

# SCOOP

ONEOTA  
COMMUNITY  
FOOD  
COOPERATIVE

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

JUNE/JULY 2009 VOL. 35 NO. 4

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

## TWENTY DOLLARS A WEEK: AMNESTY GRANTED FOR CO-OP MEMBERS

(Decorah) Oneota Community Food Co-op has issued a global amnesty for its members. Co-ops and natural foods stores have suffered a nationwide decline along with sales of organic products. Unfortunately, when members feel pinched and decide to buy cheaper conventional food is the time when local growers and communities need their support the most.

"We're bringing members back into the fold," said Troy Bond, General Manager. "We realize times are tough and uncertain, but we need the support of our members to keep going. It's OK if you've gone astray and shopped elsewhere. But please come back. We still need you!"

The Oneota Co-op has already lured many members back with Every Day Value prices: such as organic bananas at 99 cents a pound, Waving Grains' Our Daily Bread for \$3.99 a loaf, and NOW brand supplements. But the co-op needs the support of everyone right now.

"The co-op has 2,200 members," Mr. Bond said. "The bottom line is if every member spent an additional \$20 here a week on food, we could easily meet our store's budget." So he's asking members to come back to the co-op and just spend \$20 more per week to help the co-op reach its financial goals during the recession.

### WAYS you can spend another \$20 a week:

- Take two friends to lunch who don't believe food that tastes good can be good for you. Convince them.
- Buy two bottles of wine off the Under \$10 Wine stack. Give one to a friend and make sure they share it with you.
- Give a \$20 Co-op Gift Card to your neighbor who kindly mowed part of your lawn last week.

- Purchase your organic produce here all year round.
- Buy four locally raised pork chops and grill them babies!
- Make a special picnic of a fresh handmade bocconcini (marinated mozzarella), Waving Grains Baguette, a chilled beverage and organic pears or apples of your choice. Go to Phelps Park. Unwind.
- Take twenty Waving Grains cookies to work. Become very popular.
- Buy two pounds of coffee and take one to church. Secretly impress your fellow congregants.
- Give a gift of olive oil. Make sure it's extra virgin and single-estate grown. You'll be giving a gift of the best fats for a healthy heart.

### WHY you want to spend another \$20 a week at the co-op:

- You help retire our debt and make the co-op more profitable.
- You are proud of contributing to a thriving downtown Decorah.
- Your body feels better because you're eating better quality food.
- Your conscience feels better because you're doing something good for the community by keeping your money circulating locally.
- You support a community gathering place that you can bring your kids to.

## TRY TASTY TREATS AT 2ND ANNUAL MEAT & GREET

"Grilling, broiling, barbecuing - whatever you want to call it - is an art, not just a matter of building a pyre and throwing on a piece of meat as a sacrifice to the gods of the stomach." - James Beard, 'Beard on Food'

Mark your calendars for a celebration of the art of grilling at our Second Annual MEAT & GREET! Once again we're teaming up with GROWN Locally and staging a one-of-a-kind summer grill-fest.

On Friday, June 5 from 5 to 7 pm join us in the parking lot behind the co-op for a feast of meat samples. The air will be thick with seared meat and marinades as we celebrate local suppliers of beef, bison, pork and chicken.

That's the Meat part. The Greet is when you have a unique opportunity to talk face-to-face with local, family farmers who are raising their animals sustainably. Find out what they do differently and how their humane, back-to-basics methods produce meat that is safe for you and a local envi-

ronment that is healthier. Best of all, you'll notice how locally raised tastes so much better.

We've invited last year's guests and more! Here's a list of invited vendors (actual list may change due to scheduling availability):

Bear Hollow Bison  
Blake Family Organic Farm  
Breezy Bluff Farm  
Dale Suhr  
Grass Run Farm  
Iowa Healthy Edge Meats  
La Quercia  
Larry Schultz Organic Farm  
Wangsness Farms  
Ferndale Market  
Berkshire  
Fairfield Farm

You don't have to be a carnivore to enjoy this year's Meat & Greet, because we're also including stations dedicated to grilled veggies and salmon. Aaron Bodling, our wine and beer buyer, has assured us he will find something cold and refreshing to pair with our meat samples.

(Note: A rain date is set for the following day, Saturday, June 6 from 11 to 1.)







## GREAT WINES FOR GREAT PRICES

by: aaron bodling, wine & beer buyer

My favorite wine changes with the seasons. Here are my picks for exceptional value wines as the weather get warmer:

**2008 Kung Fu Girl Riesling,** Charles Smith Wines – our Featured Wine - \$12.99

Riesling gets a bad rap for being known only as a sweet wine. But Riesling is a wildly versatile grape that ripens slowly and can be harvested over a period of time to create wines from ‘crisp and dry’ all the way to ‘juicy and sweet’. Deliciously balanced, Kung Fu Girl from Washington’s Columbia Valley offers a crisp acidity and mineral sensation with just enough sweetness to make it flavorful. I love it with any seafood--especially the gorgeous Alaskan Sockeye Salmon fillets from the meat freezer. This Riesling pairs well with soft cheeses--like Taleggio (our 2-year old loves Taleggio!) or fresh Bocconcini (marinated mozzarella knots) made by the Co-op cheese gals!

**2007 “Riva Moretta”** Prosecco di Valdobbiadene, Perlage - \$13.99

This delicious dry sparkling wine from Italy is a fun, flavorful complement to every course of your meal! For an appetizer, pair it with firm aged goat cheese. With your entrée, the dry bubbles of this Prosecco cleanse your palate between each bite. For dessert, enjoy this sparkler with everything from fresh kiwis to chocolate cake. (And if you ever thought wine made with organic grapes was subpar, this one will change your mind.)

**2006 Douro Red Wine,** Crasto - \$12.99

Portugal, especially the Douro region, is known best for Port wine. The same passion and quality of this region influences their table wines, too. This sturdy red holds up to rich foods or all by itself, and even suitable on the porch or around the campfire. Try it with grilled Flat Iron steaks from Grass Run Farm in our Meat Dept.

**2005 Pinot Noir,** Domaine de Saline - \$11.99

Silky, silky, silky finish is what this Pinot Noir is all about! I love this kind of pinot with chocolate. Great for warm weather because the body is not too heavy and the texture is not too dry.

**2007 Pinot Grigio del Veneto,** Perlage - \$12.99

Great food wine! A Pinot Grigio with a soft and full texture can be hard to find, but is always worth the money. One trick: don’t drink this one super-cold. Leave it out of the fridge for 15 minutes and you’ll really taste the fruit flavors!

Salud!



## PRODUCT REVIEW: FIVE STAR CHOCOLATE BARS

by: josie noecker, cashier

Some of you may have heard me at the checkout raving incessantly about our new chocolate treats, the Five Star Chocolate bars. Because of my almost obsessive love of these decadent chunks of bliss, I want to share some information about this incredible chocolate.

Five Star is made by Lake Champlain Chocolates in Vermont. Lake Champlain Chocolates pride themselves on creating quality Belgian chocolate that’s all-natural: no additives, hydrogenated oils, trans-fats, or preservatives. You’ll also be pleased to know that Five Star Chocolates are Star-D Kosher!

Lake Champlain Chocolates promote fair trade whenever possible and are listed on [www.responsible-cocoa.org](http://www.responsible-cocoa.org). Great chocolates that are natural and preservative free

that comes from a company that values fair trade? So worth it!

Now let’s get to the good part: How do the Five Star Bars taste?

- Peanut is like a giant gourmet peanut butter cup. If you want a peanut fix, this is the chocolate bar for you!
  - Hazelnut tastes like a rich chunk of Belgian chocolate, smooth and creamy. Great with a cup of coffee.
  - Caramel is a real treat. The filling is a smooth caramel that is very satisfying. There is nothing gritty about this bar!
  - Fruit and Nut is a sophisticated bar for when you want to kick your feet up and just savor. It is the only dark chocolate bar in the Five Star line.
- For more in information, nutritional or otherwise check out the

FAQ’s posted on their website [www.lakechamplainchocolates.com](http://www.lakechamplainchocolates.com). We will also have a copy of the nutritional information up at the Customer Service desk for inquiring minds.

From one chocolate lover to another, I invite you to give these fantastic chocolates a try and tell me which one is your favorite! Also, look for their organic line of chocolate bars coming soon in Dark, Dark with Almonds and Sea Salt, Milk and Spicy Aztec.

## THE SKINNY ON HELPING THE CO-OP SAVE MONEY

by: troy bond, general manager

In 2008, Oneota Co-op spent \$23,116 on credit card fees. That’s 2.3% of our sales.

Another way to look at this amount: It took nearly \$70,000 in sales to generate the profit enough to pay for those fees. Or consider this: The co-op could have paid one full-time employee their wages for one year just with the money we paid in credit card fees.

While some see credit cards as a necessary convenience (and to others a necessary evil of modern day consumerism), we at least want you to be aware of the financial impact these fees have on the co-op and to consider other payment options that will help reduce these fees.

### MONEY SAVER OPTIONS

- #1: USE CASH**  
Good old American currency is the simplest form of payment. If you’re light on the Benjamins we have an ATM in our lobby. There’s no fee if you have a Decorah Bank & Trust debit card.
- #2: WRITE A CHECK**  
There’s no fee for writing checks. All you need is a photo ID.
- #3: CO-OP GIFT CARD (FAST!)**  
One swipe of a Co-op Gift Card and you’re on your way with your purchases. Your gift card is rechargeable so you can put as much or as little on your balance. And there are no hidden fees or expiration dates associated with Co-op Gift Cards.
- #4: DECLINING BALANCE (FASTEST!)**  
For members, consider the declining balance. Just give any cashier your member number and the amount you’d like as a balance. Use check, cash or charge card to put money on the balance. Then the next time you’re in line, tell the cashier your member number and to use the declining balance. Your items are scanned and you’re on your way. Great for those grabbing a bite for lunch or in a hurry.

**DEBIT CARD? - ONLY IF YOU MUST!**  
Believe it or not, the fees associated with debit cards are TWICE what we pay for each swipe of a credit card. There’s a fee for using a credit card and the same fee again for using a PIN pad. While we offer debit cards as a courtesy to our customers, it carries with it the highest costs per transaction.

## Wellness Wednesday!

The first Wednesday of every month members receive 5% off Wellness products (excludes already marked down CAP sale items)



# BOARD ELECTION, OFFICERS, ENDS, AND WORK

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

### Board of Directors Election

At our Annual Meeting in early April the board of directors announced the results of our election. In all there were 406 ballots cast. Only nine ballots were not able to be counted for various reasons—people voted who were not members, were not members in good standing, didn’t identify themselves in any way so there was no way to verify membership, or two people in a household voted twice on the same member number.

The vote totals were the following: Birgitta Meade (258), Lyle Luzum (238), Andy Johnson (229), and Ben Nauman (64). Since two positions were open, this means that Birgitta Meade and Lyle Luzum began their terms at our April board meeting.

The board of directors wants to thank all of the candidates for their willingness to serve on the board.

### Board Officers

At the April Meeting the board elected new officers to lead the board of directors. The new board President is Lyle Luzum, and the new Vice President is Steve Peterson. Onita Mohr (Secretary) and Joan Leuenberger (Treasurer) have graciously agreed to continue their positions. Thanks to Georgie Klevar for her work as Vice President last year.

### Organizational Ends

The board has received a good deal of member comments on draft(s) of the organizational ends we have been developing. We had intended to have additional time for comments at the Annual Meeting, but the meeting went long enough that everyone was pretty exhausted. We will have at least one more time for member comments at the July potluck on the first Thursday in July.

The board posted a copy of the organizational Ends draft on the bulletin board in the foyer, we will have several copies at the front desk inside the store, and a revised draft is available on the website through the Board page. If you have comments and cannot attend a meeting, please feel free to submit comments in writing to the board of directors by handing them to co-op staff to give to the directors, or by sending them through email to board@oneota-coop.com.

### Committee Work

Two ad hoc committees were created lately; one to explore

how to improve our election process and another to improve board-member communication. Two members—Lyle Otte and Ellen MacDonald served on the board election committee. They helped develop a list of recommendations that the board as a whole will mull over in the next few months.

The board-member communication committee will research how to understand the needs and values of members as a whole, and how to open lines of communication with members. This committee is just in its early stages of development. We will report more as we get farther along in the process.

# NEW FRESH GROUND PEANUT BUTTER!

Now available in the bulk department!



In this issue we are beginning a new feature called “In Your Words”. This column is dedicated to testimonials by co-op members who have been there, tried that, and are convinced there really IS something to organic/natural foods and the services that the co-op provides not only to its members, but to the greater community of Northeast Iowa.

## IN YOUR WORDS

by: co-op members

May 6, 2009

John & I have always eaten right, at least we thought so. But, about ten years ago, I was under a lot of stress from work and had some health concerns and John had developed asthma. He was told that he would be on an inhaler routinely once a day for the rest of his life. We decided to try an alternative approach and contacted a holistic doctor. We were told to start eating better and try to buy organic food whenever we had the opportunity to do so. This was very easy for us, since we were already members of the Oneota Coop, we just started shopping there more. We also used supplements that were recommended to us. Three months later, my concerns improved and John’s asthma is gone and he has never again used an inhaler.

We also have become label readers. We try to avoid any foods that have fructose corn syrup, aspartame or GMO ingredients in them. Needless to say this can be difficult, but shopping at the coop does make it easier.

There is a wonderful quote which goes: “Food Is Medicine and Medicine is Food.” So if every four hours you eat good healthy minimally processed organic food, you’re giving your body what it wants.

Here is a thought - the fact that historically whole foods are required for human healing, health, and longevity. Sickness and disease is a deficit of food nutrition, not a drug deficit as modern medicine implies.

Happy whole foods eating,

Lubke’s Organic Acres  
John & Joan Lubke

## Senior Citizen Discount Monday!

Every Monday the Co-op gives a 5% discount at the register to members who qualify as seniors. We like to call it the “Experienced Discount!”

## 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.

## MEMBER APPRECIATION DAY

We’re already working on our Member Appreciation Day, Thursday, June 18th. Members can find TEN PERCENT OFF products throughout the store. The following is a tentative list. (Offers may change and there’s more to be added!)

In Wellness:	The entire Eclectic Institute line of herbal supplements All Books & Gifts All Suncare Products
In Grocery:	All Packaged Grocery All Housewares In Dairy: The full line of Bubbies & Powerkraut products In Dairy: All quarts of yogurt, all brands In Freezer: The full line of Sno-Pack Frozen Vegetables In Bulk: All granolas, All dried fruit All Bulk and Packaged Salts
In Specialty:	All Wine and Beer All Cheese Bakery: Golden White Sandwich



# PIZZA ON THE BARBIE

by: troy bond

Once I discovered how to make a grilled pizza, it quickly became the real reason I own a grill. I'm a sucker for wood fired pizza ovens, like the magnificent specimens at McCaffrey's Dolce Vita. They burn red and white oak to push the temperature to 800 degrees, giving their pizza crust crispy edges, tender center dough, and a slightly smoky flavor. It's surprising how well a backyard grill—gas or charcoal—can replicate the flavors and textures of wood fired oven. A grill can achieve high heat necessary to bake the crust better than your home oven, even if you have a pizza stone.

Grilling a pizza is now one big step easier using our Waving Grains Dough-to-Go because you'll be able to cut down on the prep time of making pizza dough. The additional benefit to grilled pizza is it broadens your use of the grill--so it's not just for grass fed steaks anymore! Grilling pizza is also an option for vegetarians at your next barbecue who aren't into soy-based hot dogs or Gardenburgers. I learned how to avoid some basic pizza-grilling mistakes by reading *The Barbecue Bible* by Steven Raichlen. He recommends setting up



the grill with a hot section and a cooler section. The hotter part will sear the dough while the cool section keeps it warm while the toppings are applied, says Raichlen. You can do this with some gas grills that have temperature settings for different sides.

Raichlen also suggests stretching the dough in oil instead of rolling it on a floured board. The oil crisps the crust while stretching activates the glutens and helps the pizza hold its shape on the grill.

## everyday values IN THE MEAT FREEZER

KEEP IT LOCAL!

### Grass Run Farm

Grass fed ground beef - frozen  
\$4.49/lb.  
Grass Run Farms, Dorchester, Iowa



Ground turkey - frozen  
(free-range, no antibiotics)  
\$2.49/lb  
Family-owned Ferndale Market,  
Canon Falls, Minnesota  
Just up the road on Hwy 52

His last piece of advice is to build your pizza in reverse: First, brush on some olive oil (if needed), second, add the cheese, and third, add the toppings and tomatoes. This lets the cheese melt evenly without direct heat. Make sure your grill is oiled and have a pair of tongs and a metal spatula ready. Play with rotating the pizza for even cooking and to make sure it's not sticking. Depending on the heat of your grill, the cooking time is as short as two to four minutes.



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## 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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## HALOUMI: THE CHEESE THAT GRILLS!

If Haloumi were a Jeopardy! answer, it might stump the contestants:

“I’ll take SHEEP’S MILK for a thousand, Alex.”

“ANSWER: Originating in Cyprus, this is a cheese you can grill.” (long pause)

“What is Haloumi?”

“Correct, for a thousand!”



Keep it Local!

Cheese you can grill? Really? Absolutely! Made in Greece, Haloumi is a firm cheese, but not hard like a parmegiano. When you slice Haloumi and put it on a grill or in a fry pan, it crisps, the edges get brown and black, and it's that salty, almost bacony texture that make it so appealing as an appetizer or crushed on salads. Because of its saltiness, it also compliments melons, much like prosciutto does with cantalope. Find Haloumi in the cheese case.



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# QUIT SMOKING NATURALLY

by: gretchen schempp, wellness department

As a smoker for half my life, I ignored the obvious: Study after study showed that smoking increases the risk of heart disease, cancer, and reproductive dysfunction, while weakening the immune system depriving oxygen from vital organs.

What I did notice was the rising price of cigarettes. The latest federal tax hike on cigarettes means a single pack costs between \$5 and \$6. That means a pack-a-day smoker spends about \$2,000 annually!

It's not easy to quit smoking, but I did it using a combination of supportive supplements, herbs and stress reduction. Here are a few recommendations found in the Wellness Department that you might find helpful when you decide to quit:

### Withdrawal

The herb, Lobelia inflata, contains a compound, lobeline, which is similar to nicotine and can be helpful for withdrawal. Lobelia also supports a productive cough which can aid in detoxification. Lobelia is available in a liquid tincture or a homeopathic preparation.

### Nutritional Support

Smoking zaps essential nutrients. Vitamin C, for example, gets used up twice as fast by a smoker. Smoking deprives the body of one of the most versatile and powerful antioxidants available. The amount suggested for people smoking or quitting is 5,000-20,000 mg a day, in divided doses. A good multivitamin may also offer other nutritional support.

### Relaxation and Irritability

There are many herbs and other supplements to help support the anxiety and nervousness that accompany nicotine withdrawal. One of my favorites is Kava Kava, which has been shown to promote

physical and mental relaxation and can help with anxiety. Kava can be taken in capsule form or in tincture. I appreciated the quick action that I got from ingesting Kava.

Bach's Rescue Remedy Pastilles are comprised of a blend of flower essences and homeopathic remedies for anxiety and stress relief. For me, they also quell the oral fixation side of smoking.

### General Support

*Licorice root sticks:* tasty to suck on. Licorice is used to support adrenal function and increase mucous fluidity, which in turn helps the detoxification process.

*Dr. Fungi Lung Tonic:* a blend of mushrooms supportive to deep breathing, pulmonary health and natural repair.

*Boiron Quit Smoking:* a homeopathic kit containing lobelia and nuxvomica, helpful for irritability and food cravings.

*Ridgecrest Herbals Clear Lungs:* a blend of Chinese herbs to keep bronchial airways open and mucus levels normal.

*Renew Life Smokers' Cleanse:* a three part 30-day program to detoxify and support, reduce desire and relieve stress.

## WELCOME to these new member-owners & their households!

- Christine McNally Woods  
Karen Homann  
William E. Ipsen  
Jillellyn Storlie  
Daniel Sullivan  
Mattias Kriemelmeyer  
Heidi Olstad  
Ronald D. Schulze  
Rachel Wiesenbergl  
Belinda J Crowe  
Robyn Hanson  
Mindy Hovey  
Terri Wunder  
Debra J. Lienhard  
Deborah Guyer  
Michele Blekeberg  
Laurie L. Cutsforth  
Karen Osterkamp  
Elizabeth Steding  
Cindi A. Grover  
Kelli Smutzler  
Ryan Monroe  
Barbara Eisenmenger  
Thela Lynne Kephart  
LaVonne Dougherty



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### Tai Chi of Decorah

Movement for Health and Well-Being

Tai Chi classes meet at two locations:

Team Rehab on Monday and Wednesday

Winneshiak Medical Center  
Lower Conference Room B on Wednesday

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

### 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

**ADHD, Allergies, Asthma, Autism?**

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### Timber Frame Homes

Consider a timber frame for your next home, cabin, barn or park shelter.

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.

Enjoy the inherent beauty and unique qualities in a timber frame structure, built from local sustainable sources and crafted with traditional hand tools.

### Wild Rose Timberworks

Located in Decorah, Iowa  
(563) 382-8500 or (563) 382-6245  
[www.wildrosetimberworks.com](http://www.wildrosetimberworks.com)

### Looking for an alternative for your next building project?



# WISHING AND HOPING

by: troy bond

We depend on the generosity of our members who are dedicated to our success. We have a Wish List of items that are a holdover from projects not completed from the relocation and new needs that can help us reach more people in the community and assist our customers and staff.

If you can help in whole or in part, donate time or money, please contact us.

## What we need from you

KEY: \$ = Funding    ⚡ = Labor    💡 = Ideas

### MOTORIZED WHEELCHAIR CART



For the convenience of shoppers who are physically challenged.

### CULINARY CLASSROOM



Our cheese classes were so successful we added a third class and there were still people on the waiting list! We think there is an audience for learning how to cook. We would like to turn our Downstairs Meeting Room into a Culinary Classroom. We have already painted three walls and now need to level the floor and cover it with a natural material, like cork or bamboo. We would also like to outfit it with stove & cooktop, and find better chairs for the tables.



### LIGHT & AWNING OVER BACK DOOR

For the security of our staff.    \$ ⚡

### OFFICES



Floor covering in the hallway and offices and base-board needed.

### SHOPPING CARTS



We're all for re-using and wabi sabi, but the carts are falling apart and they don't make the best impression for first-time shoppers.

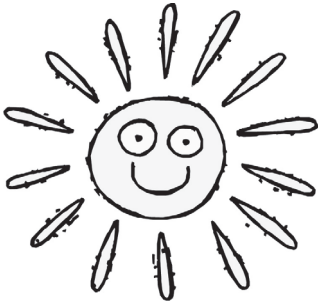
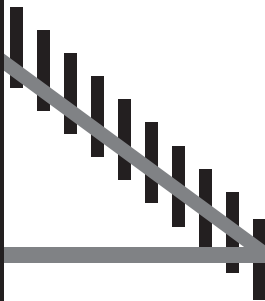


### SHELVING UNIT



This is in the backroom near the dairy cooler.

Side view of pergola-style awning



### AWNING OVER THE WINDOWS ON WATER



Instead of a conventional awning, we would like to design something that fits better with our building façade and what we're all about. We are considering a pergola or arbor made of natural wood slats above the windows that pitch downward enough to block the hot summer sun and steep enough so that snow doesn't accumulate in the winter. The pergola could also be used for hanging plants. Currently, we have almost \$300 in a separate account donated by members.

### SIGNAGE



Two design firms were contacted recently to come up with signs for our exterior. We need to replace the temporary vinyl signs (that have become permanent over time) with something that is visible on all three sides of our building. We want a sign that identifies us a grocery store, an inviting gathering place that is part of the community. This is especially important for the increasing tourist activity to Decorah.



### ICE MACHINE



We could do so much more with our produce and grocery displays with a commercial chipped ice maker. Also good to have for the kitchen and events.

### SEATING & TABLES



One of the joys of summer is being able to sit outside and have lunch or dinner. We need upgraded matching outdoor seating and tables.

## A SPECIAL THANK YOU...

...to the anonymous donor who offered to purchase a brand new Lexmark Color Printer for making color signs. Soon you'll see less handwritten signs and more computer generated that are cleaner and easier to read.

©ACN 09

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Call today for your appointment, 563-382-9671



Winneshiek  
MEDICAL CENTER  
Decorah Clinic

Emily Young Johnson, Certified Nurse Midwife  
at Decorah Clinic-Winneshiek Medical Center



901 Montgomery St, Decorah www.winmedical.org

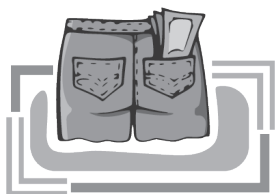


# HOW SHOPPING FOR LOCAL PRODUCTS AT THE CO-OP HELPS DECORAH

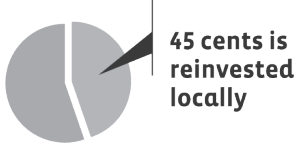
## The Local Multiplier Effect

### HERE'S THE IDEA

Buying local products at locally owned businesses keeps money circulating closer to where you spend it. This creates a ripple effect as those businesses and their employees in turn spend your money locally. Corporate chains send most of your money out of town.



For every \$1 spent at a local business ...



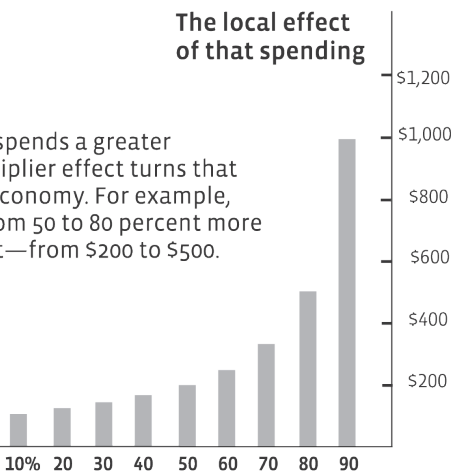
For every \$1 spent at a corporate chain ...



### A LITTLE GOES A LONG WAY

If everyone in a community spends a greater percentage locally, the multiplier effect turns that into big bucks for the local economy. For example, increasing local spending from 50 to 80 percent more than doubles the local effect—from \$200 to \$500.

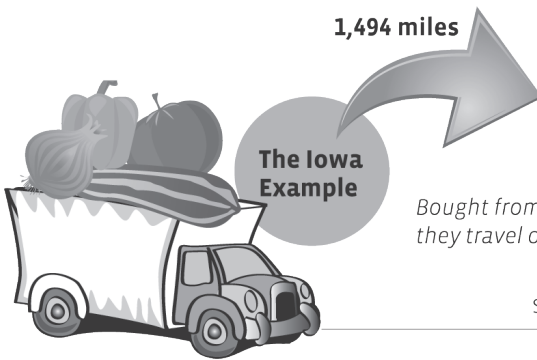
Increasing percentages of \$100 spent locally



The local effect of that spending

### AND A BONUS!

By buying local goods, you maximize your money's impact and minimize fuel use and CO2 production. Produce from the supermarket travels up to 92 times farther than produce grown locally.



A study by the Leopold Center found that 16 common crops that grow in Iowa travel an average of 1,494 miles to reach chain groceries there.

Bought from local growers, they travel only 56 miles.

Sources: Sustainable Seattle; Civic Economics.

YES! MAGAZINE GRAPHIC 2007



Find out more about local living economies in the Winter 2007 issue of YES! Magazine, Go Local. Back copies at [YesMagazine.org/store](http://YesMagazine.org/store).

Online version and printable PDF of The Local Multiplier Effect at [YesMagazine.org/multiplier](http://YesMagazine.org/multiplier).

Related articles at [YesMagazine.org/GoLocal](http://YesMagazine.org/GoLocal).

# MEET THE NEW MANAGERS

Johanna Bergan is our new Front End Manager. A graduate of Luther, Johanna has worked as a Manager-on-Duty for the co-op. Most recently, she has served as a Youth Resource Specialist through Youth MOVE National, an organization that represents youth who are utilizing the mental health system.

We're very pleased to have Johanna's energetic presence back at the Front End. Welcome back, Johanna!

Michelle Campe (pronounced Camp-ee) is our new Grocery Manager. She comes to us from the Good Food Store cooperative in Rochester, Minnesota. Previously she was a student at the Mayo School of Health Sciences and found herself realizing that so many ailments are rooted in diets that lacked nutrition and balance. That led her to a career in natural and whole foods.

As a vegetarian and the daughter of a yogini, Michelle believes that food isn't just something we eat but "a complex product involving many health, social and environmental factors."

We look forward to Michelle's leadership and merchandising selection of the Grocery department!

## IT'S CLASSIFIED

Classified ads are free to Oneota Co-op members. The deadline is the 15<sup>th</sup> of the month prior for the following month's Scoop. Please deliver typed or legibly written ad to Nate Furler at 563.382.4666, or e-mail [nate@oneotacoop.com](mailto:nate@oneotacoop.com). Limit of 25 words. We reserve the right to refuse or edit ads.

FOR SALE: Assorted Display Items - Triple-alcove free standing mirror, 2-prong clothes rack, slatwall & accessories, card racks, shelving, brackets, etc. Call Juanita Loven at 563.880.3162

WANTED: Looking for person(s) who would have interest in harvesting holistic herbs on farm. Call Trampes 319.361.9327

WANTED: Responsible tennant seeking to rent or buy house on small acreage within 15 miles of Decorah. Call Shanyn 382.5280. Please leave a message.



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AARON BODLING

**CALL 563-735-5603 FOR MORE INFO!**

## From August 21 to August 23, 2009 come be a part of this first -annual "green" event.

Bring the family and enjoy the fun!



the decorah iowa green INitiative

Putting the "eco" in Decorah

- Tour off-the-grid homes and organic farms
- Review the Luther College bio-diesel and hybrid vehicle fleet
- Savor locally grown foods in downtown restaurants
- Learn from educational seminars & open forums

Visit [www.digindecorah.com](http://www.digindecorah.com) for more information.



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.



JUNE Member BONUS BUYS

\* Regular prices subject to change

	Regular Price	Sale Price	Savings
<b>Packaged</b>			
Adina - Iced Coffees	\$2.69	\$1.99	\$.70
Amy's - Chili - 14.7 oz can	\$3.19	\$2.69	\$.50
Emperor's Kitchen - Chopped Garlic	\$3.29	\$2.29	\$1.00
Fruitabu - Smooshed Fruit	\$0.79	\$0.49	\$.30
Ginger People - Ginger Chews	\$3.79	\$2.59	\$1.20
Kavli - Cripbread	\$2.59	\$1.99	\$.60
Lucini - Olive Oil Organic	\$19.99	\$16.89	\$3.10
Newman's - Cookie O's	\$4.79	\$3.79	\$1.00
Pet Promise - Cat Food, canned	\$1.59	\$1.19	\$.40
Pet Promise - Cat Food, 6# bag	\$16.99	\$14.29	\$2.70
Vruit - Juice, 3/8oz box	\$3.39	\$2.79	\$.60
Vruit - Juice, 32 oz	\$3.29	\$2.79	\$.50
Wholesome - Molasses, Org	\$5.99	\$4.79	\$1.20
<b>Bulk</b>			
Flax Seed	\$2.29/#	\$1.59/#	\$.70/#
Lentils, Green, Org	\$1.79/#	\$1.69/#	\$.10/#
Garbanzo Beans, Org	\$1.89/#	\$1.59/#	\$.30/#
Millet, Org	\$1.29/#	\$.99/#	\$.30/#
<b>Frozen</b>			
Natural Choice - Fruit Bars	\$4.99	\$3.99	\$1.00
<b>Fridge</b>			
Cascade - Fresh Yogurt Quarts, Whole Milk	\$3.99	\$2.79	\$1.20
Yogurt Quarts, FatFree	\$3.49	\$2.39	\$1.10
Helios Kefir	\$4.19	\$3.69	\$.50
Organic Valley - Cheese, 8 oz selected Flavors	\$5.29	\$4.49	\$.80
Organic Valley - Stringles	\$0.89	\$0.59	\$.30
Organic Valley - Ricotta Cheese	\$5.99	\$5.49	\$.50
Organic Valley - Half & Half, 16oz	\$2.29	\$1.99	\$.30
<b>Body Care</b>			
Natracare - Curved Panty Shields 3oct. Box	\$3.39	\$2.79	\$.60
Aubrey - Makeup foundations, blushes, lip gloss		25% off	
Alaffia - Neem Shampoo and Conditioner	\$9.69	\$7.69	\$2.00
<b>Nutritional Supplements</b>			
Enzymatic Therapy - Doctor's Choice for Men 9otab	\$19.89	\$19.29	\$.60
Enzymatic Therapy - Doctor's Choice for Men 50+ 9otab	\$27.79	\$26.79	\$1.00
<b>Lily of the Dessert -</b>			
Organic Whole Leaf Aloe Vera Juice 32 oz	\$9.59	\$8.29	\$1.30
Spectrum - Flax oil 100 softgels	\$10.99	\$9.49	\$1.50
Spectrum - Enriched Flax Oil 100 softgels	\$10.79	\$9.99	\$.80
SweetLeaf - Valencia Orange liquid stevia	\$13.99	\$10.49	\$3.50
SweetLeaf - Lemon drop liquid stevia	\$13.99	\$10.49	\$3.50

everyday values in the meat freezer

Grass fed ground beef

\$4.49/lb.

Grass Run Farms,  
Dorchester, Iowa

Ground turkey  
(free-range, no antibiotics)

\$2.49/lb

Family-owned Ferndale Market,  
Canon Falls, Minnesota

Organic Bananas

Everyday VALUE

\$ .99/lb

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heal itself  
with nurturing  
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563-737-2681 • healinghand1@gmail.com

JULY Member BONUS BUYS

\* Regular prices subject to change

	Regular Price	Sale Price	Savings
<b>Packaged</b>			
Annies - Deluxe Mac & Cheese	\$3.99	\$2.79	\$1.20
Annies - Family Sized Box Mac & Cheese	3.49-3.69	\$2.29	\$1.20-1.40
Annies - Family Sized Box Mac & Cheese, Organic	\$4.19	\$2.79	\$1.40
Cascadian Farms - Sweet Relish	\$4.29	\$2.99	\$1.30
Chatham - Croutons	\$1.99	\$1.49	\$.50
Eco Teas - Box Tea	4.99-5.29	\$3.69	\$1.30-1.60
Eco Teas - Yerba Mate, Loose 1#	\$8.99	\$6.39	\$2.60
Little Bear - Refried Beans	\$2.29	\$1.69	\$.60
Newman's - Salad Dressings, 16oz	5.39-5.79	\$3.99	\$1.40-1.80
Ancient Harvest - Pasta	\$2.59	\$1.99	\$.60
Real Salt - Real Salts, selected products		\$2.79	
Reed's - Ginger Brews	6.59/4 pack	4.89/4 pack	\$1.70
Simply Organic - Grinder Seasoning Blends	\$7.29	\$4.99	\$2.30
Spectrum - Spray Oils	6.29-7.99	\$5.49-6.99	\$.89-1.00
Thai Kitchen - Coconut Milk, Organic	\$2.59	\$1.79	\$.80
Thai Kitchen - Simmer Sauces	3.59-3.99	\$2.69	\$.90-1.30
Thai Kitchen - Noodles	2.69-2.89	\$1.99	\$.70-.90
<b>Bulk</b>			
Dried Cranberries	\$4.99/#	4.29/#	\$.70/#
Bulgur	\$2.79/#	2.09/#	\$.70/#
Golden Flax Seed	\$1.99/#	1.69/#	\$.30/#
<b>Frozen</b>			
Amy's Kitchen - Pocket Sandwiches	\$2.99	\$2.39	\$.60
Field Roast - Vegetarian Sausage	\$5.99	\$4.99	\$1.00
Rice Dream - Nut Bar	\$1.29	\$1.19	\$.10
Rice Dream - Dream Pie	\$1.29	\$1.19	\$.10
True Whip - Whipped Topping	\$3.69	\$2.99	\$.70
<b>Fridge</b>			
Organic Valley - Cream Chees Tub	\$2.79	\$2.49	\$.30
Westsoy - Seitan	\$4.39	\$3.39	\$1.00
Westsoy - Tofu, Baked	\$3.99	\$3.19	\$.80
Westsoy - Tempeh	\$2.59	\$1.79	\$.80
Westsoy - Tofu	\$2.29	\$1.99	\$.30
<b>Body Care</b>			
Lily of the Desert - 4oz Aloe Vera Gelly	\$4.69	\$3.29	\$1.40
Similiasan - Allergy eyes, Dry eyes and Pink eye	\$11.89	\$10.19	\$1.70
<b>Evan Healy</b>			
Blue Cleansing Milk, Rose Cleansing Milk and Tea Tree Cleansing Gel	\$22.39	\$19.39	\$3.00
<b>Nutritional Supplements</b>			
Earthrise - Spirulina 500mg 36otab	\$30.39	\$24.29	\$6.10
Enzymatic Therapy - End Pain 9otab	\$24.79	\$23.99	\$.80
Enzymatic Therapy - 30 Day Fatigued to Fantastic	\$41.29	\$39.99	\$1.30
New Chapter - Zyflamend 60	\$27.99	\$22.39	\$5.60
New Chapter - Zyflamend 120	\$49.99	\$37.79	\$12.20

everyday values in the dairy cooler

KEMPS

Buttermilk.....\$1.29

Half Gallons.....\$1.99-\$2.29

Gallons .....\$3.79-\$3.99

Sour Cream .....\$1.09

ORGANIC VALLEY

Buttermilk.....\$2.99

Half Gallons.....\$3.59

Gallons .....\$6.29

Sour Cream .....\$2.99

Cottage Cheese .....\$3.99

Sweet Cream Butter.....\$5.99

CEDAR SUMMIT

All Half Gallons .....\$3.59

Wallaby Yogurts .....\$0.99

Brown Cow Yogurts .....\$0.89

Langland Eggs .....\$2.79/dozen

Baker's Oven

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Landscaping: Freestanding/Retaining Walls, Pavers, Flagging  
Mortar Work: Building Cladding, Columns, Piers,  
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Hawthorn Masonry

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Chimney

Chimney

Dry-Laid Stone

Retaining Wall

Dry-Laid Stairway

Fireplace Insert



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

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

CO-OP BOARD OF DIRECTORS, 2008-2009

To send a message to all board members,  
write: [board@oneotacoop.com](mailto:board@oneotacoop.com)

Lyle Luzum, President

oneotalyle@gmail.com

Steve Peterson, Vice President

oneotasteve@gmail.com

Joan Leuenberger, Treasurer

oneotaj Joan@gmail.com

Onita Mohr, Secretary

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Birgitta Meade

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Georgie Klevar

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Toni Smith

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Dairy Buyer, Gabi Masek..... [gabi@oneotacoop.com](mailto:gabi@oneotacoop.com)

Wellness Buyers,  
Gretchen Schempp, Karina Klug..... [wellness@oneotacoop.com](mailto:wellness@oneotacoop.com)

Meat Buyer, Kristin Evenrud .....[meat@oneotacoop.com](mailto:meat@oneotacoop.com)

Bakery and Cheese Buyer, Beth Rotto .....[beth@oneotacoop.com](mailto:beth@oneotacoop.com)

STAFF HIGHLIGHT: KARINA KLUG

SERVING ONEOTA CO-OP SINCE 2002

At work: I have worn many hats at OCC: cleaner, cashier, manager on duty. When a position opened up in Wellness I jumped on it - it's the perfect spot for me. I have always had an interest in health and healing over the years; I have done Reiki energy healing work for twelve years and I love one-on-one work with people. I have a chance to hear people's stories and we can brainstorm an avenue towards health. I take online classes, which keep me busy. I completed two trainings recently: one with Dr. Tori Hudson regarding women's health and Omega 3's and one with Stuart Tomc on Health and Longevity using Green Tea, Omega 3's and Resveratrol.

At home: I also love to spend time with my son. We both now have tennis rackets and are planning on learning tennis this summer. (We have been practicing on the Wii, but don't think that will cut it!) My son and I also like to mix up sugar-free smoothies and drinks at home using stevia or agave.

FAVORITE WELLNESS PRODUCT AT OCC: Nordic Naturals-Ultimate Omega; I eat these things like candy. I also wouldn't want to be without my digestive buddies--Megafood's Megaflora and Planetary's Triphala. And of course Eclectic Institute's Nakamal and St. John's Wort are nice to help me maintain a peaceful mind! I am a huge fan of the Evan Healy facial care line and recently have been experimenting with her Green Tea Clay face mask. My skin feels like pure silk afterwards.

WHAT'S YOUR CONTRIBUTION TO OCC'S FUTURE?

My enthusiasm!!! There have been a lot of fun, store-wide sampling events going on at OCC lately. I am happy to be involved with the festive atmosphere that infuses the workplace with positive energy. In Wellness, I continue to enjoy learning about nutritional supplements and connecting with new and regular customers.



WHO'S NEW IN THE DELI?

Mattias Kriemelmeyer is the new Deli Manager at the Oneota Community Co-op. Mattias is a seasoned chef who has over 15 years experience working in restaurants and as a private chef.

His interest in food and nutrition steered him to pursue his formal culinary education in Northern California. Mattias has certifications in nutrition education as well as a Natural Chef certificate from Bauman College in Sonoma County.

His previous experience includes working as a Villa Manager and Executive Chef on the private Island of Mustique, West Indies. Recently, Mattias opened a resort and bed & breakfast with his wife in Spring Grove, MN called Bee Creek Resort ([www.beecreekresort.com](http://www.beecreekresort.com)).

Chef Mattias brings a diverse food culture to our team. He will be happy to answer any questions you may have and is looking forward to serving the members at the OCC.

WORKING-MEMBERS

THANK YOU to all of the co-op members who helped out in one way or another as working members in April and May. Your efforts help in so many ways.

Arllys Adelman

Jerry Alves

Matthew Anders

Suzanne Berg

Pat Brockett

Brenda Burke

Dennis Carter

Barb Dale

Barb Ettleson

Kristin Evenrud

Chynna Frana

Shirl Frana

Christine Gowdy-Jaehnig

George Hagen

Joann Hagen

Ruth Hampton

Mary Hart

Jerry Kegler

Dave Kester

Pam Kester

Alex Kittleson

Clara Kittleson

Georgie Klevar

Eli Klosterboer

John Klosterboer

Keith Lesmeister

Joan Leuenberger

Lyle Luzum

Sarah McGee

Roy Macal

Birgitta Meade

Onita Mohr

Mwaura Muiuri

Emily Neal

Mark Oyloe

Steve Peterson

Deb Masek

Gabi Masek

David Reed-Maxfield

Kathy Reed-Maxfield

Amanda Reiling

Debbie Reiling

Eldon Reiling

Lauren Reiling

Sophie Rog

Brandon Schmidt

Jim Slitor

Toni Smith

Marilyn Southard

Maggie Stansfield

Dianne Svestka

Jennifer Thompson

Alicia Trout

Mark Wilharm

Jaci Wilkinson

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

If you were a working member in April or May and you didn't get listed, accept our apologies, and please let us know so you can get credited for your efforts.

SCOOP

ONEOTA COMMUNITY FOOD COOPERATIVE

Editor ..... Troy Bond

Design/Layout..... Nate Furler

The Oneota Community Co-op Scoop is published every other month and distributed to 9,000+ 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](mailto:nate@oneotacoop.com)



# Kickapoo Country Fair

CELEBRATING A SUSTAINABLE FUTURE!

## JULY 25 - 26

### LA FARGE, WISCONSIN

www.kickapoo-countryfair.org

A weekend-long celebration of culture and sustainable living in Wisconsin's beautiful Kickapoo Valley brought to you by:

ORGANIC VALLEY  
Family of Farms

ORGANIC PRAIRIE  
Family of Farms

W F U  
WISCONSIN FARMERS UNION  
KAMP KENWOOD

MIDWEST ORGANIC  
& Sustainable Education Service  
MOSES

KICKAPOO GREEN  
BUILDERS GUILD

Kickapoo Valley Reserve

singer-songwriter  
**BRETT DENNEN**  
...and back by popular demand...  
★ ★ **NANDA!** ★ ★

Authors  
**DAVID RHODES** ★ **SARA RATH**  
**SANDOR KATZ** ★ **WOODY TASCH**  
**ERNEST CALLENBACH**

Musical Guests  
**PATCHOULI** ★ **THE SQUEEZETTES**  
**5-WATT** ★ **BEEF SLOUGH BOYS**

Keynote Panel  
**ORGANIC HEROES**  
**TIM LASALLE** ★ **KEN COOK**  
**RONNIE CUMMINS**

\$10

weekend

pass

© 2009 CROPP Cooperative

# 2009 KICKAPOO COUNTRY FAIR: CELEBRATING A SUSTAINABLE FUTURE

The 2009 Kickapoo Country Fair will be about hope in an uncertain economic time. It will be an opportunity to discover and celebrate the simple things that make for a life rich in beauty, culture and connections, whether to the land, our past or the surrounding community.

The Fair also offers the opportunity to shop for wares from local artisans and merchants, while enjoying a wide variety of entertainment, including stiltwalkers, jugglers, music and dancing. While music acts are always a big draw, cultural education is truly the heart of the Kickapoo Country Fair.

Look for a full roster of informative workshops, poetry and readings by prominent national authors in the Word Tent, antique tractor and rural heritage displays, live animals, organic farm tours, and lots of delicious food. New in 2009 will be the “Green Village,” coordinated by the Kickapoo Green Builders Guild. A wide variety of “green” and sustainable building practices will be showcased through local vendors, hands-on workshops and demonstrations. Attendees will also be able to tour Organic Valley’s newly installed Solar Tracker Project, as well as viewing the levels of clean renewable energy that will offset the headquarters building’s usage.

The Kickapoo Country Fair has evolved since 2004 from an internal farmer-employee-customer picnic to a public event as we celebrated the opening of the new Organic Valley headquarters building with the local community of La Farge, Wisconsin. The event became a bridge to the surrounding community, creating and sustaining a strong connection and providing an opportunity to showcase the beauty of the region to attendees from all over the Midwest.

The Fair also contributes to the social well-being of the surrounding community as an innovative collaboration between the Kickapoo Country Fair and regional not-for-profit community groups provides funding and a showcase for local good works in exchange for volunteer staffers for the growing event. In 2008 this collaboration represented more than \$12,000 raised to support local initiatives, including the Valley Stewardship Network, Wisconsin Farmers Union, local school and community service groups and many more.

This year, more than ever, the Kickapoo Country Fair is an example of how collaborative effort and the cooperative spirit can help a community look to the future with hope.

We'll be open!

Saturday July 4, 2009

8:30 am - 3:00 pm

Registration Information

**Co-op members:** we will charge any applicable class fees to your Co-op account, and you can pay when you come in to shop.

**Non-members:** to register you will need to either pay at the store when you register or give us a credit card number when you call in your registration.

**Cancellations** will be fully refunded if called in 24 hours prior to the class. Classes also have minimums; in cases where minimum class size is not reached three days prior to class, the class may be cancelled. To register, or cancel, call (563) 382-4666 during store hours and speak to customer service.

**ALL PARTICIPANTS MUST SIGN IN AT CUSTOMER SERVICE BEFORE ATTENDING CLASS.**

(The classes offered by the Co-op do not necessarily reflect the views of the Co-op and its members.)

# CO-OP EVENTS & CLASSES

## JUNE

Co-op Potluck

Thursday, June 4, 6:30 pm at Phelps Park

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. In the case of inclement weather, Good Shepherd Church will serve as the potluck site.

Event: 2nd Annual Meat & Greet

Friday, June 5, 5:00-7:00 pm in the Co-op's back parking area

Once again we're teaming up with GROWN Locally and staging a one-of-a-kind grill-fest.



Event: NIFF Summer Educational Tour for Local Food

Sunday June 7th, 12:00 noon - 4:00 pm

Visit four local producers' farms to see how they have integrated hoop houses, green houses, and high and low tunnels to increase production and lengthen their growing season. See www.niffcoalition.org for more information.

Class: Passive Solar Fundamentals

with Brandon Schmidt

Tuesday, June 9, 6:30-8 pm @ downstairs Co-op Meeting Room

Passive Solar Fundamentals, heat and cool by design. Learn the basic principals of passive (no moving parts) design that you can apply to any building and common mistakes to avoid. For beginner to intermediate knowledge base, new construction and retrofit. People that are interested in working with the sun's energy to live more comfortably, saving energy and money. Brandon has over 25 years of experience in the alternative energy field with a strong emphasis on passive solar design and building, active solar thermal domestic hot water, active solar space heating and energy efficiency.

Cost: \$3 members; \$5 non-members

Class Size: 6 minimum; 15 maximum

Event: Well-Stocked Picnic Basket

Saturday, June 13, 11:00 am - 2:00 pm

We're spreading out our red & white checked linens to feature summer picnic fare! Everything from cold, crisp wines to exciting new cheese & cracker combinations, from savory sandwiches to ice cream, we'll give you some ideas for your next wholesome outdoor dining experience.

Event: Member Appreciation Day

Thursday, June 18, 2009 - ALL DAY!

Members can find TEN PERCENT OFF various products throughout the store.

Class: Summertime Wine & Cheese

with Aaron Bodling & Beth Rotto

Thursday, June 25, 6:00-7:30 pm @ downstairs Co-op Meeting Room

Warm weather is the perfect time to enjoy some of Germany and Austria's fine white wines - especially when paired with delectable cheeses hand-picked from the selection at your Co-op! Join Aaron and Beth to taste Rieslings, Gewurztraminers, Gruners and more with cheeses from all over the world. Those who think they don't enjoy white wines are especially welcome to have their minds changed!

Cost: \$20 members; \$22 non-members

Class Size: 6 minimum; 12 maximum

Event: Foot-Notes Barn Dance @ the Cuttings

Saturday, June 27. 7-10 pm

All are welcome to a Foot-Notes Barn Dance at the home of Craig and Ellen Cutting, 2336 Trout River Rd. in Glenwood Township on June 27 from 7-10 PM. No charge for admission, but a free will offering can be made to go toward issues relating to the support of Undocumented Workers in our community. Please bring your own refreshments. Hope to see you all!

Co-op Potluck

Thursday, July 2, 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. In the case of inclement weather, Good Shepherd Church will serve as the potluck site.

Class: Learn to Cook - Pasta Primavera Salad

with Kristin Evenrud, Co-op Deli

Tuesday, July 7, 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 - not to mention Gluten Free!

Cost: \$3 members; \$5 non-members

Class Size: 3 minimum; 15 maximum



Class: Basic Solar Domestic Hot Water and Space Heating Operation and Design

with Brandon Schmidt

Thursday, July 16, 6:30-8 pm @ downstairs Co-op Meeting Room

Basic solar domestic 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 proven. Learn about how it can work for you. Beginner to intermediate knowledge base, residential or commercial, new construction or retrofit. Are you interested in working with the sun's energy to live more comfortably, saving energy and money? Brandon has over 25 years of experience in the alternative energy field with a strong emphasis on passive solar design and building, active solar thermal domestic hot water, active solar space heating and energy efficiency.

Cost: \$3 members; \$5 non-members

Class Size: 6 minimum; 15 maximum



# FOUR NEW HANDMADE CHEESES

Our Cheese Dept. is introducing four new handmade items that cover the spectrum from appetizer to dessert.

**Gorgonzola Mascarpone Dip** is a heady mix of soft cheeses with the tang of a blue. Perfect as an appetizer spread on a cracker, a piece of soft bread, toast squares or as the main event surrounded by carrots, cauliflower, celery and red pepper slices on a crudité's platter.

**Bocconcini** means "small mouthfuls" in Italian but these definitely take two bites to finish. We hand-make the mozzarella from full cream curd then tie the 'mozz in knots'. The knots marinate in a blend of extra virgin olive oil, chopped garlic, fresh Italian parsley and a sprinkle of red pepper flakes. The result is so heavenly you can't eat just one.

**Ovalini** is just another word for a mozzarella ball about the size of your fist. Once again, handmade from full cream curd, the ovalini has many uses. For a caprese appetizer, slice it and layer it with tomato slices and basil leaves and dress with olive oil. For a Pizza Margarita, slice and place on top a Waving Grains Dough-To-Go fresh pizza dough. (Fresh mozz doesn't brown and bubble like shredded pizza mozzarella. Look for it to spread out on the pie more like a melted marshmallow.) Also great on any sandwich, especially a simple mozz & pesto.

**Crème Caramel** is a simple and decadent dessert. It's just a whipped blend of mascarpone cheese and our own homemade caramel recipe. Best used as a dip with sliced fruit like apples, pears, pineapple, and especially strawberries.

Note: For all fresh mozzarella: if it's consumed the same day it's made, you don't want to refrigerate it. If you're eating it the next day, keep it in the refrigerator and then let it sit out before serving as an appetizer or sandwich, slice it cold for a pizza topping.



## PENSATO EVOO

The finest Italian extra-virgin olive oil is now available at the co-op. Pensato extra-virgin olive oil is made from the Peranzana olive, a unique species that originated in the South of France, and today can only be found in the Apulia region of Italy. The Peranzana is known for its complex cut grass, fruity flavor. The olives are from the Pensato's single estate and pesticides are never used. These are very rare olives, hand-picked and cold pressed in the traditional pink granite mills.

In 2008, Pensato EVOO won the SOFI Silver Finalist award at the Specialty Food show. The oil is now blended to add amazing flavors to your meals. A little goes a long way: Lemon is perfect garnish on seafood, Mandarin makes a great compliment to home-made salad dressing, Basil brings out the fresh and pungent herb to any pasta or salad, and Black Truffle is made with the most prized fungi for a delicious earthiness, excellent in mashed potatoes or on pasta or drizzled onto a mushroom pizza.

# WAVING GRAINS - BREAD OF THE MONTH: PICNIC EDITION

**WHOLE WHEAT and MULTIGRAIN**  
Both loaves 50 cents off during their special month!

For the summer we focus on two sandwich loaves: Golden Wheat in June, and Multigrain in July. Try these two recipes for your next picnic.

### July: Whole Wheat Bread

(Organic whole wheat flour, water, honey, canola oil, cider vinegar, yeast, sea salt)

### Tennessee Egg Salad

What they do different in Tennessee, we don't know, but this egg salad has a nice firm crumb. Whole Wheat is hearty enough to stand up to a thick spread like egg salad.

For a mayo alternative, try Veganaise in our Dairy section. It's made with heart-healthy grapeseed oil instead of eggs, still creamy and delicious but with good fats. You won't know the difference.

- 6 hard boiled eggs
  - 3 Tbs mayonnaise
  - 1 tsp Dijon mustard
  - 2 tsp pickle relish
  - ½ tsp salt
  - ¼ tsp pepper
- Chop the eggs. Set aside. Place all of the dressing ingredients in a medium-sized bowl, and mix until well blended. Add the chopped egg, stir in well. Cover and chill for at least 1 hour.

### JUNE: Multigrain Bread

(Organic whole wheat flour, water, sunflower seeds, organic unbleached flour, 7-grain cereal [wheat, rye, oats, barley, corn, soy beans, buckwheat, flax], canola oil, honey, yeast, cider vinegar, sea salt, poppy seed topping.)

### Hummus on Toast

The slightly nutty flavor of the Multigrain is heightened when toasted. The textures of the toast and crisp cucumber make for a grand lunch offering. Pack the ingredients and build your sandwich

while enjoying a sunny afternoon.

- Waving Grains Multigrain bread
- Oneota Roast Red Pepper Hummus (in our grab and go case)
- cucumber slices
- chopped fresh organic parsley or cilantro

Toast multigrain bread and spread with lots of Oneota hummus. Cover with a layer of peeled cucumber slices, slightly overlapping. Sprinkle chopped parsley or cilantro over sliced cucumbers.



## 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.





# early summer produce: THE BOUNTY IS HERE

by: betsy peirce, produce manager

### LOCAL PRODUCER PROFILE

This spring we're excited to add a new local mushroom producer: Inga Haugen, originally from Harmony, MN. Recently Inga received a grant to start a mushroom operation, and the fruits of her labor are now blossoming in the form of shiitake and oyster mushrooms, picked fresh to order.

Inga starts all her mushrooms from scratch using a culture from another mushroom. She then grows the culture and inoculates her logs with it, and the result is fungus amongus!

Oyster mushrooms (which can also be found in the wild around Northeast Iowa) have a seafood-like flavor with a touch of anise. In fact, they can be substituted for seafood in recipes as a vegan option. We are currently carrying Inga's oyster mushrooms in our produce department and the shiitake mushrooms will soon follow.

### PRODUCE TO LOOK FOR IN EARLY SUMMER:

We are already in full swing with local spinach and salad mix! Local is definitely fresher because it's harvested to order. We place an order, the farmers pick it and delivers it the same or next day.

### MORE BENEFITS OF LOCAL

Along with fresher flavor, more nutrients are retained when you eat food soon after harvest. The carbon footprint is significantly reduced because the produce travels less than 60 miles. One of the best benefits is that that money you spend on local food stays right here in NE Iowa to help our local economy.



Coming up in the next few months from the greenhouses of GROWN Locally: Local Asian cucumbers, grape and cherry tomatoes, green peppers, and more!

JUNE: Fresh peas, chard, zucchini, and green beans (toward the end and into July.)

JULY: Carrots, cherry tomatoes, cucumbers, eggplant, new potatoes, sweet onions, cabbage broccoli and kohlrabi. This by no means is a complete list, it's only meant to get your taste buds ready for summer produce!

DID YOU KNOW. . .we ripen your fruit for you? If you want to eat ripe fruit at its peak of perfection, buy it out of the fruit COOLER. The fruit on the dry tables is ripening and may not be ready to eat.

BETSY'S TIP-OF-THE-WEEK: Store your soft fruit in a brown paper bag with an apple or pear for faster ripening. Don't store unripe soft fruit in the refrigerator. It will quickly become mealy.



## NEW! BULK ORGANIC TEA DISPLAY

Thank God for tea! What would the world do without tea? I am glad I was not born before tea.  
– English essayist Sydney Smith, early 1800s.

We can thank Bulk Buyer Lana Oylo for our new Frontier tea display. The Oneota Co-op is the first store in the nation to feature the multi-tiered bulk merchandiser filled with an impressive variety of organic and Fair Trade teas from around the world. We're also proud to work with Frontier Natural Products Co-op, a Norway, Iowa cooperative dedicated to sustainable agriculture and the support of socially responsible trade.

Once you get over the idea of having a string and a tab of paper hanging out of your cup, you'll find that loose-leaf tea is the best choice. The taste is superior because tea made with whole leaves retains its full flavor, while bags of tea often contain tea leaf fragments. And for those of us looking for any way to reduce packaging and waste, bulk tea is the smartest option both for the environment and for your budget.

Share your passion for tea—visit [www.teachat.com!](http://www.teachat.com!)



## TASTY BULK TEAS

Enjoy the following teas in our display:

- Almond Blossom Oolong
- Assam Flowering Orange Pekoe
  - Bancha Leaf
- Blueberry Branch Green
- Ceylon High Grown Orange Pekoe
  - Chai Black
  - Chai Green
- Chamomile Flowers German Whole
  - China Green
- Cranberry Orange Flavored Black
  - Dragonwell
- Earl Grey (CO2 Decaf)
  - Earl Grey
  - Earl Grey Green
- English Breakfast
- Genmaicha Matcha Green
- Raspberry Flavored Green
  - Gunpowder Green
  - Indian Green
- Indian Black (CO2 Decaf)
  - Indian White
- Irish Breakfast
- Jasmine Pearls
  - Jasmine
  - Kukicha Twig
- Lapsang Souchang
  - Lemon Ginger
- Mango Green (CO2 Decaf)
- Nepalese Black
  - Peppermint
  - Rooibos
- Se Chung Special Oolong
  - Sencha Leaf
  - White Peony
  - Yerba Mate
  - Young Hyson
- Darjeeling (Tippy Golden Flowering Orange Pekoe)

HINT: To decaffeinate any tea, just brew with hot water for 30 seconds, pour out the extracted tea, add more water and steep for 3 to 5 minutes. Most of the caffeine comes out early in the steeping process.



## HOW DOES THE CO2 DECAFFEINATION PROCESS WORK?

This all-natural process of decaffeination uses two natural elements—water and carbon dioxide—to extract caffeine from tea leaves.

First, the tea is mixed with water. Once the leaves expand, they release caffeine molecules. Then carbon dioxide is added to create a fizz. The carbon dioxide acts like a magnet, essentially capturing the caffeine while leaving the flavor of the tea leaves intact. Once the caffeine is removed, the tea leaves are dried and the carbonated caffeine water is used as an ingredient in other beverages.