



BIG ENOUGH TO MEET YOUR NEEDS.
SMALL ENOUGH TO MEET YOUR NEIGHBORS.

FEBRUARY/MARCH 2009 VOL. 35 NO. 2
Scoop
312 WEST WATER STREET, DECORAH, IOWA
WWW.ONEOTACOOP.COM • (563) 382-4666

SCOOP INTERVIEW WITH TROY BOND

The Co-op Board of Directors is very pleased to announce that we have a new General Manager: Troy Bond. We caught up with Troy for a chat via email recently as he hurries to complete the tasks for his move to Decorah. Troy starts at the Co-op on January 26th. When you see him and his family, please join us in a hearty welcome!

--Steve Peterson, Board President

Tell us a little bit about your experience in the grocery world.

I started in the natural foods business as a shopper concerned with food choices and health. In 1988 I joined the Puget Consumers Co-op in Seattle, Washington while I was working at a marketing job. Being a shopper first always reminds me to see the store the way a customer sees it, which has been invaluable in keeping stores I managed looking good.

I always wanted to align my personal values of sustainable agriculture, personal well being and nutrition with my career, but I couldn't figure out how. Then, ten years ago, my wife and I jumped into it feet first by opening a natural foods store in Cedar Falls called The Market (now called Roots Market.)

Since then I have broadened my experience with positions as a store manager at Whole Foods Market (where I was awarded an All-Star Award for leadership both Nationally and Regionally) and Central Market, as a buyer and marketing specialist at Gateway Market in Des Moines (before they decided to go conventional) and as a consultant.

Why are you excited about working at the Oneota Community Co-op?

The Oneota GM position fits all my criteria (in no particular order):

- My heart is in natural, organic, local and artisan foods. It's what I buy, prepare and eat—almost exclusively. For instance, while living in Des Moines I have been a member of CSA.
- The Oneota shop is beautiful and a good size for growth. Its physical location is at the heart of downtown and in a perfect place to be the center of the neighborhood.
- I'm proud to become a member of a co-op again where more of my money stays in the community.
- I want to live in my home state of

Iowa where my kids can be close to their grandparents and get a good education and enjoy a superior quality of life.

- I think I have something to offer the co-op. I have a lot of experience to draw from in natural foods, retail grocery and leadership.

- Besides, my late Grandma Jacobson—a dyed in the wool member of the Sons of Norway—would be very proud of her grandson if he lived in Decorah.

We know you are interested in local and sustainably grown foods. How did you develop that interest?

Friends of mine from college (Trinity University) turned me onto books like Diet for a Small Planet (Lappe) and Diet for a New America (Robbins) which helped me understand how factory farming has impacted animal welfare, the environment and our health. That led me to shop at natural foods stores, to find more compassionate alternatives—either protein substitutes or naturally raised meat. About the same time, an introductory class on yoga was the first time anyone ever explained to me the effects of diet on the body and mind. From there I started questioning what I ate and tried not to let my taste buds dictate my health. Those influences really helped me break out of old patterns, which of course was unsettling with my family at the time because in their minds I was breaking with our unspoken food traditions.

We know you are moving here with your family. Tell us a little about who they are.

My wife, Sharon, became the supplement buyer for our store originally. When I took a job with Whole Foods, she stayed at home and has raised two precious (and precocious) kids: Donovan is five and a half and Siena is three. They are typical children: Donovan loves dinosaurs and Siena dresses up as a princess. And to my consternation, their favorite food is chicken nuggets. (Don't get me started.)

Besides family, what other kinds of interests do you have outside work?

Work and family take up most of the day, but as you can guess, cooking is a hobby. And I involve both children in it as much as I can. And they still have all their fingers! My daughter's specialty is to make baking powder biscuits—she

likes to use a heart-shaped cutter—and my son helps me make egg pasta using “00” flour. He's very handy with the pasta machine. My MA in English has an outlet in reading and writing fiction. To burn off steam, I like to lap swim and bike—I used to ride to and from work on any decent day in Des Moines, a 16 mile round trip. Before kids, I had more time for yoga practice but I usually can still find time to sit for meditation, the Soto Zen-style.

Tell us about an interesting life experience, one that caused you to learn something new, or chuckle and shake your head.

My first trip to Italy was the result of a wine class I took in Los Angeles. I had so much fun learning about Italian wines, I wanted to go there and experience it myself. So, I took some Italian language classes in Santa Monica, booked a flight and started my journey in Rome, planning to take trains north and depart from Milan.

On my first dinner at a trattoria, I ordered pasta with red wine, and I proudly managed to say it all in Italian. I was pleased with myself until the waiter gave me a look and shook his head and said, “No, no. Vino bianco!” Instead of red wine he brought me a white



The co-op's new General Manager, Troy Bond

wine, Frascati, made from the grapes grown in the hills around Rome. It was local, fresh and it paired better with my pasta. While I was holding onto a rigid expectation (out of fear), for the rest of the trip I learned to just go with the flow. The Frascati was a great compliment to a memorable meal, and from then on I would ask for what food and wine was produced locally.

THE BOARD SEARCH PROCESS

In November the Board accepted the resignation of the General Manager and immediately formed a Search Committee consisting of President Steve Peterson, Lyle Luzum, Toni Smith, and Jana Klosterboer from the staff. Ads were placed in several locations including the web sites called careersingrocery.com and blueskysearch.com and the magazine Progressive Grocer. The committee drew on the previous search process for its interview questions and criteria for selection for interviews. Steve created a website with information and a location for applications.

The committee received far more applications than in the previous search process. We had forty-five candidates apply from seven countries and twenty-nine states from the U.S. The website received 227 visits to our website. Recently, the Co-operative Development Services consulting group asked permission to use our GM search website as a model of exemplary GM recruitment for their training materials.

The committee conducted phone interviews and decided that Troy Bond's qualifications and conversation on the phone were very impressive. So he was invited for an on-site interview. He was interviewed by the committee, met the staff and the Board. He also spent some time learning about Decorah. The Board then met and offered Troy the position and I think that it's safe to say that we're all looking forward to working with him. You can learn more about him by reading his interview in this edition of the Scoop.

Once again our co-op is facing changes with a new General Manager. I like to quote Bob Dylan, “May you have a strong foundation as the winds of changes shift.” We have that foundation.

Welcome to the Oneota Community Co-op!

OUR MISSION

IS TO PROVIDE OUR
MEMBER-OWNERS WITH:

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

WHY JOIN THE CO-OP?

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

Member-ownership

The Co-op is owned by its members. Member-owners help decide what the store carries and have a voice in planning the Co-op’s future. It’s quick and simple to become an owner. You buy a refundable share worth \$140, usually paying for it over seven years, on a payment plan that suits you. We invite you to become one of the owners of this thriving local business!

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

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

THE STATEMENT ON THE COOPERATIVE IDENTITY

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

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

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



1ST PRINCIPLE:
VOLUNTARY & OPEN MEMBERSHIP



2ND PRINCIPLE:
DEMOCRATIC MEMBER CONTROL



3RD PRINCIPLE:
MEMBER ECONOMIC PARTICIPATION



4TH PRINCIPLE:
AUTONOMY & INDEPENDENCE



5TH PRINCIPLE:
EDUCATION, TRAINING & INFORMATION



6TH PRINCIPLE:
COOPERATION AMONG COOPERATIVES



7TH PRINCIPLE:
CONCERN FOR COMMUNITY

Welcome to these new member-owners & their households!

Jill Jordahl	Trisha Hageman	Russell & Marlene Moline
Dave Jordahl	Roger Bergan	Vickie & Dennis Curtin
Melissa Kobliska	Ada Stutzman	Rose Dykstra
Brandon Kobliska	Rita Amos	Rich Giesbrecht
Joanna Lee	Joyce E. Dahlquist	Peter Tweeed
Miranda Quandahl	Ernest J. Dahlquist	Mary Grace Rausch
Julie Quandahl	Nancy L. Dahl	Marion Beatty
Kathleen, Rodney, Kelsey & Cody Ritner	Maurice Dahl Jr.	Peggy Beatty
Jubal Fulk	Hallie Evans	Krista & Steve Vanden Brink
Lauren Varley	Nate Evans	Cerrisa Snethen
Mary Hellgren	Noah Evans	Jim Tripp
Jerry Hellgren	Shannon Oakleaf	Theodore & Donna Spencer
LeRoy Holm	Shawn Saltou	Aidan Deen-Lester
Sue Peterson	Cathy Saltou	Oran Deen-Lester
Carl Peterson	Michael Erickson	Ida Rotto
Alice Broderick	Martha Erickson	Jonathon & Brita Ruf
Tyrome & Beverlyne Albertson	Elisabeth Rosales	Ellen, Drew, Gilbert & Kristen Alber
Jonathan Lueck	Tracy Ellen Lee	Aidan Spencer Berg
Curtis Lundy	Adis Lee	Minna Rose Spencer Berg
Paul Meyer	Susan Burroughs	
Linda L. & Norman Moen	Dean Burroughs	
Helen Barbier	Steve Maurer	
Patricia Edde	Monica Maurer	
	Natalie Kerndt	
	Edith & Alan Lerstrom	

CO-OP email addresses

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Bulk Department , Lana Oyløe.....	bulkfoods@oneotacoop.com
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Postmaster , Aaron Bodling	postmaster@oneotacoop.com

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write: board@oneotacoop.com

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The Oneota Community Co-op Scoop is published every other month and distributed to 4500 area residents. If you are interested in advertising in the Scoop, please contact Nate Furler at the Co-op, (563) 382-4666 or nate@oneotacoop.com.

CO-OP HOURS

Monday - Saturday 8:30 a.m. - 8:30 p.m.
Sunday..... 10 a.m. - 7 p.m.

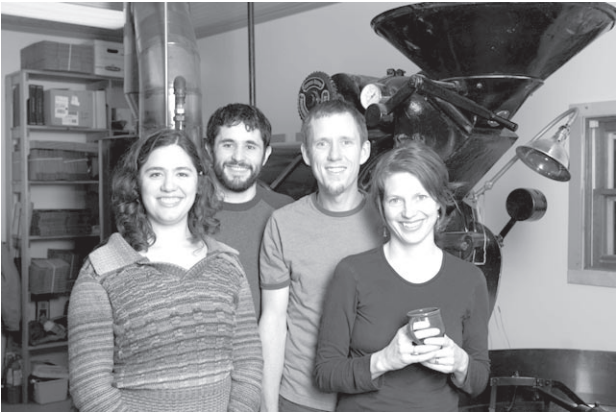
Kickapoo Coffee

Tuesday, January 14 was an exciting day at the Co-op. Our beautiful custom built, all wood coffee bin unit from Kickapoo Coffee (Viroqua, WI) arrived. The bin unit, one of only two in existence (the other is in the Viroqua Co-op) was hand built for Kickapoo Coffee by a local Viroqua carpenter, Bjorn Leonards.

Kickapoo Coffee is a local micro-roaster started 3 years ago by Caleb Nicholes and Denise and T.J. Semanchin and they have one employee, Hallie Ashley (Caleb's sister). They each bring something special to the table in this business. Caleb moved to Viroqua from Madison, WI where he was a wine buyer for some of Madison's finest restaurants. He knows a few things about flavor and what tastes good. He is in charge of the actual roasting and is happiest figuring out flavors, adjusting and tasting. T.J. was the head roaster at Peace Coffee for seven years and comes at it from more of a purist fair trade background. Denise has a background in sales and marketing and was responsible for the overseeing of their logo which is beautifully showcased on their cans which are 100% recyclable and great for storing coffee. (Bring them back time and time again to refill at the bulk bins.)

Kickapoo Coffee is located in the old Viroqua train depot, circa 1880, which they have refurbished to house their rare 1930's German cast iron roaster. Kickapoo Coffee searched high and low for this particular roaster which allows them the control they want over the roast. Most modern roasters are mechanized in order to create consistency—they want to be able to tweak. Every batch of beans is done differently and detailed logs are kept. They measure not only temperature, but the mineral content of the water they use for brewing (minerals tend to enhance flavors.) A local cabinet maker created formaldehyde-free bins.

to store the green, unroasted coffee. This storage room is also humidity and temperature controlled so the coffee maintains its integrity and doesn't pick up smells or flavors. (Coffee is like a sponge," Nicholes says.)



Kickapoo staff, left to right: Hallie Ashley, Caleb Nicholes, TJ Semanchin, Denise Semanchin



TJ cupping coffee

Kickapoo Coffee buys its beans from small-scale farmers around the world who practice sustainable farming. They visit the farms and work on the relationships with the communities where they buy. Kickapoo Coffee is a member of the first roasters' purchasing cooperative, Cooperative Coffees. Their hope is to help push the industry towards even



Caleb at Roasting Tray

better prices for the farmers who do the work of growing this much loved crop. (There are 4,000 beans in one pound of coffee and all are picked by hand.)

Kickapoo calls on Monday mornings for an order and roasts on Monday and Tuesday and delivers on Wednesday. It is all roasted to order and freshness is very important to them.

Recently Kickapoo Coffee was one of three finalists for the Micro-roaster of the Year Award from the industry journal, Roast. "They really stand out as a leading smaller roaster. They had a lot of competition in their class and they shined right through" says Connie Blumhardt, the publisher of the Portland, Oregon-based magazine. "It was so exciting for us to find them," Blumhardt says.

"They seem to be very well rounded. It was very encouraging to see this fairly small roaster really thinking about all aspects of their business."

Coffee Review (coffeereview.com)—a website that serves coffee connoisseurs the way that the Wine Spectator caters to wine drinkers, has three times in this past year given the roasters "outstanding" marks for individual coffees.

Check out Kickapoo Coffee's new facebook page (<http://www.com/pages/Kickapoo-Coffee/47638150895?ref=mf>)

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Brainstorming a Beautiful Market

by Erik Sessions, Farmers Market Vendor

Last year was a year of mixed blessing for the Winneshiek Farmers Market Association. The June rains brought abundant summer and fall produce on many farms, and customers and vendors alike enjoyed a long and glorious fall. We mourned two losses this winter: our longtime market manager, Cindy Ballard, and veteran fruit and vegetable vendor, Don Praska passed away. Both will be sorely missed as we look ahead to the 2009 season.

Several new vendors joined our ranks at the market, and sales of fresh, locally-produced food continues to blossom. However, weather, customer safety and space restrictions continue to be issues for our growing market. This winter, a group of vendors is continuing to research the perfect permanent structure to house the market. We have met with wonderful support from other markets, customers, city officials and downtown businesses, and are currently reviewing architectural designs from markets around the region as well as sketches specific to our location.

Discussions are ongoing with a regional architectural firm and members of the Decorah City Council regarding siting of a structure, design considerations and parking and traffic flow issues. Once a site has been determined, architects will be able to work with city planners and vendors to design the structure(s) and determine estimated costs. Bids will be let and a capital campaign will start this spring.

Our current design includes stalls for 30 vendors, housed in two open-air structures. Additional structures could be added in the future as demand and finances allow. We also would like to create one or more structures that would incorporate public restrooms, a performance space and an enclosed office. We envision extensive landscaping and tree-planting, which will create a park-like setting that is welcoming to all. One of the Association's top concerns is that the permanent structure can perform many functions. The Association envisions that the space will be an open, sheltered public space available to individuals and organizations to use during non-market hours. Many towns around the country have seen wonderful community benefits from creating similar markets in their downtown areas, and we feel that there are unlimited possibilities for a well-designed permanent Farmers Market structure in Decorah.

Like our partners at the Oneota Food Coop, the Winneshiek Farmers' Market Association strives to promote diversity and economic security of our agricultural community and to make healthy food available to as many folks as possible. We appreciate your ideas and support in furthering these goals as we work toward creation of functional, beautiful market structures.

Please call Erik Sessions (387-0837) or Becky Steines (382-4642) with any questions or suggestions.

NEWS FROM THE DELI

Taste It!

We in the Deli invite you to sample our Hot Bar, Salad Bar and Soups. Deli staff would love to dish you up a little cup of whatever piques your curiosity, so please ask. Many of our prepared items use ingredients that we carry in the store and it's a great way to try something out. Amish chicken breasts and thighs are now being sold in our Meat section, you can also find them roasted in our Grab and Go cooler. In the Season of Soups, try out some of our hot selections and get ideas of how to use red lentils, peanut butter, yams, split peas or butternut squash. Nibble our Pad Thai in the Hot Bar to see what the packaged Thai rice noodles are like. Wondering about the flavor of quinoa? We have a number of salads featuring that interesting grain, and many other grains as well. Ask for a sample....taste it!



By Nate Furler, Co-op Deli Counter Manager

INTERESTING TIDBITS FROM THE DELI

- Though we may sense any of the four primary tastes anywhere on our tongue, we are most sensitive to sweetness on the front tip, sourness along the sides, saltiness along the front edge and bitterness in back.
- The average life of a tastebud is 10 days (before being replaced with a new one).
 - To prevent sliced bananas from turning brown, dip them in a little white wine before arranging them on tarts or using them in fruit salad. The acid in the wine prevents the fruit from oxidizing, but doesn't affect the flavor
- When chopping fresh garlic, add a little salt; this prevents it from sticking to the knife.
- A sprinkling of cinnamon will make coffee less bitter. Sometimes salt is used for this same purpose.
- Salt is the only rock that humans eat. The mineral form of salt is known as halite.
- Roman soldiers were paid in salt, and soldiers who neglected their duties were said to be "not worth their salt".
 - Cream of tartar is a natural derivative of grape juice.
- Though an excellent tool, a food processor has drawbacks for making vegetable purees as it makes some starchy vegetables gluey and will not completely puree fibrous vegetables or vegetable skins. A food mill, although more time consuming, will produce a more uniform puree. Never make mashed potatoes in a food processor!
- The word 'chowder' is derived from the French 'chaudiere', a cauldron aboard ships which fishermen would use for cooking.
- A good substitute for Asian fish sauce is an equal amount of soy sauce with anchovy paste or mashed anchovies.
- Pickled herring was the first food traded internationally.
- Legend has it that a New England sea captain gave the doughnut its hole--he thrust a piece of fried bread onto a spoke of his ship's wheel so he could steer with both hands.

STAFF ANNIVERSARY

Hannah McCargar - 5 years

Hannah started working at the co-op as a high schooler, left for travels and school for a couple of years, then came back and has worked in just about every area of the store. Hannah comes and goes from Decorah these days, always filling in and helping out in a variety of ways when she is in the neighborhood. You can find her working in produce, bulk, wellness or cashiering. Thanks Hannah!



IYENGAR YOGA
with Marybeth Gallant

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Mondays & Fridays 9:15 - 10:45 a.m.

Continuing classes:

Wednesdays 9:15 - 10:45 a.m.

Saturdays 8:30 - 10:00 a.m.

For more information call
Marybeth at 563-419-2329

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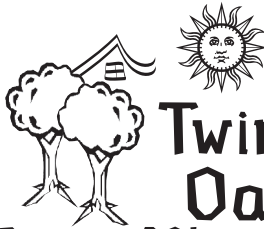
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BOARD ELECTION INSERT

FROM THE BOARD

Regular readers of this column will recall that the columns in the last two issues of the Scoop dealt with the Board elections and nomination process. During the fall your Board engaged in recruiting members to be candidates for the two open positions using the Scoop, signs in the Co-op, and even personal contacts. Two strong candidates came forth from that process. The deadline to be recognized as a Board nominee was the end of October. As scheduled, the Board met in December to decide on our recommended candidates.

We announce them now: Lyle Luzum, an incumbent and Ben Nauman.

Recently the Board received two petitions from members wishing to be on the ballot: Andy Johnson and Birgitta Meade. This is another way to be included on the ballot as described in the following bylaw:

5.5. NOMINATIONS. Nominations to the Board shall be the responsibility of the Board. Members may apply to the Board to be a candidate for a position on the Board. If the member is not selected for candidacy by the Board he/she may still be added to the ballot as a candidate by obtaining a petition of twenty-five signatures of members in good standing.

Elsewhere in this issue you can read about the candidates' background and their thoughts on Board service. We are pleased to present to you these four candidates with such good qualifications.

There is a ballot enclosed in this issue of the Scoop and all people in your household who hold a member number may vote. If there is more than one member in the household, you will receive a separate mailing with a ballot. Members who don't receive the Scoop will also receive a separate ballot in the mail. The ballots must be returned by March 27 and they can be mailed or handed in at the service counter. Members will be allowed two votes as there are two Board openings and it's possible to cast both votes for one candidate.

All ballots will be checked against the criteria of number, signature, and members in good standing list. (Good standing meaning that those



The current Board of Directors: Top row, left to right: Toni Smith, Joan Leuenberger, Georgie Klevar, Onita Mohr. Bottom row: Lyle Luzum, Steve Peterson, and Keith Lesmeister.

members are up to date on their membership payments.) They Ballots will be counted by the Vice-president of the Board and two member/owners. The annual meeting will be held April 2, 2009 and the winners announced at the meeting. This process is in accordance with bylaw 5.6

5.6. ELECTIONS. Ballots for the election shall be provided to the members and balloting shall take place before the annual meeting. The process for voting shall be included with the ballots. Candidates with the highest number of votes shall be declared elected at the annual meeting. In the event of a tie, a run-off election between the tied candidates shall be held by secret ballot at the annual meeting.

One of the strengths of our co-op is that we've always had a self-perpetuating board with members who strive to govern in the best interest of the entire co-op. We look for this to continue.

Lyle Luzum

I'm Lyle Luzum, completing my first term on the Co-op Board and running for re-election. My wife, Sue, and I live on our farm between Decorah and Calmar where I have a small flock of sheep. I am Director of Computer Information Systems at Northeast Iowa Community College.

Previous Board experience includes Church Council and 12 years on the South Winn School Board. I am currently involved in the Northeast Iowa Food and Farm Coalition, the Northeast Iowa Food and Fitness Initiative, the Winneshiek Democratic Central Committee and Issues Committee, and have served 29 years as Assistant Soil Conservation District Commissioner. I have been involved with Boards all my adult life, either as an employee of or as a Board member. Because I have seen all manner of Board behavior I have evolved a strong sense of what a Board should and should not do, and what Board behavior makes an organization either functional or dysfunctional. In times of stress, the Board must have a clear understanding of their role and their responsibilities.

So, why would anyone want to run for the Co-op Board at this time in history? It's hard to believe, but when I joined the Board we were in the early stages of looking at the option of expansion. Some studies had been done indicating that, on balance, the opportunities presented by expansion outweighed the opportunities missed by not doing so. Further analysis and study followed, along with repeatedly asking, "Can we afford to do this?, Can we afford not to?". After carefully weighing the options the member/owners approved the Board's recommendation to purchase the Latham building and the new era of Oneota began. We also faced the need to change management models from a collective management to a general manager model. In addition, the Board continued its ongoing process of clarifying its role through a more complete implementation of the Policy Governance model. In a business any one of these changes (finding/buying a building, raising capital, expansion/moving, selling a building; changing management models and hiring a GM (2 1/2 times); refining the Board governance role) would be challenging, but doing

all three at once is a lot of work and carries a degree of risk.

Yet, there are times when the option of not doing is riskier than doing. Such was the case with Oneota the last three years. The confluence of challenge and opportunity that came together was quite unique and presented itself only for a brief moment in time. The result is that we have a beautiful store in a perfect location, and Oneota is now perceived as a critical, appreciated, and increasingly integral part of a unique community. In spite of the stresses and challenges to employees and because of the generosity of member/owners and lenders we are now positioned for a positive future.

But there is nothing like the economic strife we face in this country to focus the mind on the real job of the Board: fiduciary responsibility -- to safeguard the assets of the owner/members and assure that the purpose of the Co-op is carried out and enhanced in the community. Ultimately, the Board is responsible to assure the ability of the organization to self-perpetuate. That is, it must do what is necessary to allow the organization to carry out its purpose beyond the tenure of any individual(s), be those individual member/owners, Board members, management, or employees. In times of upheaval we all have to remember to keep our eye on and do what we can to support the purpose of the Co-op. That's why hundreds of us put our money where our thoughts are and invested in membership and capitalization of the expansion. It is not often that one has the opportunity to serve an organization that represents an unqualified good. I, along with 3000+ other owner/members, believe that is what Oneota Community Co-op is.

I am proud to have served on and am honored to stand for re-election to the Board.



Ben Nauman



I currently reside in Iowa City, IA but will soon be relocating to the Twin Cities. Though I don't live in Decorah I travel to the area regularly to recreate and visit family and friends. I believe Decorah and the Oneota Community Food Co-op are special places; not many communities in rural Iowa of this size are fortunate enough to have such a vibrant food co-op. I've been the General Manager of both of Iowa's other retail natural products co-ops, served on the Board of Directors of Wheatsfield Grocery in Ames, IA, and I've been working in food co-ops since 1996. I'm currently the Development Director for the Central Corridor of the National Cooperative Grocers Association and work directly

with the General Managers and staff of 42 natural products co-ops throughout the Midwest ranging from \$500,000/year in annual sales up to \$30 million/year. I've held my current position for the last four years and worked for three other retail food co-ops prior to that. I'll soon be starting work as the head of NCGA's Category Management Team. I have two yellow labs, Max and Callie,

consider myself a foodie, and love to cook and eat, like to do things outdoors (ski, bike, hike, kayak, etc.), and have an interest in sustainability. I've been a member of Oneota Community Co-op for just over a year and a shopper for much longer as I've had family and friends in the area for a very long time and come to paddle down the Iowa River, fish in the nearby streams, ski and mountain bike pretty regularly throughout the year.

I'm interested in serving on the Board for several reasons. First, because I'm deeply committed to food co-ops and seeing them thrive. Second, as a member-owner, I've not made a significant investment in the co-op's expansion and growth and investing some "sweat equity" serving on the Board of Directors represents at least one opportunity for me to do so. Finally, because I believe that I have experience as a food co-op manager and Director that may be of value to the Board.

My belief is that a co-op Board can govern most effectively when it is focused on the co-op's long-term vision and direction, when it has a broad and diverse mix of perspectives and experience on the Board, when it gives adequate attention to member linkage and ensuring that the needs of the membership (both current and future) are central to the co-op's priorities, and when it provides sufficient oversight of the General Manager's strategies to realize the co-op's collective aspirations. I'll be an advocate for Board actions and governance practices that support that belief and I'll defend against actions or practices that I think would compromise the Board's ability to be effective.

Birgitta Meade

Member/owner since: 1982
Board member experience: Oneota Co-op Board at the time of the purchase of our previous building, Winneshiek County Conservation Board 2003-2009, past president.
Occupation: Middle School Science Teacher at North Winneshiek Community School and adjunct instructor at Luther College.

As we grow, our co-op moves further away from the early days of direct democracy. Now we have a representative democracy with increased responsibilities for everyone. The change leaves some member/owners feeling uncertain, but that uncertainty can be mitigated with good board policies. The Policy Governance® model adopted over the last decade provides a well-described structure for Board conduct and decision-making. Policy Governance ® contains an emphasis on board discipline and maintenance

of a firm wall between staff and board. The General Manager is the gate in that wall. Effectiveness demands a strong GM. Prudence and accountability to the board demand distinct boundaries for the GM's power.

I'd like to serve the membership by working on the careful crafting of policies that encourage meaningful and productive communication between staff, the General Manager, our Board, and the member/owners. Most importantly, I'd want to ensure that those policies honor all of the Cooperative Principles.



Andy Johnson

My name is Andy Johnson, and I grew up on a dairy and Christmas tree farm outside Decorah. In 2007 my wife Emily (a Certified Nurse Midwife at Winneshiek Medical Center) and I returned with our three girls (Helen 9, Leila 5, and Elsa 1.5) to settle on the home place. My professional career has been in the fields of natural resources conservation, sustainable agriculture, and sustainable development both international (with the US Peace Corps, in Guatemala) and domestic (with the USDA Natural Resources Conservation Service). I have served on boards and in management positions, and have been involved in the formation of other cooperatives (including the Prairies Edge Sustainable Woods Cooperative). As a farmer, I have sold sustainably grown Christmas trees to at least 10 natural food stores in the upper Midwest. Ours is by far the richest in community and the truest to the meaning of cooperative.

I have considered serving on the board in the past, and if not now, when? During these economic hard times we will need to be especially innovative in continuing to strengthen our community and grow the membership, but also in finding ways to increase our appeal to non-members. The national epidemic of childhood obesity and other food-related health issues places responsibilities on our Co-op beyond simply offering a healthy product line. Our Co-op must live within its organizational and financial realities, but our values and principles also suggest the importance of continued education, outreach, and partnership efforts with the broader community. Opportunities in diversifying our local food system, in providing healthier foods in the institutions that serve our oldest and youngest, and in participating in the burgeoning movement of community-wide sustainability have never been

greater. And finally looking inward, I believe that in this cooperative there has to be a better way to mesh both our business and community needs than laying off “without cause” an individual such as Liz Rog. More transparency and more robust channels of communication may be a place to start.

In organizational governance the buck stops with the board. It is responsible for the effective functioning of the organization through the development of policy and the delegation of powers and responsibilities to staff. Boards are also directly accountable to and speak for their members/owners in ensuring the organization functions according to its mission, principles, and values. Based on my current perspective, I suggest that our mission, principles, and values argue against the removal of one of the greatest talents and beloved staff members of our Co-op, and for her return. I hope the current board is considering this, and I express my deepest gratitude to them for their professionalism and their tremendous dedication to our organization. We should all remember that in an organization that also strives to be a community, the buck stops with each of us. We can assume the worst and watch it come to pass, or we can assume only the best of each other and do our darnedest to build bridges and renew the ties that bind.



BOARD ELECTION BALLOT

The vote of a member, business or association shall be cast only by its representative duly authorized in writing. Voting by proxy is not permitted.

THERE ARE TWO (2) OPEN SEATS ON THE ONEOTA CO-OP BOARD . Each member may vote for 2 candidates, or you can choose to place both votes for a single candidate.

All ballots will be checked against the criteria of number, signature, and members in good standing list. (Good standing meaning those members are up to date on their membership payments.)

The annual meeting will be held April 2, 2009 and the winners announced at the meeting.

Board recommended candidates:

☐ Lyle Luzum, incumbent

☐ Ben Nauman

Candidates by petition:

☐ Andy Johnson

☐ Birgitta Meade

Printed Member Name _____

Member Signature _____ Member Number _____

**BALLOTS MAY BE SUBMITTED IN PERSON AT THE ONEOTA CO-OP SERVICE DESK
OR SENT TO THE ADDRESS LISTED BELOW**



Oneota Community Co-op • 312 West Water Street • Decorah, Iowa 52101

Update On Melamine

The chemical melamine has been in the news recently. Most of us had never heard of the substance until it was implicated in the deaths of dogs and cats in the United States during 2007. In the last few months, melamine has come back into the news in relation to adulterated infant formula manufactured in China, which sickened more than 294,000 infants. Of this group of 294,000 children, over 50,000 have been hospitalized and a least 6 have died. As a result of these problems, the United States currently has a ban on milk products produced in China.

Melamine is an industrial chemical produced throughout the world in quantities exceeding millions of kilograms per year. The compound is used as a component in plastics, plywood cement and fire-retardant paint. Melamine may be leached from plastic cookware and migrate into food. Until the recent incident involv-

ing infant formula, one of the largest areas of concern was the adulteration of fertilizer with melamine, from which it is absorbed into the soil and then into crops.

Melamine contains considerable amounts of nitrogen. In China, melamine is added to fertilizer, animal feed, wheat gluten and milk products in an effort to make these products appear to contain more protein than they actually do. The measurement of nitrogen is often used as a substitute for assessing the protein content of foods. The cost of melamine is far less than the equivalent amount of protein and so unscrupulous vendors have sought to increase their profit by selling wheat gluten, milk formula or animal feed whose lack of protein was masked by the added melamine.

The 2007 epidemic of dog and cat deaths from melamine adulteration of pet food clearly demonstrated the lethal effects of melamine ingestion.

Nevertheless, producers of infant formula in China proceeded to adulterate their products with melamine in order to increase their profits.

Initial signs and symptoms of melamine toxicity in small children are often non-specific. The illness for the most part, is manifest by the formation of melamine kidney stones which if undetected may lead to renal failure. Part of the difficulty in reaching an early diagnosis of melamine toxicity lies in the fact that the melamine kidney and bladder stones may be difficult to visualize using standard X-Ray techniques.

Various government health bodies in the United States and elsewhere have attempted to set limits for acceptable levels of human exposure to melamine and its metabolite cyanuric acid. The World Health Organization recently recommended a tolerable daily intake (TDI) of 0.2 milligrams per kilogram of body weight for melamine

and 1.5 milligrams per kilogram of body weight for cyanuric acid. This recommendation applied to the entire population including infants. The U.S. Food and Drug Administration has set a limit for melamine in food at 2.5 parts per million. Initially the FDA ruled that no melamine is permitted in infant formula, but in late November 2008 changed that to 1 part per million being permitted. One problem with this rule is that small children eat far more food for their body size than do adults, leading to a potentially higher dose per kilogram of body for any toxin ingested.

The information contained herein came from a recent article in the New England Journal Of Medicine dated December 25, 2008 titled “Melamine and the Global Implications of Food Contamination.” The article may be viewed online at: <http://content.nejm.org/cgi/content/full/359/26/2745?query=TOC> Harold Amsbaugh

CO-OP EVENTS & CLASSES

All classes meet in the Co-op meeting room unless otherwise indicated.

FEBRUARY

Class: CREATING HEALTHY CHILDREN With Jackie Vick
Date: Tuesday, Feb. 3, 7-8:30 p.m.

It's difficult to develop good, healthy eating habits for our children in today's hectic world. Come to hear quick and easy ways to ensure your child is as healthy as s/he can be. We will talk about nutritional deficiencies and environmental risks and global ways to help your family. You will get ideas for sneaky ways with veggies, and good and healthy breakfasts, snacks and lunches. Additional Information will be shared regarding children with attention deficit/hyperactivity disorder, asthma, diabetes, autism and more childhood conditions. Jackie Vick is a teacher and consultant who has worked with children for more than 20 years.
Cost: \$3 members, \$5 others **Class size:** Minimum 5, maximum 15



CO-OP POTLUCK

Thursday, Feb. 5. 6:30 p.m. at Good Shepherd Church
Come enjoy a meal in community at the Co-op Potluck. This is a very informal event; you need only bring some food to share, table service, a beverage if you desire it.

Class: HEALING HANDS REFLEXOLOGY AND HEALING TOUCH
With Karen and Kayla Hageman
Wednesday, Feb. 4 6:30-7:30 p.m.

Reflexology is a hands-on treatment that helps the body heal itself through pressure points of the hands and feet. Leaders will explain the benefits of reflexology. Healing touch is an energy therapy that is relaxing and nurturing. It works with your energy field to support your natural ability to heal. The Hagemans are certified healing touch and reflexology practitioners.
Cost: \$3 members, \$5 others **Class size:** Minimum-none, Maximum 12+
Site: Co-op Meeting Room

Class: AROMATHERAPY GIFTMAKING - SOMETHING FOR YOUR SWEETHEART
With Jana Klosterboer and Gretchen Schempp, Wellness Department
Thursday, Feb. 5, 7:00 PM to 8:30 PM

Learn about essential oils and aromatherapy, and make some luscious bath salts and body oils for yourself and/or your loved one. Be prepared to learn, laugh, sniff, slather and get messy.

Class: SPREADING THE WEALTH: MICROLENDING THROUGH KIVA.ORG
With Brett Johnson
Tue. Feb 10, 7 to 8:30 p.m.

Learn how to promote economic justice through microlending-- small loans to those in poverty around the world. Come learn about the principles and development of the global microfinance movement along with each step of the lending process using Kiva.org. Broader principles of socially responsible investing and other opportunities for both domestic and international community investment will be discussed. This class is part of the "\$10K for Kiva" project to promote microlending among the Luther College and Decorah communities. Brett is a sociology professor and the co-author of The Better World Handbook, a book of daily actions for a more just and sustainable world. **Cost:** Free, with an opportunity to make a donation to Kiva. **Class size:** Minimum 3, maximum 15



Event: BACKGAMMON WITH STEVE!
Wednesday, Feb. 11, 7 p.m.

Steve McCargar invites you to the Co-op deli to challenge him to a game of Backgammon. He is so sure he can't be beat that he is offering a \$25 Co-op gift certificate to anyone who can beat him at 2/3 games. If you have a board bring it, for you may have a chance to play someone else while you await the Big Challenge.



MARCH

CO-OP POTLUCK

Thursday, March 5. 6:30 p.m. at Good Shepherd Church
Come enjoy a meal in community at the Co-op Potluck. This is a very informal event; you need only bring some food to share, table service, a beverage if you desire it.



Event: BACKGAMMON WITH STEVE!
Wednesday, March 11, 7 p.m.

Steve McCargar invites you to the Co-op deli to challenge him to a game of Backgammon. He is so sure he can't be beat that he is offering a \$25 Co-op gift certificate to anyone who can beat him at 2/3 games. If you have a board bring it, for you may have a chance to play someone else while you await the Big Challenge.



Class: LEARN TO COOK! QUINOA BLACK BEAN SALAD
With Kristin Evenrud, Co-op deli staff
Thursday March 19, 2009 • 6:30 pm – 7:30 pm

Learn how to use quinoa, a healthful and versatile grain, to make a great salad that can be served either cold or hot. Bring your appetite and willingness to learn!



Class MAKING HERBAL EXTRACTS
With Jana Klosterboer, Co-op staff
Mon Mar 30 7 - 8:30 PM

Description: Learn how to make your own herbal remedies! We will discuss the basics of making water, alcohol and oil based extracts for health and well-being and then get our hands into the actual business of creating. Participants should be prepared to get messy, ask questions and have some fun.



REGISTRATION INFORMATION The above classes are offered by the Co-op and the many talented people in our community who gladly share their interests, experiences and talents. They do not necessarily reflect the views of the Co-op. Many classes fill up right away; please call soon to reserve your space. If you are a Co-op member we will charge any applicable class fees to your Co-op account, and you can pay when you come in to shop. If you are not a member-owner: first, consider joining! You are always welcome at classes whether you are a member or not, of course, but 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. Thanks for your cooperation!

In the event that your plans change and you can't come to a class for which you've registered, please call and tell us so that someone else can fill your slot. Cancellations will be fully refunded if called in within 24 hours before class. Classes also have minimums; in cases where minimum class size is not reached by three days prior to class, the class may be cancelled or re-scheduled for the next two-month period, to allow more to join in. **To register, or cancel call (563) 382-4666 during store hours.**

FLOWER POWER

Flower Essences – What They Are and How They Work

As I look out my window at the grey sky, it seems that summer, with its warmth and profusion of life must be merely a dream. Then I notice delicate brown stalks, skeletons of black-eyed susan and goldenrod, standing erect against the backdrop of snow and cold - physical evidence that it all really did exist. Flower essences also are another reminder of the life-force so strong in the summer.



by Jana Klosterboer,
Oneota Co-op
Wellness Department
Manager

A bit of background on flower essences.

Dr. Edward Bach was an early 20th century orthodox physician who turned to homeopathic medicine as a way to offer a more natural and holistic way of addressing the health of his patients. He continued to hone his ideas and eventually built on his homeopathy background to develop the flower essence healing modality. Bach felt that disease had roots in the emotional health of an individual, that emotions such as hate, anger and fear have negative effects on the physical being, wearing down the immune system and setting the stage for illness. His theory was, "Peaceful mind = Peaceful world." David Vennells, author of *BACH FLOWER REMEDIES FOR BEGINNERS* says it this way, "The [flower essence] remedies help us change our mind, not the world around us; but by changing our mind, all things change."

Bach noticed a relationship between certain characteristics of particular flowers and how they affected him emotionally. He discovered that drinking the dew found on flowers had a profound effect on his emotional state. Since it

was not practical to collect flower dew to use with his patients in his medical practice, he then developed a process to transfer this healing energy from the flower to purified water.

Since its beginnings in England and Wales with Dr. Bach, the study of flower essences has expanded. Students of Bach have studied the effects of flowers beyond Bach's original repertoire of 39 flowers. Now many remedies are available.

Many people have told me about the healing effects they have experienced using flower essences. My own reluctance was overcome when I tried the Bach Rescue Remedy on a number of stressful occasions. I did notice that I felt better and more able to function and have used other remedies since then with positive results.

We carry the Flower Essence Services (FES) remedies at the co-op. They are based on Bach's findings and are grown and made in the United States. In these stressful times, flower essences can be an aid to health and growth.

Resources:

BACH FLOWER REMEDIES FOR BEGINNERS, David F. Vennells, 2001, Llewellyn Publications.

FLOWER ESSENCE REPERTORY, Patricia Kaminske and Richard Katz, 1996, The Flower Essence Society.

THE HEALING POWER OF FLOWERS, Rhonda PallasDowney, 2007, Woodland Publishing.

THE ENCYCLOPEDIA OF BACH FLOWER THERAPY, Mechthild Scheffer, 1999, Healing Arts Press.

A Plant-Based Remedy Primer

Though all of these modalities are based on the healing powers of plants, each is distinctly different from the other. (For example, the essential oil of chamomile is different from chamomile tea, a homeopathic remedy of chamomile or chamomile flower essence).

Essential Oil – Used in aromatherapy. Volatile (aromatic) oil of a plant. Highly concentrated – usually needs to be diluted before using. Almost always used externally (in baths, massage oils or lotions) or by breathing in the oils (in steams or diffusers, for example).

Herb – Plant material processed into various forms to be taken internally (such as a tea, liquid extract or in tablets or capsules) or used externally (such as a poultice, compress or in an oil infusion). Made from all parts of the plant: roots, seeds, leaves, flowers, bark, flowers and fruits. Herbs are the basis for nearly 25% of all prescription drugs on the market today is from plants.

Homeopathy – Literally "the cure is like the disease". Developed in the early 19 century as a more humane system of medicine to treat the whole person by Dr. Samuel Hanemann. A liquid extract of plant, mineral or animal material is potentiated by dilution and succussion (shaking). The more it is diluted and shaken, the stronger the remedy becomes. Remedies are often "reverse" or "upside down" from the material in full strength, for example, a homeopathic remedy of onion is used to decrease symptoms that onions in full strength cause, like itchy, runny eyes and nose.

Flower Essence – An infusion of flowers prepared in a way that preserves the "essence" or life force of the flower. Developed in the early 20th century by English physician Dr. Edward Bach. He felt that the flower of a plant contained the greatest concentration of life force. Rather than working on a chemical level, the flower essences are said to work on an emotional or energetic level.

CLASSIFIEDS

Classifieds ads are free to Oneota Co-op members. Deadline is the 15th of the month prior for the following month's Scoop. Deliver typed or legibly written ad to Nate Furler at the Co-op, or email nate@oneotacoop.com. Limit of 25 words. We reserve the right to refuse or edit ads.

Wanted: Vegetable farmer assistant for the 2009 growing season (May through October) at Patchwork Green Farm, just north of Decorah. Assist with growing, tending and harvesting chemical free produce on our 4-acre plot. Weekdays, 24-30 hrs/wk. Call Erik Sessions 387-0837 or eriksessions@earthlink.net

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CITRUS

A customer and I were chatting in the aisle the other day while she tasted a few of our choice citrus offerings (I believe it was Texas Rio Star grapefruit and Minneola tangelos) and we got giggling about all the cliché but utterly real ways citrus can brighten even the coldest winter day. It is like eating a ray of sunshine, it makes a person happy and it brightens up a dreary room. Even looking at pictures of citrus while writing this article made me feel cheery – all those bright yellows and oranges and greens- it is like eye candy when all I see outside is white, white, white. Not surprisingly, the essential oils of citrus all have mood lightening properties so it is truly no joke that peeling an orange or tangerine or zesting a lemon can be uplifting, balancing, calming and even anti-depressive.

There are plenty of people who really like to just eat their citrus and that is great. There are others who enjoy using citrus creatively in their cooking. I am one who is never without lemons or limes and in the absence of either of those I have been known to pitch hit with orange juice or zest. There are a few tools of the trade that make using citrus in your kitchen easier and frankly, more fun! Of course, a good sharp knife goes a long way. But my favorite toy is a Microplane. It is an extremely sharp and very fine grater which can be used for multiple purposes. It makes zesting a cinch as well as grating nutmeg, cinnamon, chocolate, and hard cheese. They are available in fine kitchen stores (our very own Ace Kitchen Store carries them). There are also lots of great “juice extractors” out there. At home I have an old fashioned glass one which I think works well. We also carry “Citrus Reamers” at the co-op which are hand held wooden squeezers and they work well too!

A few of my late winter favorite citrus fruits are either just rolling in the door, or are about to show up any minute. Here’s a brief and not complete overview:

- ◆ **Meyer Lemons** - are a big favorite of mine. Smooth skin, canary yellow, the color of (free range) egg yolks. You may wonder if they are truly worth the extra price – of course I think so, though they are not to be squandered away in any old dish. Preferably you would want to choose a recipe that uses both the fragrant zest and



Betsy Peirce, Oneota Co-op Produce Manager

the sweet juice. Because they’re sweeter and less acidic than other lemons, with an intoxicating aroma that has hints of honey and thyme, they can be easily used for either sweet or savory cooking. The uses for Meyer lemons range from delicious tangy baked lemon custards to savory pasta dishes or for stuffing slices under the skin of a roasting chicken.

- ◆ **Kumquats**- Hardly bigger than a large olive, the Kumquat looks like a tiny and somewhat-round orange. A native of China, the Kumquat is a citrus fruit that is entirely edible. The orange skin of the Kumquat is juicy and sweet, while its flesh remains dry and slightly tart. Although the Kumquat can be served fresh and mixed in salads, it is more commonly cooked and used in syrups and preserves. My favorite is a refrigerator kumquat pie. Last year it was quite the phenomena for kids on middle school tours to try the kumquat by rolling it in their hands first to release all the fragrant oils and then they bit into it. Most came back again and again to buy more for the intense sensory experience (and to convince their friends to try them.) They are in short supply this year so get them while you can!

- ◆ **Minneola Tangeloes**- are tender, juicy, deep orange, have few seeds and a wonderful floral after taste. The Minneola is a cross between a grapefruit and a Dancy tangerine, and in my opinion it is one of the best citrus fruits in the case every winter. They are a nice balance of tart and sweet and are great in salads or eaten alone.

- ◆ **White grapefruit** – or Oro Blanco is what grapefruit lovers call the “classic grapefruit”. That may indicate tartness to some of you, but white grapefruit is not tart! It is sweet and extremely tender. It is not as high in vitamin A as the ruby grapefruit, but still worth it for its juicy tenderness. They come from Florida and are usually around for a few months.

To the right are a wide range of recipes to try out your new citrus savvy!

AVOCADO AND PINK GRAPEFRUIT SALAD WITH CORIANDER

Bon Appétit | November 2008

Yield: Makes 2 servings Active Time: 20 minutes Total Time: 20 minutes

- | | |
|-----------------------------|---|
| 2 TX Rio Star grapefruits | 1/4 teaspoon Asian sesame oil |
| 2 tablespoons olive oil | 1 teaspoon grated peeled fresh ginger |
| 1 tablespoon minced shallot | 1 teaspoon coriander seeds, cracked |
| 1 teaspoon soy sauce | 2 cups (packed) mixed baby greens |
| 1/2 teaspoon honey | 1 small avocado, halved, pitted, peeled |

Preparation:

Using small sharp knife, cut off peel and white pith from 1 grapefruit. Cut grapefruit crosswise into 4 slices. Cut second grapefruit in half and squeeze enough juice to measure 3 tablespoons. Whisk juice, olive oil, and next 6 ingredients in small bowl. Season dressing to taste with salt and pepper. Toss greens with 2 tablespoons dressing in medium bowl and divide between 2 plates. Arrange grapefruit slices and avocado alongside and spoon remaining dressing over.

Nutritional information:
Per serving: 368.55 Calories (kcal), 63.6 % Calories from Fat, 26.08 g Fat, 3.68 g Saturated Fat, 0 mg Cholesterol, 36.20 g Carbohydrates, 10.17 g Dietary Fiber, 3.62 g Total Sugars, 26.03 g Net Carbs, 3.94 g Protein.

MEYER LEMON CRANBERRY SCONES

Gourmet | May 1997

Yield: Makes 16

- | | |
|---|---|
| 2 tablespoons freshly grated lemon zest (from about 3 lemons; preferably Meyer) | 1 1/4 cups fresh cranberries, chopped coarse, or 1 1/4 cups dried cranberries or dried cherries |
| 2 1/2 cups all-purpose flour | 1 large egg |
| 1/2 cup sugar plus 3 tablespoons additional if using fresh cranberries | 1 large egg yolk |
| 1 tablespoon baking powder | 1 cup heavy cream |
| 1/2 teaspoon salt | Accompaniment: crème fraîche or whipped cream |
| 3/4 stick (6 tablespoons) cold unsalted butter, cut into bits | |

Preparation:

Preheat oven to 400°F. and line a large baking sheet with parchment paper.

With a vegetable peeler remove the zest from lemons and chop fine, reserving lemons for another use.

In a food processor pulse flour, 1/2 cup sugar, baking powder, salt, butter and zest until mixture resembles coarse meal and transfer to a large bowl.

In a small bowl toss together fresh cranberries and 3 tablespoons sugar and stir into flour mixture. If using dried fruit, add to flour mixture.

In another small bowl lightly beat egg and yolk and stir in cream. Add egg mixture to flour mixture and stir until just combined.

On a well-floured surface with floured hands pat dough into a 1-inch-thick round (about 8 inches in diameter) and with a 2-inch round cutter or rim of a glass dipped in flour cut out as many rounds as possible, rerolling scraps as necessary. Arrange rounds about 1 inch apart on baking sheet and bake in middle of oven 15 to 20 minutes, or until pale golden.

Serve scones warm with crème fraîche or whipped cream. Scones keep, individually wrapped in plastic wrap and foil, chilled, 1 day or frozen 1 week.

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KUMQUAT REFRIGERATOR PIE

- | | |
|---|--------------------------------|
| 2 baked pie crust, 9" | 2/3 cup pureed Kumquats |
| 1 1/2 cups sweetened whipped cream (or whipped topping) | 1 can sweetened condensed milk |
| 1/2 cup cream cheese | 1/2 cup lemon juice |
| | Sugar to taste |

Beat condensed milk and cream cheese and whipped cream. Add lemon juice and beat until thickened. Add kumquats, pour in pie shells and chill in refrigerator for several hours.

Where the Buffalo Roam



The Oneota Co-op is home to two bison producers! Bison, often mistakenly referred to as buffalo almost became extinct at the end of the 19th century. Thanks to the dedication of a few environmentally minded individuals bison numbers have been restored to about 350,000 today. The co-op is happy to represent and sell Blake Family Farm and Bear Hollow Bison products.

Blake Family Farms is operated by brothers Francis Blake and John Blake. The farm has been in the family since 1959 and has been certified organic since 1994 and is located outside of Waukon, IA.

They maintain a core herd of 7 cows and allow the young bison to nurse for a year. The bison are raised on pasture year round and are supplemented organic hay during the winter months.

Bear Hollow is owned and operated by Justin Grove, his father Rick and brother Adam. They have been together on Bear Hollow for 10 years and the farm is located outside of Monona, IA. The Groves have 25

cows in their herd and maintain total herd size at about 60 bison. Their animals are on pasture up until the last 3 months, when Groves supplement the bison diet with whole shell corn and hay.

Both of our energetic and dedicated producers are raising Plains Bison. These majestic animals average 5' and weigh around 1,200 pounds. The benefit to you, the consumer, is bison meat is lower in fat, cholesterol, and calories than beef, pork and even skinless chicken. Since bison are more resistant to disease than cattle there is no need for antibiotic feed. Bison is also higher in iron and vitamin B12 than beef. Despite all these differences, bison is very similar to beef in flavor and texture. Most people will tell you that bison has a slightly sweeter and richer flavor. Also, bison is almost completely non allergenic, meaning people having allergies to bison are almost completely unheard of.

You can find ground bison, roasts, stew meat, and tenderloins here in the co-op meat freezer!



By Kristin Evenrud,
Co-op Meat Buyer





Coupon

\$2.00 off

total price

Wangness

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Winneshiek Medical Center
Lower Conference Room B on Wednesday

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

Twin Springs Salon

On Twin Springs Road, just on the outskirts of Decorah, you'll find a unique place of relaxation. Twin Springs Salon is a place to slow down, sip organic tea while having a foot bath, manicure, facial, make-up, haircut, henna or plant based haircolor.

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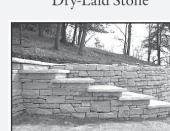
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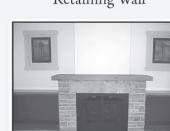
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Enhance the beauty and service of your park or recreational area!

MEMBER BONUS BUYS

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



FEBRUARY MEMBER BONUS BUYS

Regular prices subject to change		
	Regular Price	February Member Price
Packaged		
Amy's Chili	\$3.29	\$1.59
Blue Diamond Thin Crackers	\$3.09	\$1.99
Choice Tea Tea, 20 count boxes	\$5.49	\$3.49
Divine Chocolate Bar, 3.5 oz	\$3.69	\$2.29
Divine Chocolate Bar, 1.5 oz	\$1.99	\$0.99
Dry Soda Dry Soda	\$6.99	\$4.59
Emperor's Kitchen Chopped Garlic	\$3.29	\$1.99
Erewhon Cereal	\$4.99	\$3.29
Newman's Mints, 1.76 oz	\$2.69	\$1.69
Organic Valley Dry Milk	\$7.99-8.99	\$5.99
Spectrum Mayonnaise, Olive Oil	\$6.79	\$4.99
Teeccino Herbal Coffee, 11 oz	\$9.59	\$6.29
Frozen		
Amy's Kitchen Snacks	\$4.39	\$3.39
Refrigerated		
Nancy's Yogurt, 32oz	\$4.99	\$2.29
Organic Valley Cheese Slices	\$5.29-5.99	\$3.99
Silk Soy Milk, 32oz	\$2.59	\$1.89
Westsoy Tempeh, 8oz	\$2.59	\$1.59
Bulk		
Regular Rolled Oats, Organic	\$1.49/#	\$1.09/#
Quinoa, Organic	\$3.69/#	\$3.19/#
Garbanzos	\$1.89/#	\$1.69/#
Navy Beans	\$1.99/#	\$1.79/#
Body Care		
Avalon Lotions lavender, unscented, ylang ylang, lemon, rosemary, peppermint		20% off
Jason Lotions Hemp, Vitamin E, and EFA		20% off
Batherapy Bath Salt 5 pound jar		20% off
Nutritional Supplements		
Source Naturals Night Rest - 50 tab	\$7.99	\$6.39
Source Naturals 5-HTP 100mg 30 caps	\$8.59	\$6.89
Source Naturals L - Tryptophan 500 mg 60 tab	\$29.29	\$23.49
Source Naturals Melatonin 2.5 mg 60 tab	\$5.99	\$4.79
Bach Rescue Sleep 7ml	\$11.69	\$9.39

Watch for weekly member produce sales



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MARCH MEMBER BONUS BUYS

Regular prices subject to change		
	Regular Price	March Member Price
Packaged		
Earth's Best Rice Cereal	\$3.49	\$2.69
Earth's Best Teething Biscuit	\$2.69	\$1.99
Food For Life Cereal	\$5.99-6.59	\$4.89
Lakewood Pure Lemon Juice, 12.5 oz	\$3.39	\$2.59
Lakewood Pure Cranberry Juice, 32 oz	\$9.49	\$6.99
Lucini Olive Oil, 17oz	\$20.99	\$14.99
Nature's Path Corn Flake Cereal, Honey'd	\$4.79	\$3.49
Newman's Pretzels	\$3.69	\$2.49
Pet Guard Canned Cat Food, 5.5 oz	\$1.69	\$1.19
Pet Guard Dry Cat Food, 4# Bag	\$14.69	\$10.49
Vruit Juice, 3-8oz pack	\$3.39	\$2.69
Vruit Juice, 32 oz	\$3.29	\$2.69
Yummy Earth Lollipop Pouches, 3 oz	\$2.59	\$1.79
Bulk		
Sunspire Dark Chocolate Treats		
Steel Cut Oats	\$1.49/#	\$1.19/#
Green Lentils	\$1.69/#	\$1.49/#
Green Split Peas	\$1.89/#	\$1.59/#
Brown Flax Seed	\$2.29/#	\$1.69/#
Frozen		
Food For Life Ezekial Bread	\$4.99	\$3.89
Food For Life Genesis Bread	\$5.39	\$4.39
Natural Choice Fruit Bars	\$4.99	\$4.29
So Delicious NonDairy Dessert, 32oz	\$5.29	\$3.89
Refrigerated		
Helios Kefir, 32oz	\$4.19	\$3.49
Organic Valley Cheese, 8oz	\$5.49-5.99	\$3.99
Organic Valley Neufchatel, Bars 8 oz	\$3.49	\$2.69
Body Care		
Bee and Flower bar soap jasmine, sandalwood, rose, ginseng		20% off
Nature's Gate deodorant		
aloe lavender, patchouli mandarin, asian pear and red tea, tea tree blue cypress, chamomile		
verbena, lemongrass clary sage		25% off
Aura Cacia essential solutions oil blends		
cool hottie, medevil mix, mellow mix, pillow potion, creative juice, grey matter batter, love		
potion, chill pill, first response, panic button		20% off
Tiger Balm		20% off
Lily of the Desert Aloe Vera 4 oz. tube		20% off
Nutritional Supplements		
Source Naturals Night Rest - 50 tab	\$7.99	\$6.39
Source Naturals 5-HTP 100mg 30 caps	\$8.59	\$6.89
Source Naturals L - Tryptophan 500 mg 60 tab	\$29.29	\$23.49
Source Naturals Melatonin 2.5 mg 60 tab	\$5.99	\$4.79
Bach Rescue Sleep 7ml	\$11.69	\$9.39

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2

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3

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