

THE SCOOP



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

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JULY/AUGUST 2010

312 WEST WATER STREET • DECORAH • IOWA • 563.382.4666 • WWW.ONEOTACOOOP.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

IN CONTEXT: AFFORDABLE 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).

Ah, affordability! There's the challenge! Why is it that food that is Fair, Green, and Healthy costs more? Michael Pollan suggests turning that question on its head and asking, “Why is food that is none of those things (and that dominates the food production/consumption chain) so cheap?” Why have we as a society taken “cheap food” (read “cheap calories”) as our main goal?

As I pointed out in previous articles, the main reason food is cheap is because we have chosen to ignore real but hard to quantify costs -- fairness to producers, impacts on communities when producers can't make a living, environmental degradation due to unsustainable production practices and health degradation due to abundance of food-like products that are simply bad for us. The fact is that we have created an industrialized “food” system that excels at producing cheap calories because it is easy to create products from fats and sugars that tempt our taste buds. One reason this is possible is because our system is built on government subsidies for the building blocks of those cheap

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We'd like to point you in the direction of Plan B_(ottle)



You are parched. It's hot outside, you are on-the-go and you are coming in to the Co-op to pick up a bottle of clear refreshing water. But, you walk up to the beverage cooler only to find that the Co-op doesn't carry single-serving bottled water in (convenient) plastic bottles. Your first reaction is most likely disappointment. You may even be rather upset. We know, we've been there too, and we've heard your concerns. But this is one point we feel very

strongly that we need to stick with at the Co-op.

So, we've got options for you that are perhaps more expensive in the SHORT run, but we guarantee will pay off big-time in the long run - which is one of the reasons we are here. It will also make you more conscious of the steps you take in your daily life to eliminate wasteful purchases and packaging.

We've got water bottles but not bottled water. Reusable bottles and containers adorn our shelves in various areas throughout the store. You can find an array of different designs (some are even Oneota Co-op branded) made of different materials. Some insulated, some not. But, one thing rings true for all of these options. They can be used again and again and again - eventually saving you money and the Earth's resources. Not to mention, anyone who walks into the Co-op with their own single-serving container can fill it up for free from our Café water-crock or directly from the Culligan water machine - both located at the front of the store.

It took me a while to get used to travelling with a stainless steel water bottle. My husband wasn't too happy about it at first either. I bought my first stainless steel water bottle three years ago when we

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Farm to Fork *facts*



Just how far

does most food travel? Most likely, it travels much further than you realize. What are some of the benefits of eating local? As the Oneota Community Food Co-op prepares for *Eat Local, America!* during the month of September (more info on page 10), we offer these farm to fork facts about local and non-local foods:

- Local foods usually are allowed to ripen on the vine far longer, increasing the plant's nutritional value. (Harvard Center for Health and the Global Environment, 2010)
- Ten percent of all fossil fuel energy consumption in the United States is due to food processing, transportation, storage and preparation. (Horri-gan, Leo, et al. 2002)
- Small, family-owned farms reinvest a larger portion of their profits into their communities. While large industrial farms often bulk order seeds, equipment and products from distant companies, small farms are more likely to purchase operating supplies and services from other locally owned businesses. (Sustainable Table, 2010 and Environmental Health Sciences Research Center, University of Iowa, 2003)
- Farmers who sell their produce locally are more likely to choose fruit and vegetable varieties for their superior flavor rather than for their durability for travelling long distances. (Harvard Center for Health and the Global Environment, 2010)
- Buying local products gives farmers an incentive to diversify their offerings, rather than focus on a single crop. Diversified fields help protect the environment by producing crops that are more resilient against pests, extreme weather and disease. (Harvard Center for Health and the Global Environment, 2010)
- Processed food in the United States travels more than 1,300 miles on average to reach consumers. (National Sustainable Agriculture Information Service, 2008)
- On average, produce travels more than 1,500 miles from the industrial farm to the plate. (National Sustainable Agriculture Information Service, 2008)
- On average, an American meal usually consists of ingredients from five different countries. (Leopold Center for Sustainable Agriculture, 2007)
- Typically, non-local food spends seven to 14 days in transit to reach American consumers. (Leopold Center for Sustainable Agriculture, 2007)
- Smaller family-owned farms typically reinvest more into the local economy by purchasing goods and services available within their region, rather than through large bulk distributors outside the region. (Worldwatch Institute, 2002)

WE
ADD
+UP



\$12.99

NOW in-stock at the Co-op - Shower Together, Buy Local, Garden, and Breast Feed shirts in various sizes. “No one can do everything. Everyone can do something.” Start a dialogue without saying a word.

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Phthalates...another chemical curve-ball

by: nate furler, marketing specialist

“That’s the nature of science – one answer leads to another question.” Mark Schapiro

Here at the Co-op, we are faced with the daunting task of attempting to carry the safest and highest quality products we can. After all, we don’t just carry products, we care about the products we carry.

After beginning research on the chemicals known as phthalates, the question “Where do I even start?” comes to the forefront of my mind.

The EU (European Union) has banned phthalates, yet the United States still allows their widespread use. You may have seen the recent segment on “60 Minutes” or a story called "Toxic Toys" which ran as a part of "NOW" in 2008 on PBS. If not, both can be found online, and both make compelling arguments about the safety of phthalates, particularly pertaining to boys under the age of three. The chemical is suspected of disrupting hormonal development, possibly altering the size of a baby boy's genitals and potentially causing reproductive problems and even cancer when kids grow up.

So, what are phthalates? They are the chemical in plastic that give it the flexibility and softness that the manufacturer desires. But phthalates are not only in plastics. Phthalates are also used in lotions, perfumes, shampoos and cosmetics like lipstick and foundation. They make the scent and color last longer. Phthalates are so ubiquitous that there are said to be traces found in every single human tested for them in the United States.

The question of what plastic items are safe and which contain phthalates is difficult because labeling is not required for the chemical. As seen on the segments mentioned prior, two similar looking toys wind up with one containing and one free-of phthalates. In the segment, they first test to see if the particular plastic used to make the toy is PVC (Polyvinyl Chloride). If they test positive for PVC, then they are chopped and ground up and tested for their level of phthalates.

It is most certain that if an item is labeled as being a #3 plastic - PVC - it will contain phthalates. Each toy was found to have different levels of phthalates, some of which were off the charts according to scientists. As the investigation evolved, you are made aware that at the factories where these toys are made, there are two separate lines. One line for toys destined for the EU that does not contain phthalates, and one for toys sent to the US that do.

So, what information did the EU have that the US was not privy to? Nothing. In fact, the evidence that was presented by US scientists from their studies was exactly what the EU cited in their ruling to ban phthalates. The interesting explanation given for why this happens to be the case is the EU’s stance of using the “precautionary principle.” The precautionary principle can be thought of as “better safe than sorry.” If there is a chance that this chemical ingredient may actually be the cause of these abnormalities in humans and rats, then they choose to play it safe and not take the risk of harming people, animals, and the planet. On the other hand, scientists in the United States are forced to prove beyond a doubt that these same chemicals are doing harm before any action is taken.

It is presumed that corporations do not wish to change their products because of the expense that would be incurred due to switching to “safer” chemicals used in place of phthalates. However, this argument has proven to be invalid since there's been no economic strain in the EU because of just such substitutions.

In researching the issue of phthalates, I realized a further point that I feel is necessary to illustrate. Here at the Co-op, we operate under the very same “precautionary principle” exhibited by the EU. It isn’t a matter of being right, wrong, better or elite. It is a matter of exercising



safety and caution even when the evidence may be inconclusive. Our customers, member-owners, staff, and the community expect nothing less from the people and products that comprise this organization.

Here’s a list of different phthalates and where you’ll most likely find them in the United States:

Diisononyl phthalate [DINP]: garden hoses, shoes, shoe soles, toys,

and construction materials.
Di-n-butyl phthalate [DBP]: cellulose plastics, solvents for dyes, food wrap (Oneota Co-op carries Natural Value plastic wrap and bags which are free of phthalates), adhesives, perfumes, cosmetics, skin emollients, hairspray, nail polish, insect repellents.

Diisodecyl phthalate [DIDP]: automobile undercoating, wires and cables, shoes, carpet backing, pool liners.

Butyl benzyl phthalate: vinyl tile, conveyor belts, artificial leather and traffic cones.

Di-n-octyl phthalate [DOP]: flooring materials, carpet tile, canvas tarps, notebook covers. DOP used to be utilized in the production of medical blood bags. It was one of the most common plasticizers in production with about 9 tons of DOP produced every year until 1987 when it was suspected of causing cancer. They stopped using it in blood bags when it was found to be leaching into the stored blood.

Di-n-hexyl phthalate: automobile parts, tool handles, dishwasher baskets, flooring, tarps and flea collars.

Can't go ORGANIC? Seek out the CLEAN 15

The Environmental Working Group recently released updated lists of fruits and vegetables that they consider the "Dirty Dozen" and "Clean Fifteen."

The Dirty Dozen is a list of fruits and veggies that are considered to be contaminated with the most pesticide and chemical residues. The items on the Clean Fifteen are considered to be the best options when purchasing conventional produce, containing the lowest levels of pesticide and chemical residue. As you probably anticipated, buying organic produce is the best way to avoid harmful chemicals. However, if you must buy conventional produce, we urge you to select from the Clean Fifteen list to reduce your exposure.

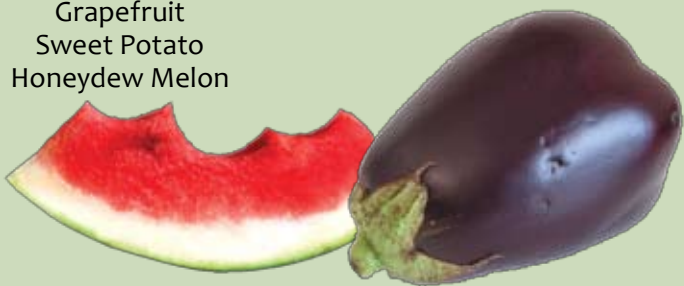
As always, be sure to ask our knowledgeable Produce Department staff about items we carry at the Co-op. In some cases, items may be listed as LOCAL or LOCAL & CONVENTIONAL. However, since we keep tabs on our producers, we can tell you exactly what measures they are taking to control pests and disease.



CLEAN FIFTEEN

best listed first

- Onions
- Avocado
- Sweet Corn
- Pineapple
- Mangos
- Sweet Peas
- Asparagus
- Kiwi
- Cabbage
- Eggplant
- Cantaloupe
- Watermelon
- Grapefruit
- Sweet Potato
- Honeydew Melon



DIRTY DOZEN

worst listed first

- Celery
- Peaches
- Strawberries
- Apples
- Blueberries
- Nectarines
- Bell Peppers
- Spinach
- Kale
- Cherries
- Potatoes
- Grapes (imported)



REGISTRATION OPEN!

30th ANNUAL

CONFERENCE and CAMPOUT

at SEED SAVERS EXCHANGE HERITAGE FARM

Music by Misfit Toys, Synister Dane, and Western Home String Band

Great food prepared using regionally grown produce, bread, meats, & cheeses

Educational workshops covering everything from Grafting Vegetables to Bio-efficiency of Soils to High Tunnel Use to Raising Suburban Chickens.

Dig and Discover Youth Conference also available for all kids 6 yrs and older who attend with a registered adult.

Speakers include: Maria Rodale, CEO Rodale Publishing, Diane Ott Whealy, Co-founder of Seed Savers Exchange, Dr. Kenneth Street, The Seed Hunter from Syria, and Pat Mooney, ETC Group from Canada



REGISTER TODAY!

Full weekend \$85 members (\$110 non-members) One day only registrations also available upon request!

563.382.5990 or seedsavers.org

OUR MISSION

IS TO PROVIDE OUR MEMBER-OWNERS WITH:

- foods produced using organic farming and distribution practices with an emphasis on supporting local and regional suppliers,
- reasonably priced whole, bulk and minimally packaged foods and household items,
- products and services that reflect a concern for human health and the natural environment and that promote the well-being of the workers and communities which produce them.

CO-OP BOARD OF DIRECTORS, 2009-2010

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SCOOP

ONEOTA
COMMUNITY
FOOD
COOPERATIVE

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

Proofing Cathy Baldner, Sue Bjelland, 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
COMMUNITY
FOOD
COOPERATIVE

WELCOME

to these new member-owners & their households!

Debra Bolle

Erin Brubaker

Terry Buenzow

Rebecca Burkes

Leslie Cutting

Josh Dale

Glen Ellickson

Erin Flater

Shannon Gallagher

Diane Ishmael

Michael Johnson

Jenny Larson

Elisha Marti

Sarah Mount-Blair

Marcia Myli

Courtney O'Hara

Calla Olson

Ana Olson-Johnson

Nicole Ondrashek

Kevin Roberts

Nicole M Scoles

Janette Simon

Sharon Smutzler

Jen Soland

Kelly Thompson

Beverly Torkelson

Val Vagts

Jennifer Weier

Rebekka Willis

Edna Wyninger

WORKING-MEMBERS

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

Lyle Luzum

Steve Peterson

Steve McCargar

Bill Pardee

Jon Jensen

Joan Leuenberger

Robert Fitton

Arllys Adelman

Jerry Aulwes

Carol Bentley-Iverson

Randi Berg

Rachel Breitenbach-Dirks

Judy Bruening

Brenda Burke

Mwara Muiriri

Dennis Carter

Barb Dale

Christine Gowdy-Jaehnig

Mary Hart

Toast Houdek

Dane Huinker

Pam Kester

Dave Kester

Georgie Klevar

Kit Klepinger

Caroline Krammen

Roy Macal

Onita Mohr

Mary Moody

Emily Neal

Daphne Roberts

Ron Roberts

Perry-O Sliwa

David Sliwa

Lynne Sootheran

Kent Simmonds

Wendy Stevens

Jim Stevens

Randy Sundquist

Deneb Woods

David Paquette

Lindsey Lee

Jerry Skoda

Nikolay Suvorov

Sharon Phillips

Laura Demuth

Jennifer Zoch

Lynda Erickson

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.

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 members who qualify for the senior discount

(60 years of age or older) receive an extra 5% off most purchases.

(excludes already marked down CAP sale items)

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.

Guide to Recycling in Winneshiek County

It is not possible to list every item that has the potential to be recycled. Please call or e-mail Winneshiek County Recycling with any recycling or waste disposal questions.

The recycling center is open 6:30 am - 3:00 pm Monday through Friday. There is a 24-hour drop-off building in front of the recycling center and numerous collection bin sites throughout Winneshiek County.

Winneshiek County Recycling
2510 172nd Avenue, Decorah, Iowa 52101
563-382-6514
recycling@co.winneshiek.ia.us
You can also find Winneshiek County Recycling on Facebook.



Tetra Pak recycling
not paper,
not plastic,
not metal,
and unfortunately
not here



Shelf stable milk, juice, and other liquid food items are a fantastic idea. It allows a person to buy in bulk quantities without the immediate concern of spoilage due to temperature - of course, until the package is opened. This convenience is all thanks to packaging called Tetra Pak. Also known as "aseptic cartons," these pre-sterilized, multi-layered containers block light and air completely from the product inside.

Tetra Pak containers are constructed of 6 layers.

- Layer 1: Polyethylene - protects against outside moisture
- Layer 2: Paper - for stability and strength
- Layer 3: Polyethylene - adhesion layer
- Layer 4: Aluminum Foil - oxygen, flavor and light barrier
- Layer 5: Polyethylene - adhesion layer
- Layer 6: Polyethylene - seals in the liquid

Comprising nearly 75% of the total packaging, paper makes up the biggest portion. The remaining 20% is polyethylene and 5% is aluminum.

Unfortunately, Tetra Pak containers cannot be recycled in Decorah, or even the state of Iowa. Furthermore, simply throwing them in with your other recyclables creates unnecessary strain on local recycling facilities due to increased processing/sorting time and waste. For this reason, please refrain from including them with your recycling.

For more information on Tetra Pak recycling programs and links to voice your interest in such programs for your community, check out www.tetrapak.com or www.recyclecartons.com.

Cardboard taken:
Basic corrugated boxes or sheets, cereal boxes, shoe boxes, or similar containers. Please remove all Styrofoam, plastic bags, and any other packaging. Staples, tape and labels are okay to leave on.
CORRUGATED CARDBOARD IS NOT ALLOWED IN OUR LANDFILL. PLEASE TAKE STEPS TO ENSURE IT IS RECYCLED.

Cardboard NOT taken:
Milk or juice cartons, wax coated produce boxes, food contaminated boxes.

Paper taken:
newspapers, magazines, catalogs, office paper, egg cartons, Kraft paper, phone books, junk mail, brown paper bags, feed sacks, books, and shredded paper. Please deliver hard cover books directly to the recycling center as they need to be processed separately from all other forms of paper.

Paper NOT taken:
paper towels, stickers, toilet paper, waxed paper, wall paper, paper plates, paper cups.

Plastic taken:
items stamped with #1, #2, #3, #4, #5, #6, and #7 such as milk jugs, soap bottles, butter tubs, yogurt cups, buckets, pop and water bottles. TRIPLE rinsed herbicide and dairy supply barrels are okay.

Plastics NOT taken:
Styrofoam, plastic bags, toys, vinyl siding, PVC piping, plastic feed sacks, films, rubber, carpet, foam, silage bags, Tyvek, field tile, and motor oil bottles.

Metal taken:
tin cans, pop cans, aluminum foil, frying pans, cookie sheets, license plates, stainless steel kitchen items, cast iron skillets, brass items, electrical cords, electric motors, and wall chargers.

Metal NOT taken:
nails, screws, large scrap iron items, microwaves, televisions, computers, electronics, and major appliances

Glass:
glass is ONLY ACCEPTED DIRECTLY at the recycling center and is restricted to clear, non-redeemable food container glass. Glass with an Iowa nickel deposit on it should go to a redemption center.



ROAMING THE VINEYARD

with barrett kepfield, wine buyer

La Playa - Loud River
Loud River Roaring Red is a full-bodied, powerful blend of spicy-fruity Carmenère, rich Syrah and peppery Petit Verdot. It shows expressive cherry and berry flavors, bursting with rich, ripe plums sparked with spices, pepper and tobacco.

York Creek Vineyards - Cuvée One Red Wine
Created with "wine-by-the-glass" restaurant menus in mind. It combines a lower price with high quality. This is a wonderful, rich red wine, perfect for hamburgers or other rich food. It is predominantly Cabernet Sauvignon, and it shows in the taste, but also contains several of our other varieties such as Merlot and even some Port grapes.

Pacific Rim Autumnus 2007 Washington Red Wine
Autumnus represents everything that is beautiful about food and wine - bounty, variety and complexity. Crafted to be a perfect food wine, Autumnus is a bit lighter in alcohol with minimal exposure to oak and a soft tannic structure balanced by bright acidity. The Sangiovese brings bright fruit and tannins; the Barbera contributes the acidity and some raciness to the blend with dark cherry aromas and flavors; and the Primitivo - aged in oak - lends a slight touch of rich meaty characteristics and a broad palate. In the end, the blend is soft and high in acid with some deep red fruit and floral tones. Autumnus would be a lovely pairing with pasta or gnocchi in cream sauce. The wine would also pair beautifully with a racy dish, like short ribs with horseradish sauce.

Pacific Rim 2008 Gewürztraminer
The wine is crisp with flavors of lychee, melon and tangerine. An exceptional match with spicy Indian food, lemon chicken and blue cheeses.
"A burst of lychee and pear, aromatic, perfumed with rose petals, lush and forward. The alcohol is 12%, the residual sugar is 1.7%; with plenty of acid under it. The mix of flower and fruit is perfect, substantial, and beautifully balanced."

Fog Mountain Merlot
Made from organically-grown grapes, Fog Mountain Merlot features a dark ruby color with aromas of raspberry jam. Mouth-filling black cherry, dusty chocolate, and blackberry flavors finish soft with ripe plum notes.

CLASSES OF THE FUTURE

by: johanna bergan, education coordinator

We have such a variety of classes offered here at the Oneota Community Co-op. Here is a break down of our current class types and an introduction of a brand new option.

Educational Classes: These are lecture and/or demonstration classes focused on a single topic (sure to interest you) and led by a knowledgeable instructor. Expect an hour long class with time for discussion and Q&A sessions. Most classes have a maximum space for 20 participants.

Demonstrations: Demonstration classes are offered by a knowledgeable instructor who is comfortable demonstrating their craft in front of an audience. This best describes most of our cooking classes to date. Knowledge is gained via hand-outs, discussion, Q&A's, and simply watching our instructor in action. Most often demonstrations have a maximum participant limit of 15 individuals.

Introducing...

Hands-On Classes: These new classes will be entirely hands-on for all participants - aprons encouraged! Each class will be led by an experienced instructor who will demonstrate the cooking and/or baking process planned for the class. Then we all roll up our sleeves and all dig-in. Work stations and supplies will be available for all - participants will cook individually and in pairs to create complete dishes. Then indulge in your creation or take it home to share. These hands-on classes have a limited class size of only 6-8 participants.

Never been to our Co-op classroom? Make this the summer to change all that and come visit us in the classroom. Please don't hesitate to request specific classes to be repeated or scheduled for a special group. Some of our classes can even travel to you!

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.

JULY

Co-op Potluck

Guest Speakers: Rachel Wobeter and Flannery Cerbin of the Food & Fitness Initiative

Thursday, July 1, 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. Come and listen as AmeriCorps volunteers, Rachel Wobeter and Flannery Cerbin share about the Food & Fitness Initiative. Hear about pilot programs in area schools ranging from Walk to School initiatives to those beautiful school gardens we all keep walking by!

CLASS: Presto! Pesto!

with Joel Zook & Johanna Bergan

Wednesday, July 7, 6:30 – 8:00 pm - Co-op Classroom

Pesto: That wonderfully elusive and seemingly overly complicated pasta sauce which always seems to cost too much. Let's break it down together - learn all the variations that make this a completely affordable and very manageable recipe. All participants will go home with a wide variety of pesto sauces ready to freeze. Then enjoy them all summer as cold pasta salads, sandwiches, wraps, dips, etc.

Cost: Member/Owner \$35 Community Member \$45
Maximum 6 class members

Wanted

INSTRUCTORS & CLASS IDEAS

for upcoming sessions.

- September/October
- November/December

Interested?

Please contact Johanna Bergan at the Co-op.
frontend@oneotacoop.com or call 563-382-4666

AUGUST

Co-op Potluck

Guest Speakers: Joel Zook and David Paquette of the Winneshiek Energy District

Thursday, August 5, 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. Have you heard of the Winneshiek Energy District? A new non-profit in town and the talk is all about energy. Hear from Joel Zook and David Paquette as they share information about home energy audits, the newest in how to reduce your energy use, and talk about energy detectors.

CLASS: Potstickers

with Joel Zook & Johanna Bergan

Tuesday August 3, 6:30 – 8:00 pm - Co-op Classroom

Come and learn how to make Potstickers (Chinese Dumplings) from start to finish. Learn how to make and roll handmade dough for the wrappers. Multiple variations on stuffing will be explored, offering both vegetarian and meat options. Dipping sauces included. Leave with a tray full of potstickers to freeze or eat immediately!

Cost: Member/Owner \$35 Community Member \$45
Maximum 8 class members

PRODUCT DEMO: BeanGreens dog and horse treats

with Dr. Julie Kaufman

Friday, August 6th 4:00 - 6:00 pm

BeanGreens! The new, natural, healthy dog & horse treats. Doctor recommended, veterinarian approved, diabetic and insulin-resistance safe. BeanGreens are made with ingredients that have been scientifically proven to benefit your animal's health.

DEMO/CLASS: Introduction to JointYoga - Class for Animals

with Dr. Julie Kaufman

Saturday, August 7th 10:00 am - 12:00 noon

An educational seminar explaining the JointYoga system for improving strength, flexibility and balance for you and your animal with demonstrations on-site. Dr. Julie Kaufman is a licensed chiropractor who has been teaching and practicing animal chiropractic and natural approaches to animal health care since 1989. A pioneer in the animal chiropractic profession, she received the second certification in the world from the American Veterinary Chiropractic Association's animal chiropractic training program in the late 1980s. She is the owner of an integrative veterinary clinic in Wisconsin, Animal Holistic Care Specialists (608-655-1800), which offers animal chiropractic services, nutrition, acupuncture, physical therapy, medicinal herbs, massage, Reiki and animal communication. Her two decades of knowledge and expertise in animal health care are brought to you in JointYoga for Animals.

CLASS: Exploring Foods for All Ages

with Johanna Bergan

Tuesday, August 10, 4:00 – 5:30 pm Ages 3 - 7 w/ an adult helper

Thursday, August 12, 4:00 – 5:30 pm Ages 7 - 12

Explore food through sight, sound, smells, and tactile experiences. It's all about the process. 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!

Cost: Member/Owner \$5 Community Member \$7

Barn Dance with the Footnotes

Friday, August 13, 7:00 - 10:00 pm

at Craig and Ellen Cutting's 2336 Trout River Road, Decorah. No charge, however all donations will go to PFLAG.

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.

Registration Information

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

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

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

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



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Chimney



Chimney



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Fireplace Insert

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.



JULY MEMBER BONUS BUYS

* Regular prices subject to change

	Regular Price	Sale Price	Savings
Bulk			
Peace Coffee, Guatemalan Light Roast	\$9.89/#	\$7.99/#	\$1.90/#
Golden Temple			
Granolas	\$3.99-4.29/#	\$2.49/#	\$1.50-1.80/#
Navy Beans OG	\$1.99	\$1.69/#	\$.30/#
Yellow Split Peas OG	\$1.99	\$1.29/#	\$.70/#
Golden Flax Seed OG	\$2.29	\$1.59/#	\$.70/#
Packaged Foods			
Amy's, Chili, OG	\$3.59	\$2.49	\$1.10
Annie's, Delux Mac & Cheese	\$4.29	\$2.99	\$2.30
Barbara's, Wheatines Crackers	\$3.89	\$2.89	\$1.00
Barbara's, Jalapeno Cheese Puffs	\$2.99	\$2.29	\$.70
Bob's, Flaxseed Meal, OG 16oz	\$4.99	\$3.99	\$1.00
EcoTea, Box Teas	\$4.99	\$3.49	\$1.50
EcoTea, Yerba Mate, 1# loose Tea	\$8.99	\$6.29	\$2.70
Frontier, Bac'uns	\$5.29	\$3.39	\$1.90
Lundberg, Rice Blends, 1# bags	\$3.49	\$2.59	\$.90
Meditalia, Basil Pesto	\$4.69	\$3.39	\$1.30
Newman's, Salad Dressing, 16oz	\$5.39	\$4.19	\$1.20
Simply Organic, Grinder Seasoning	\$6.99-7.99	\$4.69	\$2.30-3.30
Refrigerated Foods			
Nancy's, Sour Cream	\$2.29	\$1.49	\$.80
Nancy's, Kefir, 8oz	\$1.29	\$0.99	\$.30
Organic Valley, Cream Cheese 8oz tub	\$2.79	\$2.39	\$.40
Organic Valley, Neufchatel Cream Cheese 8 oz tub	\$2.79	\$2.39	\$.40
Organic Valley, Blue Cheese Crumbles, 4oz	\$4.69	\$3.49	\$1.20
Organic Valley, Shredded Parmesan tub	\$4.59	\$3.49	\$1.10
Organic Valley, Chocolate Milk, 32oz	\$2.99	\$2.59	\$.40
Henry & Lisa's, Salmon Burgers	\$6.99	\$5.49	\$1.50
Food For Life, English Muffins	\$4.49	\$3.29-3.99	\$1.20-.50
Food For Life, Brown Rice Tortillas	\$3.39	\$2.39	\$1.00
Body Care			
Source Naturals, Progesterone Cream 2oz	\$18.29	\$14.69	\$3.60
Nutritional Supplements			
Source Naturals, Ultra Potency Omega 3	\$18.99	\$14.29	\$4.70
Oneota Brand, Cal-Mag Zinc 100 tab	\$9.99	\$8.49	\$1.50
Oneota Brand, Cal-Mag 100vcaps	\$14.99	\$12.69	\$2.30
Source Naturals, Hot Flash 90 tab	\$28.79	\$21.59	\$7.20

AUGUST MEMBER BONUS BUYS

* Regular prices subject to change

	Regular Price	Sale Price	Savings
Bulk			
Regular Rolled Oats, OG	\$0.99/#	\$.89/#	\$.10/#
Yellow Popcorn, OG	\$1.59/#	\$1.19/#	\$.40/#
Black Turtle Beans, OG	\$1.99/#	\$1.39/#	\$.60/#
Garbanzo Beans, OG	\$1.89/#	\$1.59/#	\$.30/#
Brown Flax Seed, OG	\$1.99/#	\$1.49/#	\$.50/#
Packaged			
Annie's, BBQ Sauce	\$3.89	\$2.99	\$.90
Annie's, Ketchup, OG	\$4.59	\$3.29	\$1.30
Annie's, Worcestershire Sauce	\$3.89	\$2.99	\$.90
Annie's, Salad Dressings, 16 oz	\$5.89	\$4.49	\$1.40
Bob's, Hot Cereal, Gluten Free, 24oz	\$3.89	\$2.89	\$1.00
Bob's, Rolled Oats, Gluten Free, 32oz	\$6.99	\$5.29	\$1.70
Bob's, Steel Cut Oats, Gluten Free, 24oz	\$5.79	\$4.29	\$1.50
Bob's, Pancake Mix, Gluten Free, 22oz	\$4.49	\$3.49	\$1.00
Kitchen's of India, Meal Starters, 10oz	\$2.99	\$2.19	\$.80
Living Harvest, Hemp Milk, 32oz	\$3.99	\$2.99	\$1.00
Pure, Raw Bar, 1.7oz	\$2.39	\$1.69	\$.70
Santa Cruz, Lemonades, 32oz	\$2.99	\$1.69	\$1.30
Simply Organic, Seasoning Grinders, 2.5oz	\$6.99-7.99	\$4.89	\$2.10-3.10
Westbrae, Canned Beans, OG, 25oz	\$2.69	\$1.99	\$.70
Frozen			
Amy's, Burrito, OG	\$2.89	\$2.29	\$.60
Refrigerated			
Organic Valley, Pourable Yogurt, OG	\$3.99	\$3.59	\$.40
Body Care			
Veriditas, Line Drive		20% off	
all oils, hydrosols and wellness formulas			
Nutritional Supplements			
The Republic of Tea, Be Well Collection	\$11.99	\$9.99	\$2.00
Nordic Naturals, Select heart health		20% off	

everyday values in the meat freezer

Grass fed ground beef	Ground turkey (free-range, no antibiotics)
\$4.49/lb.	\$2.69/lb
Grass Run Farms, Dorchester, Iowa	Family-owned Ferndale Market, Cannon Falls, Minnesota

Organic Bananas

Everyday VALUE



\$.99/lb

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

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!



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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

We'd like to point you in the direction of Plan B_(ottle)

continued from page 1

moved to Decorah. Now, I have a cupboard at home with multiple stainless steel water bottles in various sizes that I use on a daily basis. Every time I leave the house, I have at least one of them with me, which usually starts full and gets refilled somewhere along the way. These bottles also make attractive gifts for holidays, birthdays and other occasions.

Here are some facts about bottled water that we feel are important to be aware of. We also suggest that you take a moment to check out the documentary "Tapped." (The Co-op owns a copy for checkout by member-owners). I know of at least one community member, recently a new Co-op member-owner, who changed their habit of drinking bottled water. Now they drink from a stainless steel, refillable bottle and take it with them wherever they go.

- Over 90% of the cost of bottled water is in the bottle, lid and label.
- Americans are willing to pay top dollar for bottled water, which costs up to 1,900 times more than tap water and uses up to 2,000 times more energy to produce and deliver.
- Tap water produces 300 times fewer carbon emissions than bottled water.
- Bottled water must be transported long distances, which involves burning massive quantities of fossil fuels. Almost one-fourth of all bottled water must cross national borders to reach consumers.
- To manufacture the plastic bottles it takes 1.5 million barrels of oil per year, which is enough to fuel 100,000 cars for that same year.
- Communities where water is extracted suffer a disproportionate loss to their own water supplies. Water shortages occur in Texas and the Great Lakes region near bottling plants.
- Incinerating used bottles produces toxic by-products such as chlorine gas and ash containing heavy metals.

Bring
Your
Own
Water
Bottle

- Four of every five water bottles end up in landfills. In California more than 1 billion plastic water bottles end up in the trash each year.
- Water bottles buried in landfills can take up to 1,000 years to biodegrade.
- Ironically, when deposited in landfills the plastic bottles leak toxic additives, such as phthalates, into the groundwater.
- Between 25 and 40 percent of bottled water comes from municipal water supplies—in other words, it's just tap water. (Bottling companies then filter it and some add minerals).

IN CONTEXT: AFFORDABLE FOOD AND ONEOTA

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

continued from page 1

calories – corn and soybeans. The government does not subsidize vegetable production, and whole foods aren't as profitable for industrial processors. As a result, a dollar buys several times as many calories in the form of junk food as in the form of fresh vegetables.

So, if our "affordable" food makes us ill, maybe our definition of "affordable" is topsy-turvy. Maybe we need to stop thinking "calories per dollar" and start thinking about a more difficult "nutrition per dollar" or "societal/environmental impact per dollar of food."

One effective way to attack affordability is to buy whole foods and prepare them ourselves instead of going for the over-packaged, over-processed versions. Buying in bulk DOES allow more and better than pre-processed. Connecting with your food by making it yourself DOES make you more aware of goodness and taste, and eventually of the other things that go into the farm-to-fork chain. It's a step-by-step process of changing one's food values. Once a person realizes that "calories per dollar" is NOT the gold standard of value, how you view food changes.

Oneota Co-op specializes in providing access to quality whole and bulk foods. Our customers are not a rich elite! A great number, in fact, have simply learned that high quality whole foods, prepared creatively, produce greater nutrition and satisfaction per unit of food than "cheap" food. "Cheap," it turns out is not inexpensive when the larger picture is viewed. If the idea of eating food that is Fair, Green, and Healthy resonates with you, then Affordable takes on a meaning that is more comprehensive than it seems at first.

Oneota Co-op does not fight for the "cheap food" mantle, but we feel that when all things are considered, people of all income levels can find a way to affordably eat well at the Co-op.

This is the end of a series of articles I began a year ago to try to put Oneota Community Food Co-op into context in the larger community and the world. I hope they have been enjoyable and thought provoking. The series is available online in one extended article at http://oneotacoop.com/docs/scoop/In_Context_Scoop_Series_by_Lyle_Luzum.pdf.

Brush up on your SALSA

Seed Savers Exchange - Tomato Tasting & Workshop
and
Oneota Community Food Co-op - Salsa Contest



Saturday,
September 4th

ONEOTA
COMMUNITY
FOOD
COOPERATIVE

Seed Savers Exchange will host their annual free Tomato Tasting and Seed Saving Workshop at the Lillian Goldman Visitor's Center on Saturday, September 4, 2010. More than 40 varieties of tomatoes of all colors and sizes will be available, including Cherokee Purple, Hungarian Heart, Moonglow, Plum Lemon, and Roman Candle. The tomato seed saving workshop will explain simple techniques in how to preserve tomato seeds.

This year the Oneota Community Food Co-op will be sponsoring the 2nd Annual Salsa Contest which is held during the event. Pre-registration is required to enter the salsa contest and will be available through the Co-op beginning August 9th. Fabulous prizes await the winner of this year's competition. All entrants will be required to provide 2 quarts of salsa for sampling, along with copies of their recipe to share. We'll provide the chips! Please make sure to label your salsa as "mild," "medium," "hot," or "on fire!" (limit 25 entries)

Get your recipes ready and join Seed Savers Exchange and the Oneota Community Food Co-op for a great day of food, learning, and fun. Stay tuned for more information from the Co-op and online at www.seedsavers.org.

The Tomato Tasting and Seed Saving Workshops are free and people of all ages are welcome.

Located six miles north of Decorah, Seed Savers Exchange is a non-profit membership organization dedicated to the preservation and distribution of heirloom seeds. With thousands of rare seeds in its inventory, Seed Savers Exchange is the largest non-governmental seed bank of its kind in the United States.



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THERE ONCE WAS A BUS (TRIP) ABOUT CHEESE...

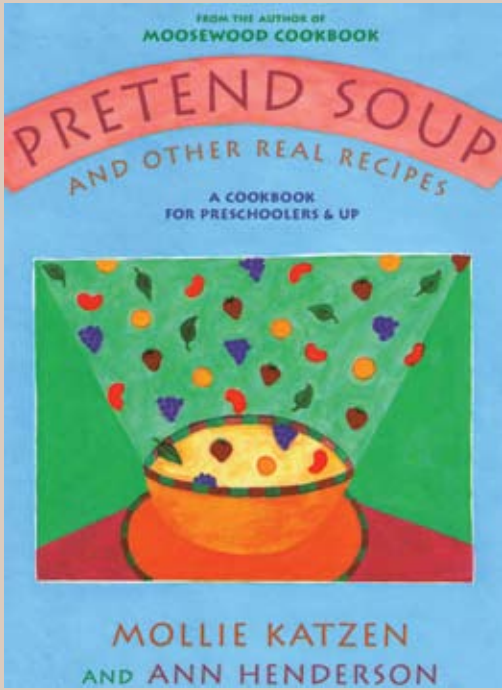
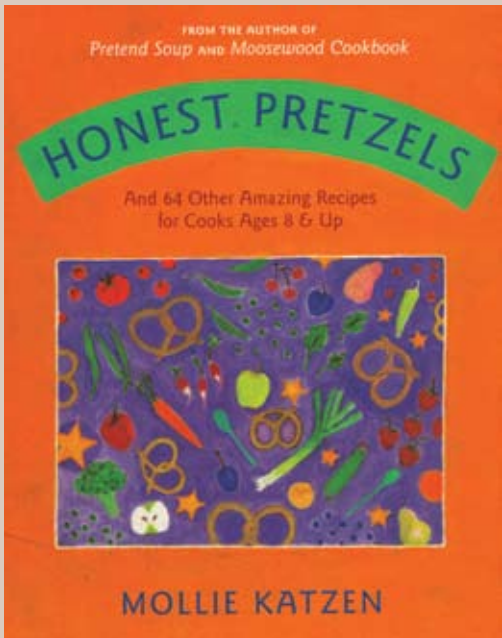
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www.kickapoo-country-fair.org



(Cook)Book Reviews

by: johanna bergan, front end manager & mother of margret

Honest Pretzel

And 64 Other Amazing Recipes for Kids Who Love to Cook

By Mollie Katzen (author of the Moosewood Cookbook)

As the back cover says, "I'm gonna like it because I made it!" This book has an answer for all of our picky eaters. Hand over the knife and the cutting board and step back. When kids get to choose from the beginning, it's much easier to eat the end result! This cookbook is chock full of 65 kid-tested and approved recipes explained in picture recipes with easy to understand descriptions. With just a few guidelines for parents - mostly be aware and handle the oven - this book turns over the kitchen to the kids.

"Hi Kids! This cookbook is for you. It will teach you how to make a lot of great food to share with your family and friends. And while you're cooking, you can have a whole bunch of fun!" Love, Mollie

Pretend Soup and Other Real Recipes

A Cookbook for Preschoolers & Up

By Mollie Katzen & Ann Henderson

The key here is REAL recipes. Children learning and exploring in the kitchen sounds like an excellent idea. What a way to gain real life skills while having fun and being healthy! In actuality we find ourselves oversupervising our little cooks and turning them into our helpmates rather than our chefs. This is a great book to start you and your children on the road to independent cooking. A full color book, filled with whimsical illustrations for children and picture recipes for even the youngest to follow along. From the author of the Moosewood Cookbook comes a delightful adventure into the joy of good food.



farm beginnings

Interested in farming sustainably and contributing to the regional food system in the best way possible?

One of the country's most successful beginning farmer training programs, Farm Beginnings, will be holding classes in Winona, MN, this fall.

This unique, community-based, farmer-led course provides networking and hands-on learning by successful sustainable farmers. The course consists of seminars that focus on goal setting, financial/business planning and marketing, as well as innovative, low-cost, sustainable production techniques. The seminars are followed by on-farm educational field days and skills sessions. Upon successful completion of Farm Beginnings, graduates have the opportunity to apply for a no-interest livestock loan.

Farm Beginnings graduates Ryan and Kristine Jepsen of Grass Run Farm raise 100% grass-fed beef and all-natural confinement-free pork on their farm in Dorchester, Iowa. They strongly support a healthy, local food system. As they make clear on their website (grassrunfarm.com) they believe that "young farmers have options in earning a fulfilling living on the land."

Space is limited and partial scholarships are available. For more information or applications, visit our website at www.farmbeginnings.org or contact Karen B. at the Land Stewardship Project's Lewiston, MN office: lpse@landstewardshipproject.org or 507-523-3366.

continued from page 8

dars, feta, mozzarella and whey cream butter, all made from goat milk. The co-op's cave-aged Sterling Reserve earned a silver medal in the 2010 World Championship Cheese Contest.

Oneota Co-op carries cheeses from Mt. Sterling and from the tour's second stop, Cedar Grove Cheese Company, in Plain. In 1993, Cedar Grove was the first United States cheesemaker to label its products free of recombinant bovine growth hormone (rBGH); a portion of the four million pounds of cheese produced there each year is certified organic as well. Cedar Grove lightens its environmental impact with its "Living Machine," a pioneering system of tanks, microbes and plants that naturally removes soap and cleaning agents from as many as 7,000 gallons of wash water each day. The filtered water is cooled and released into a local trout stream, while protein-rich solids fertilize local fields.

"The Living Machine is a really inventive idea," said Cheese Bus participant Noah Klammer. "You



wouldn't think bacteria could break down and actually clean all of that water."

The third stop of the day was Hook's Cheese, a family-owned facility in Mineral Point that has been producing cheese for 35 years. Hook's ages its award-winning sharp cheddar for up to ten years and also produces Colby, Gorgonzola, Parmesan and more. Cheese Bus guests spent a few hours visiting galleries and gift shops in Mineral Point before wrapping up the day with a Pike's Peak stop on the way back to Decorah.

Oneota Co-op is planning future food-related tours for members and the community - watch The Scoop and www.oneotacoop.com for details.





AUGUST 20-22, 2010

More info at digindecorah.com



Don't miss it!

Tour off-the-grid homes & sustainable farms, enjoy local foods, film screenings, energy-saving tips from experts, KDEC's Green Expo, and more at the 2nd annual Decorah Iowa Green Initiative!



Brought to you by the winneshiek county convention and visitors bureau





Get out your seasonal recipes, make reservations at a restaurant that serves local fare, and take the canning jars out of storage. Peak harvest season is coming, and Oneota Community Food Co-op is stocked with the freshest, highest quality local products available to help you enjoy a summer of delicious seasonal foods.

Along with co-ops across the country, Oneota Co-op is hosting “Eat Local, America!” this summer and fall, inviting area residents to focus on eating more local foods during the month of September. Join your family, friends and neighbors and help us celebrate foods grown and produced in Northeast Iowa, Southeast Minnesota, and Southwest Wisconsin.

Eat Local, America! is a great way to engage with food growers and producers in the region and to learn about the bounty of foods produced locally. Eat Local, America! participants are asked to set a goal for themselves. Whether eating one meal a week made with local foods or trying to eat 80 percent of meals locally, set a goal that will work best for you. No matter what level, challenge yourself to think creatively about the foods you eat during the Eat Local, America! initiative and throughout the summer.

At the Oneota Community Food Co-op, we define local food as within a 100 mile radius of Decorah. During Eat Local, America! and beyond, our staff is available to answer questions and make recommendations on new and delicious foods to try.

To learn more about the challenge nationwide, visit www.eatlocalamerica.coop.

Why Eat Local?

At the Oneota Co-op, we cultivate relationships with local growers and producers in order to support local farmers and provide the freshest, highest quality products for our shoppers. Together, Oneota Co-op and local producers create viable

market opportunities for local products, while giving Co-op shoppers a convenient connection to fresh, delicious food of the highest quality.

Each region has a unique variety of products available during the peak harvest season. Eating local foods celebrates the biodiversity of communities and supports local food producers.

Local food benefits co-op shoppers, growers, communities and the environment. Local foods are fresher, taste better, and typically retain more nutrients by traveling faster from field to plate instead of spending days or weeks in shipping.

In addition, eating local helps preserve and even stimulate the local economy, as dollars spent on local foods support regional farmers and producers. By keeping their wages in the community, much of the income they earn and the taxes they pay go right back into the local economy.

Locally owned by members of the community, Oneota Co-op keeps its investment dollars in the vicinity by supporting local farmers and artisans and providing fair-wage jobs for people in the Northeast Iowa Regional area.

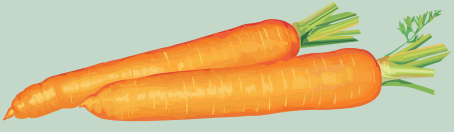
National Challenge Underway

Oneota Community Food Co-op is joining other natural food co-ops coast-to-coast in the third, national Eat Local, America! All participating co-ops are members of National Cooperative Grocers Association (NCGA) – a business services cooperative representing 114 retail food co-ops nationwide.

As peak harvest time varies nationwide, challenge durations may vary from a one-week to one-month period.

Food lovers can learn about all participating Eat Local, America! co-ops and initiatives at www.eatlocalamerica.coop.

Happy eating!



**More ways to save -
More often!**

Starting in September, you'll notice some changes to our sales flyer, sales signs, coupon books and other materials provided by National Cooperative Grocers Association (NCGA), the national association of which we're a member. NCGA provides these resources as a benefit of membership, allowing us to focus our time and energy on other areas that provide value to our shoppers, members and local community.

NCGA is launching a new brand, Co+op, stronger together. Besides the new logo and fresh new look, you'll see more deals, more often, with quarterly coupon books and twice the number of sales flyers. So what's the deal? It's Co+op, stronger together!



LIVIN' La VIDA LOCAL
by: betsy peirce, produce manager



What can we be looking forward to in LOCAL produce land? FRESH local potatoes from the Happy Hollow Farm. The California potatoes are a bit high priced, and they sure taste good when they are brand new, but Local is better!

We should have a great supply of local broccoli from GROWN Locally this year. Glen Elsbernd makes it his mission to have never-ending broccoli succession plantings.

Green beans are on the horizon. We source from several growers to keep it coming.

Local cukes, carrots, eggplant, onions, garlic, sweet corn ...you name it we carry it.

Make sure to sign up for our weekly e-mail newsletter "The COMM POST" for the latest in Produce sales and other Co-op tidbits. Follow the link on our website: www.oneotacoop.com.

**Sweet Corn and Tomato Salad
with Fresh Cilantro**

Bon Appétit | July 2004

Fresh corn from a farmers' market or a grower's farmstand will taste the sweetest.

Yield: Makes 8 to 10 servings

10 ears fresh corn, husked
2 pounds plum tomatoes, cut into 1/2-inch cubes
3/4 cup finely chopped red onion
1/2 cup chopped fresh cilantro
1/4 cup extra-virgin olive oil
1 tablespoon red wine vinegar

Cook corn in large pot with boiling salted water until just tender, about 5 minutes. Drain; cool to room temperature. Cut corn kernels from cobs. Transfer corn to large bowl. Add remaining ingredients; toss to blend. Season salad to taste with salt and pepper. (Can be made 2 hours ahead. Let stand at room temperature, tossing occasionally.)

**Turkey Roll-Ups with
Blueberry Salsa**

SELF | August 2009
by Jennifer Iserloh

Yield: Makes 4 servings

1/2 cup reduced-fat mayonnaise
2 teaspoons curry powder
1 pint blueberries
1 jalapeño pepper, seeded and chopped
1 kiwifruit, peeled and diced
Juice of 1 lime
1/4 red onion, finely chopped
1/2 teaspoon salt
8 butter lettuce leaves
4 slices deli turkey

Combine mayonnaise and curry powder in a bowl. Place blueberries, jalapeño, kiwifruit, lime juice, red onion and salt in bowl; stir to combine. Top each of lettuce leaves with 1 tablespoon mayo mixture, 1/2 slice deli turkey and 1 tablespoon plus 1 1/2 teaspoon blueberry salsa. Roll up to serve.

Eat Local - Anywhere

Eating locally makes good sense. Whether you're a dedicated locavore (only eating food grown or harvested within a certain radius, say 50, 100, or 150 miles) or simply appreciate locally grown fare, choosing local foods supports small farmers and your community as well as the environment. Not that it's a sacrifice since local food is bio-diverse and grown for taste rather than shipping or industrial harvesting. It delivers premium flavor, too.

But what happens when you're not local? At home you may have joined your food co-op and identified key restaurants that serve local fare. You know when and where to catch the farmers market, and

maybe you've even established relationships with a local farmer or two. But on the road, in a new town?

Actually, not only is it easy to eat locally while traveling, it can enrich your trip. For one thing, you can learn a great deal about a place through the food grown and served there for example. Do the residents of the area eat spicy foods? Which spices do they enjoy? Do they drink wine or beer from a local brewery or vineyard? Is seafood a mainstay? Is the area well known for a particular dish or food or for special preparation techniques? Are there local delicacies? What grows best in

continued on next page

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In Your Words...

My husband, Jason, and I actually joined the Co-op before even moving to town. We purchase the majority of our groceries here for three main reasons: we are very intentional about the food that goes into our family’s bodies, we have a finite number of hours in our lives, and we value having relationships with people with whom we spend our money.

When deciding what food to purchase, we prioritize foods that are locally or regionally produced (to help support the community where we have chosen to live), are all-natural and organic and are conscientiously grown or raised. Why? Because not only has it been proven that it is better for our health and the health of the community in which we have a long-term investment, it also just feels darn good. I feel good buying and serving foods that are healthy and that I care about.

However, I can tell you that all of that “caring” can lead to fatigue and being overwhelmed if you don’t find some sort of scaffolding. There are a lot of products with a lot of creative labels out there. When I shop in the Co-op, I still have to be selective in what I purchase as our family has allergies, but I have an extremely manageable and exciting selection of natural, organic, minimally processed products with limited and decipherable ingredients. Further, there is a friendly and helpful staff of people who I know by name to help answer any questions or special order any products that I desire. I can ask Kristin about the production practices of the farmers selling their meats at the Co-op rather than calling them all individually. I place my trust in this group of people to help educate and inform my family which simplifies eating within our values.

People ask why we moved to a rural town of 8,000 people. There is one answer.....COMMUNITY! Between buying at the Farmer’s Market, supporting local businesses and participating in community groups, we realize that dream every day. I love that my daughter smiles and waves at the people who make the cookies that we buy, draws a map to Rock Cedar Ranch and has music group with the Patchwork Green Farm kids. I love that the employees at the Co-op guide my five-year old through the samples in the aisle and deli because they know what her allergies are. Those relationships are priceless to me.

Because the Co-op supports our values, we shop there, we hang out there, and we are members.

Alicia Trout

Eat Local - Anywhere

continued from previous page

the climate? What's in season right now? What shows up in abundance at the farmers market?

Purchasing local fare (food and craft items, too) helps support the community you're visiting. At the same time, you'll likely enjoy the most healthful, delicious food available—rather than the least healthful and tasteless, which is often the case when on the road and eating food that has more miles on it than you've traveled.

What to look for in your new locale:

Co-ops. Not only is the neighborhood co-op a sure bet for local produce, baked goods, and other healthful local fare, it's also a great first stop once you reach your destination. Patrons and staff are apt to know where the best food in town can be found (besides the co-op, of course!). Check the flyers and bulletin boards, too, for events in the area.

While you're at the co-op, stock up on snacks (fresh fruits, bars, veggies, nuts, beverages), and purchase the ingredients for any fix-it-yourself meals. Be sure to check out the deli counter in lieu of a fast food restaurant. You're also likely to find a good wine to tuck in that picnic basket next to the freshly baked bread and local cheese. (Remember to stop by the Co-op before you leave town, too, to stock up for the next leg of your trip).

Local farms. Tour a local farm, and/or harvest your own fruit at a

U-Pick farm. This is a great way to spend half a day of your trip. You'll get to know a local farmer, experience the environment, and harvest your own produce—most often berries or other fruits that you can pick and purchase by the pint or bushel. Taste a half dozen varieties of apples or pears (or whatever's in season) before you go home.

Community Supported Agriculture (CSAs). While membership in a CSA usually involves purchasing a share for a season, you may be able to buy leftovers or share in the harvest with willing local residents who are members. Visiting a CSA farm offers a fun one-day outing opportunity.

Farmers markets and farm stands. Discover the community's bounty, including produce, baked goods, canned goods, and even craft items. Markets and stands are often lively social gatherings too, where you can meet interesting people from the community you're traveling through.

Wineries and breweries. Some local producers offer tours of their facilities, complete with taste testing. Seek local bakers, cheesemakers and other food artisans while you're in the area too.

Restaurants serving local fare. Eating at a generic restaurant you can find elsewhere (everywhere, for that matter) is easy, but not necessarily much fun. Seek out restaurants that serve "authentic" food that's been grown, harvested and cooked by local folks.

Eating locally includes the fun of asking around when you get there

One of the first things we did when moving to Decorah (six years ago, June 1!) was become members of the Oneota Community Food Co-op. There were multiple reasons, but one of the main reasons was that it made our lives a whole lot easier. Purchasing and eating local (if possible), sustainable, and organic food was, and is, one of the more important parts of our daily routine. And let me tell you, it can be exhausting! There are so many factors to consider, for so many different food choices (thousands!) that we, as individuals, cannot possibly hope to weigh them all ourselves.

That is why we purchase our meat at the Co-op. Because we know that when we do, it has already been pre-screened by smart, discerning, intelligent people who hold the same values we do. We do not purchase meat here exclusively (we regularly purchase from the Farmer's Market in town as well as directly from local, organic producers) but it's often our stop of choice as we then have access to thousands of other products that have gone through the same screening process.

If our food purchasing habits made up a puzzle, it would include many different pieces, and because it makes our lives easier, grows our local economy, and protects the Earth, a large percentage of those pieces constitute food purchased from the Oneota Community Food Co-op. We invite you to include the Co-op as part of your food puzzle as well.

Jason Trout

MY BLUE HEAVEN

by: betsy peirce, produce manager

Local produce season is ramping up with warmer than usual spring and early summer temperatures. It should be a great year. We are working diligently to offer local produce at a reasonable price from many of the same producers you see at farmers market. We also work with many other growers who do not sell their wares at market. Remember Oneota Community Food Co-op as your every day local produce stand.

We are working on another Michigan Blueberry deal. This year we have found an organic farm in Holland Michigan called Blueberry Heritage Farm. Wayne Kiel is a third generation blueberry farmer who has been picking blueberries on his farm since he was “knee high to a duck,” (“and before there were child labor laws,” he adds) They have 48 acres of certified organic berries and they also source from a couple other organic farms who have 32 combined acres. They sell organic and conventional blueberries to Hy-Vee and Whole Foods. Wayne can really wax-on about the flavor of his blueberries. This year he tells me they are ranking higher

on the Brix scale (the measured sugar content) than the conventional berries.

The Co-op will be offering an opportunity to pre-order these organic blueberries in 4 # clam shells. We will advertise the exact delivery date once we know it, but it will be sometime mid-July. The pricing on these organic berries is looking comparable, if not slightly cheaper, than the conventional berries we had last year. We will post approximate pricing info in the sign-up sheets as it becomes available. We will also order a lot of berries to sell in-store, so if you are not ready to commit until you taste them, there will be lots to try. Word is that many who ordered blueberries to freeze last year say that they did not order enough (that’s how good they are!). The sign-up sheet will be at the customer service desk. Come in person, or call 563-382-4666.

Stay tuned for a possible Michigan unsprayed, in-transition to organic, peach pre-order deal as well. We are still working out the pricing and shipping arrangements. The farm we are working with has lots of other orchard fruits as well.

and the serendipity of running across roadside farm stands and side-street cafes serving up local cuisine. But it's also a good idea to arrive with some solid possibilities in hand for local foods. Here are some groups that can help you identify great sources. Investigate when you're in the planning stages, or get online at your destination.

* Eat Well Guide. Simply type in your zip code (or state) and this site will tell you the farms, bakeries, creameries, farmers markets, restaurants that serve local foods, food co-ops, CSAs, U-pick farms and farm stands in the area. A traveling locavore can even plan a trip by entering starting and ending locations. Make sure to call ahead as listings are not guaranteed to be current. <http://www.eatwellguide.org/i.php?pd=Home>

* The USDA lists farmers markets online. And it's more likely than ever that you'll be able to visit one in your travels. In 1994, the USDA tallied 1,755 farmers markets oper-

ating in the US; in 2008 they totaled 4,685. Search according to city and state, and the site will provide locations and hours. Make sure to call ahead as listings are not guaranteed to be current. <http://apps.ams.usda.gov/FarmersMarkets/>

* Local Harvest also provides a listing of Farmers Markets, as well as CSAs, restaurants serving "real food" and co-ops. You can search for local sources by state or zip code. Make sure to call ahead as listings are not guaranteed to be current. <http://www.localharvest.org/farmers-markets/>

Good, authentic food—local food—enriches most any experience, travel included. And think of the vacation memories you'll create—like your cherry stained fingers from the day you picked your own dessert and your first taste of prizewinning huckleberry pie. You may even forge some new friendships at the local co-op or farm stand.

SUMMER FIRST AID KIT

by: gretchen schempp, wellness buyer

It's the height of summer and you have probably already seen a sunburn, some bug bites and possibly a rash or two. Not to mention some achy muscles and joints from all those hours in the garden or on your bike.

There are preventative things that can be done to avoid some of these complaints and then sometimes you just need something to ease the pain.

Sovereign Silver's First Aid Gel

This is a topical homeopathic medicine formulated to promote healing and relief for blisters, burning, itching, burns, redness, skin eruptions from acne, eczema or infection, stiffness and pain from wounds, stings, cuts and scrapes. I have had amazing results with this remedy when I've wandered into the dreaded wild parsnip. I keep a bottle of this gel in my first aid kit at all times. I find that it speeds up the healing time of cuts and takes the pain away very quickly. This remedy is safe for even the youngest of adventurers. Water based, odorless, non-greasy, no synthetic preservatives, sting free and safe.

Keys Redi-Care Natural Healing Spray

This broad spectrum, multi-purpose product does it all! For people or for pets, Redi Care is a natural insect repellent due to the ingredients neem and karanja oil. This includes fleas, ticks, mosquitoes, flies, gnats and ear mites. It has been used for head lice, mites and ringworm as well. Therapeutic and healing when it comes to sunburns, rashes, psoriasis, eczema, abrasions, minor cuts and insect bites. And get this, a natural spray-on leave-in conditioner. How's that for your next camping trip? Available in convenient 1 oz bottles.

Aura Cacia Soothing Lavender Stick

Lavender is just classic. I use it for EVERYTHING. Zits, bug bites, burns, cuts, soothing my skin and soothing my nerves. Lavender is a natural antibiotic, antiseptic, antidepressant, sedative and detoxifier which promotes healing and prevents scarring, and also stimulates the immune system and contributes to the healing process by stimulat-

ing cells of a wound to regenerate more quickly. Lavender is an indispensable oil and is a must-have for every home, in my opinion.

Lavender Hydrosol (Veriditas or Evan Healy)

Hydrosols, also known as floral waters or plant waters, are co-created along with essential oils during steam distillation of freshly harvested plants. They have no alcohol, preservatives or synthetic fragrances. Lavender hydrosol promotes cell repair and hydrates the skin. This makes it great for cooling a sunburn or just cooling off, period. I've been told that lavender hydrosol is good for diaper rash as well. Hydrosols don't smell as strong or the same as the essential oil that they are related to. They are the therapeutic waters that remain after the steam distillation process used to extract the essential oil from a plant.



Jason Tea Tree Soothing Gel

This soothing gel is a blend of moisturizing aloe vera, cooling witch hazel, antiseptic tea tree oil, anti-inflammatory arnica and soothing marigold. This is a popular after shave gel and another favorite for sunburns. Cooling and pain relieving this gel smells fresh and has multiple uses.

Keys Solar Rx Broad Spectrum Sunblock

Nano zinc oxide offers broad spectrum sun protection from UVA and UVB rays. Ranked the most effective cosmetic sunscreen by Consumer Reports Magazine, Solar Rx is also rated safest sunscreen by the EWG (Environmental Working Group) Skin Deep Report. This sunscreen is specifically for the face and neck and offers an SPF of 30, a rare and high protection for the

face. I like this sunscreen because it doesn't appear white on my skin like many zinc sunscreens, and it moisturizes the skin and doesn't cause breakouts.

JR Watkins

Pain Relieving Liniment Spray

Too long on your knees pulling weeds and your back is aching? Spray some of this camphor, menthol and eucalyptus blend on and feel the pain melt away. I like this application because it leaves no residue on your skin or your hands and because it gives quick relief from aches and pains.

Bentonite Clay Powder

A favorite among customers for poison ivy and poison oak. Buy a little in our bulk section and mix up a paste, apply to affected area and let dry. Rinse with cool water.

UNDERSTANDING FOOD LABELS

You can tell a lot about a food by its label. Some of what you see -- like the nutritional and ingredient information -- is required by law, and other information is allowed under strict guidelines. The Food and Drug Administration (FDA) and the United States Department of Agriculture (USDA) are the agencies that govern food labels. While there's always plenty of controversy surrounding food labeling, knowing how to decipher what labels are provided can help you make better purchasing decisions.

Here's what labels must include: product name, manufacturer's name and address, amount of the item in the package (weight or count), list of ingredients (in descending order by weight) and the nutrition facts statement. (Some items -- like very small packages of food, foods prepared in the store, and foods made by small manufacturers -- don't always need to contain this information.)

As of January 2006, the FDA also

requires that food manufacturers disclose common food allergens, using plain language. So rather than list "casein," for example, the manufacturer must use the word "milk." The purpose is to make it easy for consumers to identify the top eight allergens -- milk, eggs, peanuts, tree nuts, fish, shellfish, soy, and wheat -- which account for 90 percent of food allergies.

Nutrition Facts Label

Whether you're counting calories, trying to boost your intake of particular vitamins, or limiting fat or sodium, the Nutrition Facts Label is indispensable. Keep in mind:

- * The information on calories and nutrients is based on one serving, but many packages contain more than one serving. (The label also specifies how many servings are in the package.) You'll want evaluate same-size servings when comparison shopping.

- * The Daily Value section of the Nutrition Facts Label is based on a 2,000-calorie diet; you may need more or less, of course. This information can help you decide if a food is high or low in a particular nutrient. Five percent or less of an ingredient is considered low; 10 to 20 percent is considered a good source; and 20 percent or more is high.

Other Package Claims

Manufacturers have the option of providing addition information. But sometimes a little interpretation is required. For example what, exactly, is "low fat?"

Here are the per-serving requirements that must be met before using these claims:

- Fat-Free** -- Less than 0.5 grams of fat, with no added fat or oil

- Low fat** -- 3 grams or less of fat

- Less fat** -- 25% or less fat than the comparison food

- Saturated Fat Free** -- Less than 0.5 grams of saturated fat and 0.5

grams of trans-fatty acids

- Cholesterol-Free** -- Less than 2 mg cholesterol and 2 grams or less saturated fat.

- Low Cholesterol** -- 20 mg or less cholesterol and 2 grams or less saturated fat.

- Reduced Calorie** -- At least 25% fewer calories than the comparison food.

- Low Calorie** -- 40 calories or less

- Extra Lean** -- Less than 5 grams of fat, 2 grams of saturated fat, and 95 mg of cholesterol per (100 gram) serving of meat, poultry or seafood.

- Lean** -- Less than 10 grams of fat, 4.5 g of saturated fat, and 95 mg of cholesterol per (100 gram) serving of meat, poultry or seafood.

- Light (fat)** -- 50% or less of the fat than in the comparison food.

- Light (calories)** -- 1/3 fewer calories than the comparison food.

- High-Fiber** -- 5 grams or more fiber.

- Sugar-Free** -- Less than 0.5 grams of sugar.

- Sodium-Free or Salt-Free** -- Less than 5 mg of sodium.

- Low Sodium** -- 140 mg or less.

- Very Low Sodium** -- 35 mg or less.

- Healthy** -- A food low in fat, saturated fat, cholesterol and sodium, that contains at least 10% of the Daily Values for vitamin A, vitamin C, iron, calcium, protein or fiber.

- "High," "Rich in," or "Excellent Source"** -- 20% or more of the Daily Value for the designated nutrient.

- "Good Source Of," "More," or "Added"** -- The food provides 10% more of the Daily Value for a given nutrient than the comparison food.

- "Less," "Fewer," or "Reduced"** -- At least 25% less of a given nutrient or calories than the comparison food.

- "Low," "Little," "Few," or "Low Source of"** -- An amount that would allow frequent consumption of the food without exceeding the Daily Value for the nutrient.

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More aid on the road

by: karina klug, wellness buyer

When Gretchen and I first decided to collaborate on a piece for the Scoop highlighting our summer first aid favorites, I was excited to start my list. It was easy to think of natural products that I have used and liked during the summer. However, I found immediately that my picks went a bit out of the First Aid realm. I believe these products still fit, as they are about summer comfort.

Canoeing and camping are my top choices for where I like to find myself on lazy summer days. I tend to be known for my tendency to over pack for outings, knowing that I'll be far from a store makes me a bit extravagant. Two bottles of ketchup, four packs of hot dogs amidst loads of other food and drink for two nights of camping; my cargo has been called excessive on more than one occasion. The preparation for floating down the river or a night under the stars means covering a lot of details. Also, doing these activities with a four year old makes me extra conscious of not leaving anything that we might need behind. In addition to food and thirst quenchers, I also like to be sure that I have sunscreen, bug spray and such.

So, here is my short-list of what I appreciate having when the sun turns up the heat.

I love to have Clean Well Hand Sanitizer along any place where there's no access to a sink. This is a natural, thyme-based sanitizer which has been shown to kill 99.9% of germs. A great addition to your picnic basket, boat, tent or hiking backpack. This is a great product for kids as well; it is easy to spray on and the small size won't weigh you down.

Another light and easy-to-carry item that is smart to have along when away from home, or at home for that matter is Activated Charcoal. Charcoal comes in capsules or powder form and its uses cover a wide range. I have personally used charcoal for bee stings and bug bites (topically). Charcoal is known for drawing out toxins. Making a charcoal poultice is simple; cheese-cloth, charcoal in powder form, water and cornstarch (although flax seed and clay are also suggested). Mix charcoal into a paste. Put on the cloth, apply to the skin and cover with plastic wrap, (to keep the charcoal from drying out.) Some people will use charcoal for

stomach upset from food poisoning (did that mayonnaise potato salad sit out in the sun too long?), or other cases of nausea and vomiting. Additionally, charcoal has been used to purify drinking water as research shows it absorbs chlorine and other chemicals.

A product that rivals charcoal in its durability and array of uses would be grapefruit seed extract (GSE). This is the ultimate camping product. It's small and compact and can be used as a facial cleanser, a vegetable/fruit wash, a toothbrush cleaner and throat gargle to name a few.

NutriBiotic makes another great product that travels well - essential electrolytes. Essential Electrolytes are designed to replace electrolytes that may be lost from sweating. Another hydration product to take into consideration is Hydrate by Zenergize. These tasty little wafers can be added to your water bottle and enjoyed throughout your day in the hot sun.

Other items for summer ease would be digestive enzymes. Digestive enzymes are taken before a meal. They consist of enzymes that our bodies need to help break down foods, such as milk sugars and proteins. People find that taking enzymes helps them have less discomfort and thus more ability to enjoy summer activities.

Along the lines of supplements that one may take to prepare for outdoor bliss is Glucosamine Chondroitin MSM. A combination that some use for joint mobility and fluidity and a possible way to prevent

achy joints.

Now that we have Veriditas products and I have discovered their Women's and Men's deodorants I will definitely be packing this handy little bottle for trips to the woods. Easy to apply, long-lasting and natural as can be, these deodorants are great for traveling and summer exploration.

A note to the ladies, if you have ever gone camping while menstruating you might want to consider the diva cup for future expeditions. The diva cup is for any diva that wants an environmentally friendly and handy way to stay active all month long. The cup can be easily rinsed out, cleaned and reused again and again. I have known women who have been proud owners of their moon cups for ten years!

In the end, I also find it's wise to have Arnica along in some form or another. Often I'll have internal arnica pellets as well as topical arnica gel. Arnica is homeopathic and it's been revered for its soothing effect on muscle aches, stiffness and bruising.

So, besides first aid, I wanted to cover some of the easiest to transport and absolutely wonderful products that are great for making the most of each beautiful summer day.

Our hope for you is to have a summer filled with more fun, laughter, friends and family and fewer bumps, bruises, scratches and burns. If, however, you should run into a glitch we hope that some of these products can aid you to a quick and healthy recovery.

FROM THE GM

by: david lester, general manager

"A journey is best measured in friends, rather than miles." - Tim Cahill

My first two months at the Co-op have been busy ones and have taken me to some exciting places: Fayetteville, AR for an NCGA Central Corridor meeting of GMs; to Phoenix, AZ for a Kellogg Food & Community Gathering; and to Seattle, WA for a Consumer Cooperative Management Intensive workshop. When I reflect on these journeys, I think about the passionate and dedicated people I've met working to change the way people think about food.

In Fayetteville, Arkansas I had the opportunity to meet other General Managers from the Midwest like Lindy Bannister from the very successful Minneapolis co-op, The Wedge. Lindy has a vast knowledge of what the co-op business model can achieve, and I enjoyed the conversations we had about many ways a co-op can help provide a wide-range of goods and services to its community. One way The Wedge and other Twin Cities' co-ops do this is through a cooperative educational program called Midwest Food Connection. They offer programs and resources that teach kids in the schools about eating locally and seasonally.

In Phoenix, Arizona I met with community leaders of all ages that gathered together for a two day conference to discuss ideas and form action plans to make healthy food available to everyone in their community. This was the first conference I had attended where teens, farmers, community leaders and business people came together

to think collaboratively how to solve big problems like inner-city "food deserts" and greater access to healthy food for all. One of the highlights for me was when a Hopi woman from Arizona got up and talked about how her ancestors have farmed the desert for hundreds of years and that the desert to her people was a place of bounty. This was a big eye-opening experience for me and offered new perspectives and ideas about food and place.

In Seattle, Washington I attended a workshop that is part of a six month program to train new co-op General Managers. It is intense work focused on subjects like finances, working with a board and marketing to name a few. It was also nice to talk one on one with other managers about the challenges of managing a food co-op and discuss our hopes and dreams of the businesses we represent. On our final evening, we went as a group to a restaurant called Fare Start. Fare Start is a culinary job training and placement program for homeless and disadvantaged people living on the streets of Seattle. Local chefs train homeless individuals through a 16-week culinary program that prepares them to get jobs in the restaurant industry. The night we were there, Fare Start was graduating four students who talked about their own personal journey to get to this point in their lives. They were all excited about their next jobs in the restaurant business and beginning a new life. There were many napkins on the tables being used as tissues that evening, including my own.

Cooperative Principal #6: Cooperation Among Cooperatives

Recently, the Oneota Co-op worked with another local co-op, ACE, to outfit our cooking classroom. Thanks to Ace Kitchen Place and local owner Julie Spilde, the Co-op cooking classroom now has equipment to handle more hands-on cooking classes and demonstrations.

Thank you Julie
and friends at Ace!



Food transforms lives. And that's what we are doing right here in Decorah, Iowa, in many different ways. The Kellogg Food & Fitness Initiative is connecting students in a six-county region to how food is grown and how they can participate in activities to promote healthier eating and healthier lifestyles for themselves, their teachers and their families. David Cavagnarro and The Pepperfield Project is teaching people of all ages how to improve their quality of lives through the whole process of growing, harvesting, cooking, and sharing of food. There are many stories of young families who have moved to this area with an idea that they could produce a quality product, sell it, and make a

living. It seems to be working. I see more and more options of locally produced items in our local grocery stores and restaurants which can only benefit all of us who are in the business of selling food.

But the sweetest parts of this journey for me so far have been the days right here in Decorah, IA. I've lived and worked in Decorah for almost fourteen years, but I feel the last two months in my job at the Co-op have done more than anything else to welcome me to this community of people connected through food. It is an exciting and important journey to be on, and I hope to keep meeting new friends along the way.

Flowers for Fido and Tabby

by: josie noecker, pet foods buyer

Flower essences are known to be a positive and natural way to help alleviate mental and emotional issues for humans, but did you know they can be a valuable asset to your animals as well? Flower essences can assist with many of your pets emotional and mental needs.

There are many ways in which you can administer flower essences: orally, through their food, drink, or massaging it into their paw pads or ears. One can also make a spray of several essences combined, or you can make your own flower essence mix in a dropper bottle.

It is said that the best way for essences to work to give them orally, but they can work with the other methods. You may find yourself misting your animal or the animal's space several times a day. With cats you might find it easier to put 3-4 drops in moist food a couple times a day. If you put drops in water, you will have to do this several times a day as the properties of the essence will eventually evaporate. There is also the massage aspect of administering essences: the ears and paw pads of any animal are the optimal areas in which to massage the essence in. Besides the flower essence in general, gentle massage is beneficial for your animal companion. You can turn it into a special ritual between you and your pet. This also will help deepen the bond between you and your animal.

Try one method at a time until you find what you and your animal companion are comfortable with since there isn't a wrong way to work with flower essences.

In this day and age we are all looking for better ways to improve our health and the health of our animals with minimally invasive therapies. Flower essences are simply made of a flower, spring water and a touch of brandy for preservation purposes. Many people know of the Bach flower essences, and Rescue Remedy is known world-wide. Rescue Remedy is a combination of 5 flower essences: Rock Rose, Impatiens, Clematis, Star of Bethlehem and Cherry Plum. You can use regular

Rescue Remedy for your pets, but if you want an alcohol-free version, you can special order the Rescue Remedy for pets through our Wellness Department.

One product I recommend is the Flourish Animal Rescue Formula. Originally in a spray bottle you will now find it in a dropper bottle. This essence is a great, all-purpose formula made to help animals with any form of stress. Stress from other animals, abuse, vet visits, and more. It's combined of 12 essences, one of which is the Five-Flower Formula. The Five Flower Formula is the FES company's version of Bach's Rescue Remedy. So if you do not own either one for your personal use, this essence spray already has a rescue remedy mixed in to aid with stress.

We have many essences from the FES company here at the Co-op and this is a great way to educate yourself on the different uses for each essence. With the essences we have, you can purchase what will address your animal's issues and make your own essence. All you need is a dark colored, glass dropper or spray bottle. Spring water and a teaspoon of brandy to preserve your mix. If you choose to not preserve the essence with brandy, I have read that teaspoon of apple cider vinegar can work also. General rule of thumb is you can add up to 7 essences for one mix, but it is fine to have less; just put two drops of the needed essences into your mixing bottle. Less is more; flower essences work best over time and you must dose them regularly several times a day. I've read several times that one shouldn't expect immediate results, but over the course of a month you should see improvement.

For those who are open to animal communication, this would provide you a perfect opportunity to act as a partner with your animal and find out what they need and want. Ask them which essences they would like mixed together and how often you should administer and in which way. Evaluate the situation and look for the essences that would address the root cause of any sort of issue your animal is having. Perhaps your



animal is inappropriately urinating around the house. Perhaps another animal is coming around and your pet is stressed out, or you are gone for long periods of time and it is happening due to separation anxiety. Remedies that would help calm your animal and also alleviate stress would be the route to go. Chamomile helps with emotional calm, Dandelion relieves tension, and Buttercup helps with self-esteem. These are just a few ideas of what might work for particular issues.

Flower essences are, all in all, a way to help assist the mental and emotional well-being of your animal. There is no wrong way to work with flower essences; all you need is time, patience, and consistency. Here's to healthy and happy pets!

Lefse LOVE

by: niki mosier, grocery

Thanks to Linda Brink, the Oneota Community Food Co-op always has a supply of fresh, homemade lefse. Linda has been making lefse and selling it to the Co-op for almost sixteen years. Using her mother's recipe, who baked and sold lefse since Linda was a little girl, Linda and her husband Gayle (who's in charge of baking the lefse) produce over 3,500 lefse rounds a year. All of the lefse is made in "The Lefse Room" at Linda's house in Waukon. Linda uses two wooden sticks handmade by her father in the 1950's to flip the lefse. She wonders if they might be the secret to good homemade lefse!

One of the biggest challenges for Linda is making enough lefse to satisfy all of the customers who come to the Co-op looking for lefse during Nordic Fest. She even has to take time off from her full-time painting job to make it all, which she does from early morning to late at night, the entire week of Nordic Fest. Linda's lefse is so good that she gets calls throughout the year from people all across the country who tasted her lefse at Nordic Fest and want some mailed to them, especially at Thanksgiving and Christmas time. Linda has even mailed lefse to someone in England! Linda says that her biggest joy in baking lefse comes from knowing that she is carrying on a family tradition. She can remember the good lefse that her grandmother made for family gatherings. "When someone tells me my lefse tastes just like the lefse their mother used to make, I figure I must be doing it right".



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 members who qualify for the senior discount
(60 years of age or older) receive an extra 5% off most purchases.
(excludes already marked down CAP sale items)

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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PICKY eaters?

by: wendy gordon

Childhood and picky eating are not synonymous concepts, but it's easy to think so, judging by the boring entries on most "children's" menus: macaroni and cheese, grilled cheese, peanut butter and jelly, burgers and chicken nuggets. As a mother of four, I can assure you, there's no need to linger in culinary dullsville.

People vary widely in their food tastes. Some people are genetically averse to new experiences, and this trepidation manifests itself when trying new foods. Too often, though, children's dietary rigidities result from psychological or social causes rather than physical ones.

Here are my top tips for preventing picky eaters:

Start Early

Food a pregnant woman eats is absorbed into the placenta and amniotic fluid. After the baby is born, the mother's diet is reflected in the taste of her breast milk. A baby whose mother eats spicy curry while pregnant and nursing is likely to enjoy it as a six year old. A grow-

ing body of evidence indicates that breastfed babies whose mother's eat a varied diet grow up into adventurous eaters.

Eat Meals Together

When children and adults eat separately, it can be tempting to resort to PB&J. Little ones need to see adults enjoy eating a variety of foods. The family table is where they learn the art of relaxing and conversing—and good table manners.

Don't Play Short Order Cook

After you've gone through the trouble of fixing a nice meal, don't be manipulated into heating up mac and cheese. Keep children's food preferences in mind when planning meals, and feature favorites now and then. And yet—

Don't Turn Food into a Power Struggle

I remember sitting at the table for an hour at age four, being forced to choke down a cold fried egg. I haven't eaten one since. Children's food preferences should be respected. Insist that children try everything once or twice, but if they utterly despise something, let them skip it. No need to offer a substitute.

Be a Responsible Gatekeeper

Children accustomed to bland processed food are often put off by the robust flavors of unprocessed food. I fed my children whole grain breads and cereals from the beginning. We never buy packaged snacks, candy, or soda or go to fast food restaurants. As my three older kids have grown they've been exposed to junk food, but they still prefer the food they grew up with.

Make Food Worth Eating

Cooking is a basic skill that anyone can learn to do well, if simply, and food that tastes good is more likely to be eaten. Involving children in the preparation of food doesn't guarantee they will eat it, but it does make it more likely.

Make Food Fun

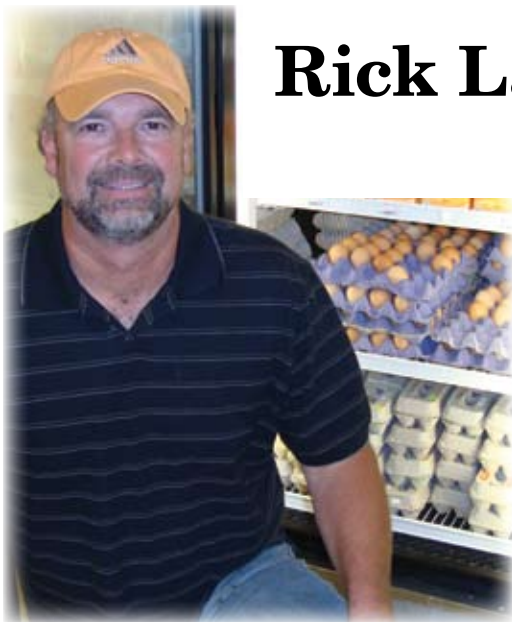
Our family often had international food theme weeks when the children were little. We'd pick a cuisine such as Italian or Thai, and experi-

ment with a variety of dishes from that country. We prepare special birthday dinners and most Friday nights involve a special meal. Older children can prepare a meal for their parents. Avoid negative comments such as "I shouldn't be eating this sinful dish" or "I'm going on a diet tomorrow."

Offer a Variety of Colors and Textures

Cooking and serving styles play a role in food preference. Some children prefer foods isolated—carrots apart from chicken, salad in a separate bowl, etc. This is okay. Others may dislike a food by itself but accept it in a cooked dish—tomato sauce instead of fresh tomatoes, say, or cauliflower pureed into a soup. If children dislike chewy meats such as steak or chops, offer them softer items such as beef stew, pot roast or braised lamb shanks.

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.



Rick Langland EGGS

by: niki mosier, grocery

I am proud that the Co-op is able to provide only local eggs for our customers. One of the local egg producers who we consistently stock is Rick Langland. Rick has been producing for and supplying eggs to the Co-op for fourteen years. Rick's chickens are quite lucky, as they are allowed to roam free anywhere on the farm, except during the winter months. The rest of the time the chickens

are housed in an old dairy barn. One of the greatest joys for Rick is being able to provide a steady supply of fresh eggs to the Co-op. Rick's chicken's produce fifteen dozen eggs a day. If you haven't tried Rick's eggs, or any of our local eggs, I would highly recommend it. Looking for a new way to enjoy eggs? Try an omelet. You can find the ingredients right here at the Co-op, all locally sourced!

Tomato and Fresh Mozzarella Omelet

Ingredients -

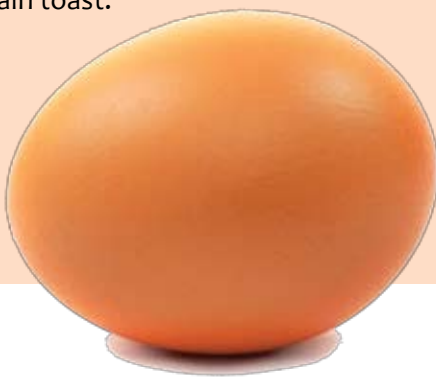
- | | |
|-------------------------------------|---------------------------------|
| 2 eggs per omelet | 2-3 thin slices of fresh tomato |
| 2-3 thin slices of fresh mozzarella | fresh basil sprigs |
| Dash of salt and pepper | Oil |
| 2-3 tablespoons milk or heavy cream | |

Directions -

Heat a heavy, non-stick skillet over medium heat add oil. Beat eggs, 2 at a time, add the milk/cream and sprinkle with salt and pepper. Pour into skillet and immediately begin stirring gently. Stir continuously until the liquid is in the middle. Stop stirring and let cook for about 30- 60 seconds. Place basil on the eggs. Then the tomatoes and the mozzarella on one half of the eggs. Using a spatula, carefully flip one side of the eggs on to the other. Carefully take the omelet out of the pan and repeat if necessary. Garnish with another fresh basil leaf and serve with whole grain toast.

*Shopping list for a local omelet:

- Rick Langland Eggs
- Fresh in-house made mozzarella
- Local tomatoes - take your pick
- Fresh local basil
- Local Waving Grains bread
- Organic Valley milk or whipping cream



Allamakee
Wood-Fired Pottery
Nate and Hallie Evans
2856 Blair Road, New Albin, IA 52160
(563) 544-4378 • www.allamakeewoodfiredpottery.com

The beautiful pots 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.

STEVEN OLSON

Thank you to Steven Olson for your time and help in the construction of the metal awning over our employee entrance at the back of the store.

WILLOWGLEN Nursery

Thank you to Lee Zieke and Lindsay Lee of Willowglen Nursery for consultation on, and donation of, 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. 2010 was their last season as a garden center. We wish them the best of luck in their future horticultural endeavors.

And what exactly are those plants outside in the pots? The climbing/flowering vines are called "Cardinal Climber."



UNDERSTANDING FOOD LABELS

continued from page 12

Gluten-Free

The FDA is working on a standard definition for gluten-free. Current FDA PROPOSED verbiage states that gluten SHOULD be labeled as anything over 20 mg per kg (20ppm), but this has yet to be ratified.



USDA Organic Seal

To sport the USDA Organic Label, a product must have met national, consistent standards for certified organic farms and handling operations set by the Organic Foods Protection Act (OFPA) and the National Organic Program (NOP). The use of the seal is voluntary.

- * The USDA Organic Seal tells consumers that a product is at least 95 percent organic.
- * A USDA seal labeled "100 percent organic" must contain only organically produced ingredients.
- * Processed products that contain at least 70 percent organic ingredients can use the phrase "made with organic ingredients," but cannot use the USDA organic seal.

* Processed products with less than 70 percent organic ingredients can only use the term "organic" to specifically identify individual ingredients.



Fair Trade Labels

If an item is Fair Trade Certified™, it means that certain criteria have been met in its production. The criteria include fair labor conditions and wages for farmers, direct trade (elimination of the middle man when possible), support of democratic organizations and community development, and environmental sustainability. In the U.S., you're likely to see a Fair Trade Certified™ label on teas, coffees, chocolates, herbs and spices, cocoa, fresh fruit, sugar, rice, and vanilla. TransFair USA is the non-profit organization that provides certification in the U.S. It's a member of the international group Fairtrade Labeling Organizations

International (FLO). In Europe and Asia, a group called National Initiatives (Nis) provides certification; it's a member of FLO, too.

A Fair Trade Federation (FTF) label doesn't certify products but shows that the company that produced the product is a member of the FTF. Members of the FTF have demonstrated that their business practices provide fair wages and employment to disadvantaged farmers and artisans. FTF products include food (like coffee and teas), as well as clothing and accessories (like jewelry and purses), body care items, and home and garden items.

Equal Exchange is the largest for-profit Fair Trade company in the U.S. It supports democratically run farmer co-ops in Latin American, Asia, and Africa.

Sustainable Agricultural Labels

These indicate that a product has been grown in keeping with practices outlined by a sustainability program. The focus of these programs is on environmentally and socially sound practices. Rainforest Alliance and The Food Alliance are samples of Sustainable Agricultural labels.

No-GMO Labels

There's no requirement that a manufacturer disclose on a product label that a product contains genetically modified ingredients. That's because the FDA sees no safety issue; they consider GMO products basically the same as tradi-

tional foods, and they don't require disclosure of information about how foods are grown. The FDA has provided guidelines for producers who wish to use a "No GMO" label as a way to help consumers identify products that were grown without the use of genetically modified organisms. Consumer groups continue to work towards mandatory labeling of GMO products.

No-rBST Labels

Because the FDA sees no significant difference between the milk from cows that have and have not been treated with recombinant bovine somatotropin (rbST, a synthetic hormone that's given to cows to increase milk production), they do not require that dairy items include the hormone on their labels. Producers who want to specify that their cows are not treated with the hormone may include a label that specifies "from cows not treated with "rbST." Because the hormone bovine somatotropin (bST) occurs naturally in cows, dairy labels may not read simply "no bST" or "hormone free." Consumer groups advocate the labeling of rbST dairy products.

Labels Related to Cloning

The FDA has not recognized any food safety concerns related to cloned products. So it does not require producers to label products that have been derived from cloned animals. Producers can voluntarily label a product as "not produced from a cloned animal." Choosing organic products may be another way to avoid the purchase of products from cloned animals. The organic community wants to ensure that clones -- and the progeny of clones (who are not technically considered clones) -- not be included in organics. These details (including how a registry of lineage would work) are being ironed out. Many consumer groups continue to advocate the labeling of products from cloned animals. The Oneota Co-op does not knowingly carry products from cloned animals.



Radura Symbol

If foods -- like fruits, vegetables, seeds, spices, poultry, meat, and spices -- have been treated with radiation to kill bacteria, they must carry the radura symbol (an international symbol for irradiation) that states "treated with irradiation." Packaged items with very small amounts of an ingredient that's been irradiated (like a spice) need not contain the label. The Oneota Co-op does not knowingly carry products that are irradiated.

ONEOTA FOOD CO-OP ROCKS!

The My Co-op Rocks Video Contest is back! For the second year, National Cooperative Grocers Association is excited to kick off this nationwide contest where you can show the world why your co-op rocks by making an original online video. Starting July 1, head to www.MyCoopRocks.coop to submit your original online video showing all the ways your co-op rocks, and put in your two cents on others' videos with comments and ratings—people's choice winners and judges' favorites will be in for some super sweet prizes!

There's no limit to the ways you can rock out your video. Unleash your sense of humor, show off your guitar god skills, or take on a full-scale co-op action adventure—just go wherever your imagination takes you in two minutes or less. Be ready to share your masterpiece with the world starting July 1, because the sooner you enter, the more votes you can receive!

Run with your own idea, or get inspired by one of these suggestions:

- Top 10 Reasons My Co-op Rocks
- Love and Lettuce: A Co-op Romance
- Rocking Around the Co-op: A Singalong
- My Co-op: The Rock Musical
- An Amazing Race Through My Co-op

Stay tuned and check back often at www.MyCoopRocks.coop for contest details and updates.

WHY DOES YOUR CO-OP ROCK?

CO-OP ROCKS video contest 2

Show us your video.

The My Co-op Rocks Video Contest is back! **Starting September 1**, enter your original online video to show the world why your co-op rocks. Get in on the action at www.MyCoopRocks.coop, where you can watch video submissions, leave comments and ratings, and submit your own video for a chance to win super sweet prizes.

Win cool prizes!

- 1st: Apple iPad
- 2nd: \$500 Co-op Gift Card
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