell on Fair Trade terms and many more organizations of small coffee farmers were waiting for buyers to get themselves listed on the Fair Trade register of certified producers. Finally, against a storm of protest and outrage, Rice acquiesced and agreed to drop this controversial strategy.

## By the Farmers, for the Farmers: Why a New Fair Trade Certification System is Necessary

Although Rice publicly backed down at the SCAA conference, small farmers, roasters, and other Fair Trade activists knew it was just a matter of time before the issue came up again. The pressures to grow a system quickly, the needs of plantations and big corporations, and the money behind it all, were heavy reminders of how decisions are made and how trade typically occurs. Sure enough, in September 2011, Transfair USA announced its decision. Taking the name Fair Trade USA, the organization left the international Fair Trade system that had given it birth. Just days later, it announced

its new strategy, "Fair Trade for All", with a certification system allowing plantations in coffee and cacao.

Small farmer organizations weren't idle. The Coordinating Body of Latin America and the Caribbean (CLAC) had been meeting for 10 years to strategize how to keep Fair Trade from being stolen out from under them. Finally, they had their solution: the Small Producer Symbol (SPP). CLAC has now created its own certification system, run by the non-profit group, the Foundation of Organized Small Producers (FUNDEPPO). The system is impressive, with General Standards incorporating four dozen criteria for small farmer member organizations, including maximum individual farm sizes and a maximum percentage of farm work performed by hired farm workers. Buyers who use the SPP must meet nearly three dozen criteria, including a minimum of five percent annual volume growth in program purchases. Perhaps most impressive, the SPP is run and governed by the farmers themselves. After decades of this movement being essentially managed by offices thousands of miles away from source, farmers are now in the driver's seat.

This fall you will begin to see the first Equal Exchange coffee products appear with the SPP symbol on them. Trust that while other Fair Trade products may come from plantations, SPP coffee will never sell out. It will always be authentic. It will always be small farmer.

the  
goodfoot  
FOOTWEAR

128 West Water Street, downtown Decorah 563.382.9829  
nori@amundsonsclothing.com www.facebook.com/goodfootdecorah/



LaRana  
Bistro

Creative Midwest Fare • Local Seasonal Menus

Monday-Saturday • Lunch 11-2 • Dinner 5-9 • Bar til close  
120 Washington St. • Decorah • 563.382.3067

# About Local Beef... <end 1

By: Kristin Evenrud, Grocery Manager and Meat Buyer

Our state is home to so much agriculture that you would think supplies of certain local items would not be hard to come by. Take beef for instance. If you are looking to eat local, antibiotic free, pasture grazed, hormone-free beef, it has gotten quite difficult for the Co-op to source.

Rock Cedar Ranch, one of our awesome local providers of happy, healthy beef is letting their herd become smaller and will not be able to provide the Co-op with a continuous supply. We have worked with Rock Cedar Ranch for a very long time and will continue to carry Jeanett's beef when possible but want our customers to know that we will not always have it in a variety of cuts specifically from her farm.

To maintain a steady supply of local beef, we are looking for local beef farmers with exceptional farming practices to potentially sell to the Co-op. In order to sell product to the Co-op, we require information about your farming practices in advance of becoming a local vendor. Applications are available at the Customer Service Desk at the Co-op and can be submitted at any time. Once an application has been submitted, we will review it and a farm inspection will be scheduled.

We look forward to working with more local producers very soon and appreciate your support.

A retail source for food and other products that, to the greatest extent possible, are organic, sustainably produced, local grown and/or processed, and affordable. A business that encourages the expansion of sustainably grown local food sources.



# BULK COFFEE

By: Carl Haakenstad, Bulk Buyer



A retail source for food and other products that, to the greatest extent possible, are organic, sustainably produced, local grown and/or processed, and affordable. A business that encourages the expansion of sustainably grown local food sources.

If you found the article about the new SPP fair trade symbol inspiring on page 4 in this publication, you can look for the label at Oneota on coffee from Just Coffee Co-op and the Equal Exchange "Mind, Body, and Soul" blend. For now the SPP symbol is mainly used by Central and South American farmers but as it expands it should be showing up on many more bags of coffee at our Co-op.



We have two new varieties of fair-trade coffee from Kickapoo: Ethiopian Sidama and Colombia Fondo Paez. We are very excited to have a fair-trade Colombian back in because coffee from Fondo Paez was in short supply for the last two years because of extreme weather and the resulting low yields. The cooperative is named for, and most members belong to, the largest indigenous group in Colombia, the Paez. The members of this co-op are committed to sustainable economic growth while working to preserve Paez cultural traditions and local heirloom seeds. Additionally, this coffee recently scored 93 points from Coffee Review - another reason to be excited about the return of Colombian coffee.

The Ethiopian Sidama comes from the Fero Cooperative (part of the Sidama Union of Growers) where the beans are grown high in the mountains above the Rift Valley. The high elevation produces a physically dense bean that is filled with complex flavors. This Sidama coffee is available in one of Kickapoo's great 12 oz. cans.

We have also made a change to our offerings from our local coffee roaster, K'uun Coffee. In bulk we were offering a direct-trade Cameroon in medium roast, but I decided to have Barbara and Fernando change it to a dark roast. After requesting the switch, I tried some of the new dark roasted Cameroon and I can tell you that it makes an incredibly smooth and flavorful cup of coffee without much of the bitterness usually associated with a dark roast. Also, we will soon be offering the Water Street Blend from K'uun in 1# bags. This is the blend that was developed for serving in the Water Street Cafe and soon you can buy it here and brew it at home.

As always, if you have questions about this article or anything else in Bulk you can ask me in person at the Co-op, call me, or email me (bulkfoods@oneotacoop.com). I will see you among the bulk bins.

# NOW THAT IS A DRINK COOLER!

By: Kristin Evenrud, Grocery Manager

It is hard to miss the new drink cooler when you walk into the Co-op. It's big, shiny, black, sleek, and dare I say even a little sexy. We have certainly been having plenty of fun adding drink options to this new, larger drink cooler. But, the best part is the energy efficiency of it. This Zero Zone cooler is 80% more energy efficient than our old open-front cooler. It is also much more efficient to stock and, I must confess, more fun to stock as well. Here are a few of the new products that now reside in the drink cooler.



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

## FEVER-TREE MIXERS

"A mixer to be taken seriously." Word out to all you "mixologists" Fever-tree uses premium ingredients and real natural flavors like quinine, lemon thyme and rosemary. Their proprietary blends are out of this world delicious. We are currently carrying Indian Tonic Water, Mediterranean Tonic Water, Bitter Lemon, and Club Soda **\$5.99/4-PACK OR \$1.49 SINGLE.**



## ARGO TEA

Argo started as a small tea shop in Chicago in 2003 with only nine employees and now not only are there locations throughout the U.S. but also shops in foreign cities such as Dubai and Beirut. They have a passion for bringing teas directly from growers around the world and blending them into unique and delicious signature beverages and teas. We are lucky, since we do not have a tea shop near us, Argo bottles some of their unique blends. Look for Mojitea and Carolina Honey in the cooler. **\$2.59 EACH**



## GTS KOMBUCHA

Gts is not new, but it certainly deserves a mention here! GTs kombucha is raw, gluten free, organic and GMO free. Kombucha is a fermented tea that provides numerous health benefits, it does have a unique flavor all its own and GT produces over 17 different varieties. The company was founded by GT Dave at the tender age of 15 and has grown into a health oriented empire for the last 15 years. We carry six varieties at **\$3.59 EACH**



## Tai Chi of Decorah

Movement for Health and Well-Being

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

# CO-OP EVENTS & CLASSES

oneotacoop.com/classes-and-events

## CLASS KEY

GF Gluten Free

HO Hands-on and Let's Eat

VG Vegetarian

DM Demonstration and Let's Eat

VN Vegan

L Lecture

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

## JUNE

### Allergy Free Store Tour

Wednesday, June 4, 4:00 pm

Diet changes due to allergies and intolerances are hard. Ingredient labels are confusing, hidden allergens pop up in favorite foods. We get it! Join us for a store tour and get help finding the foods you can eat, learn to read labels and get comfortable in the new diet. This tour time is set aside for any type of dietary needs, such as Celiac Sprue, gluten or lactose intolerance, nut allergies and others.

No need to register.

FREE

### MegaFood Smoothie Sampling

GF V

Friday, June 6, 4:00 - 6:00 pm

Join us in the Wellness department to experience the power of MegaFoods powders in your whole food smoothies. We'll blend smoothies featuring MegaFoods newest product line, Smoothie Powder Boosters. Whether you look to a smoothie for increased energy, immune support or detox - the combination of organic produce with whole food MegaFood products will have you covered.

Location: Oneota Community Co-op Wellness Department

FREE

### Attention Humans: Deer Tick Alert!

L

Wednesday, June 11, 5:00 - 6:00 pm

Tick season is upon us. Don't wait until you're bitten. Be prepared and informed about how to prevent Lyme disease, naturally with the right combination of herbal tinctures, clay and nutrition. Gaienne has successfully used this combination for seven years and many tick bites later.

Location: Oneota Community Co-op Classroom

Instructor: Gaienne Jocquin

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

### Juice It! with Robin Asbell

GF V DM

Thursday, June 12, 4:00 - 6:00 pm

Come and learn about the incredible nutrition and potential healing power that can be unlocked by juicing. Fresh juices can be a delicious way to unwind, an energy boost, a health tonic, or just plain delicious - if you know how to make them. Join Robin Asbell as she samples recipes from her new book "Juice It!" and get a taste for your own favorites.

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

Instructor: Chef Robin Asbell

\$35 Co-op Members/Owners, \$40 Community Members (Class registration includes autographed copy of Juice It!)

\$20 Co-op Member/Owners, \$25 Community Members (Class registration without book)

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

Thursday, June 12, 6:00 pm

Tour led by Co-op Staff

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

### Gluten Free Pasta with Robin Asbell

GF HO

Friday, June 13, 4:00 - 7:00 pm

Come and meet Chef and Author Robin Asbell as she conquers the final frontier in from scratch gluten-free cooking: Pasta! Yes. If you thought that giving up wheat and gluten meant walking away from silky fresh pasta, hearty spaghetti in red sauce, and ever-so-comforting mac and cheese, your prayers have been answered. Thanks to Asbell's new book, "Gluten Free Pasta, More Than 100 Fast and Flavorful Recipes with No and Low-Carb Options" (Running Press) you can learn about the many options that you can make easily at home as well as the best ways to use dried gluten-free pastas and noodles.

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

Instructor: Chef Robin Asbell

\$40 Co-op Member/Owners, \$45 Community Members (Class registration includes signed copy of "Gluten Free Pasta")

\$30 Co-op Member/Owners, \$35 Community Members

### Book Signing with Robin Asbell

Saturday, June 14, 9:00 - 11:00 am, Dragonfly Books, Decorah, IA

Join us and our book-loving friends at Dragonfly Books, for a book signing with visiting Chef Robin Asbell. With two brand new cookbooks out this spring, and a list of previous cookbooks any cook would love to have, there is much to discover. "Juice It!" and "Gluten Free Pasta" are Robin's newest books. In the spirit of loving books and food there will be samples from Robin's cookbooks on hand to enjoy.

FREE

### The 4th Trimester and Beyond: Embracing Postpartum

L

Tuesday, June 17, 6:00 - 7:00 pm

Join Lindsey, your Decorah Doula, and other mommas and their little ones, for an evening of information, support and laughter about postpartum life. We'll sample supportive tea, cookies, and wellness products available at the Co-op, hear your stories, and embrace the spit-up on our shirts, together! Expecting mommas are welcome as well!

Instructor: Lindsey Harman of Arrival Arts Doula Care

Location: Oneota Community Co-op Classroom

\$3 Co-op Member/Owners, \$5 Community Members

### On a Roll: Sushi for Beginners

GF HO

Wednesday, June 18, 5:30 - 7:00 pm

Let's spend an evening bringing restaurant food to life. Joel will cover how to make sushi (sticky) rice, the myriad of vegetable, fish and other ingredients to include, and instructions to prepare. Class participants will assist in preparing everything and learning to roll sushi. Leave class full of sushi and ideas to prepare at home.

Instructor: Joel Zook

Location: Oneota Community Co-op Classroom

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

### Grocery Guidelines for Going Non-GMO

L

Monday, June 23, 4:00 - 5:00 pm

This class is for anyone interested in learning more about GMOs (Genetically Modified Organisms) and how to keep them out of your kitchen. We'll discuss what GMOs are, why you may want to avoid them, and the unexpected places where GMOs are hiding in your home. We'll also talk about how to vote with your dollar in the grocery store and how to shop organic on a budget. We'll review nutrition labels, learn how to read between the lines of an ingredient list, and talk about how to get the most nutrients out of your food. We'll also go over how to replace common household items with nutrient-rich superfoods and natural products.

Instructor: Sonja Ecklund

Location: Oneota Community Co-op Classroom

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

## 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.)

## JUNE, CON'T.

### The Organic Landscape

L

**Monday, June 23, 6:00 - 7:00 pm**

Organic techniques are becoming increasingly popular for food production but how can these same principles apply to our landscapes? The choices that we make while managing our landscapes have a huge impact on the health of our family and surrounding community as well as the health of local streams, rivers and wildlife. This class will discuss how the use of proper design, soil building and pest management practices allows us to create a beautiful landscape without the use of harmful fertilizers or pesticides. Accredited Organic Land Care Professional, Jeff Scott of Driftless Gardens, will share the most recent information on this exciting new topic.

Instructor: Jeff Scott of Driftless Gardens

Location: Oneota Community Co-op Classroom

\$6 Co-op Member/Owners, \$8 Community Members

### Allergy Free Store Tour

**Tuesday, June 24, 2:00 pm**

Diet changes due to allergies and intolerances are hard. Ingredient labels are confusing, hidden allergens pop up in favorite foods. We get it! Join us for a store tour and get help finding the foods you can eat, learn to read labels and get comfortable in the new diet. This tour time is set aside for any type of dietary needs, such as Celiac Sprue, gluten or lactose intolerance, nut allergies and others.

No need to register.

FREE

### Monthly Board Meeting

**Tuesday, June 24, 5:30 - 8:00 pm**

All members are welcome to attend Board meetings

Location: Open Decorah, 128 W. Water St. (2nd Floor), Decorah

### Presto Pesto

GF HO

**Thursday, June 26, 5:30 - 6:30 pm**

Bring the taste of Italy into your kitchen and feel confident in your preparation. The simple equation behind pesto is greens + olive oil + nuts = pesto. The variations and combinations from this starting point are seemingly endless. Explore techniques to incorporate almonds, walnuts, tomatoes and more into pesto – not to mention the many uses of pesto when it is complete. You'll have lots of chances to eat in class and all participants will take fresh pesto home.

Instructor: Johanna Bergan

Location: Oneota Community Co-op Classroom

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

### Biggest Best Potluck

**Saturday, June 27, 6:30 - 8:30 pm**

See announcement on page 2

Location: Timberframe at Phelps Park

FREE

### Energy Bites

VN HO

**Monday, June 30, 4:00 - 5:00pm**

Are you looking for the perfect snack? Energy bites pack a powerful punch of protein, healthy fats, complex carbohydrates and fiber. They're also easy to make, super portable and just plain delicious! This class will introduce you to the superfoods and strategies that are key to making an awesome energy bite. We'll make a few batches to sample and provide you with a list of recipes so that you can make your own energy bites at home.

Instructor: Sonja Ecklund

Location: Oneota Community Co-op Classroom

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

**Inventory: Co-op Closing Early Monday, June 30th at 7:00 pm**

## JULY

### Preparing for Pregnancy: Mind, Body and Family

L

**Tuesday, July 1, 6:00 - 7:00 pm**

Thinking of taking the jump into motherhood? Creating a healthy space mentally, physically and socially to welcome a new one into your growing family might just be the next step. Join your Decorah Doula and other inspiring women of your community for an evening of preparation, sharing, and inquiry. Mommas who have experienced a loss, this night is for you too.

Instructor: Lindsey Harman of Arrival Arts Doula Care

Location: Oneota Community Co-op Classroom

\$3 Co-op Member/Owners, \$5 Community Members

### Juice, Meet Smoothie. Now let's get along!

GF VN DM

**Tuesday, July 8, 5:30 - 7:00 pm**

There's no time for excuses about meeting your veggie intake needs each day. Lindsey and Johanna will charm your taste buds with nutrition-packed beverages. At the same time we'll de-mystify the smoothie making and juicing processes. Both are excellent ways to increase fruit and vegetable consumption in a nutritious and totally tasty way. However, each drink serves a very different purpose. Here is the chance to discover how juicing and smoothies can be integrated into your diet for better health and energy.

Instructors: Lindsey Harman and Johanna Bergan

Location: Oneota Community Co-op Classroom

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

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

**Thursday, July 10, 6:00 pm**

Tour led by Co-op Staff

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

### Energy Bites

VN HO

**Monday, July 21, 2:00 - 3:00pm**

Are you looking for the perfect snack? Energy bites pack a powerful punch of protein, healthy fats, complex carbohydrates and fiber. They're also easy to make, super portable and just plain delicious! This class will introduce you to the superfoods and strategies that are key to making an awesome energy bite. We'll make a few batches to sample and provide you with a list of recipes so that you can make your own energy bites at home.

Instructor: Sonja Ecklund

Location: Oneota Community Co-op Classroom

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

### Monthly Board Meeting

**Tuesday, July 22, 5:30 - 8:00 pm**

All members are welcome to attend Board meetings

Location: Open Decorah, 128 W. Water St. (2nd Floor), Decorah

### Canning for Newbies

GF VN HO

**Wednesday, July 30, 4:00 - 7:00 pm**

You CAN do it! Preserving your own fruits and vegetables is possible in your kitchen. This hands-on class will teach the basics (and safety methods) of hot water bath canning. The class focus will be two veggies, favorites for newbie canners, cucumbers and tomatoes. Everyone will make and take home canned produce, along with recipes and instructions for more adventures at home. Participating in the process from start to finish will help anyone feel comfortable canning at home.

Instructor: Johanna Bergan

Location: Oneota Community Co-op Classroom

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

### Gazpacho and Other Chilled Soups

GF VN DM

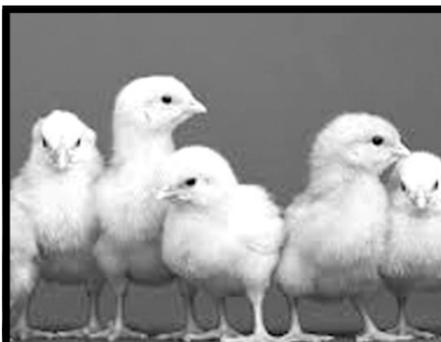
**Thursday, July 31, 5:30 - 6:30 pm**

Perfect for Iowa's heat waves, chilled soup makes use of the fresh garden produce and leaves your kitchen and body cool. We will explore multiple combinations of chilled fruit and veg soups with lots of opportunity to taste and try during class.

Instructor: Johanna Bergan

Location: Oneota Community Co-op Classroom

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



**Thornton's  
Feed & Grain**

201 East Broadway, Decorah  
563-382-3358  
thorntonfeed@gmail.com

Follow us on Facebook  
@ Thornton's Feed & Grain

**Full Line of Chicken  
Feed**

**Organic Chicken Feed**

**Non-Medicated  
Chicken Feed**

**Baby Chicks**

**Full Line of Dog & Cat  
Foods—Nutri-Source**

**Grass Seeds and  
Fertilizers**

# CO-OP EVENTS & CLASSES

[oneotacoop.com/classes-and-events](http://oneotacoop.com/classes-and-events)

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

## AUGUST

### Small Batch Preserves

GF VN HO

Wednesday, August 6, 3:00 - 6:00 pm

So you love growing veggies...or buying them at the farmers market. But what to do with the summer bounty? Canning in small quantities lets you maximize the fresh food you love without feeling overwhelmed by the canning process. This hands-on class will have us exploring multiple canning recipes and everyone will head home with jars to share (or save). In a fun and social environment, we will cover canning basics and safety while sharing resources to can throughout the year.

Instructor: Johanna Bergan

Location: Oneota Community Co-op Classroom

\$20 Co-op Member/Owners, \$25 Community Members

### Preserving for Love

GF VN HO

Tuesday, August 12, 1:00 - 4:00 pm

Sometimes folks ask, "why bother canning?" when food is plentiful and easily available off the grocery shelves. There are many answers, but for me it boils down to love. Love of the food "I" have grown. Love of local foods in mid-winter. And then, the love of sharing this food with others. This hands-on class will focus on preparing sweet and savory gifts to share. Food will be canned in small quantities and with all the "extras." How does lavender or minted jam, fiery salsa and syrups sound? We'll use what's fresh and available in bounty at the time of class.

Instructor: Johanna Bergan

Location: Oneota Community Co-op Classroom

\$20 Co-op Member/Owners, \$25 Community Members

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

Thursday, August 14, 6:00 pm

Tour led by Co-op Staff

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

### Monthly Board Meeting

Tuesday, August 26, 5:30 - 8:00 pm

All members are welcome to attend Board meetings

Location: Open Decorah, 128 W. Water St. (2nd Floor), Decorah

## Pat Fitzgerald's Co-op Experience: From Peanut Butter Beginnings to Food So Fresh the Cupboards Stay Bare

By: Cerrisa Snethen,  
Oneota Co-op Member/Owner

End 6

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

Pat Fitzgerald's not even sure why she joined the Co-op in 1987, except that the peanut butter in the Olleville store was fantastic. "I guess I just thought it was a good idea," she smiles. After graduating from Luther and beginning a teaching career in Decorah, Fitzgerald's love of nutrition is what finally brought her to where she is now, now feeling as though she's "really evolved as a full member of the Co-op." Walk into Fitzgerald's kitchen today and you're likely to find the cupboards basically bare. Her graduated approach to food, after all, involves so many fresh and unprocessed ingredients that she instead shops "Like a European", cloth bag in hand, several days a week.

You may just find Pat perusing Produce after her Monday yoga class, or when she lunches with friends at the Water Street Cafe, which she assures me is "the best place to go when you just want some really good vegetables." Pat's relationship with the Co-op has evolved and expanded with each Co-op location. Over the years, she remained unsurprised by the store's growth and expansion. "I always knew it would find its niche," she told me, citing several people who she's known who have literally moved to Decorah in whole or in part because the Co-op exists as a nucleus of the community. In fact, when the Co-op moved into its latest digs, Fitzgerald was all too happy to purchase preferred stock to help support the expansion. At this point, with Pat's passion for food, all things local, and appetite for knowledge, she may as well hold a degree in nutrition. She's continually learning, and on her quest for new and varied information on health, the Co-op has become a cornerstone on the journey. "I read all of these books, and they all say the same thing - avoid what's processed and eat what's fresh and local."

She talks fondly about time spent with Gretchen in Wellness, who invariably knows the answers, and how each and every time she stumbles on a new health-enhancer (her most recent are Bragg's Liquid Aminos and the oh-so-wonderous coconut oil, for example), she knows she'll find it at the Co-op. "It never fails," she says "They always have it. It's amazing!" Pat believes that food is our most important medicine and that that medicine sometimes includes a healthy dose of dark chocolate and a handful of nuts. She relishes being able to buy small amounts of them in Bulk, keeping them fresh until her next visit. "It's just a fun place," she emphasizes. "It might seem like a small store, but it's just loaded with good things!" Pat feels at home at the Co-op, and the Co-op seems to feel perfectly at home with her. As we spoke, she



was spotted by numerous friends, and our interview culminated with her running off for a chat with yet another.

"Sometimes my friends might think I'm crazy," she says. "The grass-fed beef we get is something like \$7 a pound. Sure, but we get three meals out of it!" She explains how some of the same folks who might call this decision into question, also may think nothing of spending \$10 to go out for a burger. Pat chooses instead to keep her cooking close to home. Except, of course for Water Street Cafe's famous Amish Chicken - which she buys weekly and turns into several meals, including the soup that was cooking in her crock pot as we spoke. "It's always so good," she says. She's glad to get all of that goodness without the hormones and antibiotics she might otherwise find. Pat's health shows. She's radiant and healthy. She and her husband Mike both remain very active in their retirement relishing in Decorah's trails with bike rides, hikes, and walks, and taking advantage of the town's diverse exercise classes. The mother of three grown children, I had a hard time believing that one of her seven grandchildren is about to graduate from college. Fitzgerald is just so youthful, thoughtful, and ahead of the curve. She opts to pay for good food rather than health care.

It's a philosophy she's happy to share. Full of useful information, Fitzgerald listens to weekly podcasts on health and fills me in on her latest nutrition-related reads. She and Mike (retired Decorah High School guidance counselor) love to attend the Co-op's "Meet the Producer" events and are regulars at each year's festive "Taste of the Holidays" celebratory fundraising meal. "Eat good, healthy food," says Pat, "and your body can pretty much take care of itself." Her next culinary mission? Conquering quinoa. No, Fitzgerald won't be slowing down anytime soon. "I just love it. I really feel like I belong here."

## 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.)

# EAT MORE PLANTS

By: Robin Asbell

We've all heard Michael Pollan's advice to eat more plants. It's the most basic way to live lightly on the Earth, stay healthy, and even save money. While Pollan didn't advocate going all the way and adopting a vegan lifestyle, plenty of people have taken his statement to this conclusion: Eat Only Plants.

A survey by the Vegetarian Resource Group in 2011 found that 7.5 million Americans call themselves vegan, which doesn't include the 15 million who are vegetarian. Interestingly, the numbers of people who sometimes opt for meatless meals is growing quickly, to about a third of the total population. Eating vegan — whether you're up for a single meal or going all the way — has been made easier by all the vegans in our midst raising consciousness about the plant-based way of living.

For me, it was a book. In the mid-eighties, John Robbins' authoritative text, "Diet for a New America" came out, and I got a copy from a friend. The book is divided into three sections, describing the nutritional, environmental, and spiritual reasons to opt out of foods made by and from animals. I went vegan, and stayed strictly vegan for six years or so. Then, like a lot of people, I got a little wobbly on the ban on cheese. Working as a chef and food writer, I found myself cooking and tasting animal foods, and I figured that as long as I make my living this way, I have to have some flexibility.

In the years since, I've been much more vegan than most people, and have

found that more and more people are opting for being as vegan as they want to be, too. It's very personal. My own experience is that you can make a vegan diet as healthy or unhealthy as you want to — just like any other eating style. If you want to feel energetic and light, eat lots of real veggies, fruits, whole grains, beans, nuts and seeds, etc. Falling into eating too many vegan cupcakes, processed foods and snacks can make it hard to see the benefits of being vegan.

If the whole plant-based thing is foreign to you, you're not alone. The first question people ask is, "Where do you get your protein?" Well, it turns out that protein is really easy to get. The myth of complete protein (from animal foods) being superior to the collections of amino acids found in plants has been debunked. Every plant has a little bit of protein, and it all contributes to the total that you eat each day. It's not hard at all to include some plant-based protein foods, like beans, tofu, seitan, nuts and seeds, or even quinoa (12 grams of protein per half-cup uncooked) into each meal.

And what about missing all those favorite foods? Well, believe it or not, after a period of vegan eating, your palate will likely change. Instead of expecting food to have strong flavors from meat or cheese, you may start to notice how delicious your roasted squash with garlicky kale really tastes. It also pays to learn how to make use of creamy nut milks, meaty-tasting mushrooms, and flavor-enhancing cooking methods like caramelization and roasting to give your veggies more oomph.

The main thing about adjusting to eating vegan is to give it time and be ready to make adjustments. If you're often feeling hungry, add more heft to your meals, with whole grains, nuts, and avocados. If you want to lose weight but aren't, cut back on the richer vegan foods, and skip the desserts. Eat a balanced diet with lots of leafy greens, colorful veggies, and whole, real foods, and it will be good for you.

Having a growing vegan presence in our midst means that good vegan options in your co-op and in restaurants are becoming easier and easier to find. A

big spread of hummus, baba ganoush, tabbouleh and stuffed grape leaves with some whole wheat pita from the grab-and-go section is a great plant-based meal most everyone can enjoy.

Whether you'd like to go a little bit vegan or a lot, it's easier and tastier than most people imagine.

Authored by Robin Asbell for *Stronger Together*. Reprinted by permission from *StrongerTogether.coop*. Find articles about your food and where it comes from, recipes and a whole lot more at [www.strongertogether.coop](http://www.strongertogether.coop).

## CREAMY BROCCOLI FETTUCCHINE ALFREDO

Robin Asbell

This pasta dish is loaded with broccoli and adorned with a creamy sauce that may well fool other diners into thinking it's made with dairy. Once you master making a white sauce, you can use it to dress up other foods as well, like steamed vegetables or grains.

<b>Ingredients:</b>	1 tablespoon nutritional yeast
2 medium stalks of broccoli, florets and peeled stems, chopped	1 pinch nutmeg
8 ounces fettuccine, dried	1 pinch cayenne
1 tablespoon vegan butter* or canola oil	1/2 cup vegan mozzarella, shredded* (optional—see Tips & Notes)
2 cloves garlic, chopped	1/2 teaspoon salt
1 tablespoon unbleached flour	1/2 cup fresh parsley or basil
1 1/2 cups plain non-dairy milk (I use almond milk)	Olive oil spray
	1 orange, peeled and sliced

**Preparation:** Put on a pot of water for cooking the pasta. Cut broccoli florets from stalks, chop peeled stems and reserve. Heat the margarine or oil in a 4 quart saucepan, and add the garlic. When it starts to sizzle, remove from heat, add the flour and whisk to combine. Return to the heat and cook, whisking, for two minutes. As it cooks, combine the milk, yeast, and spices in a measuring cup and whisk to mix. Remove the pan from heat and whisk in about 1/4 of the milk mixture until smooth, add the milk in 1/4 cup increments, stirring until smooth each time, until all is incorporated. Whisk in non-dairy cheese, whisking constantly until smooth and thick. Season with salt and keep warm.

Cook the fettuccine, add the broccoli to the pot for the last minute of cooking time. Cook until the fettuccine is al dente, and drain well.

In a serving bowl, toss the pasta and warm sauce. Serve and garnish with minced herb, garnish.

**TIPS & NOTES:** Omitting Cheese: If omitting the vegan mozzarella, add another tablespoon of flour to the roux. If desired, add another tablespoon of nutritional yeast.

Vegan Butter: For healthier options, look for vegan margarines or butters that do not contain hydrogenated oils.

- See more at: <http://strongertogether.coop/recipes/creamy-broccoli-fettuccine-alfredo/#sthash.pF18CBDD.dpuf>

## MARK YOUR CALENDAR!

### 1st Annual Holistic & Spiritual Wellness Fair

Saturday, August 9th, 2014  
Howard County Expo Center  
Cresco, Iowa  
9:00 am - 4:00 pm

Featuring  
a variety of health & wellness  
booths and practitioners.

## JOIN US!

For more information, contact Joan Johnston  
563-547-4744 or [jkj1iam@hotmail.com](mailto:jkj1iam@hotmail.com).

## FEATURING:

- Oneota Community Food Co-op - Wellness Department
- Diane Bulman - Restorative Health and Thermography
- Dr. Ron Deyo - Microscopic Live Blood Cell Analysis\*  
\*appt. must be scheduled prior - call 815-244-2699 for more information
- Claudia March - Young Living Essential Oils
- Jamie Rathjen - Fertility Care Practitioner
- Elaine Felton - Massage and Healing Modalities
- Bridgette Doerr - Empowerment Coach and Psychic
- Terri Webb - Reiki and EFT
- Amanda Rhine - Pilates and Wellness Collaborative
- Alyssa Botkin - "It Works"
- Kevin and Chris Fisher - Fisher's Therapeutic Massage and Drums
- Karen Hageman - Reflexology, Healing Touch, Nes Biofeedback, LifeVantage Distributor

## PICNIC FARE?

hearty and light salads

dips, spreads and salsas

unique sandwiches

desserts and pastries

find it all here



## FOOD ALLERGY STORE TOUR

Diet changes due to allergies and intolerances are hard. Ingredient labels are confusing and hidden allergens pop up in favorite foods.

*We get it!*

Join us for a store tour and get help finding the foods you can eat, learn to read labels and get comfortable in the new diet. This tour time is set aside for any type of dietary needs, such as Celiac Sprue, gluten or lactose intolerance, nut allergies and others.

Wednesday,  
June 4th at 4:00 pm

Tuesday,  
June 24th at 2:00 pm

Tour and samples are free of charge!  
No need to register.



# SUMMER SOUPS

By: Robin Asbell

Chilled soup kind of seems like an oxymoron. A wintry, warming bowl of soup has fragrant steam wafting up, heightening your anticipation as you crumble a few crackers and pick up a spoon, right? It's also pretty unappealing on a hot sticky day. So, if you have always thought of soups as cold weather fare, you are missing out on a fabulous summer meal. Many of your favorite vegetables and fruits are at their best right now, and will shine in a simple, light cold soup.

Cold soups are served all over the world, with delightfully exotic names like vichyssoise (potato and leek soup), Gazpacho (traditionally made with cucumbers, tomatoes and peppers), Bisque (a thick cream soup, hot or cold), and Sopa de Aguacate (Mexican avocado soup.) Cold soups can be divided into two major types: the creamy and the not creamy. They are simple enough to make and are highly adaptable, so it's easy to take advantage of what's in season now or what you happen to have in your refrigerator.

## CREAMY VEGETABLE

Creamy soups include the classic French vichyssoise, which in its original rendition was made with heavy cream, but doesn't have to be. Since it doesn't have to be heated, yogurt or buttermilk can stand-in and lighten the soup considerably.

Creamy chilled soups are smooth and savory or sweet. Starting with a vegetable that can be pureed will give you a natural thickener, as with the potatoes in vichyssoise. But be sure to explore beyond the potato; everything from zucchini to carrots can be cooked and pureed. What makes it a savory soup is the addition of sautéed onions, spices, stock, or other deeper flavors. Leeks, cucumbers, tomatoes, corn, peas, beets, and just about anything you have can be cooked until soft and pureed for a cool soup. For a little more body, potatoes or sweet potatoes, cooked beans, or creamy cheeses can meld with your other ingredients, and make the soup more of a meal. Some uncooked savory soups can be concocted from items like avocado, tomatoes, cucumbers, spinach or soft leafy herbs like watercress or basil. Just puree and add cream, milk, buttermilk or yogurt to make it as creamy as you would like.

Vegetable soup recipes: [Chilled Summer Borscht](#), [Watercress Soup with Shiitake Mushrooms](#), [Vichyssoise](#), [Herbed Zucchini Soup](#) (Check out [www.strongertogether.coop](http://www.strongertogether.coop) for links to these recipes.)

## FRUIT

You can also explore fruit soups, which can be sweet or savory. I know that when those precious strawberries, cherries, peaches and melons are at their peak, you probably just eat them unadorned, but soup is a delicious option for summer's bounty. Instead of blueberry buttermilk cake, a beautiful blueberry buttermilk soup can show off that sweet-tart flavor in spoonable form, and you don't have to turn on the oven! A lush puree of brilliant fruit is perfectly complemented by the creamy tartness of buttermilk, yogurt, sour cream or other fermented dairy. A zing of citrus zest also adds a nice complement to the sweet fruit. Just about any fruit will be delicious with fresh mint, but don't stop there. Go tropical with mango, cilantro and lime, which would be tasty with avocado and even a spark of chile to really bring out the flavors. A splash of wine or fruity liquor gives a soup a decidedly grown-up twist.

Fruit soup recipes: [Chilled Melon Soup](#), [Blueberry Soup](#), [Strawberry Coconut Soup for a Summer Brunch](#), [Watermelon Gazpacho](#), [Peach and Tomato](#)

**Gazpacho** (with some chunks) (Check out [www.strongertogether.coop](http://www.strongertogether.coop) for links to these recipes.)

## DAIRY-FREE

If you'd prefer to go dairy-free, there are lots of great options, as well. All your non-dairy milk favorites can be whipped into a cold soup. Puree some blanched almonds or raw cashews until very smooth, or add almond or soy milk. Coconut milk is a decadent and delicious creamy soup base, and perfect with tropical or Asian flavors. Carrots pureed with ginger and coconut milk can be a simple soup, or you can take it further by adding curry and dramatic citrus flavors. A block of silken tofu can puree to sumptuous smoothness, and when it's combined with an equal or larger amount of veggies or fruit, those who are tofu averse are unlikely to notice its presence. Avocados also add a plant-based creaminess to any pureed soup, just be sure to add some lemon or lime to keep it from browning.

Dairy-free recipes: [Cold Curried Carrot and Coconut Milk Soup](#), [Cold Avocado Corn Soup with Cilantro Oil](#), [Summer Cuke Soup](#) (with almond milk) (Check out [www.strongertogether.coop](http://www.strongertogether.coop) for links to these recipes.)

## NOT CREAMY

If you are not in the mood for creaminess, there are all kinds of great veggie-centric cold soups. Just the variations on gazpacho alone can keep you busy (typically it has lots of diced cucumber, peppers and tomatoes floating in a slightly tart tomato and bread puree, but there are many variations). Roasted red or yellow peppers and a few cooked white beans, pureed and thinned with stock, can be seasoned with Italian herbs like basil and oregano, or take a turn for the Southwest with cumin and chiles. Just aim for a flavorful liquid instead of cream, and puree some of the veggies or fruit for a thicker texture.

Some not-cream recipes: [Rustic Gazpacho](#), [Tomatillo Gazpacho](#), [Classic Andalusian Gazpacho](#), [Cold Cucumber Soup](#), [Chilled Yellow Pepper and White Bean Soup](#).

(Check out [www.strongertogether.coop](http://www.strongertogether.coop) for links to these recipes.)

## GARNISHES

All chilled soups call out for garnishes, which can be used to make them into more of a meal. Floating some cooked shrimp, cooked shredded chicken, or crumbled soft cheese on a bowl of cold soup gives it the protein heft that you might crave. Toasted nuts or croutons can add some crunchy texture and make a light soup more filling. It's classic to swirl some yogurt or sour cream into many cold soups, making your colors pop and giving you a decadent contrast or complement. Of course, fresh herbs are always appropriate, whether a sprig of mint in a watermelon soup, or a pile of shredded basil on a cold tomato bisque.

Summer's bounty of colorful fresh and flavorful ingredients will make your cold soups as pretty as they are delicious.

Authored by Robin Asbell for Stronger Together. Reprinted by permission from StrongerTogether.coop. Find articles about your food and where it comes from, recipes and a whole lot more at [www.strongertogether.coop](http://www.strongertogether.coop).



Made by Hand for You

Thoughtfully designed, handcrafted timber frames for homes, park shelters and barns.

[www.wildrosetimberworks.com](http://www.wildrosetimberworks.com)

**WILD ROSE TIMBERWORKS**

563 382 6245 | Decorah Iowa

Celebrate food diversity!  
July 18-20, 2014  
34<sup>th</sup> Annual  
**Conference & Campout**

Speakers Workshops & more!

- Seed Saving • Root Cellaring • Homesteading Skills •
- Cooking & Preserving the Garden Harvest •
- Apple Grafting • Organizing a Seed Swap • Good Food & Fun •

Go online for details on the speakers, workshops & more!

**SEED SAVERS EXCHANGE**  
seedsavers.org • 3094 North Winn Road, Decorah, IA • 563-382-5990

## WATERCRESS SOUP WITH SHIITAKE MUSHROOMS

<http://strongertogether.coop/recipes/watercress-soup-with-shiitake-mushrooms/>

The Perennial Plate

### Ingredients:

Mushrooms—

- 10 large shiitake mushrooms
- 1 bulb green garlic, minced
- 1/2 bunch oregano, minced (reserve stems for optional mushroom stock)
- 1/4 cup good olive oil
- 1/4 cup seasoned rice vinegar (or rice vinegar with a bit of honey)

Soup—

- 2 tablespoons olive oil
- 2 green garlic bulbs plus stalks, chopped
- 2 large potatoes, peeled and diced
- 7 cups vegetable stock (or stock using mushroom stems, see instructions below)
- 4 cups watercress (reserve stems for optional mushroom stock)
- a little water
- salt to taste

### Preparation:

#### Mushrooms

Remove the stems and marinate the mushrooms with the herbs, garlic, olive oil, salt and vinegar for as little as an hour, or overnight. I did it for the length of time it took to cook the soup. When the soup is ready. Grill the mushrooms. The way I like to do it is to char both sides – just so it has a bit of color. Do this on the hot part of the grill, and then set them aside to finish cooking through. Try a mushroom to see if it is done.



#### Mushroom Stock (optional)

To make a stock using the stems of the shiitakes, roast them in the oven at 400 degrees F with an onion until they have a bit of color. Then add to a stock pot, cover with water, add the oregano and watercress stems. Bring to a boil and simmer for an hour.

#### Soup

Saute garlic in the olive oil with salt until translucent. Add potatoes and cook until halfway done (about 10 minutes) add vegetable stock and simmer until potatoes are cooked through. Puree and season.

Puree watercress with a little water.

Combine the potato puree with the watercress, and garnish with the mushrooms.

#### Serving Suggestions

This dish can be served cold as well (in fact I recommend it!). Also, a little bit of nice olive oil on top would be good, and a few shavings of Parmesan!

#### More Details

Check out Daniel's blog for Stronger Together about his visit to the mushroom growers, Curly and Carole Anne of Sweden Creek Farms and Ozark Natural Foods as well as his video below, which details his visit and soup preparation!

## HERBED ZUCCHINI SOUP

[www.eatingwell.com](http://www.eatingwell.com)

### Ingredients:

- 3 cups reduced-sodium chicken broth
- 1 1/2 pounds zucchini, (about 3 medium), cut into 1-inch pieces
- 1 tablespoon chopped fresh tarragon, or dill or 1 teaspoon dried
- 3/4 cup shredded reduced-fat Cheddar cheese, (3 ounces)
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper



### Preparation:

Place broth, zucchini and tarragon (or dill) in a medium saucepan; bring to a boil over high heat. Reduce to a simmer and cook, uncovered, until the zucchini is tender, 7 to 10 minutes. Puree in a blender (see Tip), in batches if necessary, until smooth. Return the soup to the pan and heat over medium-high, slowly stirring in cheese until it is incorporated. Remove from heat and season with salt and pepper. Serve hot or chilled.

#### Tips and Notes

**Make Ahead Tip:** Cover and refrigerate for up to 3 days. Serve chilled or reheat.

Hot liquids can splatter out of a blender when it's turned on. To avoid this, remove the center piece of the lid. Loosely cover the hole with a folded kitchen towel and turn the blender on. Better airflow will keep the contents from spewing all over the kitchen.

[http://www.eatingwell.com/recipes/herbed\\_zucchini\\_soup.html](http://www.eatingwell.com/recipes/herbed_zucchini_soup.html)

## CLASSIC ANDALUSIAN GAZPACHO

[www.epicurious.com](http://www.epicurious.com)

The classic Andalusian gazpacho is found all over the region with surprisingly few variations, except for the addition of cucumber and onion — ingredients that have fallen out of favor with chefs who prefer to allow the pure taste of the tomatoes, Sherry vinegar, and olive oil to shine through. In this version, cumin lends an intriguing, subtle flavor.



### Ingredients:

- 1 (2-inch-long) piece baguette, crust discarded
- 2 garlic cloves
- 2 teaspoons salt
- 2 tablespoons Sherry vinegar (preferably "reserva"), or to taste
- 1 teaspoon sugar
- 1/2 teaspoon ground cumin (optional)
- 2 1/2 lb ripe tomatoes, cored and quartered
- 1/2 cup mild extra-virgin olive oil (preferably Andalusian hojiblanca)
- Garnish: finely chopped red and green bell peppers

### Preparation:

Soak bread in 1/2 cup water 1 minute, then squeeze dry, discarding soaking water.

Mash garlic to a paste with salt using a mortar and pestle (or mince and mash with a large knife). Blend garlic paste, bread, 2 tablespoons vinegar, sugar, cumin, and half of tomatoes in a food processor until tomatoes are very finely chopped. Add remaining tomatoes with motor running and, when very finely chopped, gradually add oil in a slow stream, blending until as smooth as possible, about 1 minute.

Force soup through a sieve into a bowl, pressing firmly on solids. Discard solids.

Transfer to a glass container and chill, covered, until cold, about 3 hours. Season with salt and vinegar before serving.

**Cooks' note:** Gazpacho can be chilled up to 2 days.

<http://www.epicurious.com/recipes/food/views/Classic-Andalusian-Gazpacho-106874>

Specializing in sustainable residential & light commercial construction

**wadsworth construction inc**

David J. Wadsworth • 563.419.0390 • [wadsworthconstruction.com](http://wadsworthconstruction.com)

**the COMM POST**

To sign up for weekly Oneota Co-op e-mails containing news, events, sales, the Café menu and catering menu, simply go online to any page of our website and enter your e-mail address at the bottom of the page.

[www.oneotacoop.com](http://www.oneotacoop.com)

ONEOTA COMMUNITY FOOD COOPERATIVE  
Decorah, Iowa

**SUSTAINABLE SOLUTIONS**

VIDEO ■ WEB ■ GRAPHIC DESIGN  
PHOTOGRAPHY ■ SOCIAL MARKETING

**CORBIN GROUP**

[www.corbingroup.biz](http://www.corbingroup.biz)

# SUMMER SALADS

By: Robin Asbell

When the days are long and the sun is high, eating is sometimes the last thing on your mind. We all get so busy playing outside, and the heat just seems to vanish appetite. Then it dawns on everyone that they are famished! This is the time for cool salad meals. Light, easy, and in tune with the season, salad for lunch or dinner is just the thing. With an endless array of ingredients, you can pile a whole meal into the salad and never get bored.

We all think of green salads first, but we can explore many other chilled, marinated and dressed salads that satisfy. And if you're looking for nutritional balance in a single dish, salads are a great way to incorporate many or all of the food groups: veggies, fruits, whole grains and proteins (including dairy).

**WHOLE MEAL GREEN SALADS:** There are so many ways to combine veggies, fruits, proteins and grains to create whole meal salads. Here are just a few:

**BASIC SALAD AND VARIATIONS.** Start with a big bed of romaine and oranges, topped with a serving of beans, nuts or meat or seafood and a side of whole grain toast or crackers is pretty easy, dressed with a simple vinaigrette. I like to add variety to my greens by tossing in whole leaves of basil and mint, as well as tender young kale or mustard. Don't be shy about piling on non-leafy veggies like broccoli and cauliflower, shredded carrots or beets, or just chopped tomatoes and zucchini. All sorts of fruit is fun to include; the berries, peaches and plums of summer are a perfect foil for tangy dressings, or blended into the dressing itself.

**SPINACH AND STRAWBERRY SALAD.** Spinach, strawberries, a sprinkling feta and walnuts (candied or plain) make an easy salad that's almost a dessert. Pureeing strawberries into a creamy dressing makes a beautiful and delicious topping. Serve with your choice of chicken, baked tofu, shrimp and grains on the side.

**SLAW.** If big piles of leaves are too tiring to chew, try shredding veggies into a slaw. Cabbage is the original, but you can shred broccoli stems, radishes, jicama, beets, and hefty kale and collard greens to toss with a creamy slaw dressing or a leaner vinaigrette-and shred some chicken or baked tofu over the top. Give it an Asian twist with tahini dressing or curry spiced yogurt dressing, and pile on some cooked shrimp or lentils.

All of these salads would be well-complemented by whole grain croutons, crackers or toasted baguette-smear with a little extra dressing or creamy cheese.

**WHOLE GRAINS:** Grain salads, from wheat berry to rice, form their own salad category. When you boil up a batch of wild rice, wheat berries, or quinoa for your dinner sides, make some extra to use in a grain salad later in the week. Adding copious amounts of veggies is easy; just pick a theme. For a curry-inspired salad, blanch cauliflower and snow peas, add handfuls of cilantro and make a spicy yogurt dressing. For a classic Southwestern one, mix in corn and black beans, and stir salsa and plain yogurt together for a zesty sauce. Wheat berries have a lovely crunch and sweetness, easily complemented by adding fresh fruit, like berries or nectarines, and herbs like watercress or mint. Nuts and beans of all sorts really work with whole grains, which have a nutty taste of their own.

**PASTA AND NOODLES:** Pasta and noodle salads can keep you entertained for many evenings, from a garlicky orzo in pesto with zucchini, broccoli and peppers, to a Vietnamese styled sweet and sour noodle with piles



of basil, mint, and veggies. I like to use whole grain pastas, and find that whole wheat angel hair can stand in for rice noodles in Asian dishes, for a little more fiber and nutrition. Incorporate the proteins you have on hand, from shrimp to chopped ham, or of course, cheeses for a Mediterranean flair. Think about extra nutrition, and chop twice as many veggies as the recipe calls for-it's a salad, isn't it?

**BEANS:** Bean salads are a wonderful way to get all that healthy fiber and protein and save a few bucks. Creamy beans melt on the tongue, especially after marinating in a yummy vinaigrette. I make a white bean and spinach salad in spinach pesto and marinate fresh white mushrooms, zucchini and peppers separately in a sherry dressing, then pile the mushrooms on the beans and cover it with chopped basil. It's two salads in one. Garbanzos lend themselves to all kinds of Mediterranean treatments, from lemon, mint and garlic, to red wine vinegar, olive oil and parmesan. Don't forget the soybean; edamame is the perfect salad bean, with a bright color and crunch. Just thaw frozen shelled edamame and make a three bean salad with black or kidney beans and green beans, and serve it on lots of veggies. Edamame or marinated and baked tofu are perfect in Asian salads, and can be dressed simply with a sesame oil and soy sauce spiked dressing.

**DRESSING:** All you need to complete your salad is a good homemade dressing. Most vinaigrettes are 2 or 3 parts oil to one part vinegar or citrus, but I often like to go 1 to 1, for a tangier, lower-fat drizzle. A way to amp up the nutrition in your dressing is to make a nut or seed butter based one using tahini or peanut butter, for example. Just stir in rice vinegar or lime juice, a dash of sugar, and soy sauce to taste, and if you want to add crushed garlic and ginger, go ahead. Cheesy dressings are a great way to stretch a few crumbs of feta, chevre or bleu across a whole bowl of salad. Just mash the cheese, stir in fat free plain yogurt, crushed garlic and a dash of olive oil to taste.

So keep some salad ingredients handy, and stir up a jar of dressing to keep in the fridge. Then you will be ready to make a big, satisfying salad when hunger hits!

Authored by Robin Asbell for Stronger Together. Reprinted by permission from StrongerTogether.coop. Find articles about your food and where it comes from, recipes and a whole lot more at [www.strongertogether.coop](http://www.strongertogether.coop).

You're invited to take a behind-the-scenes tour of Heritage Farm

## COMMUNITY FIELD DAY

SATURDAY, AUGUST 16 • 9:00AM-1:30PM  
FREE EVENT - Pre-Registration is required at [www.seedsavers.org](http://www.seedsavers.org)  
Space limited

- Free Pancake Breakfast
- Farm Tours
- Kids Activities
- See the Seed Vault
- Hikes & Wagon Rides



**SEED SAVERS EXCHANGE**  
[seedsavers.org](http://seedsavers.org) • 3094 North Winn Road, Decorah, IA • 563-382-5990

Registering for Fall 2014 and Fall 2015 with tuition assistance available



Learning...the way nature intended



**KINDERHAUS**  
Preschool and Kindergarten for ages 3-6  
[KinderhausDecorah.com](http://KinderhausDecorah.com)  
563.379.7303

Kinderhaus embraces students of all racial, national and ethnic origins in all rights, privileges, programs, policies, and scholarships

## NO VOC PAINTS NOW AVAILABLE



**ACE**  
The helpful place.  
200 E. Main St., 563-382-3538  
[www.acehardware.com](http://www.acehardware.com)

Valspar Optimus and Aspire interior paint combines paint and primer in a low odor, zero VOC formula.

**PLUS....** Ace has added No VOC computer paint tinting machine to ensure that all of these paints are completely No VOC

## Tune into KPVL Community Radio



Community Radio  
The VOICE to Build & Serve Community in Northeast Iowa

**KPVL 89.1**

In-depth news, music, public affairs, talk, arts, numerous locally produced programs, & so much more

[www.kpvlradio.org](http://www.kpvlradio.org)

# DO YOU WANT TO FARM?

The Land Stewardship Project's (LSP) Farm Beginnings works to get more successful farmers on the land and organize for a system in which family farmers can flourish. Do you want to farm and be a part of this change? This training program is for you. The Land Stewardship Project's Farm Beginnings, [www.farmbeginnings.org](http://www.farmbeginnings.org), program is now accepting applications for the 2014-2015 courses. The courses will be held in three locations: Watertown, MN; La Crosse, WI; and Ashland, WI.

Farm Beginnings is a training program focused on getting more farmers on the land and farming sustainably. The year-long program is intended for people of all ages interested in starting a farm business as well as for established farmers pursuing a new farming enterprise. Farm Beginnings participants learn goal setting, financial planning, enterprise planning, marketing, sustainable farming methods and become connected to a supportive network of farmers and resource personnel.

Farm Beginnings classroom sessions run from late October 2014 to April 2015 (approximately two classes per month) and are led by farmers and other agricultural professionals. The in-class portion of the program is followed by an on-farm educational component that includes farm tours, field days and connection to the LSP Farmer Network. The course fee is \$1500 for two people on the same farm enterprise (partial scholarships and flexible payment plans available).

The application deadline is September 1, 2014

Early bird applications received by August 1, 2014 save \$100

For more information on LSP's Farm Beginnings course and to apply, please visit [www.farmbeginnings.org](http://www.farmbeginnings.org) or contact LSP's Karen Benson at 507-523-3366 or [lpse@landstewardshipproject.org](mailto:lpse@landstewardshipproject.org).

# WHEN IT COMES TO GMOS WHAT'S THE LABEL MEAN?

**USDA**  
*Organic*



[www.usda.gov](http://www.usda.gov)

- Products must contain (excluding water and salt) only organically produced ingredients and processing aids.
- Items you won't find used to make or included:
  - o Genetically Modified Organisms (GMOs)
  - o Growth hormones
  - o Antibiotics
  - o Pesticides
  - o Irradiation
  - o Animal confinement
  - o Sewage sludge

**NON-GMO PROJECT**  
*Verified*



[www.nongmoproject.org](http://www.nongmoproject.org)

Product has been produced according to rigorous best practices for GMO avoidance, including testing of risk ingredients.

Use of seal requires:

- At least one post-harvest test of each batch of at-risk ingredients
- Rigorous traceability and segregation practices
- Annual audit to ensure best practices
- Action threshold of 0.9% (products containing more than 0.9% GMOs cannot use this label)

**NO GMO'S BUT NO REQUIREMENT TO BE ORGANIC\***

\* Seals do not guarantee 100% GMO Free. "GMO Free" is not legally or scientifically defensible. More information about potential for contamination is available on both organizations' websites.

## CHECK YOUR LABELS SOME PRODUCTS WILL BE CERTIFIED BY BOTH ORGANIZATIONS AND SOME BY JUST ONE.

— *Why would a product be labeled both?* —

A company may choose to have certified organic products tested and approved by the Non-GMO Project for a variety of reasons. These reasons may include support of the Non-GMO Project's efforts, desire from consumer base to support and label GMO-free products, or to maintain additional oversight over supply chain.

The Non-GMO Project label is an important differential in the conventional marketplace. When organic isn't an option, choose the Non-GMO labeled product when attempting to avoid GMO ingredients.

# STRATEGICALLY SPEAKING...

By: David Lester, General Manager

continued from page 1

packaging and creating a brand. When we sell their product, everyone benefits. One of my favorite new local producers is from the Gays Mills, WI area, Kickapoo John's Lump Charcoal. It is sustainably produced from hard wood varieties in the Driftless Region and is a fantastic charcoal.

### IMPLEMENT PATRONAGE DIVIDEND PROGRAM — CONTINGENT UPON PROFITABILITY.

If you attended our annual meeting in early April, then you heard our Board President, Steve McCargar announce that the Board of Directors approved a patronage dividend to be paid this year based on the record profit that we achieved in 2013. This is the first patronage dividend to be paid in our new store location! Members who have fully paid their member shares and who spent more than \$1,058.94 at the Co-op in fiscal year 2013 will see their dividend checks by the beginning of August.

### EXPAND FACILITY WITH KITCHEN CLASSROOM.

Drum roll, please. I am happy to announce that we will be renting space in the building next to ours and expanding our classroom space/teaching kitchen beginning July 1. Our class participation rate has been growing at 200% for the past two years and we don't have adequate space in our store to accommodate more than 10 students per class comfortably. We are excited to create a space right next to the Co-op that is handicapped accessible with state-of-the-art equipment and teaching stations. Stay tuned!

As you can see, the management team and I have taken these board-driven priorities and are implementing action to achieve them...process is fun! Our Co-op is growing in so many positive ways and we are beginning to gain even more traction with the local foods movement. Have a wonderful summer and I hope to be taking a class with some of you soon.



## Decorah Zen Center Meditation Schedule

**Monday through Friday – 7:00 A.M.**

30 minute period of zazen followed by chanting the Heart Sutra

**Wednesday Evening – 5:30 P.M.**

40 minute period of zazen followed by tea

Everyone is welcome.  
There is no charge for attending.  
Free-will offerings are appreciated.

Decorah Zen Center, 309 West Broadway | [decorahzencenter@gmail.com](mailto:decorahzencenter@gmail.com)

## 3 WAYS TO AVOID GMOS



### ★ *Buy Organic*

Products certified organic by the USDA cannot contain genetically modified ingredients.

### ★ *Buy Non-GMO Project Verified products*

Products have been labeled and independently verified for rigorous GMO avoidance.

### ★ *Avoid non-organic foods on the GMO High Risk List*

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

# NATURAL BUG REPELLENTS

By: Carrie Johanningmeier,  
Wellness Assitant

**end 2** A community that is educated about food and other products that are healthy for people and the environment.



During the summer, I like to go to campgrounds, rivers and woods, and I don't want insects to irritate, bite and ruin my outside activities. Many store bought bug repellents contain ingredients that I don't believe are the best option for daily use. There are natural ways to keep bugs away that are much better for you and may even be more effective.

There are many essential oils known for being excellent insect repellents. Here is a list of some of the most common: Eucalyptus Citriodora or Eucalyptus Globulus, Citronella, Clove, Lemongrass, Rose Geranium, Patchouli, Rosemary, Basil, Lavender, Cinnamon, Cedarwood, Oregano, Thyme and Tea Tree. Different essential oils work better for specific pests. Here is a list of the ones I have found or studied to be the most effective:

**Mosquitoes:** Eucalyptus Citriodora or Eucalyptus Globulus, Citronella, Peppermint, Lemongrass, Rosemary, Patchouli, Cinnamon, Thyme, Basil, and Lavender.

**Ticks:** Rose Geranium, Thyme and Oregano

**Gnats:** Citronella, Eucalyptus Citriodora or Eucalyptus Globulus, Rose Geranium, Patchouli and Thyme  
**Flies:** Citronella, Rosemary, Lavender and Peppermint

**Chiggers:** Tea Tree, Lavender, and Lemongrass

**Fleas:** Citronella, Lemongrass, Cedarwood, Lavender, Peppermint, and Tea Tree

**Moths:** Lemongrass, Cedarwood, Lavender, Peppermint and Oregano

**Lice:** Peppermint, Thyme and Tea Tree

There are several ways I use essential oils to repel insects. If I am eating food outdoors, I use an aromatherapy burner or put a few drops of undiluted essential oils on a tissue or cotton ball near the food. When I know I will be spending time outside, I will mix a single oil (or up to four) in a unscented lotion, coconut oil or other carrier oil, by adding 1 drop for every 5 mls used and apply topically.

Then I will spray my clothes and hair with a homemade bug repellent spray. You can make one by using a clean spray bottle, distilled or boiled water, a carrier oil, and your essential oil(s). Most essential oils are too concentrated to be used directly on the skin, so they need to be diluted. Also, since water and oil don't mix, you want to add an alcohol or carrier oil so they can mix. Some carrier oils/alcohols you can use are almond oil, apricot kernel oil, grapeseed oil, glycerine, witch hazel and vodka. Words to look for on the bottle of carrier oil which indicate quality are organic, cold-pressed and virgin.

I use a 4 ounce stainless steel or a dark glass spray bottle, fill it with 2 ounces of distilled or boiled water. Then I add an ounce of witch hazel or vodka, and 40-70 drops of my essential oils. I try to keep the total percent of essential oils under 10% for safety. If I have it on hand, I like to add a teaspoon of jojoba oil for its moisturizing properties. You don't want to completely fill the bottle completely full since you want room to shake each time it's used. Spray on exposed skin or clothing, avoiding eyes and mucous membranes. You may need to reapply, depending on how much time you spend outside and how many pests you have in your vicinity. I find myself reapplying every 2-4 hours.

## Some sample recipes:

30 drops Citronella  
20 drops Peppermint  
15 drops Tea Tree

25 drops Rose Geranium  
15 drops Peppermint  
10 drops Rosemary

40 drops Rose Geranium

50 drops Eucalyptus Citriodora

## IMPORTANT NOTES:

Some citrus oils, like lemon and lemongrass, have strong bug repellent properties, but they are also phototoxic. This means that the sun could damage or burn easily if those oils are applied to the skin and then exposed to any source of ultraviolet (UV) light. It is advised to use caution when adding citrus oils to your sprays or balms. If you decide to use citrus oils, keep your skin completely covered to avoid UV exposure.

Lavender is another great repellent and great if you do get a bite, however, don't use if you're trying to deter bees since bees collect pollen from lavender flowers.

Young children, women who are pregnant or breast feeding, people taking medication, people using homeopathy or people with certain addictions, should be aware that there are certain essential oils that should not be applied to the body. These people should consult a healthcare practitioner before using. When learning to use essential oils, safety is very important. Always do a skin test before using an essential oil. Use vegetable or olive oil to wipe it off if sensitivity, reaction occurs. Do not use water. When possible, use standard biting insect precautions like wearing socks and avoiding the times when insects are more active.

If you don't find yourself enthusiastic about making your own, no worries. We sell all-natural bug repellents at the Oneota Co-op. Here are some I have tried and found to be effective:

Bug Band Insect Repellant Lotion perfect for when you need more heavy-duty protection. By spraying it directly on clothing or skin, the Geraniol vapors form a protective barrier to deter blood-sucking insects from biting. It's my favorite to use while out mushroom hunting. I spray it around my ankles, wrist or neck where insects tend to invade. Along with Geraniol, it also uses soybean oil, rosemary, mint and geranium oil. These work well for deterring mosquitoes, ticks, fleas gnats, no-see-ums and flies.

Badger Anti-Bug Spray or Balm naturally repels mosquitoes and insects with the pleasant aroma of Citronella, Cedar, Lemongrass, Rosemary, Peppermint, and Wintergreen essential oils combined with soybean and castor oil. It's 100% Natural and Certified Organic.

Mom's Bite Blocker Xtreme Sportsman Insect Repellent formula provides protection from bites for up to eight hours against mosquitoes, black flies and more than two hours for ticks. I like to use this one on the river since it is a waterproof formulation that uses soybean oil, geranium oil, castor oil, and wintergreen. It is tough enough for extreme environments and safe for the entire family.

No matter how much we try to protect ourselves we can still get bitten. Here are some natural remedies to stop the itch or pain.

-Apply Lavender or Tea Tree essential oil directly to the bite (lavender and tea tree are the only oils that can be applied to the skin, all others need to be diluted).

-Apply Apple Cider Vinegar to the bite.

-Create a paste of water and baking soda and apply to bite.

-A slice of onion has been known to immediately remove pain when applied to insect bites.

-You can apply plantain leaf. It grows everywhere, but make sure you Google image it, so you know you're harvesting the right plant. Dust it off, make sure that no pesticides or chemical fertilizers have been applied, and chew it up and place it on the sting or bite. The enzymes in your saliva help to break down the plant membranes, releasing the pain-relieving and inflammation constituents.

-I have applied mud when I have been unprepared and it helps take the itch away. Make sure that no pesticides or chemical fertilizers have been applied.

You will need to experiment with oils to see which ones work the best for you. Don't let the fear of bugs (or repellents) get in the way of your love of nature. By learning new, healthier ways to avoid insects, you can be outside as much as you want.



 **Simply Antiques**  
Nancy Lerdall

801 East Water • Decorah, IA 52101  
563-382-8806

**member deals** ONEOTA COMMUNITY FOOD COOPERATIVE

**EXAMPLE** Kettle Krinkle Cut Potato Chips  
limit 2 bags per customer

**\$3.89** Reg Price \$4.69

**EXAMPLE**

UPC#123456789012 FEB 24 2014

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.

# THE celebration CONTINUES

## MEMBER DEALS 06/04/14 - 07/01/14

\* Regular prices subject to change

	SALE Price	Reg Price	Savings
<b>CELESTIAL SEASONINGS</b>			
Cool Brew Blueberry or Peach Iced Tea, 40 Count	\$3.99	\$5.59	\$1.60
Cool Brew Raspberry or Tropical Iced Tea, 40 Count	\$3.99	\$5.59	\$1.60
<b>NATURAL SEA, Chopped Clams, 6.5 oz</b>			
Pink No Salt Salmon, 7.5 oz	\$3.39	\$3.99	\$0.60
Pink Salmon, 7.5 oz	\$3.39	\$3.99	\$0.60
<b>ORGANIC VALLEY, Organic 1% Milk, 4/8 oz</b>			
Organic Chocolate Flavored Milk, 4/8 oz	\$4.69	\$4.99	\$0.30
Organic Strawberry Flavored Milk, 4/8 oz	\$4.69	\$4.99	\$0.30
Organic Vanilla Flavored Milk, 4/8 oz	\$4.69	\$4.99	\$0.30
<b>SURF SWEETS, Organic Gummy Bear Candy, 2.75 oz</b>			
Organic Gummy Worm Candy, 2.75 oz	\$1.39	\$1.99	\$0.60
Organic Jelly Beans Candy, 2.75 oz	\$1.39	\$1.99	\$0.60
Organic Sour Worm Candy, 2.75 oz	\$1.39	\$1.99	\$0.60
<b>WONDERFULLY RAW</b>			
Organic Brussel Byte Pumpkin Flavored Snack, 2 oz	\$3.99	\$5.99	\$2.00
Organic Brussel Byte tamarind Flavored Snack, 2 oz	\$3.99	\$5.99	\$2.00
<b>WOODSTOCK, Charcoal, 8.8 pound</b>			
Organic Bread & Butter Pickles, 24 oz	\$4.99	\$5.99	\$1.00
Organic Baby Dill Pickles, 24 oz	\$4.99	\$5.99	\$1.00
Organic Sliced Dill Pickles, 24 oz	\$4.99	\$5.99	\$1.00
Organic Whold Dill Pickles, 24 oz	\$4.99	\$5.99	\$1.00
ALDEN'S, Organic Orange Sherbert, 48 oz	\$5.69	\$7.49	\$1.80
<b>FOOD FOR LIFE</b>			
Organic Gluten-Free Multiseed English Muffin, 18 oz	\$4.99	\$5.99	\$1.00
Organic 7 Grain English Muffin, 16 oz	\$3.99	\$4.59	\$0.60
Organic Gluten-Free Brown Rice English Muffin, 18 oz	\$4.99	\$5.99	\$1.00
Organic Cinnamon Raisin English Muffin, 16 oz	\$4.39	\$4.99	\$0.60
Organic Ezekiel 4:9 Pita Bread, 10 oz	\$2.69	\$2.99	\$0.30
Organic Ezekiel 4:9 English Muffin, 16 oz	\$3.99	\$4.69	\$0.70
<b>JULIE'S ORGANIC ICE CREAM, Organic Vanilla Ice Cream, 32 oz</b>			
Organic Chocolate Ice Cream, 32 oz	\$5.99	\$6.99	\$1.00
Organic Cookies & Cream Ice Cream, 32 oz	\$3.99	\$4.39	\$0.40
<b>RISING MOON, Organic Porcini &amp; Wine Tortelloni, 8 oz</b>			
Organic Creamy Artichoke Soy Ravioli, 8 oz	\$3.69	\$4.49	\$0.80
Organic Spinach Cheese Ravioli, 8 oz	\$3.69	\$4.29	\$0.60
Organic Garlic & Vegetable Ravioli, 8 oz	\$3.69	\$4.29	\$0.60
Organic Garlic Gorgonzola Ravioli, 8 oz	\$3.69	\$4.39	\$0.70
Organic 4 Cheese Tortelloni, 8 oz	\$3.69	\$4.39	\$0.70
<b>SO DELICIOUS, Non Dairy Coconut Almond Mini Bar, 2.7 oz</b>			
Non Dairy Coconut Vanilla Mini Bar, 2.3 oz	\$3.69	\$4.89	\$1.20
Non Dairy Mini Fudge Bar, 2.3 oz	\$3.69	\$4.99	\$1.30
Non Dairy Neopolitan Mini Ice Cream Sandwich Bar, 2.3 oz	\$3.39	\$4.59	\$1.20
HENRY & LISA, Grab N'Go Cod, 4 oz	\$3.99	\$4.79	\$0.80
<b>ORGANIC PRAIRIE, Organic Italian Pork Sausage, 12 oz</b>			
Organic 85% Ground Beef, 16 oz	\$8.69	\$8.99	\$0.30
Organic Grass Fed 85% Ground Beef, 16 oz	\$8.69	\$8.99	\$0.30
LISANATTI, Rice Mozzarella Cheese, 8 oz	\$2.99	\$3.99	\$1.00
NANCY'S, Organic LowFat Cottage Cheese, 16 oz	\$4.69	\$4.99	\$0.30
<b>ORGANIC VALLEY, Organic Cream, 8 oz</b>			
Organic Cheese Stringles, 6 oz	\$4.39	\$4.59	\$0.20
<b>AUBREY, Aloe Vera, 4 oz</b>			
Blue Chamomile Conditioner, 11 oz	\$9.99	\$12.49	\$2.50
Blush - Warmed Raisin or Warmed Rose, 3 grams	\$10.99	\$13.99	\$3.00
Body Spritzer - Siesta Sizzle, 5 oz	\$5.99	\$6.99	\$1.00
Body Spritzer - Tang Tang Tea or Tangelo Twist, 5 oz	\$5.99	\$6.99	\$1.00
Calendula Blossom Deodorant, 4 oz	\$7.99	\$10.49	\$2.50
Camellia/Jasmine Shine Spray, 4 oz	\$6.99	\$7.99	\$1.00
Clarifying Skin Therapy Complex	\$8.99	\$9.99	\$1.00
Clarifying Therapy Cleanser	\$11.99	\$12.99	\$1.00
Collagen Restorative Moisturizer	\$19.99	\$22.49	\$2.50
Conditioner - Honeysuckle Rose or Swimmers, 11 oz	\$9.99	\$11.99	\$2.00
Deodorant - E Plus C, 3 oz	\$6.99	\$8.49	\$1.50
Deodorant - Men's Stock Pine, 4 oz	\$7.99	\$9.99	\$2.00
Face Scrub - Men's 6 oz	\$7.99	\$10.39	\$2.40
Gel - B5, 6 oz	\$9.99	\$11.99	\$2.00
Green Tea Shampoo, 11 oz	\$9.99	\$11.99	\$2.00
Lotion - Baby, 8 oz	\$8.99	\$9.99	\$1.00
Natural Sun SPF 45, 3 oz	\$14.99	\$14.99	\$0.00
Natural Sun Spray SPF 30, 6 oz	\$14.99	\$15.99	\$1.00
Relax-R-Bath, 8 oz	\$7.39	\$8.99	\$1.60
Shampoo - Baby, 8 oz	\$7.39	\$8.99	\$1.60
Shampoo - Blue Chamomile, 11 oz	\$9.99	\$11.99	\$2.00
Shampoo - Honeysuckle Rose, 11 oz	\$9.99	\$11.99	\$2.00
Shave Cream - Northwoods Men's, 4 oz	\$6.39	\$7.99	\$1.60
Shower Wash - Sea Soap, 8 oz	\$7.39	\$8.99	\$1.60
Soap - Baby, 8 oz	\$7.99	\$8.99	\$1.00
SUNLEAF, Bar Soap - Amyris Bergamot, 5 oz	\$4.69	\$5.99	\$1.30
Bar Soap - Rosy Geranium or Scent Free, 5 oz	\$4.69	\$5.99	\$1.30
Shampoo - Cedar Mint, Clary Lavender, or Orange Ginger, 5 oz	\$4.69	\$5.99	\$1.30
Greenbar Shave & Face, 3.6oz	\$4.39	\$5.99	\$1.60
Tea Tree Therapy, Tea Tree Oil, 1 oz	\$8.39	\$12.99	\$4.60
Andalou, Conditioner Thinning Hair Treatment, 9 oz	\$6.99	\$9.99	\$3.00
Scalp Intensive Thinning Hair Treatment, 9 oz	\$10.99	\$14.99	\$4.00
Shampoo Thinning Hair Treatment, 9 oz	\$6.99	\$9.99	\$3.00
Thinning Hair Kit	\$21.99	\$29.99	\$8.00
<b>SUNLEAF, Candle - Lavender Clary or Rosy Geranium</b>			
Candle - Orange Ginger	\$10.99	\$13.99	\$3.00

Save the date  
**Saturday, September 13, 2014**

# JOIN US FOR *Under the Setting Sun*

*Dinner and dancing  
to celebrate  
40 years of Oneota Community Co-op*

featuring the music of  
*the Footnotes*

and delicious food by our very own

*Water Street Café* 

fresh . organic . local .



Details coming soon!

## Oneota Community Food Co-op Mission

The mission of the Oneota Community Co-op is to build vibrant communities and eco-systems by providing organic, locally produced and bulk foods, as well as other products and services that are sustainable for those who consume and produce them.

### Ends Policy

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

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

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

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

1. A retail source for food and other products that, to the greatest extent possible, are organic, sustainably produced, local grown and/or processed, and affordable. A business that encourages the expansion of sustainably grown local food sources.
2. A community that is educated about food and other products that are healthy for people and the environment.
3. A business that promotes the development of cooperation and cooperative enterprise.
4. A business that promotes environmental and financial sustainability.
5. Employment in a work place that provides the personal satisfaction of collaborative work directed toward common goals and provides extraordinary customer service.
6. A diverse, local community whose fabric is strengthened through caring, and sharing gifts of time, energy and resources.

## Oneota Community Food Co-op Staff

General Manager, David Lester.....	gm@oneotacoop.com
Marketing and Outreach Manager, Nate Furler.....	nate@oneotacoop.com
Financial Manager, Larry Neuzil.....	larry@oneotacoop.com
HR Coordinator/Office Manager, Deb Reiling.....	deb@oneotacoop.com
IT Coordinator, Theresa Kleve.....	it@oneotacoop.com
Produce Manager, Betsy Peirce.....	produce@oneotacoop.com
Grocery Manager, Kristin Evenrud.....	grocery@oneotacoop.com
Cafe Manager, Mattias Kriemelmeyer.....	deli@oneotacoop.com
Front End Manager, Ruth Jenkins.....	frontend@oneotacoop.com
Wellness Manager, Gretchen Schempp.....	gretchen@oneotacoop.com
Bulk Buyer, Carl Haakenstad.....	bulkfoods@oneotacoop.com
Grocery Buyer, Frances Kittleson.....	frances@oneotacoop.com
Freezer Buyer, Carrie Johanningmeier.....	carrie@oneotacoop.com
Education & Outreach Coordinator, Johanna Bergan.....	johanna@oneotacoop.com
Meat Buyer, Kristin Evenrud.....	meat@oneotacoop.com
Cheese & Dairy Buyer, Beth Rotto.....	beth@oneotacoop.com
Bakery Buyer, Tammy Michels.....	tammy@oneotacoop.com
Wine and Beer Buyer, Tammy Michels.....	tammy@oneotacoop.com
Member Volunteer Coordinator, Ruth Jenkins.....	membervolunteers@oneotacoop.com
Customer Service, general inquiries.....	customerservice@oneotacoop.com

## "The Scoop" Newsletter Staff

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

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

## 2013-2014 Co-op Board of Directors

Mike Bollinger.....	oneotabollinger@gmail.com
Anne Dykstra.....	oneotadykstra@gmail.com
Lora Friest.....	oneotafriest@gmail.com
Alicia Trout.....	oneotatrout@gmail.com
Steve McCargar, President.....	oneotamccargar@gmail.com
Brita Nelson.....	oneotanelson@gmail.com
Deneb Woods.....	oneotawoods@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)

## Member Volunteers -February/March/April

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

Gary Hensley	Kris Klennert	Onita Mohr	Bob Wilson
Steve McCargar	Louise Hagen	Ashley Keul	Josh Dansdill
Anne Dykstra	Dennis Carter	Jerry Aulwes	Jim Stevens
Lora Friest	Hannah Haugen	Rachel Breitenbach-Dirks	Shirley Vermace
Deneb Woods	LeAnn Popenhagen	Perry-O Sliwa	Bruce Jordan
Mike Bollinger	Marti Runyon	Nancy Eldridge	Deb Schaeffer
Brita Nelson	Annette Schweinefus	Brenda Burke	Drew Stevenson
Alicia Trout	Arlyls Adelman	Mwaura Muiruri	Anna Peterson
Jake Geis	Calla Olson	Randall Duvall	Parker Deen
Luther Sustainability House	Lyle Otte	Janet Alexander	Pat Brockett
Mary Hart	Ellen Cutting	Lara Martinsen-Burrell	Molly Lesmeister
Jon Hart	Georgie Klevar	Jerry Skoda	Rick Scheffert
Wendy Stevens	Steffen Mirsky	Sue Otte	Sheryl Scheffert
Christine Gowdy-Jaehng	Carol Bently-Iverson	Megan Woodward	Jeanine Scheffert
Barb Dale	Paige Wettach	Conor Murphy	Mike Vermace
David Kester	Shodi Moris	Megen Kabele	
Kristin Albertson	Carl Peterson	Ashley Dress	

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

## The Statement of Cooperative Identity

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

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

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

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

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

### Member-ownership

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

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

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

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

## Member/Owner Orientation Tour

2nd Thursday of each month 6:00 pm

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



## Sampling in the Aisles

STOP IN AND  
try something new!

EVERY FRIDAY from  
3:00 TO 5:00 PM

## Welcome to these new member-owners:

Michelle Barth	Lynette Falck	Ashley Headington	Gina Makris	Katie Scott
Suzan Bayorgeon	Linda Foster	John C Headington	William McGee	Melinda Severson
Terra Bigalk	Patty Frana	Justin Heisler	Kathy McMillan	Marie Shaw
Sally Bird	Shanda Frana	Andi Hemesath	Laurie Meinholz	Kristi Sheldon
Audrey Blake	Sue Frana	Roger Henningsgaard	Jody Devine Meyer	Julie Shimek
Kellie Blanchard	Joseph Gallagher	Tonya Holthaus	Mary Mohr	Amanda Shindelar
Carolyn Boe	Leah Gates	Karen Hovey	Minji Na	Annie Shrock
Barbara Bolton	Annie Gausman	Lori Jacobs	Michelle Nesteby	Kim Sims
Lloyd Bolz	Dianne Gerard	Ashley Keul	Warren Palm	Tom Skold
Cheryl Brandt	Lisa Gerleman	Valerie Kingsbury	Korbin Paul	Tim Smedsrud
Steven Breitenfeld	Janet S. Gibbs	Jay Kittleson	Erin Pederson	Teresa Smith
Denise Bremner	Cindy Goodner	Lisa Kleiss	Megan Peterson	Thornton Feed & Grain Inc
Ann Brown	Barbara Grant	Michelle Klimesh	Nicole Ranzemberger	Karen Tieskoetter
Mandy Burg	Adam Grim	Andrew Knox	Cindy Reifenrath	Christy Tomlinson
Connie Busta	Heidi Hageman	Megan Koenigs	Marilyn Kay Reis	James Trouten
Toby Cain	Nichola Hanke	Carol Lange	Jeff Rhode	Nareng Vakili
Wendy Carolan	Tara Hanson	Dawn Leppert	Lori Rissman	Lisa Wescott
Ariana Cervantes	Cameron Harris	Gregory Limberg	Derrick Roffman	Gina Whalen
Brooke Charbonneau	Holly Harris	John Van Der Linden	Kristina Ryan	LuAnn Wilcox
Jim Dubert	Jennifer Harris	Ella Lins	Debbie Schaeffer	Carol Wiltgen
Becca Dugdale	Hannah Haugen	Ian Macpherson	Brenda Schmalzried	Shawn Wyant
Debra Eichenberger	Steve Haugen		Susan Schulz	Sue Zipse
Shelly Elliott	Claude Hayes			

# Why Even in Tough Times, My Family & Our Co-op Refuse to See Other People

By: Cerrisa Snethen, Oneota Co-op Member/Owner

Whether or not you experimented with it in college, the “C” word can be jarring. Commitment. It’s terrifying. For my partner Jim and me, it took us months to get it together and take the plunge to become member/owners at the Co-op. I mean, we were used to dropping into a store, buying our food and getting out. At these more conventional retailers, no one asked us for our digits, or what our hobbies were, or encouraged us to go steady with them by really investing in a relationship. I mean, we were only 25. Were we ready for such a serious commitment? This Co-op seemed pretty intriguing and righteous, even sort of undeniably sexy (maybe it’s the produce?), but a little unorthodox. Was this Co-op just too high maintenance? Could we still see other grocery stores? Would we introduce the Co-op to our parents?

But the more we weighed things, the more we realized: the Co-op just really made us feel good about ourselves. We liked the Co-op’s friends. They seemed really cool and caring. We seemed to laugh a lot when we were with the Co-op. And boy could the Co-op cook! Oneota’s values, principles, leadership, and classes were really encouraging us to become more educated, more involved in our new community and more thoughtful citizens of our hometown.

Slowly at first, but then suddenly, we stopped going anywhere else. We were all-in with the Co-op. We began relying on it on to fill our kitchen, broaden our perspective and knowledge, and host us for countless breakfasts, lunches, and dinners. At those awesome Cafe meals we met many of the people who have now become the currently invaluable regular cast-of-characters in our lives. Somehow, we just don’t see any other way we want to live now that we know how good it feels to support our values and our local economy so directly.

Making this leap isn’t as seamless for everyone. I realize that our relationships with food are deeply entrenched in all kinds of deep, sometimes uncomfortable-to-talk-about issues: family culture, health, the environment, and the big one: Money. That last one has often been the number one reason I’ve seen folks over the years flirt with co-ops instead of going steady, or of utilizing the Co-op to just sort of quietly cheat on their bigger box grocery retailer for organic produce, or indulge their splurges on the luxuriously amazing hand soap Gretchen stocks for us (who can resist it?). I’ve seen friends cross over to going steady with the Co-op so-to-speak, only to break up

months later, returning to artificially low prices elsewhere. It can be tough to pay a more authentic price for our food and household items when we’re so used to the western privilege of paying so little. Not to mention, the economy isn’t exactly singing show tunes these days. But shopping at the Co-op more frugally and efficiently can be done. Keep an eye out for classes and information on buying in season and in bulk, and ask the staff - they understand Co-op sales and how to most effectively use your discount, special order items already on sale, budget for the month by adding a declining balance to your account, and how to reduce costs by doing things like bringing along your own container for olive oil.

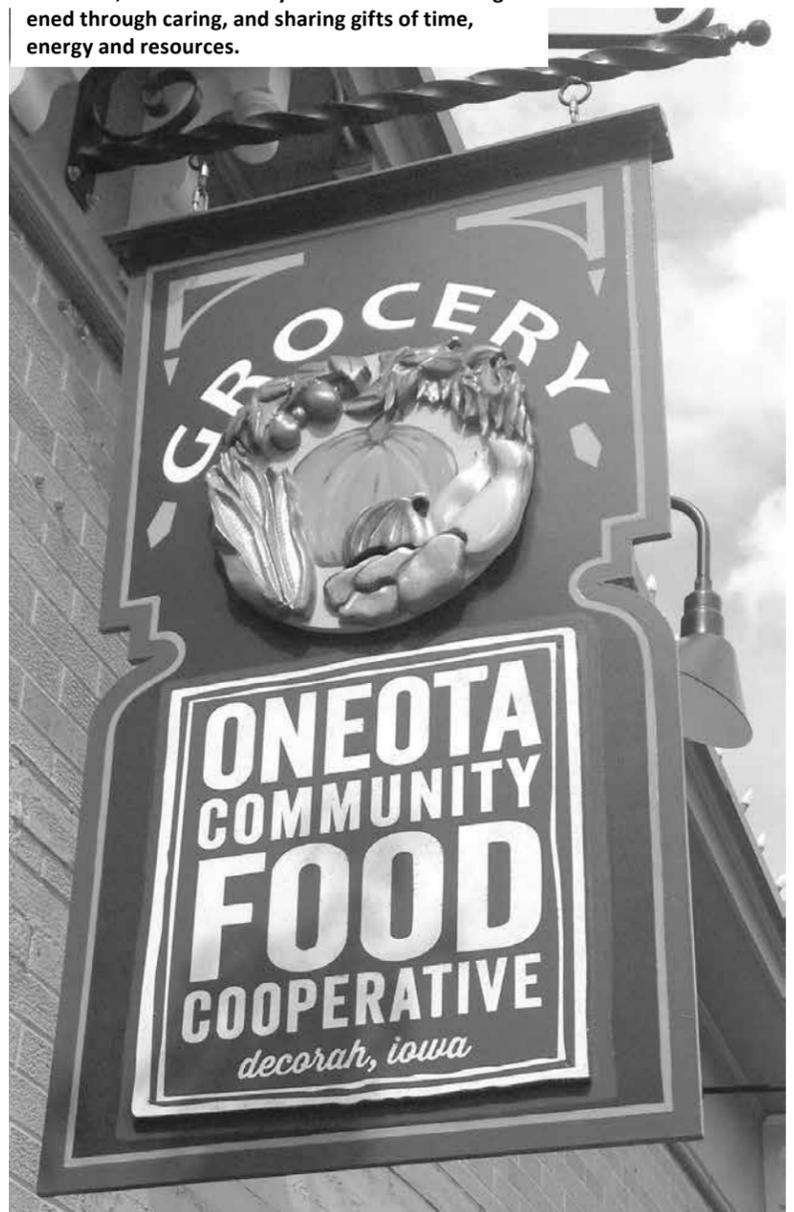
For me, it’s the same way with making all of the valuable relationships in my life work and be beneficial. It takes the will and desire to continually re-commit myself and to get educated if I want to continue growing and become a better part of that equation. So flows my relationship with my Co-op. It’s that important to our family because what we eat literally makes up what we are. In a world where so many choices seem to be being made for us by people behind closed doors, in using the treasure of a natural food co-op in our community, we can choose to support that which we cherish most. Because what would our town be like without it?

How about the life of our two-year-old son? After his birth, the Co-op was the very first place we took him after walking out of the hospital. Sure, we needed physical nourishment before we headed home with our new baby. But we needed community nourishment as well. And we knew just where to go. I’m certain that even had we not known a soul at the Co-op at that time (though we definitely did), we would have felt that energy from the people there regardless. Hokey? Maybe. But it really is that kind of place.

I’ve literally never had anyone confide in me that they just can’t let go of eating foods filled with pesticides, chemical additives, and GMO’s because those things are just good and important for them to ingest. Unfortunately, instead most point to the cost, which I couldn’t empathize with more. I should tell you honestly and right off the top that my family earns a relatively small amount of money by American standards. Sometimes others seem to gaze upon our intention to try and raise our family as holistically as possible with this completely justified aura of “What are you,

End 6

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



the Rockefellers? Who can afford that?” Well, the truth is, many of us. I realize that organic food comes with a stigma, but I must submit that it’s not really fair. Buying more natural, organic, and local foods is an easier commitment when we change our definition of the word wealth, and try (as best as we can) to put our money where our values are.

I won’t lie to you. I have moments where I pine for more stuff, or “better” stuff, or stuff that’s been re-designed to make my stuff look frumpy and boring, utterly vanilla. But then I remember that what I’m putting in the “gas tank” of my family is far more important. The result: we buy less stuff, so that we can buy amazing food, and the majority of what we do buy comes second hand. It works. After all, what gives most of us more joy over the course of our lives? The experience and memory of fabulous meals and traditions with people we love, or the memory of the stuff we’ve purchased? Food really does have the power to make us feel truly wealthy, truly connected, truly well and truly grateful. All of those things trigger my brain’s happy chemicals which might be why this whole co-op “thing” feels a lot like love.

I began to love the Co-op so much a few years ago that it made sense

to start working there. During my pregnancy with my son, Eben, his Dad went off to teach high school Spanish every day and I rang up gorgeous groceries in the evening, chatted with customers, and helped organize member volunteers. It was such a sweet time. One of intense growth and learning. It was the first time in my life I was working for an organization that lined up so perfectly with my ethics and passed on such inspiring possibility for the future, which buoyed my hope for the world of the baby we were about to meet. Even now, having moved into other professional opportunities, I maintain the ability to do a little writing for the Co-op, teach the occasional cooking class, and wander in any time I need a boost. We’re still supporting each other. Our family sticks with the Co-op, because most of what we glean from having this place around is really incalculable. How do I even begin to add up the value of all of the incredible friendships, community, and professional connections made through the Co-op’s vast network of awesomely intentional members? I don’t. I just shrug off the extra dollar for toothpaste and know that it’s going a long way toward giving my kid, my family, and my community a better quality of life.

# Catering

by the



Specializing in fresh, local, natural and organic food.

## Cafe Hours

### Monday-Saturday

Breakfast (sandwiches & burritos) - 8:00 am - 12:30 pm  
 Panini - grilled sandwiches - 11:00 am - 7:30 pm  
 Hot Bar Lunch Buffet - 11:00 am - 3:00 pm  
 Whole Roasted Amish Chickens - 3:00 until sold out  
 Salad Bar and Soups - 11:00 am - 7:30 pm  
 Gourmet Organic Espresso Bar - 8:00 am - 7:30 pm  
 Coffee, Tea & Cocoa - 8:00 am - 8:00 pm  
 Italian Sodas - 8:00 am - 8:00 pm

### Sunday

Brunch Buffet 10:00 am - 3:00 pm  
 Whole Roasted Amish Chickens - 3:00 until sold out  
 Panini - grilled sandwiches - 11:00 am - 6:00 pm  
 Salad Bar and Soups - 11:00 am - 6:00 pm  
 Gourmet Organic Espresso Bar - 10:00 am - 7:00 pm  
 Coffee, Tea & Cocoa - 10:00 am - 7:00 pm  
 Italian Sodas - 10:00 am - 7:00 pm

## IN-HOUSE CAFE

Nearly every item sold in the Water Street Café 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 Café is open for breakfast, lunch and dinner. Beginning at 8:00 am, Monday through Saturday, you can find breakfast sandwiches and breakfast burritos available. Brunch begins every Sunday at 11:00 am.

The Café 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.

If you are looking for a lunch filled with variety, you've come to the right place. Our hot bar, salad bar, panini and soups are available each day beginning at 11:00 am. At the Water Street Café 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. For a list of upcoming hot bar themes, check out our menu online at [www.oneotacoop.com](http://www.oneotacoop.com).

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).

Our grab-n-go cooler is always stocked with fresh cold sandwiches, dips, spreads, and salads for anyone in a hurry. Our pastry case has an assorted supply of treats made just blocks from the Co-op by local Waving Grains Bakery.

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

## OUR INGREDIENTS

The Water Street Café is committed to providing the best, highest quality ingredients possible. We use primarily certified organic ingredients in all of our products. Our meats are sourced from local farmers that pass our standards for humane, clean, and sustainable and are not all "certified" organic. We source our vegetables from local farmers when the season permits. If you have any questions about our products please feel free to call and talk to our café manager or email at [deli@oneotacoop.com](mailto:deli@oneotacoop.com).

## SPECIAL EVENTS

Please call to get a quote for your special event.

We cater many types of events, including:

weddings • anniversaries • birthdays • benefits • graduations  
 conferences • family reunions • bar mitzvah • and more!

email: [deli@oneotacoop.com](mailto:deli@oneotacoop.com)

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

## CATERING SERVICE OPTIONS

Our catering service is primarily "take away" style meaning you pick it up. Other services can be arranged if possible.

**Delivery:** For orders over \$500 we do take considerations for local, in-town deliveries. We charge a 15% delivery/gratuity charge for delivery and set up. We reserve the right to refuse this service depending on the situation. Please consult with the café manager for this special service.

**Equipment Rental:** We can provide some items such as food warmers, drink dispensers, coolers, etc. All equipment must be returned to the coop the day after use. Each day item is out there will be a per day charge added. Please inquire early to reserve equipment for your event.

- Food warmers- full hotel pan size commercial electric warmer - \$15 per day
- 5 gallon hot/cold drink dispensers - \$10 per day
- Coolers - large - \$10 per day

## PLATTERS

### PLATTER SIZES:

Small 12" (serves 10-15), Large 16" (serves 15-25)

### CHEESE PLATTERS

**Classic Cheese Platter:** Organic Cheddar, Smoked Provolone, Swiss, and Pepper jack Cheese. Arranged artfully and garnished with parsley and cherry tomatoes.

Small \$30/ Large \$45

**Artisan Cheese Platter:** An amazing blend of complimentary cheeses from local and international cheese masters. Belavitano, May Tag Bleu cheese, Prairie Breeze (Iowa), Jarlsberg, and Brie. Served with water crackers.

Small \$39/ Large \$59

**Cheese and Fruit Platter:** A variety of cubed cheeses paired with seasonal fresh fruits.

Small \$39/ Large \$59

### SANDWICH PLATTERS

**Wrap Platter:** Tasty wraps cut into bite size pieces and arranged on a platter. Choose from: Thai Chicken Salad Wrap, Almond Tarragon Chicken Wrap, Turkey Mango Wrap, Mexican Tofu Wrap, Green Goddess Wrap, Vegan Hummus Wrap.

Small 12" (serves 10-15) choice of two wraps- \$39

Large 16" (serves 15-25) choice of three wraps- \$59

**Sandwich Platter:** Your choice of sandwiches cut into bite sized pieces and arranged beautifully on a 12 or 16 inch platter. All sandwiches come with protein, cheese, tomato, lettuce, mayo, brown mustard, and your choice of bread. Other toppings can be substituted if needed.

Proteins: Smoked Turkey, Ham, Roast Beef, Salami, Cajun Tofu, Marinated Tempeh

Cheeses: Cheddar, Smoked Provolone, Pepper Jack, Swiss, Mozzarella  
 Bread: Rudi's Sourdough, Sprouted Wheat, Sandwich Rye, Rudi's Gluten-free Multigrain

Small 12" (serves 10-15) choice of two sandwiches- \$39

Large 16" (serves 15-25) choice of three sandwiches- \$59

### SPECIALTY PLATTERS

**Veggies & Dip Platter:** Carrots, celery, broccoli, cauliflower, cucumbers, and cherry tomatoes served with a choice of any of our delicious dips including: hummus, ranch, dill dip, or spinach artichoke dip and more!

Small \$35/ Large \$49

**Fruit Platter:** Seasonal fresh fruit served with our delicious honey lime yogurt dip.

Small \$45/ Large \$69

**Mediterranean Platter:** Stuffed grape leaves, dates, olives, hummus, fresh cucumbers and toasted whole wheat pita wedges. Beautifully arranged and garnished with fresh parsley.

Small \$40/ Large \$59

**Antipasto Platter:** Marinated artichoke hearts and roasted red peppers, Roasted zucchini, tomato & fresh basil salad, olives, babaganouj, and toasted French bread crustini. Sure to be a hit at your party!

Small \$40/ Large \$59

**Caprese Platter:** Sliced fresh tomatoes, fresh basil, and house made fresh mozzarella cheese arranged artfully served with balsamic reduction. Delicious! Seasonally available.

Small \$45/ Large \$59

**South of the Border Platter:** Water Street Guacamole, salsa fresca, spicy black bean dip, quinoa black bean salad, Santa Fe salad, served with corn tortilla chips.

Available in Large only \$55

**Somosa Platter:** Traditional Indian Potato Somosas served hot or cold with sweet and spicy mango chutney.

Small \$35 / Large \$50

## DIPS & SPREADS

Priced per pound - please call for pricing  
 hummus - dill dip - spinach artichoke dip  
 black bean dip - white bean dip - garden veggie dip  
 our famous guacamole  
 and many more - inquire with the staff

## CATERED BEVERAGES

**Coffee Pot:** Fresh brewed, organic and fair trade, our pot serves ten 8 oz. cups. \$10

With "the Works" (cups, sugar, and a pint of organic half & half or coconut creamer) \$15

**Hot Chocolate Pot:** Our house recipe hot chocolate pot serves ten 8 oz. cups. \$10

Blue Sky Soda: \$6 / per 6 pack or \$1 each.

\*For other beverage requests please call for pricing.

## ORDERING GUIDELINES

All orders must be placed a minimum of 3-5 days in advance. Some exceptions can be made for simpler orders. Large orders may require more advance notice.

All orders can be picked up at the café counter.

Menu items and prices are subject to change.

A 50% down payment is required for orders exceeding \$300.

A minimum 24 hour notice is required for refunds on cancelled orders.

\*Allergen Note: All Water Street Café products are produced in a kitchen that uses common allergens (nuts, soy, dairy, wheat, and eggs). Please feel free to ask us about our ingredients or production practices.

## SALADS

**Tossed Salads** - Small serves 10-15, Large serves 15-25

**Garden Salad:** Mixed greens, cherry tomatoes, carrots, beets, cucumbers, and red onions. Served with choice of dressings, homemade ranch, sesame ginger, bleu cheese, or balsamic vinaigrette.  
 Small \$19 / Large \$29

**Caesar Salad:** Romaine lettuce, homemade croutons, Parmesan cheese, and cherry tomatoes, served with Caesar dressing. Add chicken for an extra charge!

Small \$19 / Large \$29

With roasted chicken breast: Small \$29 / Large \$45

**Greek Salad:** Romaine lettuce, cherry tomatoes, red onions, cucumbers, feta cheese, and kalamata olives, served with a Greek Vinaigrette.  
 Small \$19/ Large \$29

With roasted chicken breast: Small \$29/ Large \$45

**Composed Salads** \$6.99/lb.- Prepared fresh salads by the pound. Here's a few of our options.

- Apple Cranberry Cabbage
- Chickpea Chirmoula
- Current Barley
- Don Don Noodles
- Garbanzo Bean salad
- Greek Pasta Salad
- Greek White Bean Salad
- Lemony Basil Pasta Salad
- Marinated Beet Salad with Feta
- Mediterranean Salad
- Mexican Potato Salad
- Orzo Pasta Salad
- Pasta Primavera
- Quinoa Black Bean Salad
- Quinoa Tabouli
- Quinoa Feta Salad
- Roasted Yam & Chili Salad
- Potato Salad with Lime
- Santa Fe Salad
- Savory Potato Salad
- Thai Noodle Salad
- Tzatziki Potato Salad
- Zorba's Pasta Salad

## ENTREES

All entrees come in a 9x13 pan and serves 12

**Spinach Artichoke Lasagna:** Ricotta, parmesan, mozzarella, and cottage cheese filling layered with noodles, spinach, artichokes, and marinara sauce. \$59

**Beef Lasagna:** Ricotta, parmesan, mozzarella, and cottage cheese filling layered with noodles, local grass fed ground beef, and marinara sauce. \$69

**Chili Verde Enchilada Pie:** Yams, sweet corn, and other veggies are spiced and cooked to perfection then layered with chili Verde sauce and corn tortillas and topped with a three cheese blend and baked. \$59  
 With Chicken: \$69

**Water Street Cheese Casserole:** A sophisticated twist on classic baked Mac & cheese. 3 cheeses make up our cheese sauce mixed with fusilli pasta or gluten free elbows. We top it with herbs, crushed croutons, and parmesan cheese. \$45

**Signature Swedish Meatballs:** Our authentic recipe using local grass fed beef and local clean pork served with creamy gluten free gravy and accompanied by lingonberry preserves. Serves 20-25 as an appetizer or 10-12 as a main course. \$69

**Vegetarian Quiche:** Choose from: Spinach artichoke, mushroom Swiss, or broccoli cheddar. Made with local organic eggs and gluten free crust! \$29

**Meat Quiche:** Choose from: Sausage and sweet peppers, ham & cheese, or quiche Lorraine. Made with local organic eggs and gluten free crust! \$39

## BAKERY & PASTRY

**Muffins:** Choose from an array of different flavors including: blueberry, raisin date bran, lemon raspberry, and banana chip just to name a few. \$1.79/each or \$21/dozen

**Scones:** Choose from delicious flavors like: lemon blueberry, lemon poppy seed, chocolate chip pecan, and more. \$1.79/each or \$21/dozen

**Cookies:** flavors include: Chocolate chip, chocolate chip peanut, sea salt chocolate chunk, Cocoa chip, spicy molasses, and snicker doodle and more. \$1.25/each or \$13.99/dozen

**Dessert Tray:** Assorted mini bars and cakes.

Small (serves 10-15) \$29

Large (serves 15-25) \$49

**Gluten Free Pecan Pie Bars:** Our recipe is packed with pecans and contains no high fructose corn syrup! And you can't tell its' gluten free. 9x13 pan (serves 12-15) \$29

### Water Street Cakes

**Cake flavors:** super moist chocolate, Water Street vanilla, Water Street carrot, marble, Vegan Mexican chocolate, & vegan Vanilla

**Frosting Flavors:** Chocolate butter cream, vanilla butter cream, cream cheese, vegan vanilla, vegan chocolate

### Cake sizes:

Small (¼ sheet)(9x13) serves 20 - \$39

Large (1/2 sheet)(12x18) serves 48 - \$69

**Flourless Chocolate Torte:** This cake stands alone, four ingredients combine to make the richest, most satisfying chocolate experience. Eggs, chocolate, butter, and coffee. Coffee is optional. Dusted with confectioner's sugar and topped with fresh raspberries.  
 10 inch cake serves 12-16. \$35

## BOX LUNCHES

**Box Includes:** a sandwich, pickle, composed salad, and choice of cookie or organic fresh fruit.

Vegetarian or Vegan: \$7.50

Meat: \$8.50 (meat choices include smoked turkey, roast beef, ham, or Genoa salami)

# The Sun and Your Skin

By: Gretchen Fox Schempp, Wellness Manager

I worship the sun. I've always worshipped the sun. Maybe it's the fire sign I was born under. Or the brutal cold winter that I was born in. I have loved the sun on my skin as long as I can remember. I spent my summers as a child and teen scantily clad playing outdoors or at the pool all day long. I burned and then I would get this great rosy looking tan. I felt my best all bronzed and hopped up on vitamin D supplied from the natural sunlight. Ignorance is bliss.

Now in my late 30's, all that abuse is starting to show. Not to mention I work in the industry of information overload on all the dangers related to the sun, environmental toxins, the food we eat, etc. So when I noticed a pronounced brown spot on my temple a few years ago, I began to feel my age and start to take more seriously the implications of my years of sun worshipping. Don't get me wrong, I grew up using sunscreen and have used it through my adult life, just not enough of it. You're probably not either.

Dr. Elizabeth K. Hale, MD, is clinical associate professor of dermatology at New York University School of Medicine. Her comments on sunscreen application as found at the Skin Cancer Foundation are as follows:

"It is very unlikely that you're applying too much sunscreen — most people don't apply enough, which is why undesirable sunburns and tanning can occur despite sunscreen application. To achieve the Sun Protection Factor (SPF, which protects against the sun's UVB radiation) reflected on a bottle of sunscreen, you should use approximately two milligrams of sunscreen per square centimeter of skin. In practice, this means applying the equivalent of a shot glass (two tablespoons) of sunscreen to the exposed areas of the face and body — a nickel-sized dollop to the face alone. If you're using a spray, apply until an even sheen appears on the skin. Remember that sunscreen needs to be reapplied every two hours, or more frequently after swimming, heavy perspiration, or toweling off. Also remember, no matter how much sunscreen you apply, the SPF should be 15 or higher for adequate protection — and ideally 30 or higher for extended time spent outdoors."

Um, yeah. Slather it on.

**End 2** A community that is educated about food and other products that are healthy for people and the environment.

But is sunscreen the end all? Or is there more we can do to protect ourselves?

## Diet

How about trying some delicious food and getting the benefit of added protection from the sun? These powerful UV blockers have a few things in common: to start with, they are part of a healthy diet and they all share a sun-blocking component: antioxidants. Antioxidants help fight free radicals. Free radicals can be a result from unprotected sun exposure. Free radicals run around our bodies stealing electrons from healthy cells. Antioxidants are our body's helpers in that they run around giving up their extra electrons to free radicals so they stop robbing the healthy cells.



Check out this stellar sun protecting shopping list:

**Omega-3 rich fish:** Think sardines, wild salmon, oysters, trout, anchovies, tuna, halibut. Omega-3 fatty acids have incredible anti-inflammatory powers. Research suggests that these compounds can help protect from free-radical damage.

**Red and orange fruits and vegetables:** Lycopene is a natural carotenoid pigment that gives tomatoes their red color. It has been shown to aid in protection against some UV-induced skin irritations. Lycopene helps rid the body of free-radicals. Beta-carotene (another type of carotenoid found in red and orange produce) has been linked to reduced reactions to sunburns. Orange and pink citrus fruits have

also been shown to improve the skin's ability to protect itself against UV rays.

**Cruciferous vegetables:** Cruciferous vegetables, such as broccoli, cauliflower and kale are full of antioxidants to help fight free-radicals.

**Greens:** Fresh herbs — specifically parsley, basil, sage, and rosemary — are packed with free-radical fighting antioxidants. Dark leafy greens such as spinach and swiss chard are all full of antioxidants like polyphenols and carotenoids, which may also naturally protect the skin from sun damage.

**Dark chocolate:** Oh yeah. We all love to hear the benefits of one of the world's favorite treats! Flavanoids found in dark chocolate may improve the skin's ability to protect against some types of skin damage, including UV-induced issues like sunburns. Plus, the flavonoids can help keep skin hydrated, increase oxygen saturation, and boost blood flow.

**Green and Black Tea:** Both start out as leafy greens and carry their antioxidant benefits through the drying and steeping process to make a polyphenol packed beverage.

## Supplements

Diet is always the best way to get your vitamins but if you are looking for a boost in those UV-protecting, free-radical fighting antioxidants, there are supplements that can support you as well. See the antioxidant area of the Wellness department for supplemental forms of Lycopene, Astaxanthin, Resveratrol and other antioxidant blends.

## Topical Skin Care

**Sunscreen.** Yes. Do it. Lots of it. Shot glasses full, all over, every 2 hours at least. Got it?

What about that damage that's already been done? Yeah, I'm there. You can try Acure's Radical Resurfacing Facial Treatment which I am currently in love with. Given a sample when Kaite, our Acure rep, visited the store in March, I started this treatment right away. Once in the morning and then again at night. Acure products are all signature fair trade, vegan, free of gluten, synthetic fragrance, paraben, silicone and phthalates. This product uses "Mother Nature's blend of brightening lemon

probiotic" and Acure's proprietary organic chlorella growth factor to help smooth skin texture and tone. Butterfly Bush stem cells are used to help prevent photoaging and oxidative stress. A month into using this product and my trouble spots are fading noticeably.

Devita Skin Care is one of my favorite lines when it comes to year round sun care. They make a facial moisturizer with hyaluronic acid and a sun protection of 30 that is truly the best facial sunscreen I have ever used. It is a sheer deeply moisturizing day cream and sunblock all in one. The formulation is specifically formulated for folks sensitive to breakouts. It is a light enough moisturizer to wear under makeup or to use as your everyday moisturizer. The sunscreen is 19% zinc oxide with nano technology.

Devita also has a body moisturizer SPF 30, similar to the Solar Protective Moisturizer (for face) called Solar Body Moisturizer. These sunscreen moisturizers are scent free, vegan, GMO free and considered gluten sensitive safe.

Mineral Makeup can be a supplemental sunscreen on top of your regular one. Titanium dioxide and zinc oxide are two minerals found in mineral makeups that can offer a natural sun protection of up to 15 in small amounts. These minerals are considered "physical sunscreens" meaning that they reflect the sun's ultraviolet radiation from the skin, rather than absorbing it as do chemical sunscreens. Do NOT rely on your mineral makeup as your only form of protection!

## Overview

Bless the sunshine! After the long, cold winter we endured here in Iowa, we are all ready for a little warmth and sunlight. Go into the light with care and consciousness. A diet rich in antioxidants is good for more than just your skin, it's good for your whole being. Get some hats and protect your face. Preferably a full brimmed hat that will protect your ears and neck as well. Wear long sleeves, cover your body. Check out clothing with sun protection in it. The Chick Hatchery carries brands that offer added protection because, did you know, the sun can get through your clothes!? (Dirty sun, with your x-ray vision.) If you just can't handle covering yourself from head to toe, get the shot glass out and fill it up with a mineral based physical sunblock and slather your beautiful self.

Enjoy!

**Complete Printing & Graphics Services**  
563.735.5603 | www.fostergraphsinc.com

**FOSTERgraphs INC.**

**LIVE LIFE BETTER**  
with *Essential Omega-3s*

**Why Omega-3s**

- Heart\*
- Brain\*
- Immunity\*

Committed to Delivering the World's Safest, Most Effective Omega Oils™

Facebook | 800.662.2544 | nordicnaturals.com

**NORDIC NATURAL**

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



Make the most of summer fruit with these tips for delicious, classic pies.

#### Make a great filling

**Thickener:** The nice thing about baked fruit pies is that you don't need to do anything fussy. You just need to toss fruit with a little thickener to create a thick, jammy filling. Cornstarch is usually the thickener of choice, but you can use agar agar, tapioca, arrowroot powder or flour (see substitution ratios that follow).

**Not too much sugar:** Pies are best when you use ripe, sweet fruit and minimal sugar. Half a cup for a 9-inch pie usually is plenty.

**Spices:** A little spice is nice! Nutmeg for berries, cinnamon for apples or pears, cloves for peaches and apricots. Ginger can go with almost anything. Just 1/2 to 1 1/2 teaspoons is enough.

**Brighten up:** Most fruit pies need a little extra acidity to brighten the flavor. Add a squirt of lemon juice and some zest, or a splash of balsamic vinegar.

**Butter:** This is optional. Some bakers like to dot the top of the fruit fillings with a bit of butter for richness, while others think it detracts from the fruit flavor.

#### Make a crust from scratch

**Cold ingredients.** All ingredients (even the flour!) should be ice cold before mixing.

The dough should have some pea-size pieces of fat. Start with small cubes or shred frozen butter with a cheese grater.

Use pastry or all-purpose flour. Cake flour is too soft and bread flour has too much gluten.

Blend just enough water to hold the dough together (it should just stick together when pinched), but be careful not to over work the dough. Try substituting cold sour cream or heavy cream for the water.

Chill the dough at least 30 minutes before rolling. Place the crust in the dish and refrigerate for 15 minutes before filling to help prevent soggy crusts.

Bake at a high temperature. 400 to 450° F produces the best crust.

**Single-crust pies:** When a pie doesn't have a top crust, you can prebake the bottom crust and brush it with half an egg white or two tablespoons of a thick fruit preserve, strained. Or, chill the crust until just before baking, adding filling just before sticking it in the oven.

**Two-crust pies:** In many ovens, baking the pie directly on the oven floor will produce a crisp crust without burning it. You may bake a pie on the oven floor for an hour at 375°F (or 425°F for 30 minutes) before raising it to the lower shelf for the remainder of the baking time. If the top is not browning adequately, move it to the top shelf for the last 10 minutes of baking. Using a glass or ceramic pan aids in browning.

#### Substituting honey for sugar

Use equal amounts of honey for sugar up to one cup.

When using more than one cup, replace each cup of sugar with 2/3 to 3/4 cup honey (depending on sweetness desired).

In recipes using more than 1 cup honey to replace sugar, reduce liquids by 1/4 cup per cup of honey.

Lower baking temperature by 25°F.

#### Thickener options

Cornstarch has a nice smooth texture and no real flavor, but it can lead to an occasional murky color with berry pies, and its thickening power is compromised with high-acidity fruit such as cherries.

Quick-cooking tapioca won't result in a cloudy filling and is great for soaking up really juicy fruit. It can be a little tricky, however, because it needs high heat to activate completely. Substitute 1:1 for cornstarch.

Flour is an easy thickener in that you generally always have it on hand and it works beautifully. But it can lead to a gummy, cloudy filling with delicate summer berries. Reserve using flour as a thickener for heartier fruits such as apples and pears. Substitute 2 tablespoons flour for 1 tablespoon cornstarch.

Arrowroot has a more neutral flavor than cornstarch and also tolerates acidic ingredients and prolonged cooking better. Substitute 1:1 for cornstarch.

Agar agar flakes are an odorless, tasteless sea vegetable gelatin. Substitute 1 tablespoon agar agar for 2 tablespoons cornstarch.

*This article was originally published in the Sound Consumer, August 2013. Sound Consumer is a publication of PCC Natural Markets, a member-owned cooperative in Seattle, Washington.*

### Pie Crust

Courtesy of Heidi Swets

Ingredients:	2 heaping Tbsp sugar (1Tbsp for savory crust)
1 cup golden white flour	4 Tbsp Butter (COLD!)
1 cup whole wheat pastry flour	3 Tbsp canola oil
2 Tbsp Sesame seeds	½ cup ice water
½ tsp salt	

Directions: Mix dry ingredients in a 2 quart bowl and transfer to a food processor. Cut butter into the mixture. Pulse butter and dry ingredients in a food processor until butter is pea size. Transfer mixture back to bowl. Cut in oil while drizzling. While stirring the mixture trickle in the water slowly until dough begins to hold together. Stop adding water when mixture begins to hold together. Knead the blob BRIEFLY just enough to make a round. Flatten the dough into a disk shape on a piece of wax paper 2 – 2 1/2" thick. Place another piece of wax paper on top and roll out with a rolling pin moving from the center out with each roll.

### Ellen's Oil Pie Crust

Courtesy of Betsy Peirce, Produce Manager

Ingredients:	One Crust:
Two Crusts:	1 cup + 2 Tbsp flour
1 ¾ cup flour	½ cup oil
1 tsp salt	½ tsp salt
½ cup oil	2 Tbsp cold water
3 Tbsp COLD water	

Directions: Mix the dry ingredients together. Make a well in the mixture. Pour in the oil and water. Stir very quickly and in a circular pattern, incorporating the wet and dry until BARELY mixed. Transfer to a sheet of wax paper. Roll out between two sheets of wax paper, rolling from the middle outward. Peel off the top wax paper and flip upside down onto pie plate. Shape edges with fingers.

### Flaky Pastry Dough

The New Joy of Cooking

For two crusts:	1 tsp sugar (optional)
2 ½ cup all purpose flour	1 tsp salt

Add: 2 sticks of butter (or 4 oz unhydrogenated shortening and 4 oz butter), ½ cup plus 1Tbsp ice water (may need more)

Refrigerate for at least 30 minutes, preferably for several hours.

### Apple Pie

6-8 cups apples preferably tart	½ tsp cinnamon
1 tsp lemon juice	2 Tbsp flour
¾ cup sugar	dot butter on top

Mix apples, cinnamon, sugar, lemon juice and flour together. Pour into shell. Dot the top with butter. Bake at 400 degrees for one hour.

### Lemon Curd

The New Joy of Cooking

In a large stainless steel saucepan or bowl combine and whisk together until light in color: 3 large eggs, ½ cup sugar, zest of 1 lemon

Add: ½ cup strained lemon juice, 6 Tbsp (¾ stick) of unsalted butter

Cook, whisking over medium heat until the butter is melted. Then whisk constantly until the mixture is thickened and simmer gently for a few seconds. Using a spatula scrape into a sieve placed over a bowl and strain the filling into the bowl.

Stir in: ½ tsp vanilla

Cover and refrigerate to thicken for up to 10 days.

### Grandma Ellen's Fresh Strawberry Pie

Courtesy of Betsy Peirce, Produce Manager

Crust:	For glaze:
Pre-bake and cool one 8" pie shell of your choice	2 cups of mashed fresh strawberries
Filling:	2 T cornstarch or 1 envelope of gelatin
5 cups of fresh strawberries cut into bite size pieces	3/4 cup of honey
	1/2 tsp salt
	1 tsp grated lemon zest

Instructions: Line the bottom of a pre-baked 8" pie shell with the fresh berries. Mash an additional 2 cups of fresh strawberries and place in a saucepan over low heat on the stovetop. Whisk in cornstarch or gelatin, honey, salt and lemon zest. Stirring often, heat until boiling and then allow to cool to room temperature. Once cooled, pour over the fresh berries and refrigerate for at least one hour. Once chilled, top with whipped cream and serve.

### Quiche

3 eggs, whipped	1 tsp combined herbs - your choice
1 ½ cups heavy cream or half & half	1 ½ cups cheese (tomato basil gouda, parmesan, chevre)
½ tsp salt	
¼ tsp pepper	

Additional filling items - artichoke hearts, red peppers, caramelized onions. Bake 400 degrees for 45 minutes to 1 hour.

## Get your recipe ready!

6th Annual

# SALSA!

## Contest

### Saturday,

### August 30th

### 1:00 - 4:00 pm

Make sure to stop by and cast your vote for Best Salsa of 2014.

Note: Salsa must contain tomatoes.

sponsored by  
the Oneota Community Food Co-op

Enter your favorite recipe beginning August 1st!  
Entries may be submitted in-store or at [oneotacoop.com](http://oneotacoop.com)

Come be the Judge!

Event held at  
at Seed Savers Exchange  
3074 North Winn Road • Decorah