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ONEOTA COMMUNITY FOOD CO-OP
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312 WEST WATER STREET, DECORAH, IOWA

THE SCOOP

ONEOTA
COMMUNITY
FOOD
COOPERATIVE

HOURS: MONDAY-SATURDAY 8:30-8:30
SUNDAY 10:00-7:00

WWW.ONEOTACOOOP.COM

Inside this Scoop!

Introducing our new Catering Menu!

See Page 7

Now you can share the wholesome foods made fresh every day in our deli at an office lunch...graduation party...wedding reception...any special event. From cheese platters to pans of lasagna, from soups to salads.

And for dessert, try Nate's Sheetcakes. Order quarter or half sheets of chocolate, vanilla, marble, carrot, apple or banana with your choice of frosting.

Nate's
sheetcakes

APRIL/MAY 2009 VOL. 35 NO. 3

LETTER FROM THE GM

by: troy bond

Juliet: "That which we call a rose.
By any other name
would smell as sweet."
Wm. Shakespeare

While Juliet doesn't care what a rose is called, we're giving our co-op name a lot of thought lately. Our name should identify who we are as well as our primary mission: to provide the community with reasonably priced, sustainable foods that promote well-being.

ONEOTA
COMMUNITY
FOOD
COOPERATIVE

While we have no intention of changing our business name, nor will we ever drop the word community, we thought our logo could better

communicate our mission. So, recently, we added the word "food" to our logo because we want to avoid confusion with visitors and, besides, "food" better represents why we're here. We're the Oneota Community FOOD Co-op--not a financial co-op, not a farmer's co-op: you won't be able to get a car loan or buy fertilizer here. We sell fresh, wholesome food and that's how people need to think of us first.

OOYA!

And here's another new name to celebrate the Oneota Community Food Co-op's first year in its new, expanded location at 312 Water. We're throwing a party that we've called "OOYA!"

All are welcome to join us on Saturday, April 4 from 11 to 2 for our "Oneota One Year Anniversary" or OOYA! (sounds better if you say it like Al Pacino.) We'll have free Kickapoo coffee, free slices of sheetcake by Nate and abundant food samples throughout the store. In fact, we're

also calling it "Super Sample Saturday" because it's a Saturday...and we'll have lots of tasty Samples...and we figure that's Super.

While we're at it, we're finally inaugurating the dining room inside the co-op where people eat with a name. Up to now we've referred to it ingloriously as "the deli seating area", which has as much zing as "troubled asset relief program".

So, the management team decided on a name for the space where sunshine streams in on people congregating over a delicious panino or a warm Waving Grains cinnamon roll and a hot cup of joe: Windows on Water Street.

WINDOWS
ON Water Street

And now most Saturdays won't just be called plain old Saturdays anymore:

- On Sat. April 18th, for instance, we've named it "Queso! Cheese! Fromage!" for a festive focus on the cheese that's in our case: organic, regional, import and best of all handmade and artisan. See the details below.

- The first Saturday in May will be "Smooth(ie) Sailing into Summer". On May 2, we'll be firing up our blenders and sampling wholesome mixes of goodness and sweetness that come from fruit and other tasty ingredients.

- Finally, "Gluten Free Sample Day" on Sat. May 16th will explore the tasty alternative to a wheat based diet. From main meals to desserts, you don't have to be gluten intolerant to enjoy gluten-free foods.

So, tell your friends to meet you at Windows on Water Street at the Food Co-op to celebrate OOYA! Saturday. If they don't know what that means, tell them you'll see them where there's the best eats in town.

QUESO! CHEESE! FROMAGE!

by: troy bond

Imagine sitting at a picnic table on a leisurely summer afternoon and biting into the smooth and creamy goodness of handmade mozzarella topped with a juicy slice of locally grown tomato, a basil leaf plucked fresh from the garden and drizzled with extra virgin olive oil and sprinkled with cracked pepper and salt.

The advantage of shopping at the Oneota Community Food Co-op is now you don't have to wait for summer to realize that dream!

On Saturday, April 18 from 11 to 3 we're turning that cheese fantasy into a reality in our cheese extravaganza called: "Queso! Cheese! Fromage!" Join us near the cheese case where our special guest Carmine Chirico, cheese specialist with 40 years of cheesemaking experience, will be conducting demos on making handmade mozzarella as well as handing out free samples. In fact, Carmine is teaching our Deli staff how to make it so we can have fresh mozzarella hand-crafted in the store all year round!

Carmine started making mozzarel-

la in his father's deli in the Bronx. He went on to win "Best Boccancini" in New York City three years in a row where he worked for specialty food importer Todaro Bros. Currently, he is an importer of an estate bottling of Italian extra virgin olive oil and gourmet pasta with The Sandy Butler, Ft. Myers, FL.

For hands-on training, sign up for either Thurs and Fri, April 16 and 17, from 6 to 8 pm, when Carmine will conduct cheese-making classes, so you can learn to make your own mozzarella and boccancini, stuffed brie and fondue. Wine expert Aaron will be on hand to offer samples of wine pairings. Space is limited. Sign up at the customer service desk.

The mozzarella is just to whet your appetite. Our entire cheese case is being transformed to represent more of the world of cheese. (See page 4.) And we're also expanding the line of accompaniments that pair so well with cheese: new crackers like Crunchy Crust Everything's, Marcona almonds, fig jam and quince.

DON'T MISS
THIS

Learn to make mozz - with Carmine Thursday April 16 & Friday April 17 - 6-8pm

Carmine will conduct cheese-making classes, so you can learn to make your own mozzarella and boccancini, stuffed brie and fondue. Wine pairings included!

Cost: \$20 members • \$22 non-mem

Class size is limited, so sign up today!

bo-can-CHEE-nee trans. "little mouth-fuls", boccancini is made from fresh mozzarella that are tied into knots and marinated in EVOO, chopped garlic, red pepper flakes and parsley.



NEW (AND OLD) METHODS FOR BOARD-MEMBER COMMUNICATIONS

by: steve peterson, president, oneota community co-op board of directors

The Oneota Community Co-op Board of Directors will experiment with using our Co-op e-mail list, our own Board-board (in the foyer of the Co-op), and links on the website to communicate better with members. In addition to these new ways of informing members, we will be enclosing our standard Board column in The Scoop.

In the past, the Board has found that The Scoop is not a very good

vehicle for communicating quickly with members. There is a lag time between writing and publication. A new Scoop is printed once every other month, which is not soon enough for urgent communications. Moreover, the publication deadlines are weeks in advance which further delays informing members about time-sensitive issues. As a result, it can take a long time for the board to inform the membership about important,

topical issues such as finances and board initiatives.

Since finances have been a big concern recently, the board has sent out information about them via the e-mail list, and this report has been posted recently on the Board-board in the Co-op foyer. You can also view a file on the Co-op website.

If you would like to sign up for the Co-op e-mail listserv so you can see what is happening at the

Co-op, including Board related information, please e-mail nate@oneotacoop.com and he will make sure you get added to the list of recipients.

You can download board related items from the Co-op website by clicking on the OCC Board page (<http://www.oneotacoop.com/BoardofDirectorsPage.html>) and looking for the Board Reports section.

PEANUT RECALL

by: frances kittleson, grocery manager

The recall of products that contain peanuts, peanut butter or peanut butter paste produced by the Peanut Corporation of America (PCA) has been a serious concern for consumers and for all grocery stores nationwide. The Oneota Co-op staff wants to inform our customers about how we were notified about the recall, how we responded, and how this recall has affected us.

Nearly 500 people across 43 states were sickened at the start of this year when they ate food containing peanuts contaminated with salmonella. The food-borne illness was traced back to a peanut processing plant in Georgia. In February, new lists were issued almost daily of recalled products containing peanuts.

Throughout the recall we have received lists of products and lot numbers from three sources:

1. Our main grocery distributor, United Natural Foods Inc.
2. The National Cooperative Grocers Association
3. Regional brokers representing manufacturers directly.

Besides notification of recalled

product we also received many statements from manufacturers assuring us that their products did not contain any peanut products sourced from PCA. To make sure nothing was overlooked by our vendors, we used the FDA's website to double-check that we did not have any recalled product on our shelves.

At Oneota, we do not differentiate between voluntary and mandatory recalls. If a product is recalled, we pull the product promptly and quarantine it until it is appropriately disposed of. We also have a folder at the Customer Service Desk that contains letters of quality assurance and lists of recalled products to refer to when customers have questions.

The latest peanut recall has forced us to reassess the products we carry on the grocery shelves and not to make any assumptions about their purity until we've done our research. Karla Cooke of the New York Times believes the recall points to a much larger concern of food safety: "The recall opens a window not only onto the ubiquity of peanuts in food, but also into the complexity of the nation's food system.... Even the business-



es that thought they had complied with food safety practices ended up with potentially tainted products."

We hope this situation will be a wake-up call to help strengthen our country's food safety systems. Meanwhile, the co-op will continue to be as proactive as possible concerning food safety, and as always Oneota seeks local and regional vendors and growers for greater accountability of food quality.

Volunteer Drivers

...needed to transport Postville community members who do not have transportation to medical appointments and immigration hearings. Driving distances vary.

Please call
Mark Wilharm
563.380.6391
or
Postville Resource Center
563.864.7021

Senior Citizen Discount Monday!

Every Monday the Co-op gives a 5% discount at the register to seniors. We like to call it the "Experienced Discount!"

New American Cuisine

We use local ingredients
from area farmers whenever possible.

Monday - Saturday
Lunch • 11 - 2 Dinner • 5 - 9
Monday - Thursday
Happy Hour • 5 - 6
Bar til close



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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.

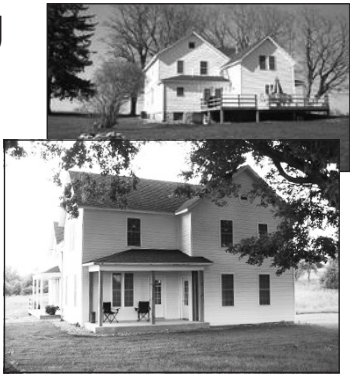
- 1ST PRINCIPLE: VOLUNTARY & OPEN MEMBERSHIP
- 2ND PRINCIPLE: DEMOCRATIC MEMBER CONTROL
- 3RD PRINCIPLE: MEMBER ECONOMIC PARTICIPATION
- 4TH PRINCIPLE: AUTONOMY & INDEPENDENCE
- 5TH PRINCIPLE: EDUCATION, TRAINING & INFORMATION
- 6TH PRINCIPLE: COOPERATION AMONG COOPERATIVES
- 7TH PRINCIPLE: CONCERN FOR COMMUNITY

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An 18x15 center island Gourmet kitchen, beautiful 15x15 dining room w/built-ins, refinished hardwood floors, new ceramic/carpet.

Six decorator ceiling fans, all kit appliances, 1st floor laundry!

2005 Septic & Shared well.

PRODUCING CHOICES IN THESE SEASONS OF CHANGE

by: betsy peirce, produce manager



Betsy Peirce
produce department
manager

We’ve received questions lately about our decision to carry conventional produce items. It’s become apparent to us that in today’s economic climate it may not be feasible for all families to afford to purchase food as they had before. In response, we are offering a choice to our customers as well as convenience. We want to make the Oneota Co-op your one stop for groceries.

In short, our aim is to offer a cheaper option when organic prices seem out of reach.

The greatest concern has been our carrying imported conventional grapes. We know that many families consider grapes to be a staple item on their shopping lists. Organic grapes are only available for a very short window in the winter, and since they are imported from South Africa they tend to be extremely high priced. At \$6.49/lb they are out of reach for many whose children can eat a pound in one sitting! Although imported conventional grapes are known to be in the “dirty dozen” of the most heavily sprayed with pesticides, many customers still feel grapes are something they don’t want to go without.

So, we offer a choice, and we label our produce clearly so you know whether an item is conventional or organic and where it’s from. In the winter we will carry organic when available and also conventional, which are always available. We will carry local and California organic grapes when they are available in season, too. And the good news is the price of local grapes is more reasonable.

Also, we have a color coding system for our signage that can tell you which items are conventional at a glance. **Conventional price cards have a gold border, organic a green**

border, and local a red border. If an item is local and conventional (Stone Creek Farm) we include the word “Conventional” on the card, but use a card with a red border.

With family budgets in mind we will also be stocking some other conventional items to offer customers more options. Look for these values in the coming weeks: asparagus, bananas, squash, new potatoes, snow peas, yams, sweet onions, bagged russet potatoes, vine-on tomatoes, 4# navel oranges and more! If you have specific requests please direct them to our produce team, or fill out a request form at the customer service desk.

If you are on a tight budget and feel the temptation to skimp on your fresh produce purchases as a way to save money, think again. A diet rich in fruits and vegetables is absolutely essential for optimum health.

Investing in your body by eating a diet rich in fiber and nutrient-dense foods is one of the most important ways to stay healthy and, consequently, to avoid unnecessary trips to the doctor, now or in later years.

If you are determining which items to buy organic, think about where you can get the most nutritional bang for your buck. In many studies, organic produce has been shown to be more nutrient-dense than conventional, and if it has lots of pigment it’s even more nutritious. Think about purple cauliflower as opposed to white; or a head of red leaf lettuce instead of iceberg; or an orange yam instead of a white potato. Additionally, buying produce in season often means that you’ll be purchasing a more economically priced item and it will have traveled fewer miles (and with a smaller carbon footprint) to get to your plate.

BEST BUYS THIS SPRING!

Blood Oranges: If I mentioned them in the last newsletter, forgive me, because I have to keep talking about these flavor-packed, nutrient-dense, fantastic citrus gems! They eat like candy.

Blood oranges, or Moros, are a late winter citrus fruit, usually January through April. Moros are small

to medium sized with a thin skin and few or no seeds. Slice open a Moro and you’ll see a dramatic and beautiful bright red to deep maroon interior. Take a bite for the intense orange taste that hints of fresh raspberry. The coolest thing besides the flavor of the blood orange is the fact that they are so darn good for you. All oranges contain carotene — that’s what makes them orange. Moros get their red color from high concentrations of a pigment called anthocyanin, a powerful antioxidant that neutralizes the effects of free radicals. Free radicals are the agents believed to be responsible for cancer, aging and other health ailments. Moros are a perfect example of a colorful, nutrient-dense food.

Lettuce Blend and Spinach from Stone Creek Farm in Cresco. Have you noticed all the amazingly fresh local produce we’ve had in our department this winter? If you haven’t tried their greens, they are certainly worth the extra 50 cents! They taste great, and they are fresher than anything you can get this time of year from California—which by the time it gets to Iowa is at least a week old. Greens that are local and harvested the same day they’re delivered mean that fewer nutrients have been lost (in transit) and therefore your salad has more value for your health. Also from Stone Creek Farm: Tomatoes, cucumbers, radishes, red peppers and more to come.

Asparagus! It’s not local season yet but California’s asparagus season is just coming into full swing. Don’t be fooled by its mild flavor. Asparagus is a very nutrient dense food. Asparagus root contains compounds called steroidal glycosides,



which may help reduce inflammation. In fact, some Chinese herbalists have used it to treat arthritis. Asparagus also contains useful amounts of calcium, magnesium and iodine and is an excellent source of folic acid. It’s also packed with vitamins A, C and E. Just a ½ cup of cooked asparagus provides about 25% of the RDA for folic acid and more than 80% of the RDA for vitamin C.

Leafy Greens. Some of us start to crave greens as soon as the weather turns warmer. Greens are another great nutritional powerhouse. Dark leafy greens (collards, kale, mustard greens, spinach or chard) boast an impressive nutritional profile. Rich in Vitamin A (from beta-carotene) and Vitamin C, they are also a good source of calcium, iron, folate and magnesium. Greens also contain lutein and zeaxanthin, which are believed to help protect against cataracts and macular degeneration. Stop in and ask a produce team member what to do with these mysterious greens if you are unsure how to prepare them. We can offer some easy delicious ideas.

Below is a recipe ideas to get your taste buds ready for all these yummy spring veggies and fruits.

COOKIN’ WITH BETSY!

Spring Greens With Roasted Beets and Blood Oranges

(Bon Appétit | April 1999)

Yield: Serves 4

Ingredients:

4 Medium Beets, Trimmed

3 Tablespoons Olive Oil

2 Tablespoons Sherry Wine Vinegar Or Balsamic Vinegar

1 1/2 Tablespoons Walnut Oil Or Olive Oil

8 Cups Mixed Baby Greens

2 Blood Oranges, Peel And White Pith Removed, Oranges Thinly Sliced

1/2 Cup Finely Chopped Red Onion

1/4 Cup Walnuts, Toasted, Chopped

Preparation:

Preheat oven to 450°f. Wrap beets in foil, enclosing completely. Roast beets until tender when pierced with skewer, about 1 hour 15 minutes. Cool beets. Peel beets and cut into 1/2-inch pieces.

Whisk olive oil, sherry wine vinegar and walnut oil in small bowl to blend. Season to taste with salt and pepper. Place mixed baby greens in large bowl. Arrange blood orange slices, finely chopped red onion and beets atop. Drizzle dressing over salad. Sprinkle with toasted walnuts and serve.



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EditorTroy Bond

Design/Layout..... Nate Furler

The Oneota Community Co-op Scoop is published every other month and distributed to 8,000+ 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

IT'S a CHEESE FILLED WORLD

Welcome to the New World of Cheese!

The week that we kick off the handmade mozzarella program we'll be unveiling the new interior of our cheese case. We'll now be featuring more

variety of cheeses, hand-cut from the wheel. Stop by Saturday for our Queso! Cheese! Fromage! tasting on Saturday, April 18 from 11 to 2 and feast your eyes on the New World of Cheese! We're carrying the best of regionally made cheese and compliment-

by: beth rotto, cheese buyer

ing it by sourcing the following (availability will vary by season and producer):

- St. Pete's Select
- Midnight Moon
- Humboldt Fog Grande
- Habanero Cheddar

- Ossau-Iraty
- Brie martin Collet
- Tillamook Cheddar
- Forne D'Ambert
- Fromager w. Garlic and Herbs
- Fromager D'Affinois
- Goat Log White
- Goat Log Garlic and Herb
- Camembert Chatelain
- Le Roule
- Camembert Fleur de France
- Halloumi
- Prima Donna
- Aged Gouda
- Swiss Emmental
- EmmiSwiss Gruyere
- Raclette
- Tallegio

WELCOME to these new member-owners & their households!

Sue Anderson
Gretchen Bollweg
Sharon & Troy Bond
Linda M. Boyle
Melvin Brandenburg
Jan, Diana & Greyson Bryant
Thomas Burman & Ash Ewing
Marybeth Cannon & Stuart Wheeler
Shirley & Milton Casebere
Charity Condit
Ava Connell
Diane & Dan Cook
Mary Kay Deen
Mike Dillon
Otter Dreaming
Lee Ann & John Drilling
Patti & Ron Duvel
Shelly, Randy, Jason, & Mitchell Emerson
Marcy Fadness
Tom & Bev Gardner

Brent & Brian Gerike
Louann Halvorson
Louanne & Paul Hamann
Carrie, Dana, & Lisa Harney
Jerry Haskovec
Judy Hertges
Tracy & John Hjelle
Brenda & Eric Horrigan
Heather & Darin Johnson
Steven Johnson
Rachel Klevar & Kevin Davison
Joy Kloke & Alexa Althoff
Heidi & Benjamin Kreuter
Craig Laures & Julie Mcenaney
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Cindy Lentz, Bob Lentz & Kendra Hovey
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Sarah Schori
Hazel Smith
Torey A. Smith-Keck & Gerry Keck
Donna Fern Spencer
Matt Spencer & Randi Berg
Terry & Nita Stewart
Carol Voss
Carol Whittle
Jennifer G. Wood & Vern Riddle

QUESO! CHEESE! FROMAGE!

Saturday
April 18, 2009
11:00 - 3:00 pm

Carmine Chirico, cheese specialist, will be conducting demos on making handmade mozzarella as well as handing out free samples.

Along with an enhanced breakfast menu, we'll have samples galore all around the store!

JOIN US!

The Co-op is always in need of working members. You and the Co-op both benefit from the work you do. Ask about the working-member discount.

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.

The first in the area to offer only organic and non-toxic products and services.

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Evenings by appointment for groups of 5 or more



IYENGAR YOGA
with Marybeth Gallant

Beginning classes:
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

North Home

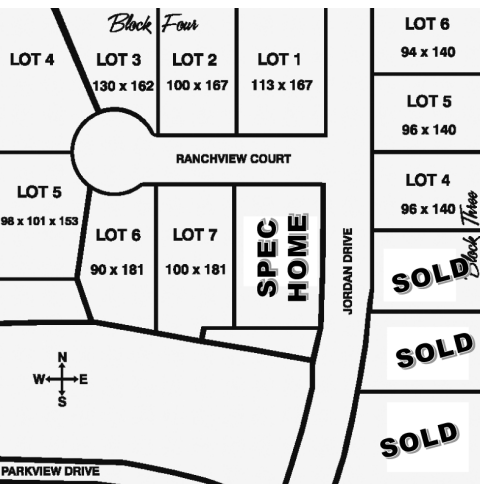
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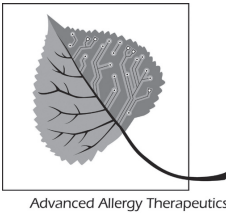


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Spring Allergy? (The season IS coming ...)

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IS YOUR HEAD SWIMMING?

by: Kristin Evenrud,
meat & seafood specialist

Are you confused about fish? We're told to eat more fish because it's good for us, but then we hear there are some fish to avoid. Some fish are on the restricted list because of heavy metals in their system...or endangered due to overfishing...or harvested using questionable fishing practices. For whatever reason a fish might be considered restricted, it just adds to the confusion for consumers.

At the Oneota Community Food Co-op, we make it simple. We only carry seafood that comply with the strictest fishing practices. Our seafood merchandising policy promises that we carry seafood that is sustainably grown and harvested.

For example, we bring most of our seafood in directly from small family

fisheries in Alaska. You'll find that the taste and texture of wild caught seafood that has only been frozen once is superior to conventional seafood. And unlike some farmed fish like salmon, our seafood contains no dyes to color the flesh pink.

Seafood sold here at the OCC is caught using sustainable methods and the species must not be endangered. We go the extra step and refuse to carry any frozen seafood that has been processed in China. We also look for fisheries that have been approved by the Marine Stewardship Council.

So, now when you're told to eat fish, you can buy it at the co-op without worrying! There are big benefits to eating a heart-healthy protein that is filled with essential fatty acids. Not to mention a wild caught fish is a delicious centerpiece to your dinner.

Check out these links:
<http://www.msc.org/> Marine Stewardship Council
<http://www.montereybayaquarium.org> Seafood Watch

Fast & Spicy Alaska Halibut

Cook time 15 minutes, Makes 4 servings

1 T paprika
1 ½ t each dried oregano, dried thyme
1 t each onion powder, garlic powder
½ t each black pepper, salt
½ t cayenne pepper, or to taste
4 Alaska Halibut steaks or fillets (4-6 oz.), frozen
1 ½ T butter, melted

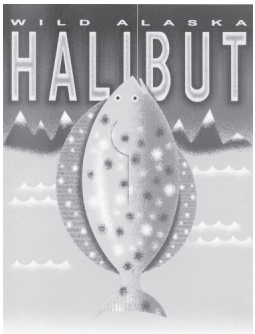
Preheat oven to medium high heat.

Mix together dry seasoning ingredients.

Rinse any ice glaze from frozen halibut under cold water; pat dry with paper towel. Place halibut on oiled or foil-lined baking sheet. Brush butter onto top surfaces of halibut and sprinkle with ½ teaspoon seasoning mixture. Cook halibut 4 min. before adding butter and spices.

Grill or broil halibut 5-7 inches from heat for 13 min. for frozen halibut OR 8 min. thawed.

Cook until fish is opaque throughout.



MAKING A DIFFERENCE

COMMUNITY



COMMUNITY

The Oneota Community Food Co-op recently donated \$1,200 of frozen meat to the Decorah Food Pantry. The donation included beef, lamb, pork, veal, chicken, and goat. Thank you to the Decorah Food Pantry staff and volunteers for all of your tremendous good work!

The Co-op is celebrating Earth Day Wed. April 22nd with

FREE re-usable bags!

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Offer valid 4/1/09 - 5/31/09



Coupon



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limit 2 per coupon

\$.50 off per package

Offer valid 4/1/09 - 5/31/09



PETERSON OUTSTANDING READING TEACHER

Board President Steve Peterson was honored recently for his work as a third grade teacher at Carrie Lee Elementary School. The International Reading Association presented Steve with the 2009 Eleanor M. Johnson Award which carries a \$1,000 prize. Each year the group recognizes one outstanding reading and language arts teacher in elementary schools.

Peterson was nominated for the award by fellow teachers, and he received letters of support from school faculty, staff as well as students and parents. Steve donated the cash prize to his school.

Congratulations, Steve!



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- Team Rehab on Monday and Wednesday
- 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

NEW, NOTABLE, AND ALWAYS DELI(cIOUS)

by: troy bond, general manager

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• 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

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write: board@oneotacoop.com

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steve.sleepingdog@gmail.com

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Wheat Use in the Kitchen
There was a time when the Deli Kitchen was across the street in the same space as the Waving Grains Bakery. In those days, wheat flour was everywhere in the kitchen and it was impossible to promise anyone with a specific allergy that any Deli recipe was gluten-free.

While the present location of the Deli Kitchen is not self-contained and shares a ventilation system with the rest of the co-op where wheat flour is dispensed from bulk bins, it's important to note that we rarely use wheat flour in our recipes. But on the occasion that we do use flour, we'll let you know. We strive to list the ingredients of everything we make—from soups to hot bar items—so you can make a smart choice about what's best for you and your health.

As we expand our Deli menu and with the introduction of our sheet-cake program, in particular, there will be limited times when wheat flour will be used in the kitchen. We cannot, however, make health claims, so whether the limited use of wheat in the kitchen will affect you depends entirely on your gluten sensitivity.

Cinco de mayo
Hola, amigos! Join us for delicious Cinco de Mayo fare on Tuesday, May 5. Starting at lunch we'll be featuring :
Chicken Green Chile Enchilada Pie, Burritos and Mexicali Rice on the hot bar.
We'll also be sampling corn chips and some of the many salsas we carry in Grocery. Try a few on the side and see which ones you like.

a Farewell FROM THE DELI

“We did not change as we grew older;
we just became more clearly ourselves.”
Lynn Hall

Stainless steel and sharp knives are two things in this world around which I am very at home. I feel so fortunate to have been given the opportunity to cook, experiment, play, grow, plan, and learn with you all; and over the last two years of expansion I had the ability to introduce even more stainless steel and sharp knives to this community!

I now am ready to pass the torch (and stove) to another, and I will be leaving the co-op to begin a new phase of my journey. It has been a true gift to provide some nourishing treats to Decorah for 11 1/2 years--my favorite thing has been to watch people's faces when they taste something that hits the spot.

Thank you for supporting the Deli over the years and helping to make it what it is today!

Saludes,
Ruth Hampton
Deli Manager

Free Hot Water

Use hot water? Solar water heaters, heat water using the energy of the sun. Of all the renewable energy options open to us, the technology of solar water heating is the most mature and will quickly pay for itself over and over.
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COOPERATIVE

PLATTERS

Imported and Artisan Cheese Platter
Call for prices

Domestic Cheese Platter
small 12” (serves 20-25) - \$26
large 16” (serves 25-30) - \$34
Shulsburg cheese: Swiss, Smoky Parmesan,
Brunkow Cheddar (rGBH-free), Pepperjack

Vegetable and Dip Platter
\$58 - serves 25-30
Fresh organic veggies with your choice of dips:
Homemade Ranch, Blue Cheese Walnut Dip,
Annie’s Goddess Dip or Roasted Red Pepper Hummus.

Cold Cuts Platter
small 12” (serves 16-22) - \$34
large 16” (serves 24-30) - \$46
Sliced turkey, roast beef, ham
(no hormones or antibiotics)

Fruit Platter
Call for prices
An array of colorful fruits for any occasion
centered around a crème caramel dip.
Organic fruit when possible.

Antipasto Platter
\$56 - serves 20-25
Fresh vegetables, olives, parmesan cheese, and
marinated artichoke hearts.

Mediterranean Platter
\$49 - serves 20-25
Olives, hummus, cucumbers, vegetarian dolmas
and dates accompanied by
whole wheat pita bread wedges.

Planning your next party?
Give us a call!
563.382.4666

entrees

12-15 servings per foil to-go pan - \$48/pan

Lasagna -
Made in-house, many ingredients organic.
Choose from:
• Three Cheese
• Kristen’s Greek - feta, spinach, kalamata olives
• Country Beef Ragu - featuring local beef

Meatloaf -
Made with local beef. Our best seller!

Salsa Verde Enchilada Pie -
Vegetarian. With yams and green sauce.
(Substitute rice cheese for vegan option.)

Chicken Chile Enchilada Pie -
A creamy white sauce enchilada with Amish chicken
and green chiles.

Take-and-Heat SOUPS

Priced per pound
Over 50 soups to choose from!
Some of the favorites:
Potato Dill • Hearty Bean & Vegetable •
African Peanut • Italian Bean & Squash •
Clam Chowder • Red Lentil with Greens & Lime •
Spicy Thai Carrot • Mulligatawny •
Hungarian Mushroom • Cajun Corn Chowder

BOX LUNCHES

Includes a sandwich, pickle, salad and Waving Grains
cookie or a piece of organic fruit.
With a Vegetarian or Vegan Sandwich \$6.50
With a Meat Sandwich \$7.00

extras

Single serving bag of Kettle Chips - \$1.50
Bottled Water - \$1.00
Blue Sky Sodas - \$.80
Izzie’s Sodas - \$1.65
Organic Santa Cruz Soda or
Switch Sparkling Juices - \$1.30
Bottle Teas - \$1.60

salads

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

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

Note:
3 day notice needed for all catering orders
Larger orders or special requests/substituions could
require 7 days. Minimum orders may apply.

Special Dietary needs? Let’s talk! Many of our op-
tions are gluten free, and we can substitute for
other requirements.

Nate’s
sheetcakes

Nate’s originally started as a small bakery in
Southeast Iowa. Now, Nate is bringing his cakes to
the North via the Oneota Community Food Co-op.
Affectionately known as Nate-cake by many,
these sheetcakes use predominantly organic in-
gredients, with a sprinkling of commonality. Every
bite of these delicious devils is enchanting.
Treat yourself!

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

Frosting flavors: vanilla buttercream,
chocolate buttercream, cream cheese

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

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

12x18 cakes can be scored either in 36 or 48 servings.
Design is restricted to messages with simple piping.
Requests may be taken for more intricate designs,
and additional charges may apply.
Please allow 5 days advance notice for all orders.
The Co-op has the right to refuse any request.

www.oneotacoop.com

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WAVING GRAINS - FRESH AT THE CO-OP

by: troy bond, general manager

In April and May, we’re featuring the hidden gem of Oneota Co-op: Waving Grains Bakery.

Waving Grains was started by one of the original Co-op collective members, Jo Iverson. Five days a week Jo and her staff get up early in the morning and make bread the old fashioned way—using only high-quality ingredients and patience. There are no dough conditioners used, nothing artificial to speed up the time honored craft of shaping loaves out of dough and waiting for them to rise. Some breads, like the European sourdough even, use a classic starter made from mashed organic grapes.

Oneota Community Food Co-op is the only retail shop in Decorah where you can find bread made with ORGANIC FLOUR, and NO PRESERVATIVES or ARTIFICIAL INGREDIENTS.



FRESH PIZZA DOUGH-TO-GO

NEW in our Deli Grab ‘n’ Go case.

Two-Step Tuscan Crust Pizza

By Troy Bond

A trip to Siena in Tuscany transformed my homemade pizza. In the past, I would spread out a pizza dough, pile on the sauce and toppings and throw it in the oven. The result was a half-cooked dough or even worse undercooked middle that I would have to cut around. But after I saw firsthand how sidewalk pizza shops in Siena did it, I realized that a simple two-step process can make the pizza perfect.

Making pizza at home is simple, delicious and best of all YOU control the ingredients. And with this easy two-step baking process you can make a perfect crust pizza that’s better than take-out.

Here’s how you do it:

- Pre-heat oven to 450 degrees (the oven has to be HOT)
- Take a Waving Grains 1 lb. dough (in the Deli case) and spread it out evenly into a cookie sheet using olive oil.
- STEP 1: Spread sauce lightly over the dough and place in oven for 3 to 5 minutes or until dough puffs up and sauce bubbles.
- STEP 2: Remove the pizza, load it up with cheese and toppings and place it back in the oven for 6 to 10 minutes, or until the crust is golden brown and the cheese has melted.

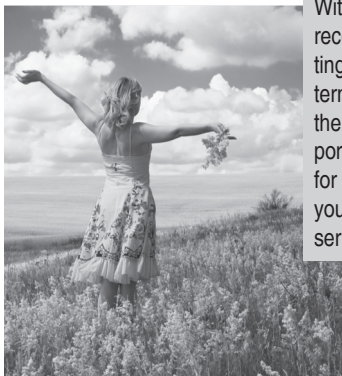
INTRODUCING - OUR DAILY BREAD

Just \$3.99 – an everyday value

In cooperation with Waving Grains Bakery, Oneota Co-op is introducing an everyday value price on one of our most popular breads. The Rustic Cracked Wheat is now Our Daily Bread—perfect for toast and sandwiches—and it’s now \$3.99 for a loaf. That’s not just a sale price, that’s the everyday price!

You can find Our Daily Bread fresh every day in the Bakery aisle, made from organic ingredients, pre-sliced and ready to eat...every day.

Is it time to “Spring Cleanse”?

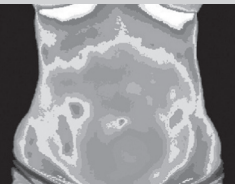


With thermography, we can look at your body up close, and record, with amazing accuracy, every variation in the energy emitting from your skin through your sympathetic system. These patterns are analyzed to give a clue as to what is going on beneath the skin, deep into the body. If you have a clue, you have an opportunity to do something about it! Make an appointment and see for yourself what kind of clues it can offer you about your health so you can have the chance to keep a “disturbance” from becoming a serious illness. Prevention is always the best policy!



CLINICAL THERMOGRAPHY

Schedule a thermography scan for the abdomen or full body by calling Miranda at (608) 498-4919



Appointments available in Decorah at RiFresh Tuesday, April 28th

What’s your abdomen look like inside?

Bread of the Month Specials

april

EUROPEAN SOURDOUGHS

All Waving Grains Sourdoughs: whole loaves European, Whole Wheat & Raisin Walnut

50 cents off

TENDER INSIDE WITH A WONDERFUL RUSTIC CRUST

may

REUBEN RYE

All whole loaves Reuben Rye

50 cents off

Ingredients: Organic whole rye flour, Organic whole wheat flour, Organic unbleached white flour, filtered water, sauerkraut, milk powder, honey, canola oil, cider vinegar, yeast, sea salt, powdered ginger.

recipe recommendations

When you think of bruschetta, the traditional recipe is made with tomatoes, basil and extra virgin olive oil, and sometimes with cubes of mozzarella. Try this one with goat cheese for a hearty bruschetta with a mild tanginess balanced by the vinaigrette.

Goat Cheese Bruschetta

Adapted from PBS.org

1/2 cup fresh lemon juice

1 teaspoon honey

2 tablespoons balsamic vinegar

2 tablespoons chopped fresh herbs (such as dill, parsley, or basil)

1 small shallot, finely chopped

1/2 cup extra-virgin olive oil

1/2 teaspoon kosher salt

1/4 teaspoon black pepper

1 Waving Grains Sourdough loaf, regular or whole wheat, sliced and toasted

About 7 ounces goat cheese

In a small bowl, whisk together the lemon juice, honey, vinegar, herbs, and shallot. Whisking constantly, slowly add the oil in a steady stream, whisking until emulsified. Season with the salt and pepper.

Drizzle the vinaigrette over the toast and spread with the cheese. Finish with another drizzle of vinaigrette.

The Reuben Sandwich

2 slices Waving Grains Reuben Rye

3 oz. corned beef

2 slices Swiss cheese

1 T 1,000 island dressing

1 T sauerkraut

Start by preheating a griddle or skillet to medium heat. Spread 2 slices of Waving Grains Reuben Rye bread lightly with Thousand Island dressing. Put a layer of sauerkraut over one slice, then top with 1.5 oz. of corned beef then a slice of Swiss cheese. Top with the remaining 1.5 oz. corned beef, followed by the other slice of bread - dressing side down. Butter outside of reuben sandwich lightly with soft butter or margarine and toast on a griddle or grill, turning to brown evenly.

For a veggie option replace corned beef with seasoned tempeh.

The deli LOVES the Reuben Rye for most sandwiches! Moist and hearty.



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EMPTY BOWLS

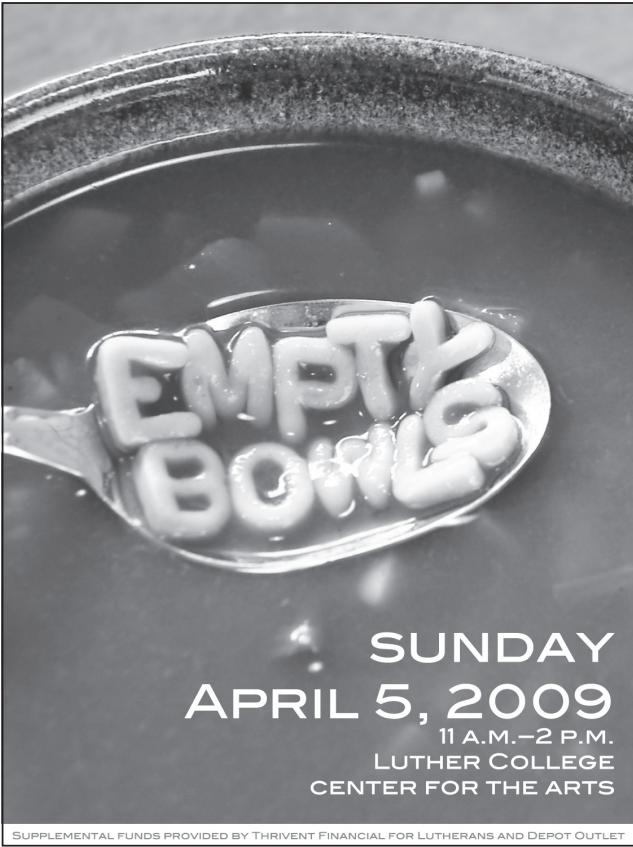
by: troy bond, general manager

The Oneota Community Food Co-op is once again supporting the Empty Bowls Project to benefit hunger awareness programs both locally and globally. The lunch event is held at Center for the Arts at Luther College Sunday, April 5 from 11 to 2.

The lunch is a simple one--soup and bread. What makes the Empty Bowls program unique are the area potters who have created 1,250 ceramic bowls in which to serve the soup. For a suggested minimum donation of \$20 you can choose your bowl and your soup and then take the bowl home at the end of the meal as a reminder of the over 900 million people in the world who go hungry. The proceeds support local and global programs to feed hungry people.

Jo Iverson of Waving Grains Bakery is one of many bakers making a generous donation of bread for the event. Jo is also one of the project's organizers. The Oneota Co-op will donate four gallons of our handmade soup along with other local restaurants, businesses and individuals.

"We're grateful the Oneota Co-op is asked to take part in this program," Chef Ruth Hampton said. "It's a great cause to bring awareness to the issue of hunger both locally and globally. And it raises the issue of sustainable agriculture, which is central to our mission at the Co-op."



PASS THE SALT & PEPPER

by: troy bond, general manager

The old standbys on every American dining table are the salt and pepper shakers.

But there's a surprising change going on these days to these two institutions of flavor enhancement.

Not only are more people using a pepper mill to grind peppercorns for the freshest taste, they're experimenting with different kinds of peppercorns that run a spectrum of flavor profiles: smoky, warm, pungent, slightly spicy, hot spicy and even citrusy.

And to balance the many flavors of pepper there's a whole world of different salts now available beyond Kosher—there's Hawaiian, hand-harvested, Celtic, Fleur de Sel—packed with all kinds of flavors in an array of naturally occurring colors (grey, pink, black) and with unique textures (fine and powdery, flaky, chunky or even tiny pyramids.)

Meant specifically as a garnish, specialty salts are making a grand entrance in American cuisine, and for good reason. They're an inexpensive way to dress up simple meals with different textures and tastes. Hidden flavors of foods jump out with specialty salt, and you can use salt with different shapes to bring new dimensions of texture in meals to old recipes than standard salt granules.

On May 28 from 5:30-7 pm, Lana Oyloe, our Bulk Buyer and salt aficionado, will offer a class so you can taste different salts and peppers and decide how you'll use them in your meals. Lana is so dedicated to what the new flavors of specialty salts and peppers add to dishes that she even sneaks them into restaurants and sprinkles them over her meals.

Members \$3, Nonmembers \$5

YOU WERE SAYING...

What amazing food do you want to see at the co-op?

- Do you have a favorite bag of chips?
- A suggestion for a brand of bacon you love?
- The snack your kids will behave for?
- The best yogurt in the world?
- What one product would save you a trip to another co-op?

Tell us what you want and we'll look for it.

Already we've heard feedback about our cheese case—and we hear you loud and clear. We're bringing more variety of specialty cheeses—kinds you can't find anywhere else in the area.

Now tell us what else you're looking for. Email the General Manager at troy@oneotacoop.com or write it down and hand the paper to the customer service desk and make sure you put PRODUCT SUGGESTION at the top.

SINCERE THANKS

by: jana klosterboer, human resource manager

Several people have left employment at the co-op in the past few months. Thank you to Maggie Miller, Anthony Schrock, Sonya Luse, James Lieder, Bruce Jordan, Nancy Eldridge, Steve Luse and Steph Tomlin. Your time and efforts have been greatly appreciated.

A special thank you to Liz Rog: Liz Rog, our former membership and marketing manager, worked at the co-op for almost 25 years. I know it's a tiny drop in the bucket geologically speaking, but in terms of a human life it is a significant chunk of time.

Through the years, I was privileged to witness Liz work with the membership and the community promoting Oneota Community Co-op, natural foods, and cooperative business in general. Liz's efforts helped our little store grow into the fine natural foods market and community gathering place that we have now.

I would like to say "Thank You" on behalf of the co-op staff for her years of service, heart, and the "can-do" attitude she offered Oneota Community Co-op. Thank you, Liz!

And to Steve McCargar: I must take some moments to reflect on his 27 years of service to the Co-op given by Steve McCargar. Steve resigned on March 25.

He worked with passion and soul – Ray Charles style, of course. During Steve's tenure at the co-op as co-manager, and most recently as financial manager and dairy buyer, Steve has been instrumental in leading the co-op into new eras (this one included.) Steve promises that he will be stopping in frequently, so if you happen to see him, make sure to give him a hug. Thank you Steve!

IT'S CLASSIFIED

Classified ads are free to Oneota Co-op members. The deadline is the 15th of the month prior for the following month's Scoop. Please deliver typed or legibly written ad to Nate Furler at the Co-op, or e-mail nate@oneotacoop.com. Limit of 25 words. We reserve the right to refuse or edit ads.

WANTED: Norwegian bunad (ethnic costume) to borrow/rent the first week in May. Women's size 12-14 (and rather tall), with or without the blouse. Beth Rotto 382-9315 or e-mail bethrotto@gmail.com.

FOR SALE: Organic Lamb for your freezer. Whole and halves. If interested in purchasing, please call Tom Beard at 563.382.2765



Timber Frame Homes

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Dale Kittleson, Chris Wasta, and Mark Webber bring together building experience, passion for wood, and a tasteful eye to produce unique and enduring timber frame structures for your home, barn, cabin, or garden area.

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www.wildrosetimberworks.com

Listen Fresh. Listen Local.



Want to save the environment? Weed garlic mustard!

by: mary lewis, co-op member owner

The most destructive of the invasive plants in this area, garlic mustard prevents the growth of native plants, including tree seedlings. We need your help in preventing this weed from spreading.

Plant Profile

Garlic mustard has a two year life cycle. The first year it grows from seed to form a rosette or cluster of leaves that stay close to the ground. At this stage the leaves look like a large creeping charlie, but are distinguished from them by their garlicky fragrance when crushed. In the second year it puts out a spike that grows to a height of one to two feet and produces many small white flowers with four petals. It is the only member of the mustard family in this area that has white leaves, all the others have yellow leaves.

Weeding

The best time to weed garlic mustard is early in the spring before the rosettes that have overwintered send up the flower stalk that is the second year of growth. Use a hand trowel, or a hoe if you can get whole root up that way. Once flower buds appear (mid-April) the plants must be bagged and sent to the landfill.

It's important to check areas several times during the season, and for at least five more years, because seeds last in the ground for many years. Look well beyond edges of a patch for isolated plants that can start new patches. Begin with outlying areas first, since that will keep garlic mustard from spreading.

Garlic mustard rosette before it sends up the flowering stalk.
Photo by Mary Lewis



Websites:

- <http://www.vimeo.com/2855779> a great video about how to identify, control
- www.ipm.msu.edu/garlicMge.htm
- www.ipaw.org/invaders/garlic_mustard/gm.htm

How You Can Help

What: Weeding Party

Where: Palisades Park (the far end of the gravel road by the river)

When: Saturday April 11 - 9:00-noon; Saturday April 18 - 9:00-noon

If you have them, bring gloves, hand trowels, hoes.

We'll have tools available too.

For questions contact Mary Lewis at 563 382-6349
marmax@mchsi.com



jana klosterboer
wellness department
manager

D.I.Y. HANDSOAP, G.I. SOOTHER, & SUPER SAVINGS

by: jana klosterboer, co-op wellness department manager

soap bottle, add your own label to it if you want, and you're good to go – at a fraction of the cost!

Peppermint tummy-soothing/ breath-freshening drops

Peppermint has been used for centuries to freshen breath, to calm an upset stomach and to help expel trapped gas. Modern studies have shown that peppermint can relax the muscles that line the digestive system if they are cramped and also help with getting those muscles to work in coordination with each other, therefore moving food through. I use peppermint with great results when I feel my digestive system is bloated and crampy. Here is one of my favorite homemade ways to take peppermint. It is easy, inexpensive and I can just carry it in my purse.

1. Fill a 1 oz. dropper bottle with vegetable glycerine. (Vegetable glycerine is a thick sweet tasting liquid, natural and safe for all ages)
2. Add 20 drops of peppermint essential oil and mix well. Make sure to tightly close and label your bottle. (I just use a piece of masking tape)
3. Enjoy! (Note: If you have acid reflux, use any peppermint-containing product with caution, as peppermint may relax the muscle

that keeps the opening between the stomach and the esophagus closed.)

Free Shipping

Free shipping on nutritional supplement and body care mail orders over \$50.00!

If you can't make it to the co-op, we are happy to take your supplement or body care order, carefully pack it and ship it to you. If you use your credit card, we can usually ship it out on the same day. If you pay by check, we will ship the order out after we receive the check in the mail.



Nutrition for Optimal Wellness.™

NOW Supplements

In response to several member requests and in our continuing search for good-quality, value-priced products, we are proud to bring NOW products to the shelves. Look for the bright-orange NOW bottles along with our other tried and trusted brands of supplements and body care products.

Foaming Soap

Foaming liquid hand soap has become a hit at our house. It is easy to wash with, kids don't pump so much soap into their hands, and it just plain feels nice. The only problem is that foaming soap can be pricey. Well, here's what we discovered to get around that:

1. Invest in a bottle of foaming soap. Enjoy it. When the bottle is empty, don't throw it away. More refill soap can be easily made at a fraction of the cost.
2. Next time you come to the co-op, bring an empty bottle with you and fill it half full of bulk handsoap found in the body care aisle. My favorite is Nutribiotic Unscented at \$3.99/pound.
3. When you get home, top the bottle off with filtered or distilled water. Mix well. Add some essential oil for scent if you would like. I like lemon. Lavender is very nice also. Now you have a refill bottle of foaming hand soap for roughly \$2/pound, maybe a bit more if you added essential oils.
4. Fill up your empty foaming

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 5% 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.



Baker's Oven

Commercial • Residential

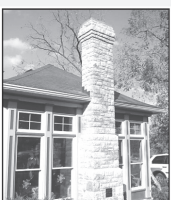
Traditional Limestone Masonry

Landscaping: Freestanding/Retaining Walls, Pavers, Flagging
Mortar Work: Building Cladding, Columns, Piers, Foundations, Chimneys, Tuck Pointing

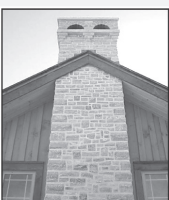
Fireplaces: Rumfords, Masonry Furnaces, Baker's Oven, Kits/Inserts

Hawthorn Masonry

Office: 563-382-6008 or 563-380-5497
606 W. Main St., Decorah, IA 52101
www.oneotastonecrafters.com



Chimney



Chimney



Dry-Laid Stone



Retaining Wall



Dry-Laid Stairway



Fireplace Insert

april

Co-op Potluck - Annual Meeting
Thursday, April 2, 6:30 pm at Good Shepherd Church
Come enjoy a meal in community at the Co-op Potluck.
Annual meeting follows at 7:30.



Event: OOYA - Oneota One Year Anniversary (at the new place)
Saturday, April 4, 11:00-2:00 pm @ the Co-op
See page 1 for details.

Class: Benefits of Geriatric Massage
with Lori Lechtenberg

Tuesday, April 7, 6:30-7:30 pm @ downstairs Co-op Meeting Room
Lori Lechtenberg, LMT, and certified by DAY-BREAK Geriatric Massage Institute, will talk on the benefits of massage using different techniques tailored to the needs of the elderly. This type of massage has been proven effective in enhancing the wellness and quality of life among its recipients.
Cost: \$3 members; \$5 non-members Class Size: 5 minimum; 12 maximum

Class: Passive Solar Building - Do’s and Don’ts
with Brandon Schmidt

Tuesday, April 14, 6:30-8 pm @ downstairs Co-op Meeting Room
Learn the basic principles of passive solar design that you can apply to any building, and common mistakes to avoid.
Cost: \$3 members; \$5 non-members Class Size: 6 minimum; 15 maximum

Class: Mozzarella Making
with Carmine Chirico

Thursday, April 16, 6:00-8:00 pm @ downstairs Co-op Meeting Room
Carmine started making mozzarella in his father’s deli in the Bronx. He went on to win “Best Boccancini” in New York City three years in a row. Learn to make mozzarella, stuffed brie and fondue. Wine pairings by Aaron Bodling.
Cost: \$20 members; \$22 non-members Class Size: 6 minimum; 12 maximum

Class: Mozzarella Making
Friday, April 17, 6:00-8:00 pm @ downstairs Co-op Meeting Room
Cost: \$20 members; \$22 non-members Class Size: 6 minimum; 12 maximum

Event: Queso! Cheese! Fromage!
Saturday, April 18, 11:00-5:00 pm @ the Co-op
Join us near our new and improved cheese case where our special guest Carmine Chirico will be conducting demos on making handmade mozzarella. Lots of cheese samples throughout the store.

THE DECORAH AREA CHAMBER OF COMMERCE PRESENTS THE 7TH ANNUAL

Women’s Weekend

OUT!

APRIL 17 - 18

TWO DAYS AND NIGHTS OF FUN IN DECORAH, IOWA

Class: Biocranial Therapy
with Patrick Scott M.D.
Tuesday, April 21, 6:30-8:00 pm @ downstairs Co-op Meeting Room
Come learn about this new osteopathic procedure for aligning body structure and function. Witness a demonstration of this “three minute miracle.” Participants have the opportunity for a free session.
Cost: \$3 members; \$5 non-members Class Size: 5 minimum; 12 maximum

Speaker: Benefits of Omega-3 w/ Stuart Tomc
Thursday, April 23, 9-10 am @ Windows on Water Street
“The Norwegian secret to health and longevity” - With over 20 years of experience in the field of Nutritional Medicine, Stuart Tomc is an authority on evidence-based dietary supplements. He is a respected consultant to the World Health Organization and integrative physicians world-wide having travelled the world as an educator and trainer for over 10 years. Stuart is adept at educating and delivering a powerful message on important health concerns and currently serves as National Educator and Spokesperson for Norwegian based Nordic Naturals.

Class: Weight Management with E.F.T.
with Freya Q Schafer, Advanced EFT Practitioner and Life Coach, & Joy E. Conrad
Friday, April 24, 6:30-9:00 pm @ downstairs Co-op Meeting Room
EFT (Emotional Freedom Techniques™) is a powerful tool to help you both uncover and disarm the emotional drivers that affect how your body reacts to food, as well as help your body reduce its weight set-point. The workshop will also include a session on using energetic techniques to jump-start a sluggish metabolism, increase energy, and address food allergies and hormone shifts.
Cost: \$28 members; \$30 non-members Class Size: 10 minimum; 15 maximum

Class: Candle Making Workshop
with Sandra Ehrhardt & Brandi Lange
Saturday, April 25, 1-2:30 pm @ downstairs Co-op Meeting Room
Come and learn the art of natural candle making with Sandra and Brandi. Each person will have the option of making 1 or 2 candles to take with them. Please specify one or two candles when you call to sign up!
Cost: \$13 members; \$15 non-members Class Size: 4 minimum; 10 maximum

Class: Salt & Pepper
with Lana Oyloe - Co-op Bulk Buyer
Tuesday, April 28, 5:30-7:00 pm @ downstairs Co-op Meeting Room
Taste different salts and peppers and learn how to use them to garnish your meals for greater flavor and texture.
Cost: \$3 members; \$5 non-members Class Size: 8 minimum; 12 maximum

CO-OP EVENTS & CLASSES

May

Event: Smooth(ie) Sailing into Summer
Saturday, May 2, 11-2 pm @ the Co-op
We’ll be firing up our blenders and sampling wholesome mixes of goodness and sweetness that come from fruit and other tasty ingredients.

Events: Book Signing
with Monique Hooker - “Cooking with the Seasons”
Saturday, May 2, 11-2 pm @ the Co-op
Monique Hooker will be on hand in the gift section to sign her book. Monique currently resides in DeSoto, WI, but brings her Brittany tradition to light in this cook-book. her book is available to purchase at the co-op now and you are also welcome to bring your own copy to have it signed by the author.

Class: Solar Thermal - Where to Start
with Brandon Schmidt
Tuesday, May 5, 6:30-8 pm @ downstairs Co-op Meeting Room
Learn basic solar hot water and space heating operation and design. Of all the renewable energy options open to us, the technology of solar water heating is the most established. Learn how to adapt it to your home.
Cost: \$3 members; \$5 non-members Class Size: 6 minimum; 15 maximum

Co-op Potluck
Thursday, May 7, 6:30 pm 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: Bike & Trail Safety Clinic
Saturday, May 9, 10am-noon @ Gunderson Lutheran Clinic
Begin the day at the Gunderson Clinic parking lot to learn about bike and trail safety. Interested riders will then be led on a ride from Gunderson to The Fish Hatchery on the bike trails. Oneota Co-op will provide wholesome snacks for riders.

Class: Exploring Flower Essences for Emotional Well-being and Balance
with Karina Klug OCC Wellness Buyer and Rob Doser of FES, a biodynamic flower essence company
Saturday, May 9, 11-12:30 pm @ downstairs Co-op Meeting Room
Explore the history of flower essences and learn ways to incorporate them into your every day life. Flower essences are used to address emotional stress and trauma, sleep issues, healing emotional wounds, and enhance meditation. Each participant will create and take home their own unique blend tailored made for their specific needs.
Cost: \$5 members; \$7 non-members Class Size: 6 minimum; 12 maximum

Event: Gluten-Free Sample Day
Saturday, May 16, 11-2 pm @ the Co-op
We will explore the tasty alternative to a wheat based diet.

Class: Creating Healthy Kids & Supporting Those with the A’s - Asthma, Allergies, Autism and ADD/ADHD
with Jackie Vick, BS, MA
Saturday, May 16, 9:30-11 am @ downstairs Co-op Meeting Room
Come to hear quick and easy ways to ensure your child is as healthy as s/he can be and to receive further information if your child has an “A” condition. Ideas and information will be shared on:
*Health Risks for Children & 10 Global Steps to Help Your Family
*Ideas for Parents: Sneaky Ways with Veggies, Powering Up Your Athlete & Healthy Snacks and Lunches & Brighter, Branier Breakfasts
*10 Global Steps to Help Your Family *The Benefits of Nutritional Supplements
*How to support your child with Asthma, Allergies, Autism and ADD/ADHD.
Jackie Vick, BS, MA has been a teacher and consultant working with children with special needs and health conditions for over twenty years.
Cost: \$3 members; \$5 non-members Class Size: 5 minimum; 15 maximum

Class: Learn to Cook - Pasta Primavera Salad
with Kristin Evenrud, Co-op Deli
Tuesday, May 19, 3:30-5 pm @ Windows on Water Street
An introduction to cooking with rice noodles. Learn how to use this pasta and have it always turn out tasty! This salad also incorporates dairy, veggies and herbs to make a rich and nutritious side to any meal. This is a favorite in the deli!
Cost: \$3 members; \$5 non-members Class Size: 3 minimum; 15 maximum

Class: Candle Making Workshop
with Sandra Ehrhardt & Brandi Lange
Tuesday, May 19, 6:30-8 pm @ downstairs Co-op Meeting Room
See April class listing for details.
Cost: \$13 members; \$15 non-members Class Size: 4 minimum; 10 maximum

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 24 hours prior to the 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.**

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.



april member bonus buys

* Regular prices subject to change

Packaged	Regular Price	Sale Price	Savings
Ancient Harvest - Pasta	\$2.89	\$1.89	\$1.00
Better Than Bouillon - Bouillon Base	\$4.89-\$5.99	\$3.39-\$4.39	\$1.50-1.60
Frontera - Enchilada Sauces	\$4.29	\$3.29	\$1.00
Frontera - Taco Sauces	\$2.89	\$1.99	\$0.90
Honest Tea - Ready To Drink Tea 64oz	\$3.99	\$2.69	\$1.30
If You Care - Aluminum Foil, recycled	\$4.99	\$3.49	\$1.50
If You Care - Baking Cups	\$1.69	\$1.19	\$0.50
If You Care - Coffee Filters	\$2.29-\$5.99	\$1.69-\$4.19	\$.60-1.80
If You Care - Parchment Paper	\$5.59	\$3.89	\$1.70
Nature's Path - Oatmeal Pouch, Organic	\$4.49	\$2.99	\$1.50
Pamela's - Mixes	\$4.99-\$7.79	\$4.59-\$5.79	\$.40-2.00
Panda - Licorice Bar	\$0.79	\$0.49	\$0.30
Panda - Licorice Box	\$3.29	\$2.29	\$1.00
Reed's - Ginger Brew	\$6.49/4pk	\$4.59/4pk	\$1.90
Rising Moon - Pasta Sauce, Organic	\$4.29	\$3.29	\$1.00
Spectrum - Spray Oils, 6oz-16oz, Organic	\$6.69-\$9.59	\$4.59-\$6.99	\$2.10-2.60
Westbrae - Canned Vegies, Organic	\$2.19	\$1.49	\$0.70
Frozen			
Van's, Waffles	\$3.29	\$2.49	\$0.80
Fridge			
Organic Valley, Butter	\$6.19	\$5.99	\$0.20
Organic Valley, Cream Cheese Tub	\$2.79	\$2.49	\$0.30
Organic Valley - Buttermilk	\$3.29	\$3.29	\$0.00
Silk - Silk Soy Yogurt 6oz	\$0.99	\$0.79	\$0.20
Westsoy - Seitan	\$4.19	\$3.39	\$0.80
Westsoy - Tempeh	\$2.59	\$1.79	\$0.80
Bulk			
Sugar - Organic	\$1.59/#	\$1.09/#	\$0.50/#
Yellow Split Peas - Organic	\$1.69/#	\$1.39/#	\$0.30/#
Body Care			
Aaron brand - Epsom Salts 1 lb.	\$1.29	\$0.89	\$0.40
Eco Tints - Lip Balm tinted	\$3.89	\$2.99	\$0.90
Mocha Velvet, Rose Quartz, Plush Red			
Aroma Crystal Therapy - Gardener's Dream Cream 8 oz.	\$40.39	\$34.99	\$5.40
Naturopatch - Aromatherapy Patch Singles	\$1.99	\$1.29	\$0.70
Aches and Pains, Energy, Cold and Congestion, PMS and Menopause, Sleep and Stress Relief			
Nutritional Supplements			
Source Naturals - Hot Flash gotab	\$19.79	\$15.89	\$3.90
Source Naturals - Male Response	\$11.29	\$9.09	\$2.20
Olbas - Pastilles	\$4.99	\$4.29	\$0.70
Source Naturals - Higher Mind	\$16.29	\$13.89	\$2.40



Peake Orchard Work Day

Al and Sandy Peake are hosting a work day and a fundraiser for the American Cancer Society at their orchard on Saturday, April 4th (rain date: April 11th). The trees will have been trimmed, and brush needs to be hauled. If you are interested, please send a message with the number of folks attending to Steve Peterson at this email address: orchardworkday@gmail.com.

Bring gloves, a donation to the Cancer Society, and either a dessert, snacks or a side dish. Peake's will provide hotdogs, a fire, and lots of brush to haul.

Directions: At the Hwy 9 and 51 intersection between Waukon and Decorah, turn north on Apple Drive. Go 1 mile to N. Line. Rd. Follow the signs pointing east on N. Line Rd to the Peake Orchard.

May member bonus buys

* Regular prices subject to change

Packaged	Regular Price	Sale Price	Savings
Cascadian Farm - Sweet Relish, Organic	\$4.99	\$2.99	\$2.00
Chatham - Croutons	\$2.39	\$1.49	\$0.90
Crown Prince - Anchovy Paste	\$2.49	\$1.79	\$0.70
Crown Prince - Sardines	\$2.79-\$3.99	\$2.29-\$2.59	\$.50-1.40
Divine - Chocolate Bar, 3.5oz	\$3.69	\$2.39	\$1.30
Green Mountain - Tortilla Chips	\$2.99	\$1.79	\$1.20
Green Mountain - Tortilla Chips, organic	\$3.39	\$2.29	\$1.10
Santa Cruz - Chocolate Syrup, Organic	\$4.79	\$3.39	\$1.40
Silk - Silk Soy Milk, Organic, 32oz	\$2.99	\$2.19	\$0.80
Simply Organic - Herb Blend in a Grinder	\$7.29	\$4.79	\$2.50
Teeccino - Herbal Coffee Substitute	\$8.99	\$6.49	\$2.50
Think Thin - Thin Bars	\$1.99	\$1.39	\$0.60
Virgil's - Soda	\$6.69/4pk	\$4.99/4pk	\$1.70
Wyman's - Blueberry Juice	\$5.99	\$4.49	\$1.50
Frozen			
Henry & Lisa's - Fish Nuggets	\$7.29	\$5.89	\$1.40
True Whip - Whipped Topping	\$3.49	\$2.79	\$0.70
Fridge			
Nancy's - Yogurt NF Vanilla, Organic	\$4.99	\$3.79	\$1.20
Bulk			
Navy Beans, Organic	\$1.99/#	\$1.89/#	\$.10/#
Pinto Beans, Organic	\$1.99/#	\$1.89/#	\$.10/#
Yellow Split Peas, Organic	\$1.69/#	\$1.59/#	\$.10/#
Black Beans, Organic	\$1.89/#	\$1.59/#	\$.30/#
Golden Flax Seed, Organic	\$1.99/#	\$1.79/#	\$.20/#
Body Care			
Nature's Gate - Classic line Lotions		25% off	
Pomegranate Sunflower, Papaya, Hemp, Colloidal Oatmeal, Skin Therapy, Fragrance Free, Herbal			
Badger - SPF 30	\$12.79	\$9.99	\$2.80
Bugband - Insect Repellent	\$6.79	\$4.99	\$1.80
Baraka - Neti Pot	\$15.49	\$12.49	\$3.00
Baraka - Sinus Rejuvenation Oil 5 ml	\$22.99	\$18.99	\$4.00
Baraka - French Atlantic Sea Salt 4oz	\$6.39	\$5.39	\$1.00
Baraka - Infused Sea Salt 4oz	\$11.59	\$9.59	\$2.00
Nutritional Supplements			
Eclectic - Milk Thistle 120cap	\$8.89	\$7.19	\$1.70
Eclectic - St. Johns Wort 90	\$15.19	\$12.19	\$3.00
Eclectic - Turmeric 90	\$15.19	\$12.19	\$3.00
Eclectic - Nettle Quercetin	\$16.69	\$13.39	\$3.30

Everyday VALUE - Organic Bananas \$.99/lb

FOOD DRIVE

The families at First Lutheran Church of Decorah will be holding a food drive on Friday, April 24, 2009 from 4:30 to 6:30 pm. Proceeds benefit the Food Pantry at First Lutheran Church.

The Oneota Community Food Co-op will be one of the drop off sites. A booth will be set up inside the co-op to accept all types of food, as well as monetary donations. For more information, please contact Adrian Walter at First Lutheran Church (563)382-2638.

WORKING-MEMBERS

A hearty THANK YOU to all of the co-op members who helped out in one way or another as working members over the past couple of months. Your efforts help in so many ways. If you were a working member and are not listed, please know that the omission was not intentional.

Arllys Adelmann	Elyse Hawthorne	Emily Neal
Kristin Albertson	Scott Hawthorne	Steve Peterson
Jerry Alwes	Jerry Kegler	Anne Pierce
Suzanne Berg	Dave Kester	Raymundo Rosales
Larry Berland	Pam Kester	Sheryl Scheffert
Vicki Berland	Alex Kittleson	Kelly Skoda
Heidi Betz	Clara Kittleson	Phil Schmidt
Judy Breuning	Georgie Klevar	Jim Slitor
Pat Brockett	John Klosterboer	Toni Smith
Brenda Burke	Lindy Lee	Jim Stevens
Dennis Carter	Dave Lenth	Wendy Stevens
Barb Dale	Keith Lesmeister	Dianne Svestka
Barb Ettleson	Oran Deen Lester	Carol Tack
Kristin Evenrud	Joan Leuenberger	Dennis Tack
Christine Gowdy-Jaehnig	Lyle Luzum	Carolyn Thompson
George Hagen	Sarah McGee	Jennifer Thompson
Joann Hagen	Roy Macal	Alicia Trout
Ruth Hampton	Onita Mohr	Mark Wilharm
Mary Hart	Mwaura Muiuri	Jaci Wilkinson
		Lee Zieke

If you are interested in learning about the working member program at the co-op, please contact us. We would love to have you on board!

THANK YOU!

To fellow employees and customers - Thank you so much for the food, the help, the prayers and positive energy sent my way during my recent injury. Love and peace to you all, Joan