

# SCOOP



312 WEST WATER STREET  
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WWW.ONEOTACOOP.COM

AUGUST/SEPTEMBER 2009 VOL. 35 NO. 5

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

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## ZAP WATER

### NON-TOXIC CLEANERS MADE FRESH DAILY AT THE ONEOTA COMMUNITY CO-OP

The Oneota Co-op is proud to be the first business in Iowa to adopt a completely non-toxic cleaning system known as Zap Water. In an effort to find a truly green cleaner and to reduce the harmful chemicals that staff can be routinely exposed to in food service, the Co-op is now using electrolyzed salt water—or ECA, Electrochemically Activated Water—for all its cleaning and sanitizing operations.

It sounds so simple that you might think it just can't possibly work, but it does: Softened water flows into a holding tank saturated with water softener pellets. A small machine the size of a window air conditioner is turned on and water flows through the machine that houses titanium rods. The rods give the water a charge and produce a hypochlorous acid sanitizer (anolyte) and a high-alkaline cleaner (catholyte), each one pumped into a separate holding tank. Zap Water technology produces a cleaner and sanitizer that are so effective they replace bleach and surface cleaners, and so safe that you can actually drink it.

First discovered in Russia twenty years ago to clean oil-drilling equipment, the science behind giving an electric charge to water saturated with salt then moved to Japan. Now a few companies in the US are developing 'electrochemically activated water', one of them is Zap in Minneapolis. GM Troy Bond saw the system on a tour of the Seward Co-op and looked into bringing it to the OCC to make our cleaners even greener.

"Many supposed 'green' cleaners are just watered down versions of conventional chemical cleaners," says David Schneider, President & CEO of Zap Water. There are still warning labels on green cleaners, he points out. David says the Zap Water technology, however, produces a chemical that poses no threat to health and requires no warnings. The first aid procedures on the Zap Water label state there are no adverse reactions to ingestion, eye contact, skin contact, or inhalation. Another benefit: because



we produce our own cleaners, we eliminate the need for packaging and transportation of toxic conventional cleaners.

Cleaning with ZAP Water fits squarely within the 3rd point of the Co-op's Mission: To provide our member owners with 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 OCC now uses Zap Water for floor cleaning, sanitizing, mop buckets, bathroom cleaning, counter surface cleaning and sanitizing drains to prevent lysteria. The Seward Co-op even uses the sanitizer mixed with ice to hold displays of greens in their produce department, something we would like to do once we budget for an ice maker. The bacteria-killing properties of the Zap Water give the produce a longer shelf life.

Catholyte (cleaner) and Anolyte (disinfectant) are now available for sale at the Co-op. Details to follow.

For more information on the physics behind ZAP, please visit [zapwatertechnology.com](http://zapwatertechnology.com)

### IOWA/ITALY LINK

The Oak is a traditional symbol of the province of Parma where prosciutto has been made for 500 years; it also happens to be the state tree of Iowa.

## a BEAUTIFUL FRONT

You may have noticed the recent additions to the front of the building at 312 West Water Street. We have completed the pergola-style awning that is designed to shade the deli seating area in the hot summer months while allowing the sun to shine through in the winter to provide warmth and much needed light. The pergola is made of reclaimed cedar and was constructed by local craftsmen Paul Bauhs and Dan Sand.

The sign (not pictured) that graces the front of the building was designed and constructed by Randy and Jane Fosaaen,

owners of A Creative Nature - Custom Signs and Designs, Ossian, Iowa.

Next time you stop by, be sure to check out these wonderful additions to the downtown ambience and perhaps even dine outside under the pergola.



## La Quercia - PRIMO IOWA PORK

The OCC will host a La Quercia Celebration, Saturday, August 29 featuring samples in the store from 11 to 2 followed by a cooking class at 3. Try the finest cured pork made in Iowa, that rivals products from Italy and has won praise and awards around the world.

Herb & Kathy Eckhouse founded La Quercia after spending years in Italy where Herb represented a U.S. seed company. They returned to Iowa with a dream of making high quality prosciutto in Iowa. Herb & Kathy do it all: they select and buy the pork, and salt, trim and handle the hams in a centuries-old tradition of making the finest cured meats.

Better yet, all of the La Quercia pork comes from suppliers who subscribe to humane practices. The pigs are free-range, they have room to move around and socially congregate outside and root in deep bedding as pigs naturally do. La Quercia meats contain no antibiotics or hormones, nor are they fed animal byproducts.

The result is cured pork products (prosciutto, speck, pancetta, coppa, guanciale, and lardo) that are deeply flavored, rich and nutritious.

### COOKING CLASS

With La Quercia founders Herb & Kathy Eckhouse  
SATURDAY, AUGUST 29,  
3 to 5 p.m.

Cost: Members \$20;  
Nonmembers \$22

Class participants will be given a \$20 co-op gift card to spend on La Quercia purchases.





# CHEESE NOTES

by: beth hoven rotto

Recently, it has been my pleasure to learn some new skills as a part of my job as Cheese Buyer at the Co-op. The one that has brought me the most attention is making fresh mozzarella. We even have a cheese-making station next to the cheese case where you see these big bowls and giant kettle.

Carmine Chirico, who has visited our store twice in 2009, introduced me to his tradition of Italian American mozzarella makers in New York City. Carmine doesn't brag, but I've heard that he was voted best mozzarella maker there four years in a row by the *New York Times*. That's the kind of person you want to learn from!

I've been practicing the art of cooking, stretching, and shaping morsels of full-cream mozzarella cheese curd into special shapes called bocconcini and ovalini. Bocconcini are soft, milky, delicate little knots of cheese marinated in olive

oil with herbs that are delicious for an appetizer or hors d'oeuvres, or can be added to salads, pasta or gratin. Ovalini are larger balls of fresh mozzarella cheese that can be sliced for the classic Caprese Salad (recipe below), arranged on bread or toast with olive paste and fresh garden tomatoes to make an Italian-style smørbrød (you know, those lovely open-faced sandwiches you eat at Nordic Fest) or melted on pizza or in lasagna. Ovalini melt beautifully.

Like fresh baked bread, fresh mozzarella is best if eaten right away. The day we make mozzarella, you will find the finished product sitting on the cheese table near the case. If you don't eat the cheese the same day it's made, it must be refrigerated. We label the cheese with a sell-by date of four days, but usually it's not around the Co-op for more than a day. Mozzarella might even keep for a few days past the "sell by" date, but don't use it if it's been more than a week or if it smells or looks slimy and bad. You might consider freezing it by wrapping it twice tightly in food wrap.

But here is our process at the Co-op: we start with a commercial full-cream curd, as the mozzarella shops in New York do. Although, to make curd we do carry rennet now in the dairy case, and there are people giving it a try. If you'd like, we can sell you bags of the mozzarella curd and you can give it a try making it at home. (At times we might be able to sell you some with a day's notice, and at other times you might need to wait for our next shipment.)

So far we have not been able to keep up with the demand for these delicious "little mouthfuls," but that doesn't mean we won't keep trying. Both Mary and Kristin have been helping with production. We are trying to make mozzarella on Tues-

days and Fridays, but If you come by on a day when there isn't any made-in-house mozzarella, don't go home empty handed. We keep a commercial fresh mozzarella in the cheese case to supplement our handmade mozzarella.

Tomato/basil season is a great time to bring home the fresh mozzarella for a delicious and easy supper. Look for fresh mozzarella in the deli case by the sign that says "Dough-to-Go." While you're there, grab some Waving Grains Sourdough Pizza Dough and make a simple and fabulous pizza. (Did you try Troy's grilled pizza using our "Dough-to-Go" at our Meat & Greet event? It was mouthwatering!)

# recipes

## Caprese Salad

Arrange on a plate, alternating ripe tomatoes - cut into 1/2 inch slices with fresh mozzarella ovalini - cut into 1/4 inch slices  
Sprinkle with chopped basil leaves, drizzle with extra virgin olive oil, & sprinkle with salt to taste.

## Sourdough with Olive Tapenade and Fresh Mozzarella

(Italian style smorbrod)  
Toast slices of Waving Grains Sourdough bread. Spread with olive tapenade (recipe below). Overlap layers of tomato slices and slices of fresh mozzarella (bocconcini or ovalini). Garnish with basil, parsley or arugula.

## Olive Tapenade

In food processor, combine 1 c. pitted olives, 1/4 c. capers, rinsed; 2 cloves garlic, juice of one lemon, 1 T. extra virgin olive oil. Keeps a long time in the refrigerator.

## Parsley and Mozzarella Salad

(thanks to Dorothy McKee who brought this recipe in from Sunset magazine)  
1 qt. lightly packed flat-leaf parsley sprigs, coarsely shopped  
2 c. chopped tomatoes  
3/4 c. chopped green onions  
1 c. chopped fresh mozzarella cheese  
3 T. balsamic vinegar (white/blanco balsamic vinegar looks best)  
6 T. olive oil  
1 1/2 tsp. minced garlic  
1/2 tsp. each of salt and freshly ground black pepper  
In a large bowl combine parsley, tomatoes, onions, and mozzarella. In a small bowl combine vinegar, oil, garlic, salt and pepper. Pour vinaigrette over parsley salad and mix to combine.

# a HOMEOPATHY PRIMER

by: karina klug

Our Wellness Department has expanded its Boiron Homeopathy display. If you're new to those little blue vials with Latin names, here's an explanation of how that gentle but effective medicine works by Christophe Merville, D. Pharm. Dr. Merville is the director of Education and Pharmacy Development at Boiron, the leading manufacturer of homeopathic medicines.

## What is homeopathic medicine?

Homeopathic medicines are therapeutically active micro-doses of mineral, botanical, and biological substances. Similar to other over-the-counter medicines, they are used to treat acute health conditions such as allergies, coughs, colds, flu, stress, arthritis pain, muscle pain, teething, etc. Like other over-the-counter drugs, homeopathic medicines take the form of a single active ingredient, for example, pellets taken sublingually or as multiple active ingredients. They are available in a variety of dosage forms such as gels, ointments and creams, syrups, eye drops, and suppositories.

The use of homeopathy in medicine dates as far back as Hippocrates and in modern form since the late 18th century when German physician Samuel Hahnemann first discovered the homeopathic principle of "like cures like." Hahnemann considered this principle an effective treatment over the medicines of the day that seemed to hurt as much as help patients.

## 'Like cures like'

Here's an example of how homeopathic medicines work: If you are stung by a bee, you will immediately feel an acute stinging then burning pain. The skin around the area will first swell, turn red and then become itchy later on. This pain can be relieved by cold compresses. Patients who experience the same type of symptoms such as swollen skin or mucous membrane (eyelids, throat, etc.), stinging, burning and itching pain that is relieved by cold, will see their symptom improve when they take *Apis mellifica*, a single homeopathic medicine made from the honey bee. The medicine uses a very high dilution of the bee, so it is not toxic anymore. It will help the body to react more quickly to the disease.

Homeopathic medicines are regulated by the FDA in this country, whereas all other natural supplements are not. What does this mean to consumers?

Often mistaken for herbals or food supplements, homeopathic medicines are regulated as drugs, not dietary supplements, by the FDA, and have been since 1938. Therefore, just like conventional OTC drugs, homeopathic medicines are labeled clearly for specific indications, making choices easier for consumers. Additionally, most U.S. manufacturers of homeopathic medicines belong to the American Association of Homeopathic Pharmacists, an association that

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promotes adhering to the specifications of the Homeopathic Pharmacopoeia of the United States. Consumers should look for the acronym "HPUS" on the label to assure that products have been manufactured in accordance to this federally recognized standard.

## A caveat

Homeopathic medicines have their limits. A skilled physician should always consider the best possible treatment for his patient, and it may not be homeopathic. Homeopathic medicines are not indicated in situations that are

irreversible like degenerative diseases. Also, they require the patient to be able to react to the treatment. If the disease is overwhelming the patient's ability to react, then another treatment must be considered.

# Wellness Wednesday!

The first Wednesday of every month

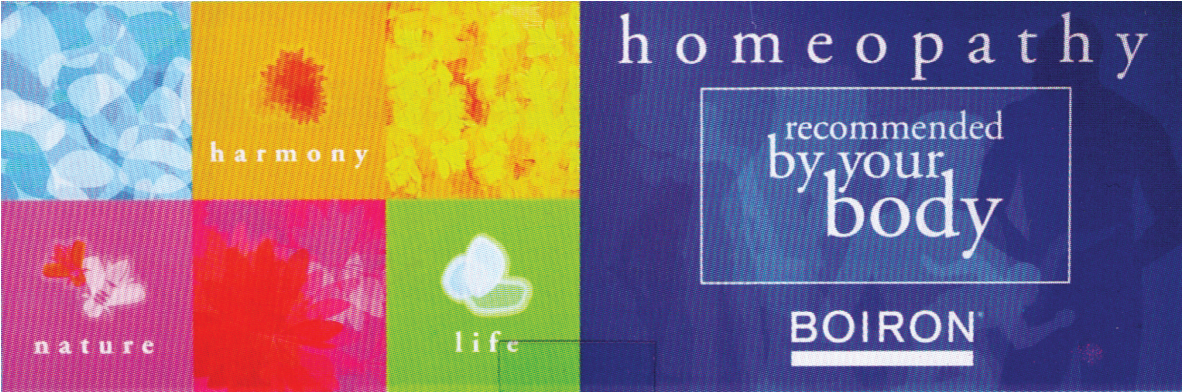
members receive 5% off Wellness products (excludes already marked down CAP sale items)

August 5th & September 2nd

# 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!"





# HEALTH WARNING: BEWARE OF NITRATES (AND BE ASSURED THE CO-OP DOESN'T HAVE THEM!)

by: troy bond

A recent medical study will give you one more reason to shop the Co-op's meat cooler and freezer. Three debilitating diseases-- Alzheimer's, Diabetes, and Parkinson's--are now strongly linked to the consumption of processed foods containing nitrates and nitrites, two chemicals that are not added to any foods sold at the Co-op.

A July 2009 study published in the *Journal of Alzheimer's Disease* linked a diet rich in nitrates to increased nitrosamine production in the body,

a powerful cancer-causing chemical. Nitrosamines flourish when meats containing nitrates are cooked at a high temperature such as frying or flame broiling. But foods with nitrates can just mix with our stomach acid and that's enough to cause a nitrosamine reaction.

For years nitrates have been well documented to increase the risk of cancer, particularly brain cancer. A 1982 study even found the consumption of hot dogs increased the risk of leukemia in children by 700%! The reason nitrates are so risky is that

when nitrates turn into nitrosamines they impact our health at the cellular level causing DNA damage - leading to diseases and speeding the aging process. Insulin resistance is also linked to nitrosamines and their ability to radically alter cells.

"We have become a 'nitrosamine generation'," Suzanne de la Monte, MD, PhD reported. "Not only do we consume them in processed foods, but they get into our food supply by leaching from the soil and contaminating water supplies used for crop irrigation, food processing and drinking."

Ground beef and cured meats like bacon, lunch meats and hot dogs

particularly use nitrates to preserve color, add flavor and control bacteria. However, you can rest assured that all of the meat sold at the Co-op—whether fresh or frozen, cured or not—is free of nitrates and nitrites. Look for Beeler's bacon, Applegate Farms lunch meat and hot dogs, and Larry Shultz sausage, to name a few. Our meats also have the benefit of being antibiotic-free.



# STAFF HIGHLIGHT: BETH ROTTO



**Serving Oneota Co-op since 1976**  
I joined the co-op as a student at Luther College and became a working member in 1976. My first job was babysitting at the co-op annual meeting. I've served on the board of directors in 1978-79. I was one of the initial group that ran the co-op as volunteers when the co-op could no longer pay a manager. Shortly afterward, in 1981, we were hired and I was part of "the collective" until 1988. I left the co-op to work at the Seed Savers Exchange for 5 years. When my daughter was born, in 1993, I came back to work at Oneota Co-op part-time. Since then I have worked with accounts payable, and have been buyer of many different departments. Currently I am in charge of ordering fresh bakery and cheese.

**Favorite Cheeses?**  
What I most love about cheese is the variety and the multitude of taste experiences. Actually, I love to

travel and to sample cheese wherever I go. When I was in Norway, eating gjetost with jam on dark bread for breakfast; in Malta, eating fresh ricotta baked in little bites of dough was my favorite; and in Germany, eating cheese made at the monastery overlooking the Ammersee.

When I can't travel, eating cheese is a good substitute. Really! I like cheeses with a history, cheese produced in unique regions or aged in special caves, or cheese used in particular dishes. I'm thrilled to find good local cheese from Iowa, Minnesota, and Wisconsin that are produced by families that care about their finished product and tend their animals with care: Prairie

Breeze from Milton, Iowa; Capriko from Westby, Wisconsin; and Guusto from just across the river in Wisconsin.

**What is your contribution to OCC's future?**  
As in the past, I will try to keep co-op member/owners foremost in my mind. This store belongs to its members, so for them I try to find deals, research and maintain quality products, bring in fresh ideas and foods, and avoid waste and unnecessary expense. Everyone is welcome to shop here and hopefully they like what they see and will become members! I hope that I can help guide the co-op when needed, help my co-workers, and that I can be a familiar face to all those who shop here.

## 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 4 to 8% at the register.
- Get additional discounts on specified "member only sale" items each month.
- 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.

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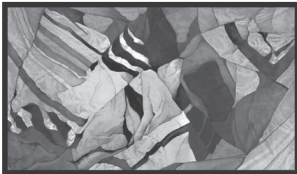
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THE STATEMENT ON THE COOPERATIVE IDENTITY

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

ONEOTA

COMMUNITY

FOOD

COOPERATIVE

CO-OP BOARD OF DIRECTORS, 2008-2009

To send a message to all board members, write: board@oneotacoop.com

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Steve Peterson, Vice President

Joan Leuenberger, Treasurer

Onita Mohr, Secretary

Birgitta Meade

Georgie Klevar

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Bakery and Cheese Buyer, Beth Rotto .....beth@oneotacoop.com

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



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# 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

# WELCOME

to these new member-owners & their households!

Alison Bangs	Inga Haugen	Lyubov Pitunova
Sara Blessing	Kelly Jackson	Natasha Rausch
Michelle Campe	Joel Jermeland	Judy K Schneekloth
Lisa Carey	Mare Madsen	Barbara J Smith
Victoria Christopher	Joan Mccallum	Tammy Stevenson
Graham Fleishman	Alaine M. Meier	Loula Tesfai
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Jane Gadow	Sioux B. Patashnik	Dario Zaffarano
Sharon Gallentine	Trudy Peterson	
Regina Gorman	Beth Petsche	

# WORKING-MEMBERS

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

Arllys Adelmann	Marilyn Southard	Wendy & Jim Stevens
Matthew Anders	Diana Svestka	Toni Smith
Jerry Aulwes	Jennifer Thompson	Cole Henry
Pat Brockett	Jana & John	Raymundo Rosales
Brenda Burke	Klosterboer	Shirl Frana
Dennis Carter	Gabi Masek	Alison Dwyer
Barb Dale	Deb Reiling	Linda Skoda
Christine Gowdy-Jaehnig	Deb Masek	Suzanne Berg
Joann Hagen	Johanna Bergan	Lynne Sootheran
Mary Hart	Brandon Schmidt	Clara Bergan
Pam & Dave Kester	Liz Rog	Dane Huinker
Lenth/McGees	Kristin Evenrud	Jan Heikes & family
Roy Macal	Karen Fitton	Tova Brandt
Emily Neal	Lee/Zieke	Judy Bruening
Jim Slitor	Rolf Peterson	
Perry-O & David Sliwa	Phil Schmidt	

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.

Candida Support Group  
meets twice a month at Magpie restaurant  
Contact Joan at the Co-op - 563.382.4666

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# CO-OP EVENTS & CLASSES

## AUGUST

### Co-op Potluck

Thursday, August 6, 6:30 pm at Phelps Park (timber frame shelter)

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: ZAP Water

with Dave Schneider, CEO ZAP Water Technologies

Saturday, August 22, 1:00-2:00 pm & 2:30-3:30 pm

@ downstairs Co-op Meeting Room

The Oneota Co-op is proud to be the first business in Iowa to adopt a completely non-toxic cleaning program known as Zap Water. In an effort to find a truly green cleaner and to reduce the harmful chemicals, the co-op is now using electrolyzed salt water—or ECW, extra-cellular water—for all its cleaning and sanitizing needs. Learn how it works for your home or business

Cost: FREE - but please call to register!

Class Size: 6 minimum; 16 maximum

### Event: Milton Creamery demo

with Rufus Musser

Friday, August 21, 2:00 - 6:00 pm & Saturday, August 22, 10 am - 2:00 pm

please call ahead for specific times

Stop in and sample some exquisite cheeses from this great IOWA producer. Samples include Prairie Breeze, Prairie Sunshine, and Prairie Rose.

### Class: La Quercia

with La Quercia founders Herb & Kathy Eckhouse

Saturday, August 29, 3:00-5:00 pm @ downstairs Co-op Meeting Room

An educational cooking class with finer points on using La Quercia products to cook exquisite meals.

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

Class Size: 6 minimum; 16 maximum

Class participants will be given a \$20 co-op gift card to spend on La Quercia purchases.

## SEPTEMBER

### Co-op Potluck - Special Volunteer Appreciation

Thursday, September 3, 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. Special working-member appreciation program with Nate's Cakes from the Co-op Deli for dessert!



### Class: Sacred Places: Native American Rock Art of Northeast Iowa with Russ Baldner

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

A visual and interpretive introduction to NE Iowa's early Native American rock art legacy. Russ Baldner has a BA and MA in history, including a strong environmental studies component. This class has been presented at various venues, including several occasions at Effigy Mounds National Monument.

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

Class Size: 6 minimum; 16 maximum

### Event: Garlic Festival

Saturday, September 12, 11:00-2:00 pm @ the Co-op!

Stop in and celebrate the garlic harvest with samples of all things garlic. We suggest kissing your loved ones BEFORE you stop by!

### Registration Information

**Co-op members:** Pay at time of registration, either by phone and charge class fees to your Co-op account and you can pay when you come in to shop, or in person at the Customer Service Desk.

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

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

**ALL PARTICIPANTS MUST SIGN IN AT CUSTOMER SERVICE BEFORE ATTENDING CLASS.**  
(The classes offered by the Co-op do not necessarily reflect the views of the Co-op and its members.)



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# 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, pick up a sale flyer by the Customer Service Desk, or look around the store for the sale signs.



# AUGUST MEMBER BONUS BUYS

\* Regular prices subject to change

Packaged	Regular Price	Sale Price	Savings
Choice Organic Celtic Breakfast Tea	\$5.29	\$3.69	\$1.60
Choice Organic Chamomile Spearmint Tea	\$5.29	\$3.69	\$1.60
Choice Organic Earl Grey Tea	\$5.29	\$3.69	\$1.60
Choice Organic Green Peach Tea	\$5.29	\$3.69	\$1.60
Choice Organic Mango Ceylon Tea	\$5.29	\$3.69	\$1.60
Choice Organic Green Jasmine Tea	\$5.29	\$3.69	\$1.60
Choice Organic Licorice Tea	\$5.29	\$3.69	\$1.60
Choice Organic Moroccan Mint Tea	\$5.29	\$3.69	\$1.60
Choice Organic Northwest Black Tea	\$5.29	\$3.69	\$1.60
Crown Prince Flat Anchovies In Oil	\$2.29	\$1.79	\$.50
Crown Prince Sardines In Mustard Sauce	\$3.49	\$2.59	\$.90
Dry Soda Kumquat, Lavender, Rhubarb	\$6.99	\$4.89	\$2.10
Lakewood Pure Cranberry Juice	\$9.49	\$6.99	\$2.50
Bulk			
Frontier Herbs Organic Bac'Uns	\$5.39	\$3.79	\$1.60
Frozen			
Natural Choice Organic Mango Fruit Bars	\$4.99	\$3.89	\$1.10
Natural Choice Organic Pomegranate Fruit Bars	\$4.99	\$3.89	\$1.10
Natural Choice Organic Raspberry Fruit Bars	\$4.99	\$3.89	\$1.10
Refrigerated			
Nancy's Organic Low Fat Blackberry Kefir	\$3.99	\$3.39	\$.60
Nancy's Organic Low Fat Blueberry Kefir	\$3.99	\$3.39	\$.60
Nancy's Organic Low Fat Peach kefir	\$3.99	\$3.39	\$.60
Nancy's Organic Low Fat Raspberry Kefir	\$3.99	\$3.39	\$.60
Wallaby Organic Low Fat Plain Yogurt	\$3.79	\$2.99	\$.80
Wallaby Organic Low Fat Vanilla Yogurt	\$3.79	\$2.99	\$.80
Body Care			
Weleda Birch Body Scrub		20% off	
Weleda Sea Buckthorn Creamy Cleanser		20% off	
Simpler's line drive		20% off	
Nutritional Supplements			
Source Naturals - line drive		20% off	

## MEMBER 10% off DAY

Once again we appreciate our members with savings!  
Mark your calendar for Thursday September 24th, 2009

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# SEPTEMBER MEMBER BONUS BUYS

\* Regular prices subject to change

Packaged	Regular Price	Sale Price	Savings
Divine Crunchy Milk Chocolate Bar	\$1.39	\$0.99	\$.40
Food Merchants Organic Basil Garlic Polenta	\$3.39	\$2.79	\$.60
Food Merchants Organic Sun Dried Tomato Basil Polenta	\$3.39	\$2.79	\$.60
Food Merchants Organic Traditional Polenta	\$3.39	\$2.79	\$.60
Food Merchants Organic Quinoa Polenta	\$3.39	\$2.79	\$.60
Lucini Artichoke Pasta Sauce	\$8.19	\$5.99	\$2.20
Lucini Creamy Tomato Pasta Sauce	\$8.19	\$5.99	\$2.20
Lucini Robust Tomato Pasta Sauce	\$8.19	\$5.99	\$2.20
Lucini Sicilian Olive Pasta Sauce	\$8.19	\$5.99	\$2.20
Lucini Spicy Tuscan Pasta Sauce	\$8.19	\$5.99	\$2.20
Lucini Savory Tomato Pasta Sauce	\$8.19	\$5.99	\$2.20
Lucini Tomato Basil Pasta Sauce	\$8.19	\$5.99	\$2.20
Lucini Bold Parmesan & Garlic Vinaigrette	\$6.29	\$4.49	\$1.80
Newman's Organic Mighty Mini Pretzels	\$3.69	\$2.49	\$1.20
Newman's Organic Salted Pretzel Rods	\$3.69	\$2.49	\$1.20
Newman's Organic Salted Pretzel Rounds	\$3.69	\$2.49	\$1.20
Newman's Organic Unsalted Pretzel Rounds	\$3.69	\$2.49	\$1.20
Newman's Organic High Protein Pretzels	\$3.69	\$2.49	\$1.20
Newman's Organic Sourdough Bavarian Pretzels	\$3.69	\$2.49	\$1.20
Newman's Organic Salt & Thin Pretzels	\$3.69	\$2.49	\$1.20
Newman's Organic Salted Thin Pretzels	\$3.69	\$2.49	\$1.20
Newman's Organic Salted Thin Pretzel Sticks	\$3.69	\$2.49	\$1.20
Pacific Foods Organic Savory white Bean Soup	\$3.49	\$2.39	\$1.10
Stretch Island Fruit Leather - Pantry Pack Cherry or Grape	\$4.39	\$2.99	\$1.40
Stretch Island Fruit Leather			
Apple, Apricot, Cherry, Grape, Mango, Raspberry, Strawberry	\$0.69	\$0.39	\$.30
Think Bar Cashew Acai Fruit Bar	\$1.99	\$1.19	\$.80
Think Bar Chocolate Pomegranate Power Fruit Bar	\$1.99	\$1.19	\$.80
Think Bar Peanut Goji Fruit Bar	\$1.99	\$1.19	\$.80
Think Bar Peanut Butter Chocolate Green Bar	\$1.99	\$1.49	\$.50
Bulk			
Organic Hulled Millet	1.29#	\$.99#	\$.30/#
Organic Rolled Regular Oats	1.29#	\$.99#	\$.30/#
Organic Steel Cut Oats	1.49#	\$1.09#	\$.40/#
Organic Garbanzo/Chickpeas	1.89#	\$1.69#	\$.20/#
Organic Dark Red Kidney Beans	2.29#	\$1.99#	\$.30/#
Organic Black Eyed Peas	1.99#	\$1.69#	\$.30/#
Organic Brown Flax Seed	2.29#	\$1.49#	\$.80/#
Frozen			
Alexia Mozzarella Stix	\$4.79	\$3.99	\$.80
Alexia Golden Sea Salt Onion Rings	\$3.29	\$3.19	\$.10
Refrigerated			
Immaculate Baking			
Organic Chocolate Chunk Cookie Dough	\$3.99	\$3.29	\$.70
Immaculate Baking Organic Peanut Butter Cookie Dough	\$3.99	\$3.29	\$.70
Body Care			
Aura Cacia Aroma Mists		20.00%	
Cinnamon Ylang Ylang, Lavender, Tangerine Grapefruit, Ginger Mint, Patchouli Orange			
Aura Cacia Massage oils		20% off	
Grapeseed, Jojoba, Sweet Almond, Tranquility, Lavender Harvest			
Cleanwell Hand Sanitizer 1 oz & 6 oz		20% off	
Grandpa's Pine Tar Soap		20% off	
Nutritional Supplements			
Eclectic Institute - line drive		20% off	
Enzymatic Whole Body Cleanse		20% off	
Enzymatic Fiber fusion		20% off	
Herb Pharm			
Liver tonic, Brain and Memory tonic, Echinacea Propolis Throat Spray		20% off	

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Organic Bananas  
Everyday VALUE \$.99/lb

We'll be OPEN LABOR DAY!  
Monday, September 7th, 2009  
8:30 am - 3:00 pm  
The Deli will offer FRESH COFFEE and  
a grab-n-go cooler full of tasty treats.

Helping Services Benefit Day

We sincerely thank everyone who shopped at the Co-op on  
Saturday July 18th. Because of your purchases, we were able to donate

\$800

to Helping Services for Northeast Iowa! This money will be used to  
purchase Co-op gift cards that will be distributed to families in need.

IN CONTEXT: expansion,  
DOWNTOWN DECORAH AND  
THE ONEOTA CO-OP

by: lyle luzum, president,  
oneota community co-op board of directors

In the co-op world, the Board of Directors has various responsibilities. Certainly the major one is to safeguard the assets of the member/owners. These assets include their financial interests, but also the purpose of the co-op in the world. Co-ops typically exist to serve a purpose beyond the financial bottom line. Rather, achieving a healthy financial bottom line becomes a “means” to the “ends” because without financial health, the purposes of the co-op will not be achieved. Thus, co-ops have multiple bottom lines.

One of the main tasks of a co-op Board is to constantly look at the larger picture – to place the Co-op’s purposes and processes into context. In the next few issues of the “Scoop,” I would like to draw this larger picture and how Oneota Community Food Co-op fits into it – to place our little piece of the world into context.

It hardly seems possible, but it is more than 2 ½ years ago that the Co-op made the commitment to expand in downtown Decorah and more than 1 ½ years since we opened for business in our new store. Even more amazing is the fact that we have been here for 35 years! As one of only three Food Co-ops in the State of Iowa, what we have is unusual and special for

small town Iowa. With almost 2300 member/owners, Oneota Co-op is truly integrated into the fabric of our community.

We were bumping our heads, so to speak, in the old store, finding it more and more challenging to meet the needs of customers for natural, wholesome, whole foods. Our expansion was a leap of faith that the community would respond to our efforts to reach out and welcome even more people as they explored new paths in their food journey.

As we considered where to expand, one thing was clear: we were committed to downtown Decorah. We didn’t ask for special privileges, we didn’t threaten to leave if we didn’t get special breaks. We saw ourselves as an anchor for downtown, and we now strive to become even more a part of the fabric of an unusually successful community. That’s what locally owned and operated businesses do.

We are proud of our store. We are gratified by your response. We welcome you to shop, eat, and, hopefully, join us as we continue to bring unusually good food, good eating, and good living to our community.

Next In Context: Good Food,  
Kellogg, and Oneota

PRODUCE PICKS

by: betsy peirce, produce manager

This year at the Co-op, we’ll be partnering with a few other co-ops in Minnesota to bring in a truckload of FRESH as can be, SWEET as all get out, blueberries and peaches (in that order). These fruits are conventionally grown, tree ripened, picked and shipped straight from Michigan to us!

Each order will come with canning and freezing tips. If you have not heard about this opportunity yet or made a pre-order for the blueberries, that’s okay! We ordered many extra flats for anyone to purchase and will be selling them by the pint as well. The peach pre-order sign-up sheet is at the customer service desk, or you may call in your order.

The crates of peaches will weigh 25 lbs. and cost around \$40. From all accounts these peaches are sweet and dripping with juice--the best ever! To boot, they’re tree-ripened which is rare to find in a peach shipped from afar (really only a ten hour drive.) There’s no limit on number of peach crates ordered, but we only get one big shipment.

Limited supply.

Meanwhile, the blueberries have already been ordered so the extra crates will be sold on a first-come, first-serve basis. **Limited supply.**

I think everyone looks forward to SWEET CORN season. I have noticed the Florida sweet corn walking quickly out the door as people satisfy early cravings. Luckily, local sweet corn season will be soon upon us. We are fortunate to have some wonderful local growers who deliver unsprayed sweet corn many times per week to bring us the freshest, snappiest, sweetest corn around.

Local new potatoes are here! There is nothing better than a summer meal of buttered new potatoes and succulent buttered sweet corn. (Did I mention the need for lots of butter? Pastureland organic is my favorite.)

Merle Steines is our long time potato grower for the Co-op and now his daughter Rebecca has joined the family venture. Coming from their Certified Organic Top of the Hollow Farm, we have Red Gold potatoes which are a red version of Yukon Gold – red exterior and gold interior. They’re a medium size potato that has a unique texture and flavor. Excellent steamed, boiled, baked fried, mashed, roasted or scalloped. One of my favorite potatoes. We also have Yukon Gold and many other heirloom varieties—some with purple flesh, some with pink! Come on in and try a variety you’ve never tasted.





# Grocery Notes

by: michelle campe, grocery manager

It's been a lot of fun getting my feet wet as the new Grocery Manager. I've heard many comments from customers about what to keep and what new things to carry. Look for some exciting new products based on your suggestions.

We are expanding our gluten free section! We now have a wide variety of baking mixes, gluten free flours and granolas.



The new baking mixes, brought to us by 123 Gluten Free come in an assortment of flavors and textures. To satisfy the most discerning palate we offer

- Yummy Yellow Cake Mix
- Micah's Mouthwatering Southern Style Corn Bread Mix
- Southern Glory Biscuit Mix
- Devilishly Decadent Brownie Mix
- Allie's Awesome Pancake Mix
- Chewy Chip-less Scrumdelicious Cookie Mix

What makes the products unique? All ingredients to make your decadent treats are in the box with the exception of the sweetener. 123 Gluten Free has left the choice and amount of sweetener up to you! Agave nectar, honey, rice syrup, granulated sugars, or a wide range of plant based sweeteners (stevia, xylitol, etc.) are great choices, and we have an entire shelf dedicated to them as well as in bulk.

One hundred percent natural, most mixes are free of corn and potato and each mix is made with aluminum free/corn-free baking powder. A great family value, a box of cake mix yields two large layers or 24 cupcakes. All of the mixes are kosher and made in Pennsylvania in a dedicated allergen-free facility, so you will find absolutely no gluten, wheat, peanuts, tree nuts, dairy, casein, eggs or soy in these products.



We are also introducing products from JK Gourmet and their gluten-free, grain-free Almond Flour. Almond Flour is a great source of protein and excellent alternative for baking and cooking. It's conveniently packaged in a 5 pound re-sealable pouch.

Also from JK Gourmet comes their wonderful assortment of oat-

free, gluten-free, dairy-free granola. It's made from heart healthy nuts and seeds, dried fruit and honey. JK Gourmet Granola contains no refined sugars, added fats, fillers or preservatives. We have five varieties to choose from: Nuts & Raisins, Apple Spice & Raisin, Hazelnuts & Date, Mission Fig & Apricot and Cranberry Cashew. Try it with yogurt, milk or as a snack straight out of the bag!



For those of you returning to school, we now have a wonderful variety of Organic Smart Juice. While we make no claims that this will increase your IQ, it would be smart of you to drink this fresh-pressed juice (not from concentrate) which contains no additives, preservatives, added sugar or filler juice. Smart Juice is 100% organic, kosher certified and processed in a green earth-friendly facility. Located in our Produce Department, look for Pomegranate, Pomegranate & Tart Cherry, Pomegranate & Purple Carrot and Pear Juice.

Replenish your dehydrated cells/selves with Nature Factor Coconut Water. Coconut water is rich in potassium and excellent for replacing lost electrolytes from exercise or illness. You will find our new coconut water in the cold drink cooler.



Near the breakfast cereals look for organic Living Harvest Hemp Milk. Hemp milk is high in Omega 3 and Omega 6 fatty acids and low in sugar. Made from earth friendly hemp seeds, it can serve as an alternative in your breakfast cereal, in dairy-free recipes, and it also performs great in your morning coffee.

Last, but not least, we're now carrying Domata Living Flour- 5lb bags of gluten-free, all-purpose baking flour, pizza crust mix and a seasoned flour mix for frying or sautéing.

# Great Wines For Great Prices

by: aaron bodling, wine and beer buyer

Looking forward to the cooler evenings of early autumn, here are my wine picks to sip on the porch with dinner or friends, or, best of all, dinner with friends!

## 2006 Lost Angel Petite Sirah from EOS Estate Winery on sale for \$11.99

A beautifully floral nose is like breathing in a raspberry patch in a cherry orchard! This medium-bodied wine has a lingering finish that pairs perfectly with a wide variety of foods, but nothing too spicy. Let it breathe for a good twenty minutes before enjoying and try with a flavorful cheese like Ossau-Iraty, or a plate of grilled local veggie kabobs.

(By the way, this is a green wine. EOS Estate was the first winery of their size in the Paso Robles area to switch their entire operation to solar power.)

## 2007 "TJ" Riesling J & H Sebach - \$14.99

The wines from this producer in the Mosel-Saar-Ruwer region are slightly drier than many other Rieslings in the area, and this makes them more food-friendly. The 'TJ' label is a real value, and it will only get better with a few years in the cellar. Quite refreshing with subtle apple and pear flavors, it is an ideal companion to spicy foods, especially Asian flavors like wasabi or Thai curry.

## 2008 Malbec, Pircas Negras - \$11.99

From Argentina's remote and beautiful Famatina Valley comes this rich, soft Malbec with a smooth and lingering semi-dry finish. The wine is lightly oaked, which helps the fruit flavors come through and pair really well with anything from the grill. Pircas Negras is produced

by the 550-member farmer's Co-op La Riojana Cooperativa from organically grown grapes.

## 2005 Frascati Superiore, Tenuta di Pietra Porzia - sale \$12.99

This is the year to drink this wine. Now there's a reason to celebrate! Trebbiano, Malvasia Bianca, Greco and Bombino Bianco grapes are blended in one of my all-time favorite wines to pair with cheese. The nose is full of pear and flowers, followed by a fresh and dry finish. Nearly all cheeses taste good with wine like this, but most especially Italian cheese made from cow's or sheep's milk. It's also great with lighter fare, like lunch or appetizers.

## 2005 Baltos Mencía, Dominio de Tares - sale \$10.49

Rated 90 points by multiple wine critics, this concentrated Spanish red won't disappoint you. An interesting and irresistible nose is followed by a medium-body with beautifully balanced tannins and acid. Quite dry in the finish, I'd pair it with grass-fed steak cooked on the grill, or any full-flavored foods. Salud!



# 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. Limit of 25 words. We reserve the right to refuse or edit ads.

WANTED: A nice 5' bench to grace the front of ArtHaus. Contact Kristen Underwood or Lea Lovelace at arthaus508@gmail.com.

LOOKING to rent or rent-to-own: Mature mom of 3 looking to rent a nice 3-4 bedroom home close to Decorah. GREAT references. Long term commitment. Please contact mpilgrim01@gmail.com or call 563-449-2607.

FOR SALE: Leather couch - must see - excellent condition. \$400. 563-382-5199.

WANTED: Butter mold to borrow or buy. Call Bruce at 382-1780 or 382-4666.

Have you moved recently? (and even if you haven't...)

In an effort to update our records, please provide your current member information on the following form and return it to the Co-op. This will help us in contacting members who wish to volunteer and also will speed up your checkout process. Thank you!

Name: \_\_\_\_\_

Member #: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, ZIP: \_\_\_\_\_

Phone#: \_\_\_\_\_

E-mail: \_\_\_\_\_