

THE SCOOP

ONEOTA
COMMUNITY
FOOD
COOPERATIVE

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MAY/JUNE 2010

312 WEST WATER STREET • DECORAH • IOWA • 563.382.4666 • WWW.ONEOTACOOP.COM
WINTER HOURS (NOV-MAR): MONDAY-SATURDAY 8:30-8:00 • SUNDAY 10:00-7:00
SUMMER HOURS (APR-OCT): MONDAY-SATURDAY 8:30-8:30 • SUNDAY 10:00-7:00

ONEOTA COMMUNITY FOOD CO-OP
312 West Water Street
Decorah, Iowa 52101
CHANGE SERVICE REQUESTED

Meat and Greet 2010

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

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

On Friday, June 4 from 4:30 to 7:30 pm join us in the parking lot behind the Co-op for a feast of meat samples. The air will be thick with seared meat and marinades as we celebrate local suppliers of beef, bison, pork, chicken and lamb.

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

you'll notice how locally raised food tastes so much better.

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

- Bear Hollow Bison
- Blake Family Organic Farm
- Breezy Bluff Farm
- Dale Suhr
- Grass Run Farm
- Canoe Creek Dairy
- GROWN Locally
- La Quercia
- Larry Schultz Organic Farm
- Wangsness Farms
- Ferndale Market
- Fairfield Farm

You don't have to be a carnivore to enjoy this year's Meat & Greet, because we're also including stations dedicated to grilled veggies and salmon.

(Note: A rain date is set for the following day, Saturday, June 5 from 11:30 to 2:30.)

Check out more about our various meat producers on page 2.



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WE ADD +UP

Judy Pezdir and Jill Palermo are artists, environmentalists, and entrepreneurs. This mother-daughter team came up with the campaign “We Add Up” as a way to bring attention and activism to the issue of global warming.

Whether you believe in global warming or not, these shirts create common ground in the fight for environmental change. On the back of each shirt are little one or two word statements that, when adopted appropriately, can have a positive effect on the world. These shirts focus on positive change and small-scale activism. For example, if more people commit to the “Buy Local” movement, then those food dollars go to support local producers and ultimately result in fewer miles the food will travel to get to your plate. There are numerous different shirts, one of which makes a statement that is within reach of nearly everyone in the community.

Each shirt is made of 100% organic cotton and has the phrase on the front “We Add +Up” – followed by a number. The significance of this number is that every single shirt that is sold has a number that is unique to that shirt and therefore, is one more person who is out there starting conversations about the cause of global warming. It is a global count of all the people who are working to create a solution. It is also a reminder that simply starting a conversation can lead to dramatic changes in the world around us. Education is a simple way to make that change happen. As the shirt says, “No one can do everything. Everyone can do something.” Start a dialogue without saying a word.

Shirts are available in various styles and sizes, including unisex, women's cut, and children's. Buy online for \$25 per shirt, or choose from our selection of co-branded shirts at the Oneota Co-op for \$12.99 each.

INTRODUCING...



by: mattias kreimelmeyer, executive chef

In an effort to distinguish our deli just a little bit more, we have decided to give it its own brand. Introducing...Water Street Café. The Oneota Deli has expanded and remodeled and will now be known as the Water Street Café. We still offer the same high-quality organic and local food you have always expected from the Oneota Co-op but with a new look and feel. With our expanded menu selections and beverage service, we now offer more of what you want from a neighborhood café and deli. The inspiration for the project came from a desire to provide an enhanced atmosphere for our customers and members to enjoy. Take a seat in our dining area overlooking Water Street or at one of our outdoor sidewalk tables. The Water Street Café is a place where family and friends can meet for a morning espresso or enjoy a healthy, delicious lunch or dinner at an affordable price. We strongly support our local farmers and use

as much sustainable product as we can. The mission of the Café is the same as the Co-op itself, to provide a community-driven movement in local sustainable food. Below are just a few of the new additions we have made to the Water Street Café menu options:

- NEW panini sandwiches - Italian Lovers - BBQ Chicken - Caesar
- NEW cold sandwiches
- NEW soups
- Grab-n-Go sandwiches, dips, and desserts
- Organic espresso drinks, coffee, teas, and chai
- Organic Italian sodas
- NEW hot lunch buffet specials and themes
- Expanded catering menu – available online
- Organic sheetcakes and cheese-cakes

WWW.ONEOTACOOP.COM

THE WHO, WHAT, & WHERE OF THE MEAT WE CARRY

by: kristin evenrud, meat buyer



Grass Run Farm - Dorchester IA
Heart healthy beef

- Producers for Grass Run Farm are located within 50 miles of Decorah, Iowa.
- Beef is 100% grass-fed. No grain - ever.
- Beef is 100% drug- and hormone-free.
- All vegetarian diet. No animal byproducts.
- Animals graze pastures that are not treated with synthetic chemicals.
- No by-products from the ethanol industry.

Fresh air pork

- No confinement here! Nothing but fresh air.
- Raised in deep-bedded hoops/ barns to stay warm and dry with outside access to root, roam and be a pig.
- All-vegetarian feed. No animal by-products are fed.
- Animals are treated and handled humanely from birth through slaughter.
- Sows are pen farrowed, not confined to farrowing crates.
- Drug-free. No antibiotics or growth promoters are EVER given.
- Ham & bacon are MSG- and nitrite-free.

Bluff Country
At the request of our customers, Grass Run Farm now offers a choice, grain-finished beef that is antibiotic and hormone-free.

- All beef comes from family farms in Northeast Iowa or Southeast Minnesota, always traveling fewer than 200 miles from farm to grocer.
- Animals have never been given antibiotics or added hormones.
- Diet is 100% vegetarian.
- Beef are finished on locally raised grains (corn, oats, beans and hay/ pasture). By "local," we mean either grains raised on the farm or purchased within 50 miles.
- Beef are handled and slaughtered in a humane manner.

Fairfield Farm - Clermont, IA
Beef

- "beyond organic" beef
- Family-owned, sustainable farm
- Heritage Hereford cattle
- Open-range raised
- Grass-fed and alfafa hay(winter)
- Hormone and antibiotic-free

Pork

- Vegetarian diet
- Open-range
- Hormone and antibiotic-free

Larry Schultz - Owatonna, MN
Poultry

- Certified organic
- Cage-free, fence-free
- Antibiotic-free
- Family farm

Ferndale Market - Cannon Falls, MN
Poultry

- All natural
- Free-range
- Grown egg to end on family farm
- Antibiotic-free

Breezy Bluff - Spring Grove, MN
Lamb

- Superlative
- Raised on certified organic fields
- No antibiotics or hormones
- Grass-fed

Canoe Creek Dairy - Decorah, IA
Lamb

- Raised on certified organic fields
- No hormones or antibiotics
- Grass-fed

Dale Suhr
Calmar, IA
Chicken

- All natural
- Free-range
- Vegetarian fed

Blake Family Farm - Waukon, IA
Bison

- Family farm
- Free-range on certified organic fields
- Grass-fed
- No antibiotics or hormones

Bear Hollow Bison - Monona, IA
Bison

- Vegetarian diet
- Free-range
- Family farm

found that the essences could be made into infusions through soaking the flowering part in water and sunlight and subsequent preservation in brandy.

Often, when contemplating what to do for a certain issue, I am guided to a flower essence and the ease with which my problem resolves is substantial. When I use flower essences I am reminded of the interconnectedness between our emotions and our physical health. I am also amazed by the gentleness that flower essences lend to our lives.

Flower essences are as challenging to describe as they are subtle in nature. I find that flower essences are great complements to other healing methods such as energy work, massage and zone therapy. Flower essences are considered vibrational healing which includes therapies that address the whole of an individual's body, mind and spirit. When I do reiki sessions, which is an energy work modality, I often suggest to the client to use specific flower essences to encourage the process of healing.

The line of flower essences that we carry at the Oneota Co-op is FES (Flower Essence Society). What I particularly appreciate about FES is that the company pioneered using flowers that are native to the United States in addition to the original Bach line. Another great thing about FES is that it is dual certified Organic and Demeter Biodynamic. This great company carries single droppers as well as blended sprays formulated for specific issues. FES also has an amazing line of body oils which are flower essences and essential oils combined; my current personal favorite being the St. Johns Wort Shield. The body oils are wonderful both for massage and bath. Great lines work together

in these oils as they use Veriditas Botanicals quality essential oils as their aromatherapy source.

Many people mistake flower essences for aromatherapy bottles because of the pretty flowers on the bottles. However, flower essences do not have a scent and are for both internal and external use. Essential oils are often used externally unless they are taken internally by suggestion from a licensed aromatherapist with pharmaceutical-grade essential oils only. I love to make blends combining essential oils and flower essences.

Flower essences are a very personal selection so it's good to look at what resonates with you most. We have a reference book at the Co-op: *Flower Essence Repertory* by Patricia Kaminski and Richard Katz. It may prove helpful for finding flower essences that speak to you and the core issues you are dealing with.

Here is my personal favorite spring cleanse/bath combination which includes both essential oils and flower essences. Experiment with it and personalize to your desire.

Spring Cleanse Bath

- 5-7 drops Veriditas Eucalyptus Essential Oil
 - 4-6 drops Veriditas Peppermint Essential Oil
 - 4-6 drops Veriditas Lavender Essential Oil
 - 4 drops Self Heal FES flower essence
 - 3 drops Yerba Santa FES flower essence
 - 3 drops Iris FES flower essence
- Watch our website for upcoming audio interviews with spectacular guests such as Patricia Kaminski, co-director of the Flower Essence Society, and Melissa Farris, founder of Veriditas Essential Oils.

Stop and smell the roses

by: karina klug, nutritional supplements buyer

Among the many joys of this season is watching my son's excitement around all the springtime flowers popping up. He monitors the tulips opening and closing with such fervor it reminds me to "stop and smell the roses" more frequently. Flowers are a source of such visual delight, bringing warmth and life to a room. However, flowers offer benefits beyond their visual splendor.

In addition to their integral role as beauty-makers in nature, flowers have been used by many for

years in the healing world for various ailments specific to emotional imbalances. Flower Essences were discovered by Dr. Edward Bach in England during the 1930's. He experienced how different flowers could be applied as remedies for various ailments. He was a bacteriologist and pathologist who studied various vaccines and homeopathic applications. Dr. Bach moved from London to the English countryside to find the most nature-driven healing techniques. He studied flowers' individual healing qualities and then

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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.

CO-OP BOARD OF DIRECTORS, 2009-2010

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SCOOP

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Editor, Design/Layout..... Nate Furler

Proofing Cathy Baldner, Randi Berg, Johanna Bergan

The Oneota Community Co-op Scoop is published every other month and distributed to 10,000+ 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 for \$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

ONEOTA
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WELCOME

to these new member-owners & their households!

Bob Anderson

Melanie Anundsen

Erin Arney

Lorraine Baker

Charles Banta

Meg Benson

Nedra Blietz

Lonnie Bohr

Roger Bollman

Jeanette Buchheit

Zenaida Calderon

Susan Carlson

Carina Cavagnaro

John Clarine

Matthew Cody

Davia Creek

Kelly Donlon

Christine Engart

Hans Finanger

Jean Fischer

Gina Folkedahl

Beverly Hansen-Paulsen

Teresa Harri

Z.M. Heckmann

Patricia Heidenreich

Heidi Hermanson

Gene Hermeier

Joanne Heying

Jill Hollowell

Irene Iben

Sheila Iverson

Nicole James

Micheal Jeziorski

Nancy Jipp

Joseph Krueger

Betty Kupka

Brenda Langland

Eve Larson

Lyn Lysne

Sherry Massman

Laurie McGeough

Carol Meade

Penney Morse

Roberta Murray

Steven Nelson

Sarah Noller

Wanita Pape

Patsy Pimlott

LeAnn Popenhagen

Connie Reiersen

Carolyn Rod

Melissa Rosendahl

Dustin Ross

Sarah Rutledge

Astri Snodgrass

Sonja Sola

Meghan Spees

Andrea Springmeier

Marilyn Streetman

Jonathon Struve

Matt Tapscott

Paul Vanney

Peter Vanney

Sam Vanney

Tessia Wangsness

KrisAnne Weiss

Sarah Welper

Stacy Wyminger

Jennifer Zoch

Joel Zook

WORKING-MEMBERS

THANK YOU to all of the Co-op members who helped out in one way or another as working members in March/April 2010. Your efforts make us better.

Lyle Luzum

Steve Peterson

Georgie Klevar

Onita Mohr

Toni Smith

Joan Leuenberger

Robert Fitton

George & Joann Hagen

Ellen Macdonald

Randi Berg

Arlyls Adelman

Brenda Burke

Mwara Muiriri

Dennnis Carter

Barb Dale

Toast Houdek

Pam Kester

Dave Kester

Roy Macal

Mary Moody

Daphne Roberts

Rob Roberts

Perry-O Sliwa

Wendy Stevens

Jim Stevens

Randy Sundquist

Lynda Erickson

Francisco Maquima

Matthew Anders

Jerry Aulwes

Larry Berland

Vicki Berland

Rachel Breitenbach-Dirks

Barb Ettleson

Christine Gowdy-Jaehnig

Mary Hart

George Hagen

Joann Hagen

Lindsey Lee

Lee Zieke-Lee

Emily Neal

Liz Rog

Rick Scheffert

Sheryl Scheffert

Phil Schmidt

Kelly Crouthamel Skoda

Jim Slitor

Wendy Stevens

Jim Stevens

Diana Svestka

Carol Tack

Dennis Tack

Jennifer Thompson

Mark Wilharm

Oran Deen-Lester

Gabi Masek

Mark Oyloe

Clara Kittleson

Raymundo Rosales

Abby Cline

Elyse Hawthorn

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

What We're Cluckin' About

by: kristin evenrud, meat buyer

In the spring of 1952 Dwight and Melva Gerber started a business in Akron, OH butchering 30 chickens a week from Amish farmers and distributing the chickens and other fresh produce along a small route. Today, Gerber Poultry is a huge player in the natural food market, selling their poultry in 18 states. We are very happy to offer Gerber's Amish-raised chicken at the Oneota Co-op. While their operation is now large, processing 650,000 birds per 5-day week, they have maintained a strict philosophy of how to raise delicious and nutritious chicken. Gerber's is now in the third generation of family running the business, and this generation is just as dedicated as Dwight and Melva.

Gerber's line of fresh chicken products is recognized by consumers and retailers for excellence in taste and quality. A fact that the company attributes to feeding its chickens an antibiotic-free all-vegetarian diet of all-grain feed blended with vitamins, minerals, amino acids and vegetable fats. In fact, Gerber's have a letter of guarantee on their website (www.gerbers.com). Here are some highlights: "Our claims include raising chickens with a specialized feed formula that makes the chicken naturally better tasting and tender as compared to other brands. The feed and water program includes: NO meat or bone meal; NO fishmeal; NO bakery by-products; NO medicinal growth stimulants; NO antibiotics; NO hormones and NO additives containing arsenic or arsenic compounds. The feed formula is composed of a cereal grain and vegetable oil base with additional vitamins, minerals and amino acids added to aid in digestion and to provide proper balance for the chicken's dietary needs. The chickens are raised on family farms in Ohio's largest Amish community. These Amish farmers tend to the chickens and provide excellent care. The buildings are large spacious barns providing plenty of room to roam. Fresh air, feed and water are always readily available. The comfort of the

chicken is important; they receive constant attention as they grow. Gerber Poultry has on file a letter of guarantee from our feed manufacturer stating that no antibiotics or medications are added to the feed. We also keep on file letters of verification from each farmer which states that no antibiotics or medications have been administered through either feed or water for any flock packed under the trademarked GERBER'S "Real Amish" Farm Country Chicken name. The Amish and Mennonite farms that raise the chickens are all located within 30 miles of the processing plant. These chickens have minimal miles on them until they get on the truck to come to your table."

"Des es goudt hingle" it says on the bright yellow package. Have you wondered what that means? It is the phrase that the Amish farmers say about their chickens. It means "this is good chicken," and they really believe that because they know the chickens ate good all natural feed and were given special care while on their farm.

The Oneota Co-op meat department offers fresh and frozen boneless and skinless breast and thighs as well as whole chickens. Look for your favorite cut today. A company can be large and still maintain responsible growing techniques. Gerber's is just such a company. Check out their website www.gerbers.com for their whole story.

Water Street Café (formerly Oneota Deli) currently uses Gerber's chicken in many of the tasty hot bar dishes as well as the oven roasted chickens you can take home to your table.

Local chicken is also available in the Meat Dept. Dale and Margaret Suhr have been farming for 47 years and have been in the chicken business for the last 15 years. They raise Cornish Cross on a free-range farm outside of Calmar. They are all natural, antibiotic-free and are supplemented with a commercial feed. We carry his wonderful plump, all natural whole chickens in the freezer.

Yogurt Marinated Chicken

- 1-2 cups yogurt (I used the drinkable Organic Valley Yogurt)
 - 2 T ground oregano
 - 2 T smoked paprika
 - 1 T garlic powder
 - 2 T lemon juice
 - dash salt
 - dash pepper
- Coat chicken with marinade mixture and refrigerate for a few hours. Heat grill thoroughly and place chicken breasts on the hot grill. I suggest grilling 8-10 minutes per side. For a more precise doneness, use a food thermometer. Chicken breast is done when the internal temperature reaches 165 degrees.
- This chicken serves well with a side of sauteed zucchini, tomato, garlic, onion and crimini mushroom, a tossed salad and Waving Grains toasted sourdough bread. Yum!

Learning a New Language

by: david lester, general manager

CCMI, NCGA, CAP, CGIN, CoCoFiSt, CCMA, UNFI, OCC...what does it all mean? Well, I'm quickly learning the language of how cooperative grocers talk to each other, which is often in acronyms. It has been two weeks since I walked in the front door of our Co-op, grabbed a cup of coffee and jumped right into the GM duties. I feel very lucky to work with such a fun and knowledgeable staff. We're off to a great start. The week preceding Easter was our best week of sales ever at OCC (Oneota Community Co-op) and as the weather gets warmer, the store seems to be getting even busier.

During my first week on the job we had a full-store inventory, an annual meeting and the Easter holiday. At the annual meeting, I briefly talked about some exciting projects and new additions that members and customers will be seeing soon. Here's a list of just a few of those projects in and around OCC:

- EM:DE! (Extreme Makeover: Deli Edition!) We are re-branding our deli the Water Street Café. It will take on a new look - including a new logo, as well as a slight layout change in order to move customers more efficiently and make ordering easier. Stop in and try one of our 100% organic espresso drinks.
- I've joined the Downtown

Decorah Betterment Association and I'm excited about the progress of the Norm Smith Plaza project which will provide a small "park-like" setting with bench seating, trees, flowers and a small, covered structure for performances and other events – just steps away from the front doors of the Co-op.

- At the end of April I'll be attending the 2010 Kellogg Food & Community Gathering with some other leaders from our community. My goal is to find out how OCC can play a role in promoting healthier food choices in our school systems and expand our contribution to a healthier lifestyle in NE Iowa.

Another idea that I've had in my head is to have a "Get Happy Hour" promotion in the store during a regular time when customers and families can come in, sample some food and beverages, play games, and participate in conversations about our Co-op and this amazing community we live in. More details are soon to follow, but I should warn you that I play a pretty mean Scrabble game and can be very competitive!

You will see me in the aisles and having lunch in the deli as often as I can. Feel free to stop by and say "hello." Whatever language you speak, I look forward to our conversation and the future of our OCC.

Simple Food for Special Reception

by: beth rotto, cheese and bakery buyer

It's spring, a busy season for graduations, weddings, anniversaries, confirmations and gatherings of many kinds. What happens when you are the host? Although you could put on an elaborate spread, remember that you want to enjoy the celebration and not be stressed by a menu that requires extra effort at the last minute. Want some suggestions? Prepare party platters. Try some of my recipes below, or order some food from the Oneota Co-op Catering menu - now online.

Party Platters

Popular ingredients on party platters include sliced cheese, cold meats, fresh fruit, vegetables and dips. You'll want a selection of crackers or breads to serve with your platters as well.

Veggie Platters

Arrange a tray with frilly lettuce,

kale or parsley. Alternate sections of the tray with food of various colors or shapes. Include olives and hard-boiled or deviled eggs as well as carrot sticks, broccoli, cherry tomatoes, radishes, etc. Our produce department is sure to have very fresh and delicious organic and local options. Have you checked out our large selection of olives? We have an impressive olive bar where you can choose from a dozen different olives and olive mixes. We have even more in our deli grab-n-go cooler, and still more on the grocery shelves.

Cheese Platters

Select from the great cheeses we carry at Oneota Co-op. I suggest choosing three or four kinds. Cheese can be presented as whole pieces, making a knife available for each type. Alternately, cheese

can be pre-sliced into rectangles, squares, or triangles. Choose types that appear visually different and have different taste profiles. For example, you could serve a brie, a cheddar, and a swiss type. Oneota Co-op Fresh Mozzarella can be served as well. If you choose the marinated Mozzarella Bocconcini, serve it in a shallow bowl with bread beside so people can soak up the scrumptious herbed olive oil. Allow most cheese to warm up to room temperature before serving. Salted nuts pair well with cheese and can be served nearby. Thinly sliced meats can be rolled into slender tubes and placed on the cheese platter, or on it's own plate, as well. Be sure meats stay refrigerated until serving time.

Fruit Platters

Choose grapes and berries and cut-up strawberries, pears, pine-

apple, melons, dates, etc. Place a small bowl of Creme Caramel, made at Oneota Co-op and found in the deli grab-n-go cooler, in the center. Or, instead of a fruit platter, prepare fruit salad from my recipe!

Accompaniments

As you know, you can purchase a great selection of bread and crackers at the Oneota Co-op. Did you know that we have crackers both in the grocery aisle and also by the fresh bread? Pick up several kinds. It's nice to provide one gluten free cracker for people with that common food allergy. Be sure that the gluten-free crackers are served in a bowl by themselves. My favorite gluten-free cracker are the Hazelnut Nut Thins. Also, our bulk section has a wonderful assortment of nuts and snacks. Some of my favorites are from Tierra Farm such as Curry

continued on page 13

CO-OP events & classes

www.oneotacoop.com/classes-and-events

Please sign up in advance as the class will be cancelled if there is not a minimum of 6 participants.

May

Co-op Potluck

Guest Speaker: Devin Parker of Seed Savers Exchange

Thursday, May 6, 6:30 pm at Phelps Park

Come enjoy a meal in community at the Co-op Potluck outside at Phelps Park. This is a very informal event; you need only bring some food to share, table service and a beverage if you desire it. A question and answer session will follow the meal, featuring Seed Savers Exchange education intern Devin Parker. Included in the discussion will be more information about current SSE projects as well as their new volunteer program.

EVENT: Bike Safety Clinic

at Gundersen Lutheran

Saturday, May 8, 10:00 am - 12:00 noon

Begin the day at the Gundersen Clinic parking lot to learn about bike and trail safety. Interested riders will then be led on a ride from Gundersen to The Fish Hatchery on the bike trails. Oneota Co-op will provide wholesome snacks for riders.

The first 50 registrants will receive a FREE helmet and two bikes will be given away. Intended for children pre-school to 5th grade (must be accompanied by an adult). For more information, **contact Marla Klocke, Gundersen Lutheran - Decorah Clinic at 382-3140.**

EVENT: Gluten-Free Roundup - Sample Day

Saturday, May 8, 12:00 noon - 3:00 pm

Explore the tasty alternatives to a wheat-based and gluten containing diet. Sample various ingredients and products that abound at the Co-op. Learn more about Celiac Disease on page 12 of this publication.

CLASS: Cooking with a Wok

with Joel Zook

Tuesday May 11, 6:30 – 8:30 pm - Co-op Classroom

Cooking with a wok is quick and easy. Make full meals with just one cooking utensil. Class will cover a variety of stir-fry recipes with Thai and other Asian influences. "Wok" on out as an expert!
Cost: \$5 member/owners, \$7 community

CLASS/DEMONSTRATION: Acupuncture

with James Lamboy, Acupuncturist

Saturday, May 15, 3:00 - 6:00 pm at the Co-op

Join James Lamboy, acupuncturist from LaCrosse, Wisconsin for a lecture and treatment demonstrations. For more info: 608-785-0799
Cost: \$5 member/owners, \$7 community

CLASS: Russian Cooking with Nikolay

Friday, May 21, 6:30 - 8:00 pm - Co-op Classroom

Come for good food and conversation surrounding Russian cuisine. Emphasis on healthy cooking styles. Nikolay will share traditional recipes as well as his own "twists" and ideas. Don't forget to bring a friend.
Cost \$5 member/owners, \$7 community

CLASS: Coffee Cupping 101

with Kickapoo Coffee

Sunday, May 23, 10:30 am - 12:00 noon - Co-op Classroom

Coffee Tasting for connoisseurs and those who want to be!
If you take your coffee seriously, join us for a hands-on workshop by Kickapoo Coffee, artisan coffee roasters from Viroqua, Wisconsin. They'll take you around the world with distinct flavors from different Fair Trade cooperatives. You'll learn how to "cup" coffee while discovering what acidity, body and phrases like "intense layers of spicy fruit and a long, rich finish" really mean. Like a wine tasting, you'll be able to compare different origins side by side. A short slideshow "From Farm to Cup" will explain how organic coffee is grown and processed. We'll also share stories from the farmer cooperatives and have an open-ended discussion on Fair Trade. There will be plenty of time for questions, so come learn all you ever wanted to know about coffee.
Cost: \$13 members, \$15 non-members - (cost includes a 12 oz. can of coffee)

CLASS: The Joy of Eating Seasonally: Spring

with Rachel Sandhorst

Thursday, May 27, 6:30 –8:00 pm - Co-op Classroom

Welcome to spring, and the dawning of fresh new vegetables from the garden. Try some of spring's finest seasonal vegetables: spinach, asparagus, radishes, strawberries and more. Learn about the benefits of eating seasonally in addition to sampling new and delicious dishes. We will talk about several different vegetables, learning about both nutritional benefits and tasty ways to prepare them. Samples and recipes provided.
Cost \$5 member/owners, \$7 community

Note:
Basic class fees for all classes at the Co-op are \$5 member/owners, and \$7 community to help cover the cost of facilities and publicity.

June

Co-op Potluck

Guest Speaker: Maren Stumme-Diers - Luther College Assistant Sustainability Coordinator

Thursday, June 3, 6:30 pm at Phelps Park

Come enjoy a meal in community at the Co-op Potluck outside at Phelps Park. This is a very informal event; you need only bring some food to share, table service and a beverage if you desire it. A question and answer session will follow the meal and will feature Maren Stumme-Diers, assistant sustainability coordinator for Luther College. Join us for more information about current sustainability projects going on at Luther including worm composting.

“Food Revolution” Discussion Series

Mondays, June 7 - July 12, 7:00 – 8:30pm

508 W. Broadway St., Decorah

Come together to watch episodes from the popular new food series “Food Revolution” featuring top chef Jamie Oliver. Chef Oliver chooses the unhealthiest town in America and attempts to remake the food system! Learn along with all of Huntington’s youth as the process of making chicken nuggets is explored, the cultural role of silverware explained, and French fries become uncool. Discussion time planned to follow each episode. Delicious evening snacks provided by the Co-op.
Suggested ages: 14 – 18, but others welcome based on number of participants interested
Cost: \$10 member/owners, \$15 community
Note off-site location!

Summer Cooking Camp at the Co-op!

Tuesday, June 22 – Saturday, June 26 10:30 – 12:00

All participants will go home having learned basic kitchen skills as well as recipes to share with the whole family. Each meal will focus on local foods, both using them and learning where and how they were grown. Expect special visitors to class including local chefs, producers, etc.
Lunch provided each day. Will include off-site trip to Farmer's Market Saturday morning.
Camp ages: 10 – 14 years
Cost: \$35 member/owners, \$45 community
*See additional information posted at the Co-op

Exploring Foods for all ages!

Explore food through sight, sound, smells, and tactile experiences. It's all about the process and each evening will include making 2-3 healthy treats. Tour the Co-op to “shop” for all of our ingredients and maybe meet some special guests! And of course – eat our treats!
Monday, June 7th 4:00 – 5:30 pm Ages 4 – 6 w/ an adult helper
Monday, June 14th 4:00 – 5:30 pm Ages 7 – 9 w/ an adult helper
Monday, June 21st 4:00 – 5:30 pm Ages 7 – 9
Monday, June 28th 4:00 – 5:30 pm Ages 10 – 13
Cost: \$5 member/owners, \$7 community
Please sign up in advance as the class will be cancelled if there is not a minimum of 6 participants.

ALL ABOUT AARRRD!

Cheese Bus Trip

Thursday, June 17, 7:00 am - 7:00 pm

Take a one-day vacation with your friends and neighbors visiting America's Dairyland and some of the places our delectible cheese comes from. Your hostess will be Beth Rotto, Oneota Co-op's cheesemonger. We'll travel on a comfortable Scenic Hawkeye Stages bus, leaving from and returning to the parking lot behind Oneota Community Co-op. We'll visit Mt. Sterling Cheese Cooperative, view cheesemaking and sample their award-winning goat cheeses. Then travel to Cedar Grove Cheese Company in Plain, Wisconsin. We'll tour their facility, including the Living Machine, an innovative greenhouse system that treats waste water from the plant. Cedar Grove preserves old-world Wisconsin tradition but is also at the forefront in organic, grass-based dairy production, water treatment and product innovation. You will also have time to explore Mineral Point, one of Wisconsin's oldest communities. We've allowed free time in this historic, Cornish mining town. Visit Hook's Cheese Shop, explore some of the 20 or so art studios, take a brewery tour, shop for antiques and books, visit Pendarvis Historic site, stroll down Shake Rag Alley or down the Cheese Country Trail. You'll love this charming town. Walking shoes recommended! On our way home, we'll also stop at Pike's Peak for one of the regions best views of the Mississippi River. To reserve your place, please sign up at the Co-op or (with a credit card) by calling 563-382-4666 soon. (Indicate your choice of a vegetarian or meat sandwich when you sign up - cost includes box lunch from the Co-op.)
Cost: \$49 both members and community - non-refundable

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.)

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.



MAY MEMBER BONUS BUYS

* Regular prices subject to change

	Regular Price	Sale Price	Savings
Packaged			
Blue Diamond, Almond Breeze	\$2.59	\$1.99	\$.60
Bob's, Cornbread Mix, GF	\$3.39	\$2.49	\$.90
Bob's, Pizza Crust Mix, GF	\$3.99	\$2.99	\$ 1.00
Crown Prince, Pink Salmon, LS	\$3.69	\$2.79	\$.90
Crown Prince, Sardines, Skinless Boneless	\$2.89	\$2.29	\$.60
Crown Prince, Sardines, Skinless Boneless in Olive Oil	\$3.29	\$2.49	\$.80
Earth's Best, Jar Baby Food, 4 oz	\$1.29	\$0.99	\$.30
Earth's Best, Junior Jar Baby Food, 6 oz	\$1.59	\$1.29	\$.30
Glutino, Pretzels, Family Size Bag	\$7.79	\$5.49	\$ 2.30
Glutino, Wafer Cookies	\$4.39	\$3.29	\$ 1.10
Late July, Rich Cracker, OG	\$2.99	\$1.99	\$ 1.00
Mom's, Cereal	\$3.39-3.49	\$2.49	\$.90-1.00
Mount Hagen, Freeze Dried Coffee, OG	\$10.49	\$7.49	\$ 3.00
Ancient Harvest, Quinoa, OG	\$4.79	\$3.49	\$ 1.30
Pet Food			
Wellness, Dry Cat Food, Indoor Health, 49 oz	\$15.19	\$9.99	\$ 5.20
Bulk			
Frontier, Black Pepper Medium Grind	\$12.65/#	\$10.99/#	\$ 1.66
Frontier, Black Peppercorns	\$18.99/#	\$10.99/#	\$.80
Refrigerated			
Organic Valley, Shredded Cheese, OG	\$4.99	\$3.99	\$ 1.00
Tofuti, Better Than Cream Cheese	\$3.39	\$2.29	\$ 1.10
Tofuti, Sour Cream	\$2.49	\$1.89	\$.60
Frozen			
Ian's, Chicken Nuggets, GF	\$6.19	\$4.49	\$ 1.70
Tofurkey, Deli Slices, 5.5 oz	\$2.99	\$2.39	\$.60
Body Care			
Badger, Face Stick SPF 30	\$7.99	\$6.49	\$ 1.50
Badger, Unscented SPF 30 and Regular SPF 30	\$14.99	\$11.99	\$ 3.00
Badger, Anti-Bug Balm Stick	\$9.99	\$7.99	\$ 2.00
Badger, Anti-Bug Shake and Spray	\$9.99	\$7.99	\$ 2.00
Nutritional Supplements			
Megafood, Women's One Daily 60 tab	\$34.39	\$27.59	\$ 6.80
Megafood, Women's Over 40 60 tab	\$33.89	\$27.09	\$ 6.80
Megafood, Women's One Daily 30 60 tab	\$20.39	\$16.29	\$ 4.10

IT'S CLASSIFIED

Classified ads are free to Oneota Co-op members. 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.

FOR SALE: 20-horse garden tractor with 36-inch tiller. Hydrostatic drive. 563-534-7456

FREE: Empty gallon screw-top jugs available. Used for sacramental wine. Call Rick Brown at 563-964-2679.

WANTED: Place to rent in the country, must allow pets. Contact niki@oneotacoop.com

Tai Chi of Decorah

Movement for Health and Well-Being

Tai Chi classes meet at two locations:

Team Rehab

Winneshiek Medical Center

Lower Conference Room B on Wednesday

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

Baker's Oven

Commercial • Residential

Traditional Limestone Masonry

Landscaping: Freestanding/Retaining Walls, Pavers, Flagging
Mortar Work: Building Cladding, Columns, Piers, Foundations, Chimneys, Tuck Pointing
Fireplaces: Rumfords, Masonry Furnaces, Baker's Oven, Kits/Inserts

Hawthorn Masonry

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

Chimney

Chimney

Dry-Laid Stone

Retaining Wall

Dry-Laid Stairway

Fireplace Insert

JUNE MEMBER BONUS BUYS

* Regular prices subject to change

	Regular Price	Sale Price	Savings
Packaged			
Annies, Pasta Dinners, Canned, OG	\$2.69	\$1.99	\$.70
Bob's, Pancake Mixes, OG	\$4.49	\$3.29	\$ 1.20
Food Merchants, Polenta, OG	\$3.69	\$2.69	\$ 1.00
Ginger People, Ginger Beverages, 12 oz	\$1.99	\$1.39	\$.60
Ginger People, Ginger Chews, 4.5 oz	\$3.79	\$2.19	\$ 1.60
Justin Nut Butters, Squeeze Peanut Butter, 1.15oz	\$0.64	\$0.45	\$.19
Justin Nut Butters, Squeeze Almond Butter, 1.15 oz	\$0.99	\$0.75	\$.24
Kavli, Crispbread	\$2.49	\$1.89	\$.60
Lundberg, Brown Rice Syrup, OG	\$6.39	\$4.59	\$ 1.80
Manatoba, Hemp Seed, 8 oz	\$8.39	\$5.89	\$ 2.50
Mori Nu, Silken Tofu	\$1.89	\$1.39	\$.50
New Morning, WW Grahams, OG	\$4.59	\$3.29	\$ 1.30
Ancient Harvest, Quinoa Flakes	\$5.99	\$4.39	\$ 1.60
Simply Organic, Grinder Seasoning Mixes, OG	\$7.19	\$4.39	\$ 2.80
Surfs, Gummy & Sour Worms Candy	\$1.99	\$1.39	\$.60
Thai Kitchen, Rice Noodle Mix, 1.6 oz	\$0.89	\$0.59	\$.30
Thai Kitchen, Rice Noodle Bowls, 2.4 oz	\$1.89	\$1.29	\$.60
Thai Kitchen, Pad Thai Noodles, 9 oz	\$2.99	\$1.99	\$ 1.00
Thai Kitchen, Curry Pastes, 4 oz	\$3.29	\$2.29	\$ 1.00
Thai Kitchen, Simmer Sauces, 11.9 oz	\$3.59	\$2.49	\$ 1.10
Thai Kitchen, Pad Thai Sauce, 8 oz	\$4.99	\$3.19	\$ 1.80
Yummy Earth, Drops & Lollipops, 3-3.3 oz	\$2.59	\$1.79	\$.80
Yummy Earth, Drops, 13 oz	\$5.59	\$4.79	\$.80
Bulk			
Sunridge Farms, Orzo Pasta, OG	\$3.49/#	\$2.39/#	\$ 1.10
Bulgur, OG, Course Ground	\$2.79/#	\$1.59/#	\$ 1.20
Millet, OG	\$1.29/#	\$1.09/#	\$.20
Pinto Beans, OG	\$1.89/#	\$1.49/#	\$.40
Green Lentils, OG	\$1.99/#	\$1.49/#	\$.50
Refrigerated			
Helios, Kefir, OG 32 oz	\$4.29	\$3.69	\$.60
Frozen			
Glutino, Veggie Pizza, GF 6.2 oz	\$4.99	\$3.99	\$ 1.00
Glutino, Chicken Pizza, GF 6.2 oz	\$6.49	\$4.99	\$ 1.50
Tofuti, Cuties, 8 Pk	\$4.59	\$3.29	\$ 1.30
Body Care			
Sunleaf Naturals, Soy Candles	\$13.99	\$11.29	\$ 2.70
Rosy Geranium, Cedar Mint, Lavender Clary Sage			
Sunleaf Naturals, Shampoo and Body Bar	\$6.49	\$5.29	\$ 1.20
Orange Ginger, Lavender Clary Sage, Cedar Mint			

everyday values IN THE MEAT FREEZER

Grass fed ground beef

\$4.49/lb.

Grass Run Farms,
Dorchester, Iowa

Ground turkey
(free-range, no antibiotics)

\$2.69/lb

Family-owned Ferndale Market,
Cannon Falls, Minnesota

Organic Bananas

Everyday VALUE

\$.99/lb

Sacred Animal Whispers

Distant Energy Healing • Animal Communication
Past Life Therapy • Trapped Emotion Release
for animals & their human companions

Jan Miller, RM
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Certified Past Life Therapist

www.sacredanimalwhispers.com email: sacredanimalwhispers@yahoo.com

Timber Frame Homes

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

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

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

Wild Rose Timberworks
Located in Decorah, Iowa
(563) 382-8500 or (563) 382-6245
www.wildrosetimberworks.com

Looking for an alternative for your next building project?

Green is the New Gucci

by: nate furler, marketing specialist

You may have noticed these days that “green” is everywhere. It’s trendy, it’s hip, and the newest must-have accessory is a stainless steel water bottle. Who would have thought 20 years ago that something as simple as shopping organic, sustainable and local would be the new “designer” brand? Well, we hoped it would catch on.

It was inevitable really. From a financial gain perspective, it was only a matter of time before big companies realized the profitability of going green, especially those in the food industry. Large retail stores – which I am sure you can think of at least a few names – have started to carry organic products. But, the Oneota Co-op has carried them for decades. Why the sudden change in heart from these big companies? One word, m-o-n-e-y.

Until the ability to profit from these products and practices came into play, large companies didn’t really want to deal with the ideals of the organic and fair trade industry. Brands like Stoneyfield and Cascadian Farm could not be found in a large chain store. Now, these super-stores are carrying Stoneyfield, and screaming from the airwaves that they are newly devoted to organics. While it is a step in the right direction, it is by no means a solution to our food system woes.

My gut reaction is still to cringe at the idea of walking into a large chain store to buy my organics. Mainly because I fail to believe that a large corporation is really in this for the sustainability aspect and for anything more than the numbers. Not to mention, this only deals with one problem area of our food system, and not another extremely important problem area – transportation. It’s great that we are reducing our global impact by increasing the amount of organic farming practices, but we are still transporting this stuff across the country and throughout the world.

recipe for Good Food

from the kitchen of Oneota Co-op Community

ingredients

In an effort to help shoppers with culinary creativity, we would like to encourage everyone to submit their favorite recipes that utilize ingredients that are easily found in the Co-op, and particularly the Oneota Bulk department. These recipes will be displayed in the store and copies will be available for shoppers to take with them. Please submit complete recipes via mail to the Co-op Attn: Nate Furler or via e-mail to nate@oneotacoop.com.

Happy Cooking!

Sourcing products locally is a second part of the solution. This can be a challenge and quite frankly time consuming. Rather than contact and converse with one large supplier, buying locally means contacting numerous farmers and producers one-on-one. For a store our size, this is roughly enough cumulative hours to pay for at least one full-time employee. Imagine the expense doing this for a multi-billion dollar corporation that needs twenty times the number of local farmers and producers to meet their supply demands – each for a different outlet store all over the country. This is a sizeable undertaking. However, it is one that is necessary to the survival of a sustainable food system.

Going back to the idea of money that can be made in the organic food industry and big corporations taking notice, check out the chart below

representing organic acquisitions by the top 30 food processors in North America. This chart was researched and designed by Philip H. Howard, currently an assistant professor at Michigan State University who teaches undergraduate and graduate courses in Community, Food and Agriculture, as well as a graduate course in Research Methods. It is interesting to note who owns what these days and how quickly this corner of the market is being snatched up! One can only hope that these giants of the food industry maintain the high standards and ideals of the owners of these businesses which came before them.

Come across anything particularly interesting or disconcerting about a product that we carry here at the Co-op? We love to get tips on products and their manufacturers, be it good or bad. Drop us a line at customerservice@oneotacoop.com.

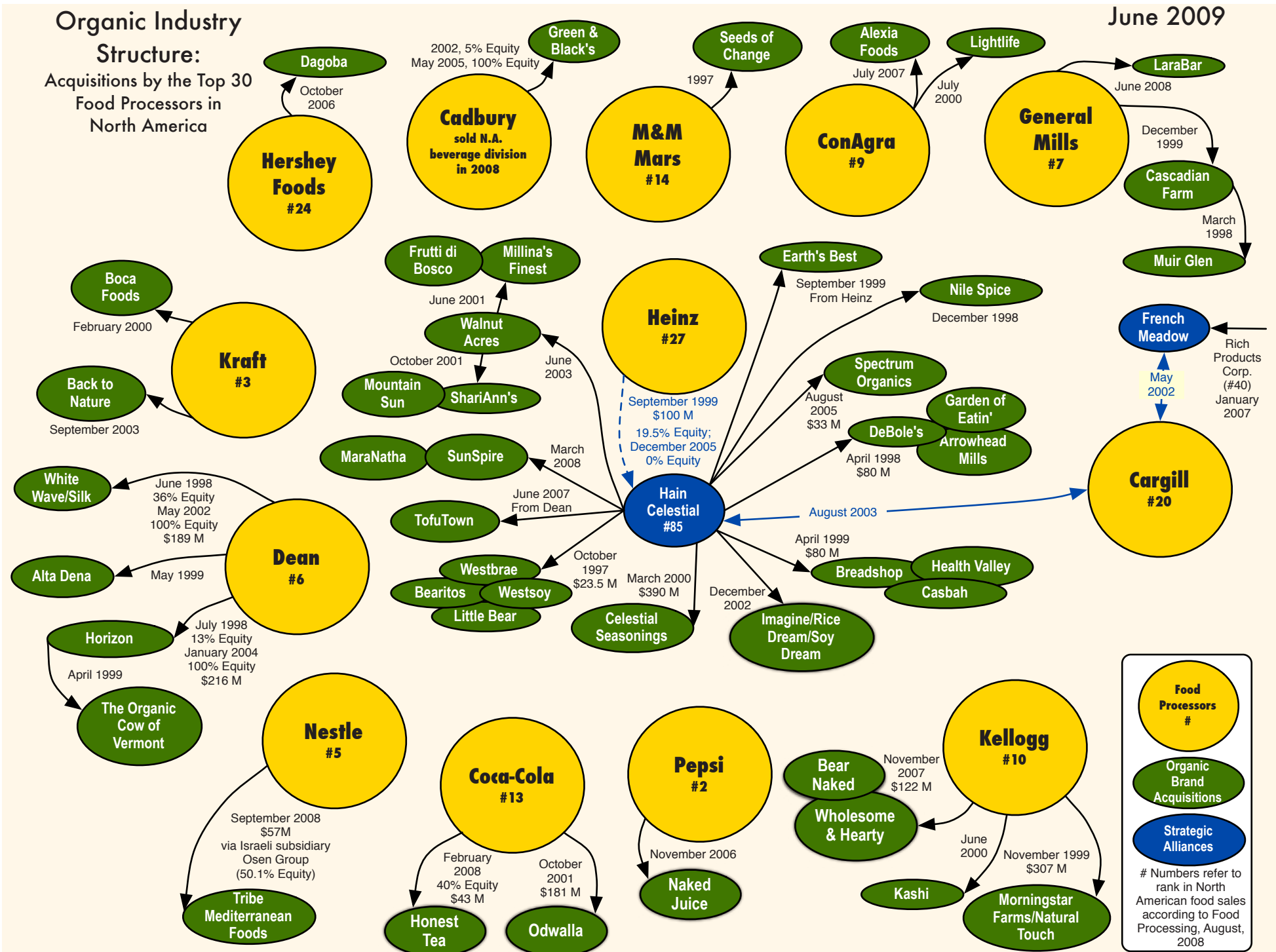




Photo by Kyril Henderson

Welcome to Seed Savers Exchange Heritage Farm - An Internationally Known Gardening Gem, Right Next Door!

Preserving Biodiversity

Seed Savers Exchange mission is to save the world's diverse but endangered garden heritage for future generations. Through our members, we are building a network of people committed to collecting, conserving, and sharing heirloom seeds and plants. Heirloom seeds breed true and can be passed down to the next generation. Since 1975, our members have shared hundreds of thousands of seed samples with gardeners around the world.

Whether they came to the United States from the far corners of the Earth or were native to the Americas, our ancestors always saved their best seeds. They knew that nature's abundant biodiversity would provide a safe haven against hard times, changing climates and food shortages.

Heirloom food crops have stood the test of time. Many have intense flavor. Others are high in nutrients, are heat- and drought-tolerant, or resist pests and diseases. Global climate changes are affecting the world's food supplies; now more than ever we must protect these original heirloom varieties to preserve the genetic biodiversity needed as a resource for future solutions to feeding the world by creating local, sustainable, culturally adaptive food systems.

The Whealys moved to Decorah, Iowa in the mid-1980s. They planted gardens on rented ground near the Pine Bluff 4-H camp. They moved to Heritage Farm on North Winn. Road in 1988. David Cavagnaro was hired as the garden manager about that same time. Seed Savers Exchange grew slowly, but surely. Then, pioneering chefs, cookbook authors and food critics, organic farmers and gardeners all discovered the incredible taste of heirloom vegetables.

At the same time, American consumers tired of tasteless, jet-lagged grocery store produce and wanted to start growing more of their own produce. Concern grew over food system safety, security and sustainability. Then came so-called 'Frankenfoods', genetic engineering and 'terminator technology', plant patents along with proposed comprehensive new legislation.

The economy sank and food was dubbed 'the new gold' on Wall Street. Today, more and more people recognize the importance of saving seed and passing on our garden heritage to protect the source of our food supply for future generations.



Photo by Kyril Henderson

Membership has its Benefits

Now in our 35th anniversary year, membership in Seed Savers Exchange is rapidly growing. The very act of joining Seed Savers Exchange serves members – and the public – through fulfilling Seed Savers' charitable mission of saving the world's diverse, but endangered, garden heritage for future generations. Now numbering over 13,000, there are Seed Savers members in all 50 states and many other countries around the world.

Members enjoy a growing list of benefits including:

- 10% discount on all purchases through the Seed Savers catalog, web site, and at the Lillian Goldman Visitors Center and Garden Shop at Heritage Farm in Decorah, Iowa.
- Quarterly member magazine, not available to the general public.
- The flagship of member publications is the printed edition of our encyclopedic Yearbook. It is the tool that members use to actively exchange seeds.
- Access to thousands of rare seeds. The 2010 Yearbook, all 500-plus pages of it, included 13,563 unique varieties, and more than 20,000 varieties offered by members.
- Online Yearbook – new in 2009, the online edition makes it easy to research members' seed offerings all the way back to 1975.
- Seed Savers' classic reference texts – *Fruit, Berry, and Nut Inventory* and the *Garden Seed Inventory* – will soon be available online, without charge to members.
- Online Forums on Seed Saving and Gardening are open to the public.
- Alerts about GMOs, plant patents and 'bio-pirates' are a standard feature in the "Seed Watch" section of our member publication.
- Special Invitations to (and savings on) Seed Savers' events throughout the year.
- Member-status at over 250 other public gardens and arboreta throughout North America through the American Horticultural Society's Reciprocal Admissions Program.
- And best of all . . . lots of good, healthy eating!

All Seed Savers Exchange members enjoy the satisfaction of knowing that they are helping save the world's diverse but endangered garden heritage for future generations.



Spring Plant Sale!

April 5- June 15

CLIMBING SPECIALITY PLANTS
(Available April 24 - June 15)
Get a jump-start with these 4 to 6-week-old climbers with bamboo supports included.

- Black-Eyed Susan Vine
1 Gallon Pots..... \$15.00
- Cardinal Climber
1 Gallon Pots..... \$15.00
- Grandpa Ott's Morning Glory
1 Gallon Pots..... \$15.00
- Sunrise Serenade Morning Glory
1 Gallon Pots..... \$15.00
- Snail Flower
1 Gallon Pots..... \$15.00

- FLOWER**
(4-Packs-Available April 24 - June 15)
\$2.50/4-Pack
**Mixed Flats (12-4-Packs)
Available for \$25.00**
- Bishop's Children Dahlia
2-Pack \$2.50
 - Empress of India Nasturtium
 - Foxglove
 - Giant Exhibition Coleus
 - Kiss-Me-Over-The-Garden-Gate
 - Ladybird Nasturtium
 - Night Scented Tobacco
 - Old-Fashioned Vining Petunia
 - Outhouse Hollyhock
 - Painted Tongue
 - Single Moss Rose
 - Sky and Ice
 - Snapdragon (Rocket Mix)

- Spider Flower Mixture
- Sweet Alyssum (Aphrodite Mixture)
- Sweet Pea (Annual) Grandiflora Mix
- Sweet Pea (Perennial) Everlasting
- Tall Russell Lupine
- Wee Willie Dianthus
- Viola - Historic Pansies Mixture

- PRAIRIE PLANTS**
(3" Pots - Available beginning April 24, 2010)
**Prairie Plants
\$3.50 each or 4 for \$12.50 or Mixed Prairie Flats of 32 Pots Available for \$85.00**
- Big Bluestem (Andropogon gerardii)
 - Black-Eyed Susan (Rudbeckia hirta)
 - Butterflyweed (Asclepias tuberosa)
 - Cupplant (Silphium perfoliatum)
 - Downy Sunflower (Helianthus mollis)
 - Lavender Hyssop (Agastache foeniculum)
 - Little Bluestem (S. scoparium)
 - Lupine (Lupinus perennis)

- New England Aster (A. novae-angliae)
- Ox Eye Sunflower (H. helianthoides)
- Prairie Blazingstar (L. pycnostachya)
- Purple Coneflower (E. purpurea)
- Purple Prairie Clover (Dalea purpurea)
- Red Milkweed (Asclepias incarnata)

- HERB**
(3" Pots - Available April 24 - June 15)
Herbs \$3.25 each or 6 for \$17.50
Mixed Herb Flats (12-Pots) Available for \$32.50
- Basil-Lemon, Purple, Genovese and Thai
 - Chives-Regular and Garlic
 - Cilantro
 - Dill-Fernleaf and Grandma Einck's
 - Fennel-Sweet

- Hyssop
- Lamb's Ear
- Lavender-Munstead and French
- Lovage
- Spearmint
- Stevia
- Oregano-Greek
- Parsley-Giant from Italy
- Parsley-Triple Curled
- Rosemary-Upright
- Rosemary-Prostrate
- Sage-Green Culinary
- Sage- Pineapple
- Sage-Tri-Color
- Sage-Golden
- St. John's Wort
- Sweet Marjoram
- Tarragon-French
- Thyme-Garden, Wooly, Red Creeping

Spring Plant Sale - continued on next page



Kitchen Garden Workshops

A joint project between Seed Savers Exchange and Pepperfield Project
\$10/person (\$8 members)
Saturday mornings from 9-Noon
at Seed Savers Exchange Heritage Farm
Register early, they fill up quickly!

May 15 – Planting Your Kitchen Garden
June 26 – Planting for Fall Garden Produce
August 28 – Fall Harvest and Seed Saving Techniques

Photo by Kyril Henderson



2010 Calendar of Events

July 16-18 (pre-registration required)
Annual Conference and Campout
Plus the Dig and Discover Youth Conference
Keynote speakers:
Diane Ott Whaley, Co-Founder and Vice President for Education at Seed Savers Exchange will discuss the 35-year history of the organization and where we go from here.
Maria Rodale, Chairman and CEO of Rodale, Inc. will give a lecture titled *Organic Manifesto: How Organic Farming Can Heal Our Planet, Feed the World, and Keep Us Safe*, based on her recently published book.
For more conference registration information visit us at www.seedsavers.org and click on 2010 Conference/Campout.

September 4
Tomato Tasting and Salsa Contest
Over 40 varieties of heirloom tomatoes will be available for you to sample. Live music, garden workshops, seed saving workshops, food, and much more! For details, keep checking www.seedsavers.org.

October 2
Harvest Festival and Soup Cook-Off
We'll have over 20 varieties of antique apples for sampling that day, along with garden workshops, apple press demonstrations, garlic planting workshops, music, pumpkin carving and so much more!

December 18
Winter on the Farm
Horse-drawn sleigh rides down the valley at Heritage Farm. We'll provide the hot coffee, hot cocoa, and cookies. You bring the fun!

See you at Heritage Farm!
Visit us online at – seedsavers.org



Website News

Have you visited our website? Be sure to stop by seedsavers.org to read more about Seed Savers Exchange. There you'll find our on-line gardening and seed saving forum; our blog; a complete listing of all events and workshops; the latest updates on what is happening at Heritage Farm; and of course, the online, downloadable 2010 Seed Catalog! Is there anything you would like to see online? Contact John@seedsavers.org and share your ideas!



Spring Plant Sale!
April 5- June 15

BRASSICA
(4-Packs - Available
April 5 - June 15) \$2.50/4-Pack
**Mixed Flats (12-4-Packs)
Available for \$25.00**
Calabrese Broccoli
Early Snowball Cauliflower
Long Island Improved Brussels
Sprouts
Copenhagen Market Cabbage
Lacinato Kale
Red Russian Kale

MISCELLANEOUS
(Available April 24 - June 15)
Aunt Molly's
Ground Cherry 3" Pots...\$1.75
Each
Snail Flower
(Vigna caracalla) . 3" Pots...\$3.00
Sensitive Plants
(Mimosa pudica) . 3" Pots...\$3.00
Seed Savers Lettuce
Mixture..... 4-Pack...\$2.50
Early Purple Vienna
Kohlrabi..... 4-Pack...\$2.50
Gigante Kohlrabi..... 4-Pack...\$2.50
Giant Pascal
Celery 4-Pack...\$2.50
Tomatillo, Green and
Purple 3" Pots...\$1.75 Each

EGGPLANT
(3" Pots - Available
April 24 - June 15) \$1.75 Each
**Mixed Flats (32-pots)
Available for \$40.00**
Applegreen
Diamond
Listada de Gandia
Pingtung Long
Rossa Bianca

ONION & LEEK
(Available April 5 - June 15)
\$1.75 per 50
Ailsa Craig Onion
Long Red Florence Onion
Prizetaker Leek

**CERTIFIED ORGANIC
SEED POTATOES**
USDA Certified Seed Potatoes -
April 5 - June 15
Pricing for Standard Varieties
Listed Below:
2.5# Bag \$10.00
5# Bag for \$16.25
25# Bag for \$62.50
1) All Blue
2) All Red (Cranberry Red)
3) Carola
4) Desiree
5) German Butterball
6) Purple Viking
7) Red Gold
8) Yellow Finn
9) Yukon Gold
Pricing for Fingerling Varieties
Listed Below:
2.5#'s for \$13.75
5#'s for \$23.75
25#'s for \$100.00
1) Austrian Crescent
2) French Fingerling
3) La Ratte
4) Rose Finn Apple

APPLES & BERRIES
(April 5 - June 15) \$35.00 Each
Apple-Duchess of
Oldenburg.....\$35.00 Each
Apple-Grimes
Golden \$35.00 Each
Apple-Prairie Spy.....\$35.00 Each
Apple-Liberty..... \$35.00 Each
Raspberry-Heritage..... \$8.50 Each

Mixed flats (32-pots) \$40
\$1.75/each or 10 for \$15.00

PEPPER
(3" Pots - Available
April 24 - June 15)
1) Beaver Dam (Hot)
2) Candlelight (Hot)
3) Black Hungarian (Hot)
4) Bull Nose Bell (Sweet)
5) Buran (Sweet)
6) Fatalii (Hot)
7) Fish (Hot)
8) Garden Sunshine (Sweet)
9) Healthy (Sweet)
10) Jimmy Nardello's (Sweet)
11) King of the North (Sweet)
12) Napoleon Sweet (Sweet)
13) Orange Bell (Sweet)
14) Purple Beauty (Sweet)
15) Red Rocoto (Hot)
16) Sheephnose Pimento (Sweet)
17) Sweet Chocolate (Sweet)
18) Tolli's Sweet Italian (Sweet)
19) Wenk's Yellow Hots (Hot)
20) Wisconsin Lakes (Sweet)

TOMATO
(3" Pots - Available
April 24 - June 15)
1) Amish Paste
2) Aunt Ruby's German Green
3) Beam's Yellow Pear
4) Brandywine (Sudduth's)
5) Cherokee Purple
6) Cherry Roma
7) German Pink
8) Gold Medal
9) Golden Sunray
10) Green Zebra
11) Halladay's Mortgage Lifter
12) Hartman's Yellow Gooseberry
13) Hillbilly Potato Leaf
14) Hungarian Heart
15) Italian Heirloom
16) Martino's Roma
17) Mexico Midget
18) Nebraska Wedding
19) Opalka
20) Purple Russian
21) Red Zebra
22) Rose
23) Sheboygan
24) Stupice
25) Tasty Evergreen
26) Tommy Toe
27) Trophy
28) Velvet Red
29) Wapsipinicon Peach
30) Wisconsin 55



Photo by David Cavagnaro

One World Flowers: Make an Impact for Mother's Day

One World Flowers believes in supporting sustainable business practices, human rights compliance and fair compensation for workers in countries all over the world. We started our company to do just that by offering beautiful Fair Trade Certified™ flowers in the United States. Suppliers of agricultural products are often pressured by American and European companies to lower costs in order to keep prices low for consumers. Many people don't realize that because of this, hundreds of thousands of workers in South America, Asia,

and Africa are exposed to physical, mental, and sexual abuse each day at work. In the floral industry, most of these workers are women who are not paid fairly for the long hours they are sometimes forced to work. In addition, workers are not given protective gear to wear when dealing with the dozens of harmful chemicals that are used to grow flowers. As a result, many of their children are stillborn or have major birth defects. Fair Trade is changing all of this!

What is Fair Trade?
About 80% of the cut flowers sold in the U.S. are grown outside of the country. Workers on these farms are often cheated out of salaries, abused and taken advantage of by their employers to keep costs low. Fair Trade Certification is a guarantee that the farms will receive a fair price for their flowers, workers are paid and treated properly, and the environment is cared for. Because of Fair Trade, communities can reap the benefits of global trade while building sustainable social, economic and environmental business practices.



Assorted rose bouquets
arriving in-store
May 6th
small \$13.99
large \$19.99

FAIR TRADE



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LOVE YOUR CELLS.

Take your fish oil!



All the omega-3 health benefits you need.
None of the toxins or oxidation you don't.

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20% OFF

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omega-3 products
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NORDIC
NATURALS



Pure and Great Tasting Omega Oils

TASTE OF THE TROPICS FOR FIDO AND TABBY

by: josie noecker, pet food buyer

Are you a health conscious individual who loves all-natural products that are multi-purpose? Do you also keep an eye out for natural products to benefit the health of your pet? Inspired by a product ad for coconut oil in *Animal Wellness* magazine I went about my quest to research this wonderful product and how it can be used in the pet world.

Coconut oil is a multi-purpose, functional food product that can be eaten or applied topically. Your pet can derive health benefits from this oil by either method; which makes it convenient and versatile. The important things to look for are to make sure it is unrefined, extra virgin, cold-pressed and organic.

So with all that coconut oil can do for us, what can it do for Fido and Tabby?

Skin and Coat: consuming coconut oil can improve the condition of your animal's skin and coat by adding shine to the fur while moisturizing the skin. When fed continuously, it may also eliminate the "doggy smell" that

some dogs are more prone to than others. It also helps with several skin issues: eczema, contact dermatitis, overall irritation, hot spots and skin allergies from fleas.

Since we are heading into Summer, that means flea controls. Coconut oil could be one of the best natural remedies for those pesky buggers. Coconut oil is said to be a natural flea deterrent. Animals who regularly consume or get massages with coconut oil are usually not interesting to fleas.

Flea Control:
Use about 1/8 tsp. coconut oil for a cat and 1 tsp. per 40 pounds of weight for dogs.

After you have massaged your pet, take a flea comb and give them a good comb down. The Coconut oil will trap any fleas and you can easily dispose of them in hot, soapy water.

If you use topical treatments for your animal as well, consider just feeding them coconut oil instead of massaging them. The oil may interfere with the topical treatment in

how it is absorbed, but it may be ok to do after the suggested time has passed before you can bathe your pet.

Diet and Health: Coconut oil is said to aid with digestion and absorption of nutrients. This is especially helpful if your animal has allergies or digestive disorders. It can also help with weight issues and increase your pet's energy and vitality.

Coconut oil is a tastier alternative to hairball remedies found in stores, and it has more health benefits than those products as well. Consider coconut oil for your feline companion the next time they need hairball relief.

Coconut oil is an essential ingredient in your first aid kit. It is great for disinfecting bites, stings, and scratches. Once applied, try and distract your pet for a few minutes to prevent them licking off the oil right away. However, you can always reapply if needed.

Coconut oil may also prevent and treat yeast and fungal infections. In the hot summer months some dogs

are more prone to getting yeasty ears. You could apply some coconut oil topically to the insides of their ears or regularly add coconut oil to their food. This can work for cats too.

If you would like to introduce coconut oil to your pet, it is suggested to give one teaspoon per 10 pounds and 1 tablespoon per 30 pounds. Like everything involving our pets, go slowly. As healthy as coconut oil is, digestive upset could occur if given too much at once. Start out at about 1/8 teaspoon for animals 10 pounds or under and 1 teaspoon for larger dogs. You can decrease the amounts if you notice digestive upset. You can let it melt and mix it on dry food, mix it easily in moist, or let your pet lick it off the palm of your hand. Here's to healthy and happy pets!



growing lunch in the schoolyard

by: kris schanilec, co-op member

Several local school districts are planting gardens in a project led by the Northeast Iowa Food and Fitness Initiative (FFI). Last fall, FFI adopted the national Farm to School program to pursue its goal of encouraging healthy eating. FFI is leading one of four Iowa chapters of Farm to School, which includes over 2,000 teams in 40 states.

In addition to school gardens, FFI's chapter targets teacher and food service staff training, field trips to local farms, and coaching of high school students to teach younger peers about local foods.

Participating districts were selected as pilots based on factors such as the potential impact on vulnerable and at-risk youth. Pilot schools receive technical, educational and financial support. The W.K. Kellogg Foundation and the Leopold Center for Sustainable Agriculture at Iowa State University are major funders.

A team of partners

FFI is an organization that aims to build healthier communities through increased physical activity and access to healthy, local foods. FFI is led by partners Iowa State University (ISU) Extension, and Luther College. Brenda Ranum and Ann Mansfield are co-conveners from the two organizations, respectively.

The Farm to School project itself is coordinated by AmeriCorps volunteers Flannery Cerbin and Rachel Wobeter. Others on the team include ISU Extension specialists Cindy Baumgartner, Teresa Wiemerlsage, and Vanette Grover; Emily Neal, director of Environmental Outreach for Luther College; and Johnice Cross, Coordinator of GROWN Locally. For hands-on planning and planting, FFI has engaged David Cavagnaro of The Pepperfield Project in Decorah.

It's really about diet

The main goal of the school gar-

dens is self-evident. Cavagnaro describes it as "to maneuver children into a better understanding of healthful food. This is really about diet . . . It will also help transform the food services."

But as every gardener knows, the intangible benefits are what keep mud on their shoes. "The physical, mental, and spiritual health of anyone gardening—the act itself—is enormously restorative," says Cavagnaro. (Pepperfield is currently in its second planting year at the Winneshiek Medical Center garden, which harvested over 600 pounds of produce last year.)

Sowing the seeds

Since early this year, the Farm to School team has been meeting with schools to assemble core garden teams, identify garden sites, draw up plans, and select seeds.

Seed Savers Exchange is donating seeds to the schools through its Herman's Garden program, which gives seeds to non-profit organizations across the country in return for freely sharing their harvest and saving seed for others. Pepperfield is also donating seeds from its collection.

Some garden teams are choosing varieties that match ethnicities in their communities. For example, students in Postville are planting Russian and Central American varieties; the Turkey Valley team has selected several Czech and German seeds. This spring, students have been preparing the ground and starting seeds indoors. In May and June, they will plant outdoors.

The gardens

Turkey Valley's team includes a high school horticulture class, and a group of enthusiastic fourth graders and their teacher. Earlier this month, Cavagnaro helped them lay out a garden site by the school, and a local farmer donated manure for mulch.

Meanwhile, students planted seeds indoors. The garden will include pumpkins, winter squash, peppers and tomatoes—crops that are relatively easy to grow, are harvested in fall and require little attention.

Students with specific skills are stepping forward. One fourth grader is applying his herb expertise to take the lead on an herb garden. Another student in the high school is planning "hardscaping" projects, including building a wooden tool shed and an arbor with benches.

And then there's homecoming. The Turkey Valley team is planting potato varieties to match its school colors of red, white and black (All Red, white, and Peruvian Purple). After harvest, food service staff will prepare a homecoming dish infused with school spirit.

The school building itself is part of the plan, as it is uniquely situated with a large, enclosed inner courtyard. This space, protected from deer, is destined for plantings of perennial fruit like apples and raspberries in future years.

In Postville, the need for healthy foods and a strong community is great. The town is still recovering from the 2008 immigration raid of Agriprocessor Inc. In addition, nearly 71 percent of elementary school students receive free or reduced lunch. The high at-risk population in the district is one reason it was selected as a Farm to School pilot.

The Postville garden site is a few blocks from the school in a community garden where thirty-three families already maintain plots. High school teachers have been helping students grow plants, while a well-organized team of teachers and community members are working with third graders to prepare for planting.

To get families involved, the Postville school will hold food-related events this summer—like family picnics and summer markets for the local food bank and day care centers.

Decorah High School has two projects: students will continue to plant

and harvest an existing plot in the community garden, and they are establishing a new plot at the east end of the school. Since they plan to use their produce for school lunches next year, they are targeting crops that require little summer maintenance and are easy to grow: potatoes, winter squash, and possibly peppers and tomatoes.

The high school also has a greenhouse. While it's currently empty, preparations are underway for an indoor hydroponic vegetable project and a vermiculture (worms) project next year.

Across the street at John Cline Elementary, students plan to establish a garden of the colorful kind. Since it is in a shady spot, the garden will be planted with wildflowers and other flowers. Next year, Carrie Lee Elementary and Decorah Middle School will create a new site between their buildings.

In Starmont, students are growing flowers in a green house for a plant sale. And they are planning a vegetable garden through their horticulture and biology classes. North-Winneshiek, while not a Farm to School pilot, is preparing for a ratatouille garden. Students will grow ingredients, make ratatouille, and preserve the dish for use in school lunches next year.

Some Farm to School pilots are focusing their efforts on classroom education. Both Oelwein and Howard-Winneshiek schools are employing cross-age teaching. Since January, high school students have been using lesson folios to educate younger students about a different local food item each month (for example, April was pork and May will be leafy greens).

continued on page 16

Celiac Disease

by: michelle campe

Celiac Disease, a widely misdiagnosed and misunderstood condition, is becoming one of the most prevalent diseases in the world. Studies now show that approximately 1 in every 133 Americans suffers from celiac disease, but only 10 percent of those who are living with the disease know they have it. Other conditions once diagnosed as irritable bowel syndrome, and chronic diarrhea, are now being re-diagnosed as the result of gluten ingestion. Celiac disease is related to many other symptoms and autoimmune diseases, including diabetes, thyroid disease, rheumatoid arthritis, Sjogren’s syndrome and Addison’s disease.

People who have celiac disease cannot tolerate gluten, a protein in wheat, rye, and barley. Gluten is found mainly in foods but may also be found in everyday products such as medicines, vitamins, and lip balms. When people with celiac disease eat foods or use products containing gluten, their immune system responds by damaging or destroying villi—the tiny, fingerlike protrusions lining the small intestine. Villi normally allow nutrients from food to be absorbed through the walls of the small intestine into the bloodstream. Without healthy villi, a person becomes malnourished, no matter how much food they eat. Not only is celiac disease a disease of malabsorption—meaning nutrients are not absorbed properly—it is also an abnormal immune reaction to gluten. Celiac disease is genetic, meaning it runs in families. Surgery, pregnancy, childbirth, viral infection or severe emotional stress can sometimes trigger the disease to become active for the first time.

The symptoms of celiac disease vary from person to person. Digestive symptoms are more common in infants and young children and may include abdominal bloating and pain, chronic diarrhea, vomiting, constipation, pale, foul-smelling, or fatty stool and weight loss. Adults on the other hand are less likely to have digestive symptoms and instead may show signs of anemia, fatigue, joint pain, arthritis, osteoporosis, depression, tingling numbness in the hands and feet, infertility, canker sores, and itchy

Celiac - of, pertaining to, or located in the cavity of the abdomen.
Celiac Disease – A digestive disease that damages the small intestine and interferes with the absorption of nutrients from food.

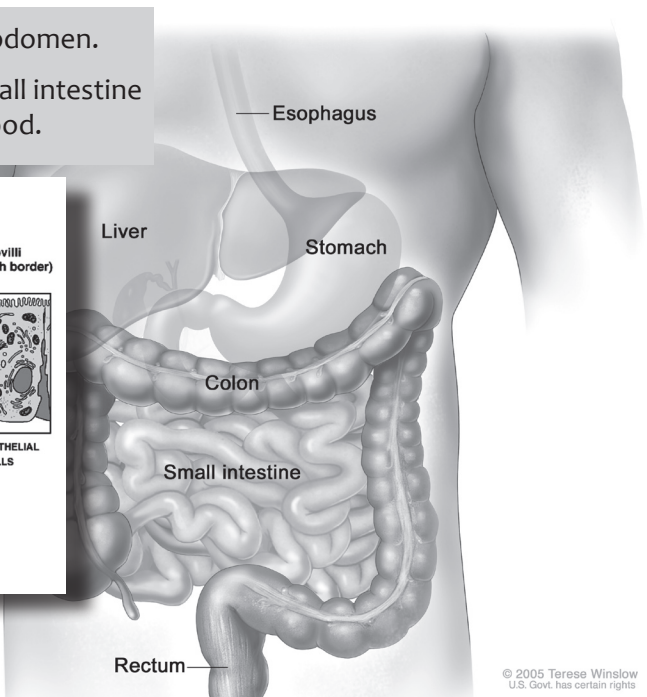
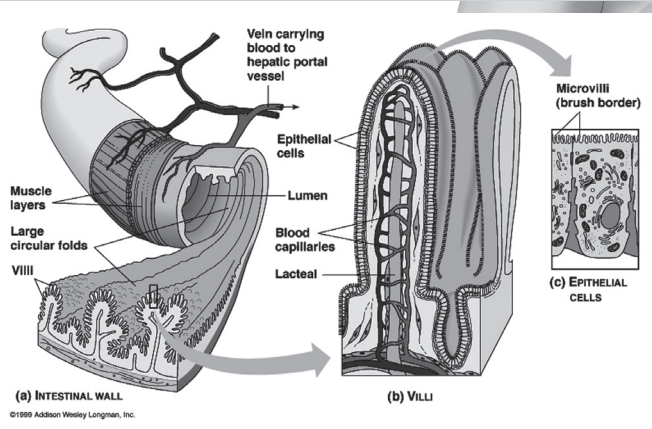
skin rash called dermatitis herpetiformis. Lastly, there are those people who show no symptoms but can still develop complications of the disease over time.

Diagnosis of celiac disease begins with a blood test. People with the disease have higher than normal levels of certain autoantibodies—proteins that react against the body’s own cells or tissues—in their blood. If blood tests and symptoms suggest celiac disease, a biopsy of the small intestine is performed to confirm the diagnosis.

What do people do who are diagnosed with celiac disease? The only treatment is a gluten-free diet. To stay well, people with celiac disease must avoid gluten for the rest of their lives. Eating even a small amount of gluten can damage the small intestine. It’s tricky. There are hidden sources of gluten in additives such as modified food starch, preservatives, and stabilizers made with wheat. And because many corn and rice products are produced in factories that also manufacture wheat products, they can be contaminated with wheat gluten. For most people, following a gluten-free diet will stop symptoms, heal existing intestinal damage and prevent further damage. Yet, with all the hidden gluten in our processed food world, what’s the safest way to follow a safe gluten-free diet?

When first diagnosed, most people, especially parents with a wheat intolerant child, become overwhelmed and confused about what to prepare at meal time. Although pre-packaged gluten-free food has come a long way, like most conventional pre-packaged food items, there are likely additives or ingredients you don’t need or want. The beauty of the gluten-free diet is that most raw whole foods are gluten free. So where do we start?

So far, we know a gluten-free



diet means not eating foods that contain wheat, rye and barley. The foods and products made from these grains should also be avoided. In other words, a person with celiac disease should not eat most grain, pasta, cereal and many processed foods. So what’s left on your plate? Many wonderful alternatives! You can use potato, rice, soy, amaranth, quinoa, buckwheat, nut, or bean flour instead of wheat flour. Purchasing gluten-free bread, pasta and other products from the Co-op or other stores that carry organic foods or ordering products from special food companies are always options. And, gluten-free products are increasingly available from mainstream stores as well. Plain meat, fish, rice, fruits and vegetables are also a welcome invitation to the gluten free dinner plate. Better yet, to get an idea of how wonderful a gluten free diet can be, come and join us at the Co-op on Saturday, May 8th. In recognition of the month of May being Celiac Awareness Month, our deli hot bar will be serving an exclusive gluten free menu. We will be featuring one of my favorite gluten free soups, Peanut Cabbage Quinoa. The recipe is listed below along with two others from my list of favorites. Buckwheat Pancakes that are full of

protein make a perfect breakfast. And for those of us with a sweet tooth, the Peppermint Pattie recipe will leave your mouth feeling cool and fresh.

In 1977, my mother was 54 years old and diagnosed with Sjogren’s syndrome—an autoimmune disease in which the glands that produce tears and saliva are destroyed. At the time, celiac disease was not as pronounced among the medical community as it is today. Looking back on her life, I am sure she had celiac disease that was either not diagnosed or mis-diagnosed. Today, there is hope through research. The National Institute of Diabetes and Digestive and Kidney Disease conducts and supports research on celiac disease. Researchers are studying new options of diagnosing celiac disease. They are also studying a combination of enzymes—proteins that aid chemical reactions in the body—that detoxify gluten before it enters the small intestine. Lastly, and what I feel is the most promising, scientists are developing educational materials for standardized medical training to raise awareness among health care providers. The hope is that increased understanding and awareness will lead to earlier diagnosis and treatment of celiac disease. This is good news.

Gluten-Free Peanut Cabbage Quinoa Soup

- Ingredients:
- 2 tablespoons of olive oil or ghee (clarified butter)
 - 1 medium diced onion, about 1 cup
 - 4 large cloves of minced garlic
 - 4 cups of vegetable broth or stock
 - 2 cups of pure water
 - 3 cups of chopped and diced savoy cabbage
 - 1 1/2 cups of peeled and diced carrots
 - 2 cups of cooked quinoa (or brown rice works as well...basically whatever you have available)
 - 1 tablespoon of ginger (fresh is best- grated)
 - 1 tablespoon of wheat-free tamari sauce
 - dash of cayenne pepper and paprika
 - Juice from 1 fresh lime
 - 3 tablespoon of a raw creamy organic peanut butter
 - 1 teaspoon of cracked pepper or however much to your taste

Directions:

Sauté the diced onions on the bottom of a 5 quart pot and let them soften just a bit. Pour in the broth, water and minced garlic. Give that a minute to cook and then dump in the cabbage, carrots, and let cook for a few more minutes. Add the rest of the ingredients. Let the peanut butter melt into the broth. It will not be as clear as before. Make sure you don’t have any chunks of peanut butter floating around and that it has melted completely into the broth. Once you add the already cooked quinoa that should be your last step. It is already cooked, so it just needs to get warmed. Cook for about 15-20 minutes so that the flavors can meld and the cabbage and carrots have time to get soft and cooked.

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Gluten-Free
Buckwheat Pancakes

Ingredients:
4 cups nut or rice milk
2 tablespoons Apple Cider Vinegar
2 tablespoons Cold Pressed Olive Oil
½ cup of very warm water
2 tablespoons Egg Replacer

Dry Ingredients-
2 cups Buckwheat Flour
1 ½ cups Brown Rice Flour
½ cup Sucanant
2 tablespoons Cinnamon
1 tablespoon Baking Powder
1 ½ teaspoons Baking Soda
½ teaspoon Real Salt
2 tablespoons Hemp Protein
2 tablespoons Flax Seeds
2 tablespoons Unhulled Sesame Seeds
2 tablespoons Sunflower Seeds

Directions:
Place the milk, apple cider vinegar and olive oil in a large bowl. In a separate bowl use a whisk to mix the egg replacer with the warm water. Add to the bowl of wet ingredients and mix well. Grind the flax seeds, unhulled sesame seeds and sunflower seeds together. Add them along with the remaining dry ingredients to the liquid and mix. If too dry, add more milk to your liking. Serve with warm butter and pure maple syrup, or top with your favorite fruit! These pan-cakes are also delicious with ¼ cup of blueberries mixed into the batter.

Gluten-Free
Peppermint Patties

Ingredients:
½ cup coconut oil
¼ cup raw honey
½ teaspoon peppermint oil
½ to 1 cup dark chocolate (73%), melted

Directions:
In a small bowl, combine coconut oil, raw honey, and peppermint oil, mixing with a spoon. Smash clumps of coconut oil against side of bowl until mixture is smooth. Freeze mixture for a few minutes until it starts to harden, then remove from freezer. Use a 1.5 teaspoon ice cream scoop to mea-sure out little balls onto a parchment lined plate. Place plate in freezer to firm up mint balls; when firm, remove from freezer. Squish balls down into flat little patties on parchment paper. Dip patties into melted chocolate (use spoon to drop patty into melted chocolate, dip and remove). Place patties on parchment paper to harden. Makes about 12 patties.

Shopping for Gluten-Free products is even easier at the Co-op. Look for these bright yellow shelf-tags throughout the store. We've gone the extra step to help you identify which prod-ucts are Gluten-Free.



Simple Food for
Special Receptions - cont.

by: beth rotto, cheese and bakery buyer

continued from page 4
Cashews, Salted Mixed Dry Roasted Nuts and Tierra Trail Mixes. Don't forget the ever popular Chips and Salsa or try the recipe for Super Nachos below. And finally, be sure to sample the wonderful fresh-made Guacamole by Mat-tias, also found in the deli grab-n-go cooler. Remember to call the Co-op in advance with your order. This will ensure there is an ample supply for your next gathering.
Here are a few suggestions to help with your next celebration:
• Make yourself a list of things to do and serve. It's disappointing to pre-pare a food and later find that you forgot to serve it.
• Locate and set out plates, dishes and utensils you will use for serving ahead of time.
• Choose foods that can be prepared ahead of time.
• Enlist help. Ask someone to alert you when the punchbowl gets low. Show someone else where the extra supplies are, etc.

Pecan Pate

I served this at a Co-op staff party and replaced the parsley with Micro-greens from Root River. It was delicious!
In food processor, pulse 2 cloves garlic and 4 scallions
Add 1/4 c. parsley. Pulse.
Add 2 c. pecans. Pulse.
Add 3 T. tamari sauce, 3 T. apple cider vinegar, 10 oz. extra firm tofu.
Process until smooth. Serve with crackers or raw veggies.
Nice crackers for this dip include Pita Chips, Crostinni, Crunchy Crust, or triangles of warmed pita bread.
Other good dips available, fresh, at Oneota Co-op include Gorgonzola Mascarpone and plain and flavored Hummus. These are found in the deli grab-n-go case.

Super Nachos

Spread two or more cans of refried beans in a shallow, ovensafe pan that can be used for serving. (If desired, mix sauteed onion with refried beans.) Top beans with 1 small can of chopped, green chilies. Sprinkle with a thick covering of shredded Monterey Jack, Cheddar, or Colby cheese. Pour 3/4 c. prepared taco sauce over the cheese. Bake, uncovered, at 400 degrees for 20 minutes. Garnish with 1 c. pitted ripe olives. Mound guacamole in center of pan, then top with a dollop of sour cream. Tuck tortilla chips around the edge of the pan. Serve warm with extra tortilla chips.

Welcome: Veriditas Botanicals

by: gretchen schempp, body care buyer

If you have been in the wellness section lately you may have noticed some changes in the aromatherapy aisle. We have decided to discon-tinue our organic line of essential oils, Simplers, and replace them with another organic line, Veriditas Botanicals.

A little history

Melissa Farris founded Veriditas Botanicals in 1995 and Simplers Botanicals a year later. Her com-panies were the first to introduce pure organic essential oils to the US market. Melissa is a certified herb-alist and aromatherapist. She sold Simplers in 2002 and moved back to her hometown, Minneapolis. Upon her return she established Veriditas Botanicals as one of the Midwest's leading providers of pharmaceutical-grade, organic essential oils.

Veriditas is the combination of the two Latin words for green and truth. Veriditas describes nature's divine healing power from plants to humans.

Annually, Melissa visits small independent distilleries and farms, where organic and biodynamic farm-ing processes are used to grow the herbs you will experience in Veriditas oils. She has developed bonds with these growers and is proud to share the sources of her products. She imports the organic essential oils directly from the distilleries world-wide. Many essential oils on the mar-ket are traded through distributors and pass through many hands before they reach a retail outlet.

Therapeutic grade and organic
what's the difference?

Essential oils are distilled from plants, and they have powerful heal-ing properties, but only 2% of essen-tial oils sold in the US are true thera-peutic grade. Therapeutic grade essential oils must only be distilled in stainless steel cooking chambers at the lowest possible pressure and temperature. High temperatures, high pressure or contact with chemi-cally reactive metals such as copper or aluminum can destroy delicate compounds.

Essential oils can be extracted from plants by a variety of methods, including solvent extraction, carbon dioxide extraction and steam distil-lation. Steam distillation is the most common, though the equipment and processing conditions are relevant in

insuring a therapeutic grade oil. Organically grown plants and herbs make for the safest and most therapeutic essential oils. Because many pesticides are oil soluble they can mix into the essential oils during distillation.
Timing of the harvest is another important factor in therapeutic-grade essential oils. If harvested at the wrong time during the season, or even the wrong time of the day, a substandard oil can be produced.

What to look for from Veriditas

To introduce Veriditas in our store we decided to start with their Well-ness Formulas and 12 of the best selling essential oils.

Developed by Veriditas founder, herbalist and aromatherapist, the Wellness Formulas are blends of their 100% Certified Organic Essential Oils. Look for the following formulas:

- Acne Treatment
- Addiction/Withdrawal
- Athlete's Foot
- Canker Sores
- Cellulite Reduction
- Cold Sore Treatment
- Constipation/IBS
- Men's and Women's Deodorants
- Earache Treatment
- Gingivitis Treatment
- HPV Treatment
- Immunity Boost
- Menstrual Cramp Relief
- Mental Clarity
- Rose Regenerative Facial Oil
- Scar Prevention and Treatment
- Shingles Treatment
- Sinus Congestion
- Sleep Aid
- Stretch Mark
- Prevention and Treatment
- Varicose Vein Tonic
- Wart Treatment
- Yeast Infections

Look for more Veriditas Botanicals products in the near future. Also watch for an educational interview with Melissa Farris, Veriditas founder and aromatherapist, on the Co-op's website.

Custom-made
Room or Body Spray

4 oz empty spray bottle
100 drops of essential oil (single or mixed oils)
1 Tablespoon Everclear or Vodka
Shake to emulsify.
Top with water.

Mom's Best Ever Fruit Salad

The amounts don't matter too much.
In the evening, cut up a couple of oranges and add to 1 can of pineapple tidbits. Sprinkle with 1/3 c. sugar and let stand overnight.
In the morning, drain juice into saucepan. Add 1 T. lemon juice and 2 rounded tablespoons cornstarch. Heat and stir until quite thick. Cool.
Add apples, grapes, melon balls, banana slices, etc. to the orange pine-apple pieces. Pour the thickened juices over this. Chill and serve. This fruit salad can be made the day before, although bananas should be added on the day the salad is to be eaten or they will discolor.

Check out the full Oneota catering menu online at
www.oneotacoop.com

SUPERFOODS - BULK UP!

by: carl haakensted, bulk buyer

Another Iowa summer is fast approaching, and I can hear a lot of you say, “Thank goodness.” For many of us summer means active outdoor pursuits: from canoeing to biking to gardening. To get the most out of all summer has to offer you have to be healthy and full of energy. There are two “superfoods” in bulk that can help give you the energy necessary to live the summer life to its fullest. These two “superfoods” are chia seeds and cacao nibs. Chia seeds have been getting a lot of attention by the likes of Dr. Oz and the mighty Oprah lately because of their nutritional benefits. Chia seeds come from a flowering plant native to Central and South America and these tiny seeds are literally packed with nutrients. One tablespoon of chia seeds contains approximately 3 grams of omega-3 fatty acids (that’s as much as a can of sardines, another tasty source of omega-3s), 5 grams of fiber, 3.5 grams of protein, plus antioxidants and calcium. Chia seeds’ mild nutty flavor makes them easy to incorporate into your diet: simply sprinkle them on any dish, from salad to toast, or mix them in a glass of juice or water and drink them down. I should also mention that you should add chia seeds to your food after it is cooked as heat can degrade some of their nutrients, especially the omega-3s. To get the full health benefits of chia seeds you should consume 2-3

tablespoons a day and according to my advanced calculations 3 tablespoons of chia seeds costs about \$.60, which is a reasonable investment in your health and well-being. Visit hidalgofoods.com for more nutrition information about chia seeds and suggestions on how to use them.

Cacao nibs are the dried and cracked beans of the cacao or cocoa tree (the beans can be further processed into chocolate of various forms). Everyone was really excited to find out that chocolate has been shown to contain flavonoid antioxidants that improve cardiovascular health along with other important antioxidants that help to prevent cell damage from free radicals. But an important thing to realize is that cacao nibs contain an even stronger dose of these antioxidants because they are a less processed version of cocoa beans. We sell two varieties of raw cacao nibs at the Co-op: the unsweetened nibs have an earthy, slightly bitter taste while the sweetened nibs taste more like dark chocolate with some of the same earthy flavors. Cacao nibs can be snacked on plain or mixed with nuts and dried fruits for a super-healthy trail mix (you can include walnuts, goji berries, or dried blueberries for even more antioxidants). Cacao nibs can also be mixed into your favorite dessert recipes for an increasingly complex chocolate flavor.

- Cacao Nib Brownies
- 6 tbsp (3/4 stick) butter, salted or unsalted
 - 8 oz bittersweet or semisweet chocolate, chopped
 - ¾ cup sugar
 - 1 tsp pure vanilla extract
 - 2 large eggs
 - ¼ cup flour
 - ¼ tsp salt
 - 1 cup toasted and chopped walnuts (or other nuts)
 - 1/3 cup dry cherries, chopped
 - 1/3 cup cacao nibs

Preheat the oven to 350 degrees. Butter a 9-inch square cake pan and line the bottom with parchment paper. Melt the butter in a medium-size saucepan. Add the chocolate to the butter, stir over low heat until melted. Remove from the heat and stir in the sugar and vanilla. Beat in the eggs, one at a time. Add the flour and salt and stir energetically for 1 minute, until the batter loses its graininess and becomes smooth and glossy. Stir in the chopped nuts, cherries and the cacao nibs. Scrape the batter into the prepared cake pan and bake for 30 minutes. Cool completely before removing the brownies from the pan. The brownies will keep well for up to 4 days at room temperature.

IN CONTEXT: HEALTHY FOOD AND ONEOTA

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

In previous articles in the “Scoop” 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).

Good food sustains health and life. For untold generations people around the globe have developed what we now think of as “ethnic” diets built around natural foods adapted to their environment. It appears that humans, being omnivores, don't have one “right” way to eat. The wide variety of foods that have sustained people through the millennia suggests that humans and the foods nature provides have evolved together, and in great variety. They tend to be whole foods; balanced in essential fatty acids (omega 3 & 6); with limited fat; not too sweet; not too salty; and balanced in protein, unrefined carbohydrates, and fiber.

But it is becoming increasingly clear that there is a “wrong” way to eat. Through most of human history sugar, fat, and salt were scarce, precious commodities that our taste buds crave. Unfortunately, we have built a food system in the last 50 years that turns things upside down. In our hubris, we have engineered and built an agricultural and industrial processing system around, as Michael Pollan says, “edible food-like substances” made primarily from industrial by-products of corn and soybeans.

Unfortunately, these substances have characteristics that are the inverse of nature's foods. They are mere components of whole foods; unbalanced in fatty acids (exces-

sively toward omega 6); laden with fat, sugars (in the form of high fructose corn syrup), salt, and refined carbohydrates; and low in fiber. Our animals, also fed with these same products, produce protein that is of the same general nature. As Michael Pollan observes, “‘We've all heard that 'You are what you eat.' But it is also the case that 'You are what, what you eat, eats.’” (This applies to plants, too.)

The result is the “Western diet” that (not coincidentally) brings Western diseases with it wherever it goes – heart disease, obesity, and diabetes among the most obvious. We gobble it up because it provides in abundance of what our taste buds have evolved to seek out as scarce luxuries – fat, sugar, salt. “Treats” are now embedded in massively excess quantity into almost every food and that is taking a huge toll on our health.

Even when we know this, few of us are good enough to eat only what is good for us. But try the 80-20 rule: Eat 80% whole, nutritious foods and don't obsess about the other 20%. Over time, the taste buds adjust and treats can again become just that – treats that bring variety and appreciated pleasure to your life.

Eating is one of life's basic pleasures, as well as being essential, but it shouldn't kill you. At Oneota Co-op we have wonderful treats because we know that these, if made with appropriate ingredients, do make life better. But our specialty is whole, natural foods that maximize the natural balance that provides a basis for a healthy life.

Next In Context:
Affordable Food and Oneota - the High Cost of Cheap

MOVIES TO CHECK OUT!

We recently expanded our movie collection here at the Co-op. DVD acquisitions include: The World According to Monsanto, Gimme Green, Paddle to Seattle, Oil + Water, Killer at Large, Tapped, and Food, Inc. Members may check out movies for home viewing as they are available from the Co-op.



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!”

COMM POST

To sign up for weekly Oneota Co-op e-mails containing news, events, sales, and the deli menu, simply go online to any page of our website and click the link to sign-up for our e-newsletter.



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THINK GLOBALLY - THE PARADOX OF BUYING FROM THE SMALL FARMER

by: wendy gordon

Most people are familiar with the slogan "think globally, act locally" but too few realize how easily they can "act locally" every time they grocery shop.

Locally grown food, once standard, is a largely unnoticed casualty of both modern expectations and the global economy. Our grandmothers canned tomatoes and beans, and stored apples and potatoes in root cellars. Citrus fruit was a rare enough winter treat that it found its way into Christmas stockings. Now we think nothing of eating a peach in January, a pineapple in February, anything that strikes our fancy no matter the season of the year.

Free trade sounds benign enough on the face of it. After all, what's wrong with buying the best product at the best price? Lots. As we know from revelations about working conditions in shoe factories in Indonesia, or carpet mills in Pakistan, the "best price" often comes at a high human cost. However, the goods themselves are often equivalent or better than local products. As long as manufacturing conditions are humane, one can make a case for buying cars from Japan or leather jackets from Italy. But in the case of fresh food, imported items are generally inferior. Food spoils a lot faster than cars or clothes, so imported foods are often worse the wear for their travels: picked before they are ripe, drenched in preservatives, the antithesis of a fresh from the garden summer tomato. To be sure, there are foodstuffs that don't grow in the temperate climate of the United States. Goods such as vanilla, coffee, and spices have been traded for thousands of years. But a strawberry grows just beautifully in Oregon, and no strawberry shipped from Chile will ever hold a candle to a strawberry freshly picked from a local farm. What strawberries from Chile are, given current trade regulations (or lack thereof) is plentiful and cheap.

The global economy pushes inexorably toward ever-larger economies of scale. The consequences to local economies rarely cross their radar screens; after all, multinational corporations by definition transcend national boundaries. One of the consequences has been the slow destruction of family farming as a viable vocation. Large supermarket chains desiring a consistent, year-round source of produce, now import most of their fruit and vegetables. Even when locally grown products are abundant, such as tomatoes in late summer or pears in the fall, you won't find them on the shelves at your local supermarket. Many farmers, unable to get a decent price for their crop, are switching to non-food crops such as Christmas trees or sod, or getting out of farming altogether.

In their wake, food processing plants close, farm workers lose their jobs, and our epidemic of rural poverty deepens.

There's another hidden cost to foods shipped from far away: fossil fuel. Think of all the energy it takes

to operate the refrigerated trucks, planes and warehouses needed. Foods shipped long distances require more packaging, often in plastic (fossil fuel again). In order to survive the journey, produce is treated with pesticides and preservatives. Glossy supermarket apples, coated with fungicide-saturated wax, are an excellent example. Also, many foreign countries use pesticides banned in the U.S. (though often exported by the U.S., thanks to the wonders of global trade).

Fortunately, we aren't totally dependent on the economic decisions of giant grocery corporations. By buying locally grown and produced foods we keep the tradition of family farming alive. Safeway may not sell these foods, but farmer's markets, smaller groceries, and natural food stores such as Wedge Co-op do. In the Pacific Northwest, where I live, we are especially fortunate. Our temperate climate and abundant rain allow for a wide variety of crops, and our land use policies have saved valuable farmland from development. We are also lucky enough to border California, which is warm enough to grow summer crops such as tomatoes year-round, as well as semi-tropical crops like oranges, lemons, and grapefruits. Minnesota, with its long and severe winters, presents more of a challenge. In the middle of the winter, you will probably find most fresh organic produce is shipped in from California (with an attendant high cost). If you're desperate for fresh citrus or tomatoes, I'd stretch your concept of local to include that warmer part of the country. Mexico also has some reliable organic producers and is a good source of tomatoes and bananas midwinter. However, you can also give in to the season and build your winter meals around root vegetables (potatoes, leeks, parsnips, rutabagas, beets) and greens such as collards that store well through the winter and even grow in frosty weather. (I've unearthed kale and hearty greens from under heavy snow). Frozen vegetables from suppliers like Cascadian farms (or your own garden) are also a good alternative. Local meat and dairy, of course, know no season.

If you aren't accustomed to buying locally, you will soon discover that local food is far tastier. Large corporations breed their produce for ease of shipping and handling, not for flavor. That's why the potatoes are so mealy, the pears rock-hard, and the oranges watery. Local growers aren't catering to a bland common denominator taste, so you can find unusual treats such as designer goat cheeses and heirloom tomatoes. Locally grown food is also safer. While bacterial contamination can occur anywhere, it is much more likely to grow out of control when food is processed in large batches and handled by many people. Salmonella, for instance, is largely a problem in Eastern and midwestern factory poultry farms. Buy free-range eggs from a local farmer, and you need not worry



about tossing a raw one into your Caesar salad.

Locally grown foods tend to be more expensive than a crate of corporate apples from a warehouse mart, because so much of the cost of those apples is not passed on directly to the consumer. However, by buying seasonally, you can cut down your grocery bill substantially. Buying seasonally also keeps you in touch with the rhythms of the year and the beautiful place we live in. Why not savor luscious tomatoes in august and flavorful squashes in November? They will taste that much better eaten with the knowledge that a farmer near you grew them with care.

Buying locally also uses your considerable power as a consumer to influence the actions of business. If supermarkets find that their customers are no longer satisfied with rock hard peaches, mealy apples, and pizzas with ingredients from eighteen different countries, then they in turn will alter their buying decisions, placing pressure on the corporations that supply them and the governmental organizations that regulate trade.

Wendy has an M.S. in Clinical Nutrition from the Pritzker School of Medicine (University of Chicago). She has been involved with food co-ops for about 25 years, and has been writing freelance articles for about that long. She lives in Portland, Oregon with her husband and four children and is an avid cook and organic gardener.

a creative nature

Thank you to Randy and Jane Fosaaen of A Creative Nature in Ossian, Iowa for more great signage work for the Co-op. New outside and inside Water Street Café signs and window lettering. Great work, as always.

FOSTERGRAPHS

Thank you to Kent Foster of Fostergraphs for the beautiful photos that are displayed around the store. Kent has a wide array of prints available in a variety of sizes and surface application options for both home and office. www.fostergraphs.com

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The beautiful pots soon to be in front of the Co-op were made by Nate and Hallie Evans of Allamakee Wood-Fired Pottery in New Albin, IA. Our thanks to them for answering our call for a local potter interested in providing the Co-op with some sizeable pots for vines and plants outside the front of the store. More information and photos of their work can be found online at www.allamakeewoodfiredpottery.com and at Agora Arts in downtown Decorah. Stop by and check out these wonderful additions to our storefront.

WILLOWGLEN NURSERY

Thank you to Lee Zieke and Lindsay Lee of Willowglen Nursery for consultation on pots and plants for the front of the Oneota Co-op. Your expertise and help is much appreciated! For more information about Willowglen Nursery, check them out online at www.willowglennursery.com. This will be their last season as a garden center. We wish them the best of luck in their future horticultural endeavors.

PRODUCE ON THE Bar-BEE

by: betsy peirce, produce manager

It may not officially be summer, but as I type this it is a good 85 degrees outside - in April. It sure feels like summer and for many that brings to mind grilling. Meat is synonymous with grilling. When the aroma of charcoal embers wafts through the air my mouth starts watering for a good burger. With this article I am going to help you broaden your grilling horizons. No more will you automatically assume you are smelling meat on the grill! There's a whole wide world of fruit and vegetable options to choose from and grilling is the perfect way to bring out the smoky sweetness of almost anything.

The first thing you need to invest in when you are considering becoming a Grill Meister of vegetables is a grill basket. There are lots of kinds- all with holes in them which allow the flames to leap through and sear your food to perfection. There are flat ones, wok shaped ones and skillet-like grilling pans. They are relatively inexpensive (\$4.99-\$29.99 at Ace Kitchen store) and take the headache out of trying to prevent your potatoes from falling through into the flames. Also helpful are wooden skewers – sharpened sticks you can soak in water and then skewer veggies onto to create shish kabobs. The advantage of a grill basket over skewers is that you can basically stir fry your veggies on the grill and not be concerned about burning them the way you do when turning the kabob.

My very favorite thing to grill in my wok-style basket is potatoes. I par cook them on the stove top until they are still a bit crunchy- don't cook them until they are done or they will fall apart. I cut them into big chunks and have a marinade of equal parts balsamic vinegar and tamari, ¼ c olive oil, a tablespoon of prepared mustard and crushed garlic. I have the marinade ready to dump my potatoes into when they are done cooking and while they are still hot. This allows them to absorb the marinade quickly. I put them in the grill basket on the grill over hot coals and toss them every minute or so until they are cooked all the way through.

Another great combo is zucchini, onions, eggplant and red peppers in the grill basket. All that's needed is some salt and pepper and olive oil tossed gently. The process is the same, times will vary according to grill temps. You can toss in some cherry tomatoes and mushrooms in the last few minutes of cooking.

Asparagus tastes great grilled and works well in small pieces in a wok or long spears on the flat grill basket. Coat with olive oil and salt and pepper and grill over hot coals to your doneness specifications.

Have you ever tried grilling fruit? It's quite delicious. Fruit is basically made up of water and sugar. By grilling it you can concentrate the flavors by reducing the water and caramelizing the natural sugars. Hard fruits like apples, pears, and pineapples are the easiest to prepare since they hold their shape and texture while cooking. Pineapple is a natural favorite as its size and shape lend well to a grill. Softer fruits like peaches, nectarines, plums and mangos will become soft and mushy if overcooked. You will need to be more attentive to these kinds of fruit.

Either way, pick a fresh firm fruit that is just short of being perfectly ripe. You will want a fruit that is solid enough to hold together and maintain its texture on the grill. Soaking the fruit in water ahead of time prevents burning. Grilled fruit makes a perfect summer dessert option- just serve on its own or over ice cream.

This grilled fruit recipe can be transformed into any dessert you wish. You can add a scoop of ice cream and crumbled cookies to make a sundae, or slice and place on top of baked sugar cookie dough to make a dessert pizza.

Grilled Honey Basted Nectarines

Yield: Serves 4

Ingredients:

- 2 medium nectarines, halved and pitted
- 2 tablespoons honey
- 1 tablespoon margarine or butter, melted
- 1/4 teaspoon nutmeg
- 1/4 teaspoon cinnamon

Preparation:

Preheat grill. Brush nectarines with butter or margarine. Place nectarine halves on grill and cook uncovered for 10-12 minutes. Brush with honey during cooking process. Remove from grill and allow to cool. Serve sprinkled with cinnamon and nutmeg (or a scoop of ice cream).

On the Produce Horizon

- Mexican peaches are in. They are always some of the tastiest peaches – get them while they last.
- The season is ending on domestic apples and pears. Look for imported apples and pears soon.
- California asparagus is here, and local asparagus is just starting.
- Domestic soft fruit is on the horizon - start looking for CA peaches and nectarines in May - grapes will soon follow.
- California strawberries are in full swing.

On the local scene:

- Barb Kraus of Canoe Creek Produce - famous overwintered spinach!
- Sorrel- great in salads and soups - a lemony green.
- Mache or corn salad - a crunchy sweet mild green to add into regular salads.
- Scallions from GROWN Locally.
- Local salad mix from GROWN Locally.
- Microgreens from Mike Bollinger and Katie Prochaska
- Local asparagus from Sliwa Meadow Farm, Patchwork Green Farm and GROWN Locally.
- Green garlic- early garlic harvested before it starts to form bulbs. Use as you would leeks - best if cooked. Its flavor is mild and sweet.
- Local rhubarb - for those who are "patchless."

growing lunch in the schoolyard • cont.

by: kris schanilec, co-op member

continued from page 11

What about Jamie Oliver?

Healthy foods in schools is not a new idea, despite what one English celebrity chef may have you believe. Farm to School started in 1996 with pilot projects in California such as The Edible Schoolyard led by Alice Waters.

Recently, “healthy food” programs have been spreading like creeping charlie. First Lady Michelle Obama, SlowFood USA, the USDA, state and U.S. legislators are all spearheading initiatives and legislation—some established and some new.

Notably, Obama's Let's Move campaign established Partnership for a Healthier America earlier this year. This strategic alliance unites the efforts of many foundations and organizations in the movement to raise healthier children.

Planning for sustainability

According to Cerbin and Wobeter, FFI has purposefully chosen to evolve “organically” over the past two and a half years, without broad campaigns for public and private support.

This has helped the project build a strong grassroots momentum, which will help ensure that it meets the real needs and interests of real people and has staying power. “We want Farm to School to become sustainable,” observes Cerbin.

Wobeter adds that the program's youth-driven approach is important.

Volunteer!

Minds and hands are needed for preparing, planting, and growing. Contact David Cavagnaro at 563-382-8833 or david.cavagnaro@gmail.com.

“People listen when youth ask for something,” she says. FFI has cultivated youth teams in sixteen high schools.

FFI's sustainability strategy also involves choosing partners like Luther College and Iowa State University Extension, which already have well established health and fitness initiatives.

Cavagnaro agrees that sustainability will be fueled by support within schools and communities. “Each community will have to evolve its own strategy for sustainability... That will be the toughest challenge: We need to have enthusiastic people coming forward on a regular basis. The national movement behind this at the moment is helpful.”

Farm to School will be expanded to include more schools next year. Meanwhile, there are gardens to plant. “We are heading toward spring planting and have dates on the calendar,” he says. “We'll be showing [students] how to build bean teepees and deer fences.”

Follow the progress on www.iowa-foodandfitness.org



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