

SCOOP



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

HOLIDAY 2009 VOL. 35 NO. 7

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

TALKING TURKEY!

by: kristin evenrud,
meat buyer

Happy Holidays! When I think about the holidays, I picture sitting around the table talking with my friends and family after a great meal of turkey, ham and all the sides. I relish those moments of warmth, togetherness and tummies satiated. The best part about shopping for this special meal to create that magical moment is all the bounty offered at the Oneota Food Co-op. This year in the meat department we are lucky to provide you and your families with the best in local and regional products. I would even venture to guess what we have available here is better than what larger markets have available.

HAM

Our ham is from Grass Run Farm. It is uncured, nitrate and nitrite free, free-range, antibiotic free and fed a vegetarian diet. It is so tasty and juicy it doesn't need anything but an oven and a roasting pan. However, you might like to get a little fancy with your ham. Here is a glazing recipe I recommend:

2/3 cup honey, 1/3 cup Dijon-style mustard, 1/4 teaspoon ground cloves. First, score your ham with a diamond pattern a quarter inch deep into the meat. Second, bake at 325 degrees until almost done. Finally, drizzle the glaze over the whole ham and continue baking another half hour.

TURKEY

Our turkeys are from two sources this year: Ferndale Market and Larry Schultz Organic Farm. Both of these providers are from just over the border in Minnesota, land of 10,000 lakes and plump, wholesome turkeys! Larry Schultz raises his flock on his certified organic farm and the birds offered are free-range. (We carry his organic chicken here at the Oneota Co-op too.) Ferndale Market raises antibiotic free, vegetarian, free-range turkeys. They are working to support the slow food movement in their store in Cannon Falls, MN. (Stop by next time on your way to the Twin Cities, you will be impressed! Go to www.ferndalemarketonline.com for directions.) We are also carrying a variety of their turkey products in our freezer. Turkey tenderloins are my favorite!

FISH

Now, I know some folks are ready to move on to a less traditional holiday meal. May I suggest salmon as a fresh and new alternative. The Oneota Food Co-op has whole salmon fillets and smaller pieces. Our salmon is always wild caught from Bristol Bay, AK and adheres to the standards of the Marine Stewardship Council (www.msc.org). The salmon we have in stock from this fishing season is beautiful, red and firm. I had a customer visiting from Seattle recently who came to find me and tell me how fantastic our salmon is. He was surprised our fish was as tasty as what he usually buys from the fresh fish market! My all time favorite salmon recipe is simple: butter, minced garlic, salt and pepper, splashed with lemon juice. Rub the fillet with butter (or olive oil), splash with lemon (fresh is the best), and rub on the garlic, salt and pepper. Next, put the fillet skin down on a hot grill, flip in 5-10 minutes and cook until flaky. Garnish and serve with boiled new red potatoes, steamed green beans, and a chewy loaf of french bread.

DON'T FORGET BREAKFAST!

When you wake up on the biggest day of the holiday season and you want to impress your guests at the breakfast table, try one of our minimally processed pork sausages. In the freezer we have a variety of sausages from loose meat to siz-zlers; all are MSG, nitrate and nitrite

free. These cook up in no time and really add flavor to a holiday breakfast of french toast or pancakes and farm fresh eggs. We also have Grass Run Farm hardwood smoked and pepper bacon in our fresh meat cooler. If you haven't tried this tender, sweet and smoky bacon, now is the time. Treat yourself and your family.

If you like a dish to just pop in the oven in the morning try this:

Kristin's Breakfast Casserole Serves 8 to 10

Ingredients:

6 slices bread, cubed
1 pound sausage, browned, drained
1 1/2 cups shredded Cheddar cheese
8 eggs, beaten
2 cups milk
1 teaspoon salt
pepper to taste

Directions:

Cube bread and place evenly in greased 9x13 pan or baking dish. Sprinkle evenly with sausage and cheese. Mix eggs, milk, salt and pepper. Pour over ingredients in pan. May cover and chill overnight. (If left overnight, remove from refrigerator 15 minutes before baking). Bake 45 minutes at 325 degrees or until set. Cut into squares to serve.

SAY CHEESE!

by: beth hoven rotto

Look for these special offerings in addition to our already large selection in the cheese case:

- Cranberry Le Roule Log
- Garlic and Herb Roll
- Boursin Garlic
- Boursin Roasted Red Pepper
- Sage Derby
- Marin Le Petit Bleu
- Herkimer Blue Cheese and Nut Ball
- Herkimer Merlot Cheddar and Nut Log
- Cahills Porter Truckle
- Stilton
- White Stilton with Apricot
- White Stilton with Cranberry
- Fourgerus
- Humboldt Fog
- Extra Mature Tickler's Cheddar
- Pantaleo
- Cranberry Cinnamon Chevre
- Saint Rocco



Easy Herb Roasted Turkey

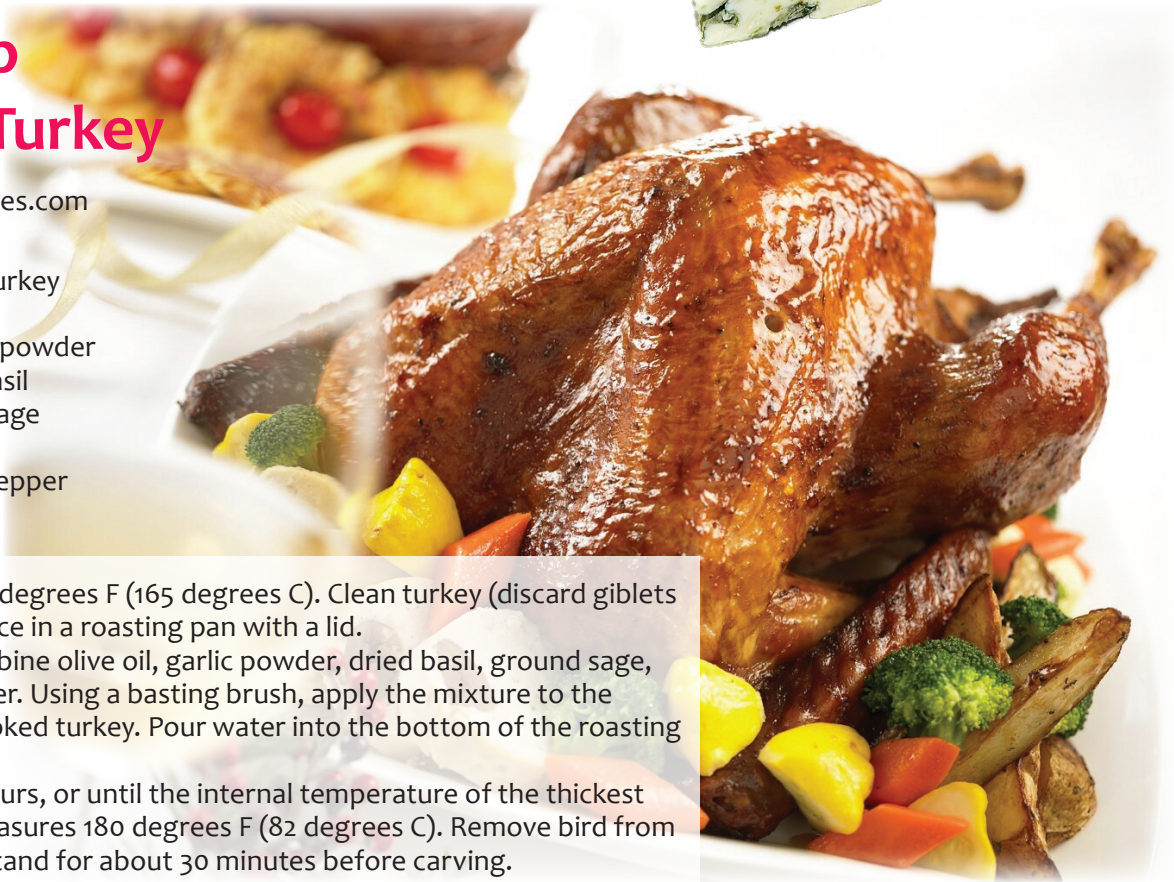
recipe from - allrecipes.com

Ingredients:

1 (12 pound) whole turkey
3/4 cup olive oil
2 tablespoons garlic powder
2 teaspoons dried basil
1 teaspoon ground sage
1 teaspoon salt
1/2 teaspoon black pepper
2 cups water

Directions:

Preheat oven to 325 degrees F (165 degrees C). Clean turkey (discard giblets and organs), and place in a roasting pan with a lid. In a small bowl, combine olive oil, garlic powder, dried basil, ground sage, salt, and black pepper. Using a basting brush, apply the mixture to the outside of the uncooked turkey. Pour water into the bottom of the roasting pan, and cover. Bake for 3 to 3 1/2 hours, or until the internal temperature of the thickest part of the thigh measures 180 degrees F (82 degrees C). Remove bird from oven, and allow to stand for about 30 minutes before carving.



acidic or alkaline - IT'S all ABOUT THE pH

by: karina klug, nutritional supplements buyer

One of the many rewarding aspects of being on the Wellness floor is hearing what is on people’s minds regarding their health. There are definite themes. I most frequently hear the words “thyroid” and “pH balance”. We will touch very briefly on pH balance today. Many people exclaim how they have not only recovered from a dire health condition but also feel a new vitality after getting their pH balanced.

With the holidays approaching, we begin to think of gathering with friends and family and eating lots of food. Often during the holiday season we let ourselves stray from our regular dietary habits at least to some degree, if not completely! The first thing to consider in maintaining a healthy pH is diet. The usual suggestion is to eat a diet that is 75% alkaline and 25% acidic to maintain a healthy pH. However,

many of the foods served during Thanksgiving are on the acidic side, such as cranberries, sugary deserts, bread products, ham, turkey and alcoholic beverages to name a few.

PH testing strips fly off our shelves as many people monitor their levels on a daily basis. It is most often recommended to test with the first urine upon rising. When looking at the pH strip, seven is considered neutral and anything under seven is acidic and over seven alkaline. A medical practitioner may be helpful in getting an accurate reading. Once one tests themselves and determines whether their body is acidic or alkaline, they learn which foods to eat to level out their pH.

With holiday season feasting one might consider supplementation to help maintain balance. The most frequent imbalance is an overly

acidic body. One product that has gotten a thumbs up is Source Naturals Alka-Balance. This tablet contains some vitamins, minerals, as well as greens and herbs that have been shown in research to support an alkaline state.

A book that we now carry which offers easy accessibility to diet suggestions for both acidic and alkaline conditions is *The Acid Alkaline Food Guide* By Dr. Susan E. Brown and Larry Trivieri, Jr.

In addition, the old stand-by *Popular Prescriptions for Nutritional Healing* by Phyllis A. Balch includes a helpful food chart for pH balancing.

Alka-Balance will be on member sale at 30% off for the month of November along with the entire Source Natural line.

Have a healthy holiday.



GET HAPPY - GET GORGEOUS REPUBLIC OF TEA

In the Co-op Wellness department, we are pleased to be featuring samples of numerous Republic of Tea blends. With names like “Get Happy” and “Get Gorgeous,” these herbal tea blends are destined to be the topic of conversation at your holiday party. Wondering which one to choose? Stop in and try the Republic of Tea of-the-week. The scheduled sample blends for the rest of 2009 are right at your fingertips.

- Week of Nov 16th**
Get Charged - Herb Tea for Energy- Organic Rooibos, Eleuthero, Hibiscus, Gotu Kola, Peppermint, Ashwaganda, Stevia, Panax Ginseng, Blueberry
- Week of Nov 23rd**
Get Heart - Herb Tea for Cardio Health- Organic Rooibos, Hawthorn, Hibiscus, Gingko, Bilberry, Blueberry
- Week of Dec 7th**
Get Gorgeous - Herb Tea for Clear Skin- Organic Rooibos, Orange, Hibiscus, Chamomile, Red Clover, Chaste Berry, Burdock

- Week of Dec 14th**
Get Soothed - Herb Tea for Scratchy Throats- Organic Rooibos, Licorice, Lemon Myrtle, Sage
- Week of Dec 21st**
Get Happy - Herb Tea for Lifting your Spirit- Organic Rooibos, Lemon Balm, Lemon Myrtle, St John’s Wort, Rhodiola
- Week of Dec 28th**
Get Clean - Herb Tea for Detoxing- Organic Rooibos, Milk Thistle, Sarsaparilla, Dandelion, Chicory, Red Clover



Le BEAUJOLAIS NOUVEAU est arrivé!

In keeping with a long tradition that marks the autumn harvest and the start of the holidays, the Co-op will be celebrating with the rest of the world by hosting a Beaujolais Nouveau event!

Join us Thursday, November 19th from 5 to 7 pm when we turn our Windows on Water into a French bistro. Along with a wine tasting of Beaujolais Nouveau we’ll be sampling baked brie and other French cheeses with our wholesome Waving Grains bread. We’ll have themed music, and our customer service professionals will offer suitably rude and discourteous French service!

Beaujolais Nouveau is a light, easy-drinking red wine made from

- THE BEAUJOLAIS TRADITION -**
- The date:** the third Thursday of November
- The time:** one minute past midnight
- The place:** France
- The destination:** all over the world
- The cargo:** bottles of Beaujolais Nouveau, the first pressing of 2009 vintage wine from France

Gamay grapes produced in the Beaujolais region in the Southeast corner of France. The unveiling of the first wine pressed in 2009 is serious business: The Beaujolais French law states that the Beaujolais Nouveau cannot be released any earlier than the third Thursday of November, so every year on this day producers embark on a mad race to get the first bottles on the shelves.

What makes Beaujolais Nouveau a hit around the holidays is how well it pairs with holiday foods such as cheese appetizers and Thanksgiving turkey or ham. Even people who don’t normally prefer red wine often enjoy a cool glass of Beaujolais Nouveau with their holiday meal.

So, join us November 19th, raise a glass of Beaujolais Nouveau and shout, “Vive la Co-op!”



Give the Gift of GREEN...and BLUE!



Save a Seed,
Save the World.
Happy Holidays!

Give the gardeners in your life a **Gift Membership to Seed Savers Exchange**, and they'll enjoy it all year long. Members receive our quarterly magazine, annual yearbook, 10% off all purchases, and invitations to special events.

But best of all, you are giving them the opportunity to **save a piece of planet Earth, one seed at a time!**

Call 563/382-5990 or visit us at www.seedsavers.org for more details.



3074 North Winn Road, Decorah, IA 52101
563/382-5990 • www.seedsavers.org

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.

CO-OP BOARD OF DIRECTORS, 2009-2010

| | |
|---|--|
| To send a message to all board members, write: board@oneotacoop.com | |
| Lyle Luzum, President | oneotalyle@gmail.com |
| Steve Peterson, Vice President | oneotasteve@gmail.com |
| Joan Leuenberger, Treasurer | oneotajoan@gmail.com |
| Onita Mohr, Secretary | oneotaonita@gmail.com |
| Georgie Klevar | oneotageorgie@gmail.com |
| Toni Smith | oneotatoni@gmail.com |

CO-OP STAFF e-MAIL addresses

| | |
|---|--|
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| Marketing, Merchandising & Signage Specialist , Nate Furler | nate@oneotacoop.com |
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| Produce Manager , Betsy Peirce | produce@oneotacoop.com |
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| Wine and Beer Buyer , Barrett Kepfield | barrett@oneotacoop.com |



Editor, Design/Layout..... Nate Furler
ProofingCathy Baldner, Johanna Bergan
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

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 number 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.

THE STATEMENT ON THE COOPERATIVE IDENTITY

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

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

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

1st Principle: Voluntary & Open Membership

2nd Principle: Democratic Member Control

3rd Principle: Member Economic Participation

4th Principle: Autonomy & Independence

5th Principle: Education, Training & Information

6th Principle: Cooperation Among Cooperatives

7th Principle: Concern For Community



WELCOME

to these new member-owners & their households!

| | |
|------------------------------|-----------------------------|
| Lindsey & Sarah Bulger | Travis Robinson |
| Frederick Burdine | Katie Schaefer & |
| Marie Drews | Sarah Lundine |
| James & Sallie Driscoll | David Shaffer & Dr. Rebecca |
| Nathanael Engh | Boehm Shaffer |
| Sara & Jon Gullickson | Ardis & Jim Smith |
| Sarah & Randy Haugen | Claire & Matt Thompson |
| Laura & Josh Hennessee | Josh Wennes & |
| Melissa & Robert Hudgens | Amanda Barrett |
| Kristen McPhee & Kevin Hovey | Sarah & Nathan Wicks |
| Erin O'Brien | Georgia Windhorst |

WORKING-MEMBERS

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

| | | |
|--------------------------|-------------------------|------------------|
| Lyle Luzum | Pam & Dave Kester | Lynne Sootheran/ |
| Steve Peterson | Dave Lenth/ Sarah McGee | Kent Simmonds |
| Georgie Klevar | Roy Macal | Randy Sundquist |
| Onita Mohr | Alan & Ellen MacDonald | Mark Wilharm |
| Toni Smith | Melanie Grangaard | Stephen Zbornik |
| Joan Leuenberger | Nathan & Sarah Wicks | Joe Kelly |
| Jerry Aulwes | Perry-O & David Sliwa | Allie Odgren |
| Rachel Breitenbach-Dirks | Wendy & Jim Stevens | Ron Roberts |
| Brenda Burke | Carol Tack | Daphne Roberts |
| Mwaura Muiruri | Johanna Bergan/ | Jim Womeldorf |
| Dennis Carter | Joel Zook | Jase Grimm |
| Barb Dale | Kjersti Ehrie | Justin Scardina |
| Christine Gowdy-Jaehnig | Dane Huinker | Jan Heikes |
| Joann Hagen | Toast Houdek | |
| Mary Hart | Barrett Kepfield | |

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 October and you didn't get listed, accept our apologies, and please let us know so you can get credited for your efforts.

Wellness Wednesday!

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

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!"

BOARD ELECTION NEWS

by: steve peterson, board vice president

The Oneota Community Co-op seeks new board members. We will have three openings this year. The terms run for three years, and begin at the end of April 2010. If you are interested in serving your community by being a Board member, please pick up a board member packet at the front desk at the Co-op, or contact a Board member. See the attached table of events and deadlines for more information about the process.

Publicizing Candidate Statements

We will publicize candidate statements in four ways this year.

- On the Co-op website Board page.
- Behind the customer service desk at the Co-op.
- Mailed out with ballots in March.
- Available at the Candidate forum in February

In the past the Board sent candidate statements out in the Scoop. With the change in our election procedures (we are mailing ballots, and these mailed ballots will go out in early March), the Scoop dead-

lines do not work well for this task. As a result, we will not publish the statements in the Scoop. However, we feel that the stated four ways, if well publicized, will be sufficient for interested members to be informed of the candidates' qualifications.

Voting this Year

Voting will occur in a mail ballot (sent in early March) with candidate statements enclosed. The mail ballots will be designed to achieve secrecy and guarantee the accuracy of the results.

Only members in good standing are eligible to vote. A member in good standing must be paid up on the annual membership by the time the vote counting begins in late March. In a nutshell, a member is in good standing if he / she has paid up the full membership, or is current on his / her annual payments up to the full payment. If you are not sure about whether you are a member in good standing, talk to the Co-op staff. They'll be happy to check on that for you.

BOARD OPINION: a BIG TENT

by: occ board of directors

Over the last several months the Oneota Community Co-op Board of Directors has heard from members about changes in products that are sold at the store. Some of the feedback has been critical of decisions to have this product or that one. Others have been very positive about new products in the store. We'd like to place these discussions in a historical perspective, and help the membership understand why we are satisfied with the direction the store is going.

The OCC Board recognizes that there have been disagreements about products since the store opened. While none of us were on the Board during the "Sugar Wars", from old-timers we are aware that these were tough discussions that caused some to drift away from the Co-op. Other products—like beer and wine— have created additional divides in the Co-op community. There have been other controversies besides these. True, these disagreements have helped create who we are: our strong commitment to organics, fair trade, and local products comes, in part, from these battles.

However, these disagreements have a cost, as well as a benefit. In some ways, our history of ideological struggle is typical of co-ops that grew up in the 1970s. The highpoint for the "second wave" co-ops was the mid-1970s, soon after the "second wave" started and about the time ours was formed. At that time there were about 750+ food co-ops in operation that had emerged from that renewed interest in food and the co-operative model. Now, though, there are only about 275. A lot of co-ops came and went during that time. (That number is finally beginning to grow again as the number of new food co-ops outpaces those that go out of business. Hurray!)

Why the decline, though? As one Oneota Co-op member put it: "I remember walking into the Co-op

in Madison and the first thing I saw was the list of boycotted products. After awhile, I think, people got tired of walking the ideological gauntlet when they entered a co-op, and they chose to shop elsewhere." That experience, coupled with the intense and exhausting ideological debates that occurred within many co-ops, turned some customers away from co-ops and caused others to throw their hands up and walk away from leadership positions. This is hardly the outcome we seek.

While sharing the view of those who want a world with greater organic production, greater access to local foods, and fewer antibiotics and growth hormones, the Co-op Board supports a particular path to achieve these goals. We support a path that positions us as a community leader in the good food movement, while lowering barriers for others in the community to participate in the benefits of the Co-op.

Specifically, we support working assiduously to achieve our mission: to be an excellent provider of organic, local, and minimally packaged products. But we believe it should not be our goal to ban a lot of choices for consumers, even if these choices are sometimes conventional produce, or cheese that is not certified organic, or beer and wine that are made from conventional sources. Rather, we support offering the best choices for those who are interested in eating good food. Where organics are too expensive, we support judiciously adding a conventional choice. We support attracting new customers with outstanding tasting foods that might not pass the purity tests of some of our members. In short, we support a diverse array of choices for a diverse membership and customer base.

We support a big-tent approach. We mean no disrespect by our support of this approach. But we do feel this perspective helps us to

| Election Related Activities and Deadlines | |
|--|--|
| Activity | Deadline |
| Candidate recruitment / self-nomination | Ongoing |
| Candidate statements due (If one wishes to be considered for board nomination.) | December 28 |
| Board interviews candidates | Early January |
| Board nomination | January board meeting |
| Final deadline for getting name on ballot through self-nomination procedure | February 10 |
| Candidate statements publicized - customer service desk, website | February 11 |
| Candidate forum - candidate statements available | Soon after February 10 |
| Ballots and candidate statements mailed to members | March 1 |
| Final day to vote | March 30 |
| Ballots counted | March 31 |
| Results announced | April general membership meeting - April 1 |
| New board members start | First board meeting after the general meeting (probably April) |

COMM POST

To sign up for weekly Oneota Co-op e-mails containing news, events, sales, and the deli menu, please e-mail a request to nate@oneotacoop.com

MEMBER APPRECIATION SALE

Friday, November 27, 7:00 am - 8:30 pm

(Deli coffee available at 7:00 am, breakfast items at 8:00 am.) 10% off storewide*

May be combined with all other member discounts.

*10% maximum discount on all Wine & Beer; sale does not include already discounted CAP sale items, deli grab-n-go items, and all FRESH bakery/bread items.

better achieve our mission and is in the long-term best interests of the Co-op. We believe it is the right choice for a time when people are both searching for options that are healthy for themselves and the planet and struggling to eat on a budget. Sure we would rather everyone buy organic and local, but if that is not affordable, we'd like them at least to eat fruit and vegetables since promoting overall health of our community is also an important part of our mission. We think that new products like hand-made cheese are good because they attract new customers who look for quality food. People buy beer and wine. The quality of our selection should set us apart from others. Once they are in the store, new customers are free to continue their education about food, personal health, and the environment.

To recap, the OCC Board supports a marketing strategy that encour-

ages new people to come to the store and make choices that bring them farther along on their food journey. We don't expect customers to be already convinced of our mission before they enter. We believe that everyone—those who buy only organic and local, and those who search first for good tasting food—should find the products they want.

This approach is working. New members continue to join. Some are new to town, and some are folks who have lived here awhile, but never joined before. Our sales are up from last year (about 8% higher in the third quarter!), despite the fact that co-ops nation-wide have seen negative to low sales this year. These are encouraging trends and are further evidence that judiciously made decisions can be good for our customers, and good for our members.

See you at the Co-op!

Candida Support Group

meets the first Monday of every month
4:00 pm at Magpie Coffeehouse
Contact Joan at the Co-op - 563.382.4666



Blue Heron Knittery

Purveyor of fine yarns, knitting, crocheting, spinning and felting supplies

Featuring fair trade yarns in silk, wool, and alpaca
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Hours: Tuesday-Friday, 11:00 - 4:00; Saturday, 10:00 - 5:00
Evenings by appointment for groups of 5 or more

IN CONTEXT: Fair Food, Foreign Foods, and Oneota

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

In the previous article in this series I discussed the W. K. Kellogg Foundation’s definition of “Good Food”: food that is Fair (does not depend on exploitation of people), Green (does not depend on exploitation and degradation of the environment), Healthy (encourages health, not chronic illness or obesity), and Affordable (available to all, not just the rich). In this article I’ll explore Fair Food as it relates to food we now so commonly get from other countries.

Our society has a tendency to ignore very real, but hard to quantify costs of things we buy. In our constant effort to drive costs down, our system pretends that, because non-economic costs are hard to calculate, we can therefore ignore them. But these costs are real. One of the costs we pretend not to see is that of human exploitation and the social, cultural, and political impact it brings.

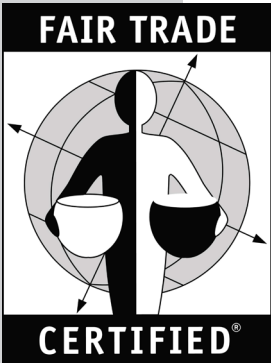
We all now (officially) agree that human slavery is an unacceptable cost to have cheap products. But how about when workers in third world countries labor in banana fields at wages that keep them in desperate poverty so that we can have our cheap daily snack? How about when third world farmers are driven off the land by subsidized, imported American corn and their local economies collapse because there is no work? How about when these people cross illegally into the US in a desperate attempt to make

some money to send home to their families and end up working in unacceptable conditions in our meat packing plants? There is a huge social, cultural, and political cost to this human exploitation in those countries, but also in ours, as we in NE Iowa have come to realize.

This is why the Fair Trade concept was developed. Fair Trade certification works to assure that the food results in fair return for those who work to produce it. Around the world Fair Trade coffee, chocolate, bananas, nuts, spices, and other products are bringing living wages to producers. This helps create healthy local economies in the producing country, reduces out-migration, and promotes societal, cultural, and political stability.

Oneota Community Food Co-op carries many Fair Trade products and strives to provide food that minimizes human exploitation. I urge you to think about who is being exploited to bring you amazingly cheap food. In your food journey, are you sensing that the human cost of cheap is too high? Check out Fair Trade at Oneota.

Next In Context: Fair Food,
Local Food, and Oneota



Interim General Manager - MICHELLE CAMPE

by: occ board of directors

“I look forward to my term as interim manager and to the future planning and growth of this small yet very powerful resource that serves Northeast Iowa and the surrounding communities,” stated Michelle Campe as she began her role of Interim Manager for Oneota Community Food Cooperative. After Troy Bond left the position of General Manager to join his family in Des Moines, the Board asked Michelle to step in as Interim Manager. The Board has initiated a search for a new General Manager.

A Minnesota native, Michelle brings to the Co-op a lifelong interest in natural foods. “Over the past 30 years, I have watched co-ops evolve from humble grassroots storefronts into thriving businesses that are integral parts of their communities,” she explained.

Six years ago, Michelle moved to Rochester, Minnesota to study at The Mayo School of Health Related Sciences and took a part-time position at the local Good Food Store to continue to have the co-op experience in her life. Not surprisingly, she found herself at home and drawn into the everyday workings of the co-op, its members, her co-workers and the healthy alternative it offered the Rochester area. Shortly after she began working at the co-op, the General Manager vacated her position of nearly 23 years and the Board of Directors approached her about managing the store. At that time, Michelle left her studies at the Mayo School and turned her passion, skills and abilities completely toward the whole food industry. She found the position very rewarding and in a short time she was able to lead the organization into more stable financial ground.

In June 2009, Michelle became aware of an employment opportunity at the Oneota Community Food Cooperative. Wanting to relocate back to her small town roots was one of many aspects in her acceptance of the Grocery Manager position. Researching and adding new products, coordinating a department reset and integrating customer product requests are a few ways Michelle has applied her skills and experience to the grocery department. Now, her talents will be directed to the entire operation.

Michelle shares her philosophy as follows, “Working in the whole foods industry over the years has led me to believe that food is no longer simply something we eat but is a complex product involving many health, social and environmental factors. Making the transition of food from the earth to plate as transparent as possible enables consumers to make fully informed decisions when planning their diets. It is an honor to work for The Oneota Community Food Cooperative- a cooperative that is known not only for its healthy promotion and marketing of whole foods, but for its environmental message as well.”

Board president, Lyle Luzum states, “Michelle brings excellent experience and integrity to this position. We sincerely thank Michelle for her willingness to fill this position until a new general manager can be hired.”



Michelle Campe

CO-OP EVENTS & CLASSES

NOVEMBER

Beaujolais Nouveau

Thursday, November 19, 5:00 - 7:00 pm

@ the Co-op

We’re turning Windows on Water Street into a French bistro! Join us for a wine tasting of Beaujolais Nouveau - both regular and vineyard specific village - we’ll be sampling baked brie and other French cheeses with our wholesome Waving Grains bread. (see page 2)

Member Appreciation Sale

Friday, November 27, 7:00 am - 8:30 pm

@ the Co-op

10% off storewide* - may be combined with all other member discounts.
*10% maximum discount on all Wine & Beer; sale does not include already discounted CAP sale items, deli grab-n-go items, and all FRESH bakery/bread items.

DECEMBER

Co-op Potluck

Thursday, December 3, 6:30 pm at Good Shepherd Lutheran 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, and a beverage if you desire it.



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.)

CO-OP HOLIDAY HOURS

Thursday, November 26th - CLOSED

Friday, November 27th - 7:00 am - 8:30 pm

Member Appreciation Sale!

Thursday, December 24th - 8:30 am - 4:00 pm

Friday, December 25th - CLOSED

Thursday, December 31st - 8:30 am - 8:30 pm

Friday, January 1st - 12:00 pm (noon) - 8:30 pm



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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.



NOVEMBER MEMBER BONUS BUYS

* Regular prices subject to change

| Grocery | Regular Price | Sale Price | Savings |
|--|---------------|------------|---------|
| Ecover | | | |
| All Purpose Cleaner 32oz | \$5.49 | \$3.99 | \$1.50 |
| Glass & Surface Cleaner 16oz | \$4.49 | \$3.19 | \$1.30 |
| Toilet Cleaner 25oz | \$4.39 | \$2.99 | \$1.40 |
| Lakewood | | | |
| Organic Unfiltered Apple Juice 32oz | \$4.29 | \$3.29 | \$1.00 |
| Organic Juices 32oz | \$4.49 | \$3.49 | \$1.00 |
| Maranatha | | | |
| Organic Peanut Butters 16oz | \$6.29 | \$2.98 | \$3.31 |
| Creamy No Salt, Creamy Salted, Crunchy No Salt, Crunchy Salted | | | |
| Organic Peanut Butter 26oz, Creamy Salted | \$8.79 | \$4.15 | \$4.64 |
| Once Again Organic Sunflower Butter 16oz | \$6.79 | \$4.79 | \$2.00 |
| Pamela's | | | |
| Amazing Wheat Free Gluten Free Bread Mix 19oz | \$5.99 | \$4.69 | \$1.30 |
| Corn Bread & Muffin Mix 12oz | \$4.69 | \$3.69 | \$1.00 |
| Wheat Free Pancake and Baking Mix 24oz | \$7.49 | \$5.89 | \$1.60 |
| Ryvita | | | |
| Crisp Breads 8.8oz | \$2.59 | \$1.99 | \$.60 |
| Tasty Dark, Tasty Light, Sesame Rye, Rye & Oat Bran | | | |
| Crisp Breads 7oz | \$3.49 | \$2.59 | \$.90 |
| Fruit & Crunch | | | |

| | | | |
|-----------------------------|---------|---------|---------|
| Bulk | | | |
| Sunspire | | | |
| Chocolate Peanut Sundrops | \$8.99# | \$7.99# | \$1.00# |
| Plain Chocolate Sundrops | \$7.99# | \$6.69# | \$1.30# |
| Organic Black Turtle Beans | \$1.99# | \$1.89# | \$.10# |
| Organic Green Laird Lentils | \$1.99# | \$1.49# | \$.50# |
| Organic Green Split Peas | \$1.89# | \$1.69# | \$.20# |

| | | | |
|--|--------|--------|--------|
| Frozen | | | |
| Natural Choice Fruit Bars - 6 per pack | \$4.99 | \$3.99 | \$1.00 |
| Mango, Orange, Raspberry, Strawberry | | | |
| Van's | | | |
| Homestyle French Toast Sticks 8.5oz | \$3.19 | \$2.49 | \$.70 |
| Organic Blueberry Waffles 8.5oz | \$3.19 | \$2.49 | \$.70 |
| Wheat Free Gluten Free Blueberry Waffles 9oz | \$3.19 | \$2.49 | \$.70 |
| Wheat Free Gluten Free Buckwheat Waffles 9oz | \$3.19 | \$2.49 | \$.70 |

| | | | |
|--|--------|--------|-------|
| Refrigerated | | | |
| Lifeway | | | |
| Keifer 32oz | \$3.59 | \$2.99 | \$.60 |
| Banana/Strawberry, Pomegranate, Keifer 4-8oz packs | \$4.79 | \$3.99 | \$.80 |
| Pomegranate, Strawberry | | | |
| Organic Valley Organic Heavy Whipping Cream 8oz | \$1.99 | \$1.69 | \$.30 |

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|------------------------------|--|--|---------|
| Nutritional Supplements | | | |
| Source Naturals - Line Drive | | | 30% off |
| Entire Line | | | |

| | | | |
|--|--|--|---------|
| Body Care | | | |
| Aubrey Organics - Line Drive | | | 20% off |
| makeup, hair care, deodorant | | | |
| Wally's Ear Candles | | | 20% off |
| plain paraffin, lavender paraffin, herbal paraffin and beeswax | | | |

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DECEMBER MEMBER BONUS BUYS

* Regular prices subject to change

| | Regular Price | Sale Price | Savings |
|--|---------------|------------|---------|
| Grocery | | | |
| Arrowhead Mills Organic Pie Crust 6oz | \$3.29 | \$2.39 | \$.90 |
| Crown Prince Pacific Pink Skinless Salmon 7.5oz | \$3.69 | \$2.89 | \$.80 |
| Crown Prince | | | |
| Skinless/Boneless Sardines in Olive Oil 3.75oz | \$2.99 | \$2.49 | \$.50 |
| Fruitabu Organic | | | |
| Smooshed Fruit Assorted Varieties .4oz | \$.69 | \$.49 | \$.20 |
| Organic Candy Canes 6oz | \$4.29 | \$3.29 | \$1.00 |
| Stretch Island Fruit Leather Assorted Varieties .5oz | \$.69 | \$.49 | \$.20 |

| | | | |
|---|------------|------------|-----------|
| Bulk | | | |
| Sunspire Organic Dark Chocolate Almonds | \$15.99/lb | \$13.49/lb | \$2.50/lb |
| Sunspire Organic Dark Chocolate Coconut Haystacks | \$14.69/lb | \$13.49/lb | \$1.20/lb |
| Sweet Cranberries | \$4.99/lb | \$3.79/lb | \$1.20/lb |
| Organic Pitted Dates | \$5.59/lb | \$4.69/lb | \$.90/lb |
| Organic Black Mission Figs | \$4.99/lb | \$3.99/lb | \$1.00/lb |
| Organic French Couscous | \$2.79/lb | \$2.39/lb | \$.40/lb |
| Organic Rolled Oats (Thick) | \$1.29/lb | \$.99/lb | \$.30/lb |
| Organic Steel Cut Oats | \$1.49/lb | \$.99/lb | \$.50/lb |
| Organic Yellow Popcorn | \$1.59/lb | \$1.19/lb | \$.40/lb |
| Organic Quinoa | \$3.69/lb | \$2.99/lb | \$.70/lb |
| Sliced Almonds | \$5.99/lb | \$3.69/lb | \$2.30/lb |
| Organic Pinto Beans | \$1.99/lb | \$1.69/lb | \$.30/lb |
| Organic Sugar | \$1.59/lb | \$.99/lb | \$.60/lb |

| | | | |
|-----------------------------------|--------|--------|--------|
| Frozen | | | |
| Amy's Cheese Pizza Snacks 6oz | \$4.39 | \$3.39 | \$1.00 |
| Amy's Nacho Snacks 6oz | \$4.29 | \$3.39 | \$.90 |
| Ian's Organic Chicken Nuggets 8oz | \$5.99 | \$4.59 | \$1.40 |

| | | | |
|---|--------|--------|--------|
| Refrigerated | | | |
| Organic Valley Mild Cheddar 8oz | \$5.29 | \$4.29 | \$1.00 |
| Organic Valley Sharp Cheddar 8oz | \$5.49 | \$4.49 | \$1.00 |
| Organic Valley Blue Cheese Crumbles 4oz | \$4.99 | \$3.69 | \$1.30 |
| Organic Valley Heavy Whipping Cream 8oz | \$3.59 | \$1.79 | \$1.80 |
| Tofutti Better Than Cream Cheese 8oz | \$3.39 | \$2.29 | \$1.10 |
| Tofutti American Soy Cheese 8oz | \$3.49 | \$2.49 | \$1.00 |
| Tofutti Mozzarella Soy Cheese 8oz | \$3.49 | \$2.39 | \$1.10 |
| Tofutti Sour Cream 12oz | \$2.69 | \$1.89 | \$.80 |

| | | | |
|-------------------------|--|--|---------|
| Nutritional Supplements | | | |
| Eclectic Line Drive | | | 20% off |

| | | | |
|---|--|--|---------|
| Body Care | | | |
| Aura Cacia - 2 oz essential oils & .33 oz. Organic essenital oils | | | 20% off |
| eucalyptus, peppermint, lavender and tea tree | | | |
| Lily of the Desert, Hairspray 8 oz. | | | 20% off |
| Weleda - Everon Face Balm, Skin Food and Foot Balm | | | 20% off |
| Baraka Line Drive - Sinus Care Products | | | 15% off |
| neti pots, french atlantic grey sea salt, infused salt and sinus rejuvenation oil | | | |

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SCANDINAVIAN TRADITIONS PERSIST IN NE IOWA

by: Beth Hoven Rotto

Holiday traditions are ingrained in our families, our communities and our heritage. I grew up in Wisconsin, daughter of a Lutheran pastor and a homemaker of Scandinavian heritage (Norwegian, Danish and Swedish stock). I've been asked to share some food ways from our tradition.

My mother was always baking, but she did more than usual during November and December, baking holiday cookies and bars, candies, pies and desserts. She hosted gatherings at our home for family, friends, church circle meetings, etc, as well as making donations for bake sales and for church "coffee hour." She purchased specialties baked by others too, so that our holiday table always had a great variety of cookies. One favorite for both my family and my husband's family was a buttery delicacy containing ground pecans and rolled twice in powdered sugar. Look for the recipe titled Hvite Notter below.

Christmas eve, for our family was a simple meal consisting of cold meats and cheeses, homemade rolls, Norwegian lefse and kringle (the sweetbread type, not the cookie type). Lefse is a soft, paper-thin potato pastry that looks similar to a tortilla. It is buttered and sugared and rolled up, from the large end to the small. Below is a classic Decorah recipe for lefse. As kids, we were always in a hurry to finish eating so that we could open the mountain of presents under the tree, almost cer-

tain to include something handknit by Mom.

My husband's Norwegian family from North Dakota had a different sort of traditional meal on Christmas Eve. To remember the humble birth of Jesus in the stable, they ate a simple meal of risengryn, or rice pudding. Included in the large bowl of porridge, there was one hidden almond, and the person who ended up with that bite expected good luck in the following year. By the time I joined their family there was sometimes more than one lucky almond in the porridge. I enjoy this traditional food, although it has become a side dish in recent years.

Christmas morning our family always anticipated cardamom bread, braided, frosted and beautiful. After church we gathered, usually with grandparents, for a meal that might be turkey, ham or meatballs (never lutefisk), mashed potatoes, a vegetable, homemade rolls, lefse, and a pretty jello salad. Sometimes we also had Norwegian fruit soup, or sot suppe. Some traditions cook the fruit in grape juice, which produces a dark, heavy product. The recipe below uses apple juice and orange juice and it is delicious.

We still enjoy these traditions, blending the customs of our families, modifying occasionally and also adding new favorites. If you would like to start a new tradition or try a new recipe for traditional Scandinavian foods, please consider the recipes here.

Cardamom Bread

Mom makes this Christmas bread every year. She got the recipe from her mother, Pearl Jacobson who was raised in Lac Qui Parle County in Minnesota. Mom used to buy whole cardamom and crush it under the handle of one of her big knives. Now she uses ground, but I still like the various sizes and the little crunch of using the whole spice.

Ingredients:
1 c. milk
1/3 c. sugar
1/2 c. shortening (add to hot milk)
2 eggs
1 1/2 pkg. dried yeast, dissolved in lukewarm milk
1 tsp. salt
6 cardamom seeds, crushed
Some raisins

Directions:
Mix together and add enough flour for soft dough (approx. 6 cups). Let rise until light. Divide to make 2 loaves. Make each into a braid. Let rise again. Bake in hot oven (375-400 degrees F.) for 35 minutes or until golden brown. Can drizzle with simple powdered sugar frosting.

Hvite Notter (Cookies)

Hvite Notter means White Nuts in Norwegian. Every cookie assortment at Christmas needs some Hvite Notter! Grandma didn't use a food processor, but it works great to make this dough. Pulse the nuts, then process until fine. Cut the butter into the processor, then process until smooth. Pulse in liquids, then pulse in flour until dough ball begins to form.

Ingredients:
1/2 lb. butter (1 cup)
1/3 c. powdered sugar
1 tsp. vanilla
1 Tbsp. water
2 c. flour
1 c. chopped pecans

Directions:
Cream butter and sugar together, then add the rest of the ingredients. Refrigerate dough for one hour. Roll in palm of hand to the size of a date. Bake at 325 for 15-20 minutes. Roll in powdered sugar while warm. Let cool. Roll in powdered sugar again.

Authentic Brie

by: Beth Hoven Rotto

It's so festive to join friends and family for food and fellowship this time of year. We appreciate time together, decorating our homes, lighting candles and choosing special food to share. To that end, this article is intended to give you one good idea for a delicious, merry, holiday cheese: Brie!

Authentic Brie, from the area east of Paris has a long history dating back to the 8th century. Brie is a soft ripened cows' milk cheese that is molded into flat round discs that develops a snowy white edible rind. The interior is a rich, glossy straw color and should be plump and smooth when ripened. The flavor is buttery and creamy with a full flavor, fruity and mildly tangy with an earthen mushroom note. It has a melt in your mouth flavor. Triple creme brie is the richest brie.

Brie pairs well with many festive foods and beverages: crusty breads, water crackers, baguettes and sourdough bread are classic. Fruits like melons, strawberries and grapes are good partners as are almonds, peppers, chutneys and fresh herbs. Brie is good with wine, including Pinot Noir, Proseco, and sparkling white wines and with apple cider.

Brie is extra fancy when baked, stuffed or topped. Try one of the suggestions below and look for a big Promotion on 8 oz wheels of Triple Creme Brie this November and December!

Basic Baked Brie

Slice in half to make two layers. Spread with filling and put back together. Decorate the top of the brie. Bake 10-15 minutes at 350 degrees or put in the microwave for 1-2 minutes.

Filling ideas:

- Drained Divina Tomatoes, pine nuts, pesto.
- Carmelized onions
- Mango chutney and marcona almonds
- Mushrooms sauteed in butter with thyme, shallots and dry sherry
- Olive tapenade
- Lingonberries
- Blueberry, apricot, raspberry or your favorite preserves

Wrapped Baked Brie

It's also possible to wrap brie in puff pastry dough and bake for a delicious and impressive presentation. Simply wrap puff pastry dough over a small wheel of brie and seal by crimping the edges together. Decorate with bits of dough as desired. Brush the dough with beaten egg and bake 15-20 minutes at 400 degrees. Let stand 20 minutes before serving. Cut into small wedges and serve with crackers.

Holiday Cheese Special
Saint Rocco
Triple Creme Brie
\$5.99/8 oz wheel

Lefse

My cousin, Rachel Faldet, and I often make lefse with our daughters during the holidays. We use Ida Sacquitne's recipe, popularized in Decorah when Ida presented lefse-making at the Smithsonian in Washington DC. Like making bread, or fresh mozzarella, there are some things about making lefse that are best learned from someone who already knows how to make it. If you have never made lefse before, try to find someone to help you the first time, so you can avoid frustration. It's the type of thing that works best with two people anyway.

Ingredients:
5 c. well-packed, riced Idaho Russet potatoes
1/2 c. margarine or butter
3 Tbsp. powdered sugar
2 c. flour
1 tsp. salt

Directions:
Boil, then mash and rice potatoes. Add margarine or butter while potatoes are still warm. Cool to room temp. Add powdered sugar, flour and salt. Mix with hands and knead well. Make balls with approximately 1/3 c. dough. Press by hand, then roll on flour-covered canvas. Use a covered rolling pin. A grooved rolling pin can be used for the last roll. Pick up with a lefse stick. Bake on 400 degree lefse griddle. Bake a minute or two, then turn. Cool between towels. Store in plastic bags.

Risengryn (Rice Porridge)

Ingredients:
1 1/2 c. white rice
4 c. milk
1/2 tsp. salt
1/2 c. sweet cream, scalded
1 Tbsp. sugar
1 almond

Directions:
Wash rice well. Scald milk, add rice and salt. Cook in a double boiler until done, adding more milk if porridge gets too thick. When rice is done, add cream and sugar and the almond. Serve hot with sugar, cinnamon, and a bit of melted butter. Everyone should wait to begin until all are served and it's not fair to search for the almond!

Norwegian Fruit Soup (Sot Suppe- Sweet Soup)

Soak 1 c. pearl tapioca in 3 c. water in a huge pan overnight. The next day, in the same water, cook on low until the tapioca becomes clear.

Also, cut up dried fruit of your choice: apricots, pears, peaches, raisins, and soak overnight, just covered in water.

Combine soaked fruit with 1 can frozen apple juice concentrate and 1 can orange juice concentrate, 2 cans purple plums with juice, the cooked tapioca, 12 cloves and 7 cinnamon sticks. Simmer on low for 3 hours. A crockpot works well for this.



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563.419.5420 or taichigrandmadi@msn.com



AS GOOD AS GOLD - SOLID GOLD

by: josie noecker, pet food buyer

Breaking out from the world of chocolate and into the realm of pet food, I have been asked to be Oneota Co-op's new pet food buyer. Due to many requests and questions as to why we discontinued pet food, Michelle and I put our heads together to bring in a variety of quality pet foods for you to choose from. Currently the brands we will carry are the canned Spot's Stew for dogs and cats from Halo. Also in the line-up is the Organix line from Castor and Pollux featuring dry dog and cat food. We are also excited to bring in some quality dry foods from Solid Gold! For you cat lovers out there, my mascot of pet food, Bella Mae, absolutely loves the Indigo Moon cat food. This dry food is high in protein, low in carbs, and gluten and grain free so it resembles the nutritional requirements that a cat would have on a natural/raw diet.

I will also be featuring weekly writings in the Comm Post about basic pet nutrition and providing more information on the brands and foods in general. Do not fear, the chocolate column is here to stay! If you have not signed up for the Comm Post, you are welcome to do so at the customer service desk. It comes out once a week and is filled with oodles of information. If you have any requests for other brands of pet food or pet treats, feel free to fill out a product request slip at the customer service desk. I'll do my best to cater to everyone's needs, but please be patient as it might take a little while to get every thing in. Also remember you are still able to special order all kinds of pet food, supplements, and cat litter. Simply ask about placing your special order at the customer service desk.

HOLIDAY SHOPPING IN THE BULK DEPARTMENT? YOU BET!

by: carl haakenstad, bulk buyer

If practical gifts are more your style, there are plenty of ways you can shop for people on your list in the Co-op's bulk section. For that friend with a sweet tooth, bring an attractive jar or container to the bulk department and fill it with decadent Chocolate Covered Cherries or Dark Chocolate Covered Almonds and Espresso Beans. For your gourmet relative - purchase some bulk organic olive oil or vinegar and infuse it with fresh or dried herbs. The coffee-lover in your family would surely appreciate a pound of organic, fair-trade coffee and complimented with a durable French-press or Oneota Co-op travel mug.

Maybe you've got a secret recipe that you just can't part with. Momma Haakenstad's Chocolate Chip Cookies or Grandma's Five-Alarm Chili? Layer decorative jars with the dry ingredients for your favorite secret recipe and then use a piece of ribbon to attach the instructions and wet ingredient measurements to the jar (but not the full recipe - wink wink). A special one-of-a-kind gift and the recipe still stays locked away in Grandma's recipe vault. With so many delectable products throughout the bulk department, the inventive gift-giver can easily design personalized gift ideas that are fun, affordable, and one-of-a-kind.

LOCAL MUSICIANS

The Co-op is a great place to showcase musical talent. Oftentimes we are in need of local musicians to perform at Co-op events - such as First Fridays each month and special Saturday events. If you are interested in donating your time and talents to the Co-op and the greater Decorah community, please contact Nate Furler at nate@oneotacoop.com or call 563-382-4666. Working-Member benefits apply.

'TIS THE SEASON - FOR BAKING!

by: carl haakenstad, bulk buyer

As you read this, most likely the air outside is chilly and the holiday season is rapidly approaching. I don't want to worry you, but do you know what that means? It's time to get out your baking sheets, rolling pins, and cookie cutters to bake up a storm. As winter slowly sets in, it's the perfect time to enjoy cookies, pies, or whole grain breads fresh from the oven. The holiday season is also the time of year for families to gather in the kitchen and continue the culinary traditions they have passed on for generations.

Baking and cooking traditions are as different as the families they come from. But, no matter what you are making, good food always starts with quality ingredients. The Oneota Co-op bulk department is the perfect place to find quality ingredients at a reasonable price. We offer the basics like white and whole wheat flours, brown, white, and raw sugar, and a variety of oats and other grain flours. We also offer specialty ingredients such as barley or brown rice flours, molasses, raw honey, almond and vanilla extract. We also have quality, value-priced, bulk herbs and spices. From cinnamon to anise and cardamom pods, you can find it in the bulk herb and spice section.

This year, shake up the family traditions, or start your own by trying something different. Bake up a hearty loaf of Pumpernickel Rye bread using Bob's Red Mill's Pumpernickel Rye Meal. (look for a Pumpernickel Rye bread recipe coming soon to the bulk counter). Or try using honey or agave nectar to sweeten your holiday cookies and pastries. Agave nectar is a great sweetener if someone in your family is diabetic. It has a low glycemic index, and thus does not cause a quick rise in blood sugar like some other sweeteners. So fret not, holiday sweets might not be off-limits after all. Whatever your family tradition, remember the most important part of the holidays is the time spent with family and friends. Make memories to last a lifetime.

GROCERY DEPARTMENT RESET

by: niki mosier, grocery buyer

As you may have noticed things in the grocery section here at the Co-op have moved around a bit. On October 11th, a team from the National Co-op Grocers Association joined grocery manager Michelle Campe and stocker Carrie Welper, to reset the grocery department. They worked diligently from about four in the afternoon on Monday until about six in the morning on Tuesday. Some items were discontinued to make space for new items. If something was discontinued that you really like, feel free to ask about special ordering that item! Don't hesitate to ask a staff member if you can't find something, we're even still trying to figure out where everything is now. Check back frequently as we will be adding new things to the grocery shelves.



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a vegetarian alternative to the holiday bird

by: niki mosier, grocery buyer

No matter what type of holiday event you will attend this season, there is bound to be a vegetarian or two in the crowd. The Co-op has endless options sure to please any vegetarian or vegan you need to cook for. Come on in and wander around, you will be surprised at what you will find. One recipe that

has become a favorite in my family, even requested by those strict meat eaters, is my Uncle Tom’s Almost Famous Tofu Turkey and Stuffing. It serves sixteen people and you find all the ingredients at the Co-op. Don’t be intimidated by the recipe, it’s actually really easy. You can even make your own “drumsticks.”

Uncle Tom’s Almost Famous Tofu Turkey and Stuffing

Faux Turkey:

- 5 pounds of firm tofu
- 1 pound of firm tofu - for the drumsticks - optional

Homemade Poultry Seasoning - makes ½ cup

- ¼ cup sage
- 2 tablespoons each - marjoram, thyme and savory or rosemary
- 1 tablespoon celery seed
- 1 tablespoon pepper

Stuffing - makes 5 cups

- 2 tablespoons toasted sesame oil
- 1 large onion, chopped fine
- 1 1/3 cup celery, diced (about 4 stalks)
- 1 cup mushrooms, finely chopped
- 3 to 4 cloves garlic, minced
- 1 tablespoon homemade poultry seasoning
- salt and pepper to taste
- 1/4 cup soy sauce or tamari
- 4 cups whole wheat bread cubed

Basting mixture:

- 1/2 cup toasted sesame oil
- 1/4 to 1/3 cup soy sauce or tamari

Directions:

Mash tofu or mix well with hands. Be sure that all of the lumps are out. Line a 12” colander with wet cheesecloth overlapping the sides. Add the mashed tofu to the cloth covered colander, press down and cover with the overlapping sides. Place the whole thing in a large bowl. Cover the cheesecloth with a plate that fits inside the colander and place a 5 pound weight on the plate. Refrigerate and let sit for 2 to 3 hours.

When time is up, start the stuffing. Saute the onions, celery and mushrooms in the 2 tablespoons sesame oil. When soft, add the garlic and all the rest of the stuffing ingredients, except bread cubes, mixing well. Stir and cook for 5 minutes. Add bread cubes and mix well.

Remove tofu from fridge and take off weight, plate and top of cheesecloth. Hollow out tofu to within 1 inch of the sides and bottom, placing the tofu in a bowl. Place the stuffing inside the shell and pack in firmly. Cover with the remaining tofu and pat down firmly. Turn stuffed tofu onto a greased baking sheet, flat side down. Gently press on sides of “turkey” to achieve a more oval shape. If desired at this point, you may mold drumsticks out of one pound of tofu, and place on each side of the turkey.

Mix up the basting mixture and baste tofu turkey with half of it. Cover the turkey with foil, and bake at 400 degrees for about 1 hour.

Remove foil, baste with all the remaining mixture except for a few tablespoons and return to oven for 1 hour more, or until the turkey is golden. Remove from oven and use rest of the basting mix. Using at least 2 large spatulas, move to a large plate. Serve with the gravy of your choice, if you wish, and cranberry sauce. Garnish with fresh parsley or sage.

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COMM POST

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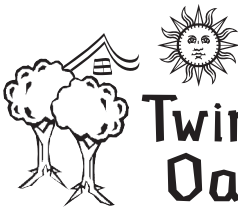
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HOLIDAY WINES

by: barrett kepfield, wine & beer buyer

“Ding-Dong,” the doorbell chimes, and you smile smugly to yourself. For the third year in a row, the relatives have arrived early for Thanksgiving, but this year you have not been caught off guard. The table looks perfect, except....THE WINE! Now, disaster looms and you can hear Aunt Mildred’s complaints running through your mind. Quickly, you run to your mini wine stash in the pantry, and yes, there is some Beaujolais Nouveau from the Co-op wine tasting event on the 19th, which will go perfectly with turkey. Also hidden is that lovely bottle of Organic Vintners Pinot Noir, another light bodied, low tannin red that will go well with all your menu choices. A bottle of Organic Vintners Chardonnay is also on the shelf, with its lovely buttery taste that will compliment the mashed potatoes and cranberry. An organic Thanksgiving it will be, and triumphantly you notice there are backup bottles of Five Rivers Pinot and Chard that Barrett recommended to you just the other day.

Just as people eat produce season-

ally, there are also wines that tend to match the changing weather and food selections. While Pinot Noirs are perfect for Thanksgiving, the colder weather of these later months invokes images of thick soups, hearty chilis, and various other heavier meaty, chill chasing dishes. Cabernet Sauvignon is the royal wine to serve. Its heavy tannins and dark plum blackberry taste are not intimidated by beef and other strong red meats, and the Co-op offers several excellent choices. Concannon Cab is a best seller at an excellent price and also look for Cartilage and Brown’s Cabernet, a personal favorite. In addition, look for the big wooden barrel with Calcu wine from Chile. A blend of Cabernet, Carmenere and Cabernet Franc (a juicy relative of Cabernet Sauvignon), it has a bold body and lovely dark berry lingering finish that positively delights the tastebuds. For those spicy chilis, go with a spicy wine to match--Syrah. Smoky and peppery, Stump Jump Shiraz (the Aussie pronunciation) will keep you

warm. Don’t forget the ultimate cold weather wine, Petite Sirah. I suggest Huntington Petite Syrah. Deep, thick, inky and dark, its huge flavor chases away the grayest skies. For Whites, delicate summer Sauvignon Blancs give way to stronger bodied Chardonnays such as the Organic Vintners, or try delicious Maroutte Organic Chard, a French organic. If you are feeling in a bit of a Chardonnay rut, pick up some crisp, peachy Viognier from Cono Sur (a wonderful environmentally conscious-carbon neutral vineyard in California). Don’t overlook Reislings either, which are among the most versatile wines. If hot curries are your winter cure, pair them with Kung Fu Girl or Clean Slate Reisling, whose light sweetness will offset the spicy bite. A diverse wine, Reislings also have lesser known, drier varieties that go with many different dishes. Look for Furst Reisling from Alsace, its mineral taste and dryness makes it a perfect Thanksgiving choice.

The holidays of Thanksgiving, Christmas, and New Years are times for celebration and gatherings, and often call for something out of the ordinary and special to drink. Sparkling wines come to mind. Cava from Spain and Prosecco from Italy are

bubbly, with a light effervescence. But to my mind, Moscato di’Asti holds the place of honor at holiday gatherings as a post-dinner dessert or to be drunk on its own. Sweet and tingling, it enlivens any gathering. New this year is Villa Jolanda’s Moscato Rosé--look for its pale red color and unique bottle. In addition, look for the small bottles of Nievole (Italian for cloud, with its shrouded sun on the label hinting at its light, airy qualities). This is Moscato at its best, with melon, nectarine, and honeysuckle blossom hints, plus its slim size makes it a perfect stocking stuffer. Fine wines make excellent presents - “don’t whine about Christmas shopping, give wine instead.” This year, think about giving green. There are numerous organic/ sustainable agriculture wines on our shelves. Wineries such as Oko, Releaf and Fair Hills have excellent farming practices and also have strong social commitments to their workers and communities. When you give Green, you give twice.

Finally, as you sit back in your chair exhausted after the last guest has left, remember that the day after Thanksgiving is Oneota’s member sale. All wine and beer is discounted--the perfect chance to restock your cupboard or get that gift shopping done.

BETSY’S TWIST ON THE HOLIDAY STANDARDS

by: betsy peirce, produce manager

I am a person who likes tradition, but I am also a foodie. So when it comes time to preparing a holiday meal, I like to include the “old standards” with a special twist. And since my husband is a gardener extraordinaire , we inevitably have many of our own vegetables on the table.

Some holiday suggestions for twists on the familiar:

- Cook some celeriac (AKA celery root) in with your potatoes for a more flavorful mash. (or rutabagas)
- Leave the skins on your potatoes when you mash them- it really ups the nutrition!
- Roast some garlic and then toss that into your mashed potatoes with some sour cream, salt and pepper.
- Use a new kind of potato for your mashed potatoes- Red Adirondacks for pink mashed potatoes, or Blue Adirondacks for purple hued mashed potatoes, or use Yu-

kon gold potatoes- slightly sweet and really creamy.

- Add some grated orange zest, and local apples to your cranberry relish.
- Stuff your turkey with leeks, garlic, carrots, celery root, fresh rosemary and parsley. Then puree all the veggies in with your gravy. It may sound strange, but it is really flavorful.
- Add local apples to your stuffing. The sweet and salty mixture is yummy.
- Roast yams with a slight maple drizzle and add local apples or cranberries while it’s roasting.
- Mash your squash with some lemon juice, butter and fresh grated ginger. It is really delicious.

Below is a list of items we will carry for the holiday meal:

- Local Potatoes- Reddahle, red and blue Adirondack, Yukon gold, russet, fingerlings, new red
- Green beans

- Yams & local sweet potatoes
- Local Squash- delicate, sweet dumpling, acorn, butternut, spaghetti, sunshine, kabocha, more-gold , pie pumpkins and more!
- Fennel bulbs
- Local Brussels sprouts
- Spring salad mix
- Fresh baby spinach
- Fresh cranberries
- Local apples- Regent, Connell red, Cortland, Haralson
- Swiss chard and kale.
- Local leeks
- Local celery root, parsnips, ruta-

bagas, turnips

Finally, here are a few recipes for some fun renditions. The cranberry relish is one of the best I have had. It sounds fancy, but the flavor is unsurpassed with turkey and it’s well worth the effort. The stuffing was my grandmother’s recipe and is still my favorite comfort food. The squash recipe got rave reviews on epicurious.com, which by the way is a great internet source for fun recipes.

Happy holiday cooking!

COOKIN’ WITH BETSY -

Delicaata Squash with Rosemary, Sage, and Cider Glaze

Ingredients:
2 medium delicata squash (about 2 pounds) or other firm winter squash
3 tablespoons unsalted butter
1/4 cup very coarsely chopped fresh sage
1 tablespoon coarsely chopped fresh rosemary
1 1/2 cups fresh unfiltered apple cider or juice
1 cup water
2 teaspoons sherry vinegar
1 teaspoon salt
Freshly ground black pepper

Directions:
1. Squash. If using delicata squash, peel it with a vegetable peeler, cut it lengthwise in half, and scrape out the seeds with a spoon. Cut each piece lengthwise in half again, then crosswise into 1/2-inch -thick slices. Other types of squash should be peeled with a chef’s knife, seeded, cut into 1-inch wedges, then sliced 1/2-inch thick.
2. Herb Butter. Melt the butter in a large (12-inch) skillet over low heat. Add the sage and rosemary and cook, stirring, until the butter just begins to turn golden brown, 3 to 5 minutes. Do not brown the herbs. Cooking the herbs in butter mellows their flavor and improves their texture.
3. Cooking the squash. Add the squash to the skillet, then the apple cider, water, vinegar, and salt. Cook, stirring occasionally, over medium heat at an even boil until the cider has boiled down to a glaze and the squash is tender, 20 to 30 minutes. Taste and season with pepper and additional salt, if needed.

continued on next page

LOCAL ARTISTS

Looking for someplace public to exhibit your work?
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Contact Nate Furler at nate@oneotacoop.com
or 563-382-4666 if you are interested in becoming an
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NEW - Vegan Chicky Wrap
Check out the Deli grab-n-go cooler for new dips, spreads, entrees, sandwiches, and salads that we are adding to the menu! Including the NEW Vegan Chicky Wrap - chickpeas in a savory almond-tarragon dressing, wrapped in an organic whole wheat tortilla!

Olive Bar
Olives are a simple and elegant addition to any holiday appetizer setup! Choose from more than 12 different types and mixes, or make a mix of your own! Sold by weight the olive bar is located next to the cheese case across from the Deli counter.

American Holiday Panino
It's back! The American Holiday Panino is back on the grilled sandwich rotation in the Deli. Juicy Applegate sliced turkey, lingonberry preserves, cream cheese, cheddar cheese grilled up on sourdough bread.


Nate's Cheesecakes and Sheetcakes
These delightful treats finish off any holiday menu splendidly. Made right here in the Oneota Deli from the freshest ingredients. Choose from a variety of flavors to impress your family and friends. Can't decide which? Stop by and try the cakes available in our Deli grab-n-go cooler.

WELCOME TO THE DELI TEAM

Welcome, TJ Casper to the Oneota Deli!

TJ is originally from Elkader, Iowa. Most recently he worked as a manager at the Buckhorn Grill and Pub in Prairie du Chien, Wisconsin. TJ developed his kitchen skills at an early age, helping his mother to prepare meals for his large family. TJ now enjoys cooking for his wife, son, and baby on the way.

TJ has successfully taken over production of Nate's cakes and cheesecakes, as well as fulfilling catering orders and filling in where needed in the Oneota Deli. Next time you stop by for a piece of Nate's cheesecake from the Deli cooler, you'll know who was responsible for your delicious treat!



Grandmas Stuffing

Ingredients:

12-13 cups cubed dry bread (whole grain, corn, or gluten free)

1 c butter, melted

2 c onion, diced

2 c celery, chopped

8-10 oz fresh mushrooms, sliced

¼ c parsley finely chopped

Saute vegetables in butter until soft

Add seasonings:

1 t poultry seasoning

1 ½ t salt

1 ½ t sage

1 t thyme

½ t pepper

½ t marjoram

Directions:

Mix bread cubes with all the melted butter and sautéed herbed veggies in a large bowl. Beat two eggs and fold into the mixture. Add 3 ½ - 4 ½ c chicken or vegetable broth until bread is entirely moist. Transfer to buttered baking dish(es) Bake in oven at 350 45 min to 1 hour.

Cranberry Sauce with Pinot Noir
Bon Appétit | November 1997
Ginger, curry powder and Chinese five-spice powder turn up in this north-western version of a classic holiday relish.

Ingredients:

1 tablespoon vegetable oil

2 cups cranberries (about 8 ounces)

1 tablespoon minced fresh ginger

2 cups Pinot Noir or other dry red wine

1 1/2 cups sugar

3 tablespoons chopped crystallized ginger

1 teaspoon curry powder

Large pinch of Chinese five-spice powder

Directions:

Heat oil in large saucepan over medium-high heat. Add cranberries and fresh ginger; stir until cranberries begin to burst, about 3 minutes. Add wine and sugar; boil until mixture is reduced to 2 1/2 cups, about 15 minutes. Add crystallized ginger, curry powder and five-spice powder. Season with salt and pepper. (Can be made 3 days ahead. Cover; chill.) Serve sauce cold or, if desired, rewarm over low heat, stirring often.

Oneota Deli

Fresh. Organic. Local.

Holiday Catering Menu

Hors d'oeuvres
Spiced nuts (fancy mixed nuts, seasoned and roasted in house) \$12.99/lb.
Chex mix, (organic) \$8.99/lb.
Hot spinach-artichoke dip (9"x13" pan) \$38
Brie en croute with caramel and walnuts 12" tray \$35
Bloody Mary shrimp cocktail (Alaskan black tiger shrimp) market price
Smoked Salmon and Goat cheese crustini (wild caught) 12"- \$50 16"- \$70
Swedish meatballs in gravy (grass fed, local meat) \$48/pan
Caramel Apple dip 12"- \$35 16"- \$45


Entrees & Sides
Mashed potatoes (organic) 9x13 pan \$40
Gravy (organic, gluten free) \$3.99/lb.
Candied yams (organic) 9x13 pan \$40
Homemade Cranberry preserves \$7.99/lb.
Herbal stuffing (organic) 9x13 pan \$40

Pies & Cakes
Pumpkin pie 10"- \$32
Pecan pie 10"- \$32
Candycane cheesecake \$39
Spiced Pumpkin cheesecake \$39
Pecan Pie cheesecake \$44

NOTE:

- Thanksgiving catering orders will need to be picked up no later than 7:00 pm Wednesday, November 25th.
- Christmas Eve, Thursday, December 24th, catering orders will need to be picked up no later than 3:00 pm.

Please make sure to place your order for Holiday Catering selections no later than 5 days prior to your pickup! Thank you!



HOLIDAY SHOPPING AT THE CO-OP

by: gretchen schempp, books & gifts buyer

We all know that the Co-op is great place to shop for all the holiday fixings but, we are also a great place to pick up unique gifts for the season. In our gift section and all around the store you can find local, fair trade and sustainable gifts. We have a large handful of local artists who bring items to the coop that they have hand-crafted themselves. Look for children's toys, books, cd's, earrings and t-shirts by these local folks. We just got a new batch of colorful fair trade market baskets from Ananse Village. These make great gifts alone or fill one up with themed ingredients for a delicious meal! Fair trade Andes Gifts are here too. We have carried their colorful and warm wool goods for many years now. Look for new styles in arm-warmers, hats, leg-warmers, socks and scarves. In our body care section we have many items to nurture and treat oneself. Bag up some bath salts from our bulk section, custom scent them with some essential oils and mix up a homemade gift that anyone would love on a cold winter night!

OPTIONS ABOUND at ONEOTA CO-OP FOR GLUTEN INTOLERANT

by: niki mosier, grocery buyer

Gluten intolerance includes all kinds of sensitivities to gluten. Less than one percent of the population has been diagnosed with Celiac’s disease, but at least 15% or 1 in 7 Americans experience some form of gluten intolerance. Symptoms are most often gastro-intestinal but can also be more serious, affecting the immune system. Luckily most people find relief by reducing or eliminating gluten from their diet, often seeing results in just a few weeks.

Chances are you will be cooking or dining with someone who experiences gluten intolerance this holiday season. Whether you are curious about the taste or have no other choice, gluten-free foods can be a great addition to your menu. Here at the Co-op we are continually trying to increase our gluten free options throughout the store. Just look for the yellow labels over shelf tags to quickly find all of our gluten-free products. In the grocery section you will find Bob’s Redmill Gluten-free pancake, cookie, bread and cornbread mixes. We also have Gluten-Free Pantry, Namaste and 123 Gluten Free. From Domata we have five pound bags of gluten free flour for all of your favorite baking recipes!

When you want to reach for a snack, check out the great gluten-free options in the chip and cracker aisle. Including the always popular NutThins, grab a box or bag and take it along to your next family gathering or work holiday party. Odds are that there will be someone there with gluten sensitivity so you might even make their day. There are also Glutino gluten-free pretzels in many varieties.

If you have house guests over the holidays with gluten intolerance, check out our canned soups for quick lunch or dinner ideas. If you can’t imagine life without bread, in our freezer section look for the Food for Life brand gluten-free breads. If you want to dig deeper, there are many gluten-free meal ideas in our cookbook selection.

If there is something you have in mind or just have a question but are not quite sure where to look, just stop in and ask. Here are a few highly recommended recipes to help you out over the holidays if you find yourself cooking for someone with a gluten-intolerance.

Recipes taken from
“The Glute Free Bible”
by: Jax Peters Lowell

Classic Gluten-Free Bread Stuffing with Crisp Sage Dressing

Serves 10-12

Ingredients

- 4 cups gluten-free bread, cut into little cubes and lightly toasted
- 6 tablespoons unsalted butter or margarine, divided into 4 and 2 tablespoon chunks
- 1 cup quarter-inch diced onion
- 1 cup quarter-inch diced celery
- 1/3 cup quarter-inch diced carrot
- 16 large fresh sage leaves
- 1/8 teaspoon fresh grated nutmeg
- 1 pinch dried thyme leaves
- 1/2- 3/4 teaspoon coarse salt
- 24 grinds of fresh black pepper - to taste
- 3/4 – 1 cup broth (gluten-free vegetable or chicken)

Directions

- Put the bread cubes into a mixing bowl. Melt 4 tablespoons butter in a small skillet. Saute the onion, celery, and carrot until tender. Then lightly mix in the vegetables with the bread.
- Using the same skillet, melt the remaining 2 tablespoons of butter. Toss in the sage leaves. Over medium heat, brown the butter. The butter will be ready when it has a nutty smell and the sage leaves begin to crisp and brown. Remove the sage leaves and place them on a paper towel to drain.
- Pour the brown butter over the bread mixture. Chop the sage leaves and lightly mix in with the bread and vegetables. Season with nutmeg, thyme leaves, salt and pepper. Use just enough broth to moisten the stuffing. If you stuff it inside the bird, leave the mixture on the dry side. For a separate baked dish, make it a bit moister.
- Transfer stuffing to an ovenproof casserole and bake at 350 degrees until brown on top.

“Give Thanks” Gluten-Free Gravy

Makes about 2 cups

Ingredients

- 4 tablespoons hot turkey drippings
- 4 tablespoons cornstarch
- 2 cups Gluten-Free turkey or chicken broth
- Salt and pepper to taste

Directions

- Wisk together drippings and cornstarch. Gradually add broth, stirring constantly over medium-high heat until smooth and simmering.
- Season to taste with salt and pepper.

TASTE OF THE HOLIDAYS 2009 - a FULL HEART & a FULL STOMACH

The Oneota Community Food Cooperative hosted the first annual Taste of the Holidays on Thursday, November 5th. The Co-op raised nearly \$2,400 which will be split equally between the four local food pantries - Decorah Lutheran, First Lutheran, Greater Area Pantry, and Northeast Iowa Community Action. The majority of the food supplied for the event was donated by the Oneota Co-op. Appetizers, wine samples, and a full holiday meal of turkey, ham, stuffing, mashed potatoes, gravy, salad, Waving Grains Potato Rolls, and dessert were enjoyed by all. Local musicians Nori Hadley, Kayla Bergraff, and Nicole James provided a wonderful ambiance to make the evening even more enjoyable for the nearly 200 attendees. Special thanks to McCaffrey’s Dolce Vita for supplying bread for stuffing.

Our thanks also goes out to the Decorah community for helping to make this event such a smashing success. Your contributions will help local families have a much more enjoyable holiday season.

