

Inside Organics: GMOs – Where do we go from here?

by Harriet Behar

The USDA deregulation of genetically engineered (GE) alfalfa in January will now allow unrestricted planting of this crop across the United States. Leading up to the decision, over 200,000 comments were made by organic producers, exporters of conventional alfalfa, beekeepers, consumers, and others expressing grave concern about GE alfalfa's negative effect on our environment and on their specific areas of interest. The unsuccessful fight against the crop was led in the courts by the Center for Food Safety and Geertson Farms. The decision should be seen as a rallying call to sustainable farmers and consumers everywhere to become even more angry and vigilant in their resistance against the agricultural menace of GMOs.

The release of this new GE seed does not meet a need in agriculture since weed control has not been a huge issue in alfalfa. In fact, cows need to eat long stemmed grasses. The Roundup Ready alfalfa is not approved for human consumption, but since there are no anti-contamination safeguards, GMO alfalfa sprouts will soon be coming to a salad bar near you. The USDA plans to study how to protect the purity of alfalfa seed stocks from GMO contamination AFTER the widespread planting of GE alfalfa. These "studies" will only tell us how much cross pollination we have already had between GE and nonGE alfalfa, not control it.

The USDA did complete a quite comprehensive 2,400-page Environmental Impact Statement which clearly stated there would be negative impacts through contamination of the seed stock to organic and nonGMO farmers from GE alfalfa. In response, USDA Secretary Vilsack put forward an option whereby there would be geographic distances between GE and nonGE alfalfa seed production and management requirements to cut GE forages at 10% bloom or less. While it was gratifying to see the USDA consider the impact on those who do not want their crops genetically contaminated, the proposal put forward was a bone with no meat upon it. Who would be the bloom police? How could this actually be enforced? Farming is not done in a controlled environment and challenges such as rain, equipment failures or even a child's softball tournament might keep a farmer from harvesting their GMO alfalfa field at the mandated 10% bloom.

In the decision, Secretary Vilsack asked for a "coexistence" plan between nonGE or organic alfalfa production and GE alfalfa. We give him credit for recognizing that pollen from genetically engineered crops can cross

pollinate with nonGE crops, causing damage and hardship to those who do not want to have these genetics on their farm. However, the USDA did not stand up to the biotech industry and instead allowed uncontrolled planting of GE alfalfa except for a few isolated areas to protect specific nonGE alfalfa seed stocks.

The biotech industry cannot be allowed any longer to pressure our government to approve these dangerous crops and life forms without doing long term studies on the environmental, social, economic and human health impacts. Numerous studies have proven that these crops are not necessary and only serve to line the pockets of the already rich and powerful at the expense of the collective future of our planet.

While challenges such as these can lead us to feel unempowered and depressed, we need to remember that nature has a supreme capacity for healing. As organic farmers, we know how to promote that healing. We know how we can bring life back to a dead soil and improve our environment to enhance wildlife while at the same time producing nutritionally dense and abundant crops. We can change the direction of agriculture, and we must.

A Plan for Action

The organic community, led by the National Organic Coalition, has put forth to the USDA the following seven point plan to address GMO contamination prevention and promote farmer and consumer fairness in choosing of what crops and foods they wish to plant and eat.

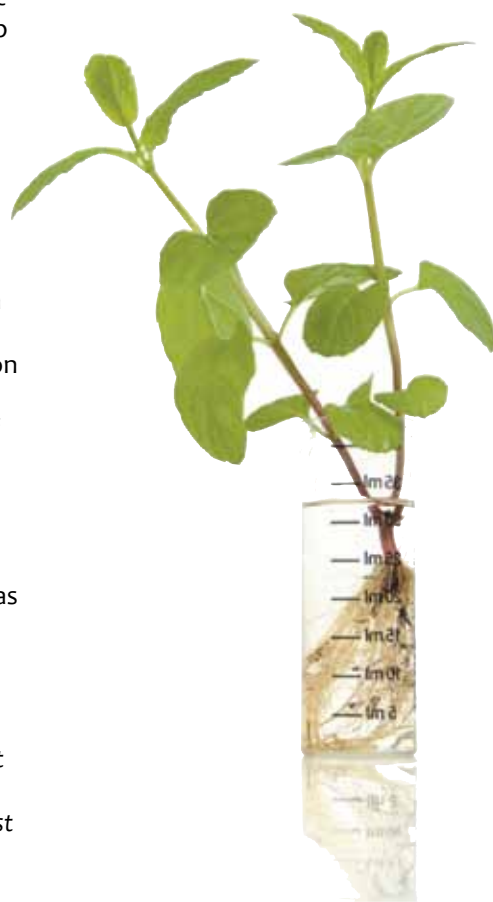
1. Establishment of a fully distinct and separate USDA public cultivar and breeds Institute to ensure that farmers have elite public cultivar and breeding choices that are not genetically modified and that germplasm collections are free of GMO contamination.
2. Creation of a contamination compensation fund in FSA or RMA funded by GMO patent holders and based upon their strict liability. This would provide immediate assistance to all farmers and other supply chain participants contaminated by GMOs pending further necessary remedies of law and equity. Such a fund would establish costs associated with the prevention of GMO commingling and contamination from seed to table and would include both perpetual type costs as well as identity preserved price differential costs for organic and other non-GMOs.
3. Ongoing GM crop regulation, including the complete elimination of deregulated GM crop status; plus prior deregulations and on-going oversight and public evaluations of compliance and enforcement.

4. Comprehensive, independent, longitudinal studies on the health impacts of eating GMOs and on the environmental and socio-economic impacts of release prior to GM crop approvals.
5. Prohibition on the growing of GM crops that are deemed too promiscuous to prevent GMO contamination.
6. Mitigation of food security risks associated with the concentration of any sector of our food system in the hands of a few companies or with the use of one food production technology or patented seeds or genotypes to the near exclusion of all others.
7. Institution of an immediate labeling protocol for all GM crops, products and ingredients in close collaboration with other agencies as required.

Harriet Behar is the MOSES Organic Outreach Specialist.

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Organic can feed the world

by Maria Rodale

You probably buy organic food because you believe it's better for your health and the environment, but you also may have heard criticism that "organic cannot feed the world."

Biotech and chemical companies have spent billions of dollars trying to make us think that synthetic fertilizers, pesticides and genetically modified organisms (GMOs) are necessary to feed a growing population. But science indicates otherwise.

There's clear and conclusive scientific data showing organic agriculture is key not only to solving global hunger but also to curbing global warming, promoting public health, revitalizing farming communities and restoring the environment.

If you do just one thing, make just one conscious choice that can change the world, go organic.

The truth about organic farming

The websites of chemical companies, such as Monsanto, Syngenta and a handful of others

that largely control global seed and pesticide production, would have us believe that without GMOs and chemical "crop protection," there will be mass starvation and environmental destruction.

"The world's population is growing," says Monsanto, the world's largest seed and pesticide company, on its website. "To keep up with production farmers will have to produce more food in the next 50 years than in the last 10,000 years combined."

Syngenta, another seed and pesticide giant, boasts, "We develop new higher yielding seeds and better ways to protect crops from insects, weeds and disease."

The idea that organic farms yield less also comes from chemical companies, who have tested their products on degraded and damaged soil and barred independent research. Research from the Rodale Institute, however, shows that once soil is



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FoodCorps to Launch in Northeast Iowa

by Flannery Cerbin

FoodCorps, a new national AmeriCorps school garden and Farm to School service program, will launch in fall 2011. FoodCorps will serve vulnerable children, improving access to healthy affordable food, while training young leaders for careers in food and agriculture.

The Environmental Studies Department at Luther College, working closely with the Northeast Iowa Food and Fitness Initiative (FFI) is excited and prepared to host the first troop of FoodCorps members in Iowa. The NE Iowa (FFI) is one of nine national sites funded by the W.K. Kellogg Foundation Food and Community Program.

“FoodCorps will help the Northeast Iowa Food and Fitness Initiative to reach more young people with educational programming about healthy eating and where their food comes from. As research clearly shows, engaged learning of this sort is beneficial academically and also promotes healthy living habits,” said Jon Jensen, Director of Environmental Studies at Luther College.

Luther College in collaboration with the NE Iowa FFI, and the Center for Energy and Environmental Education at the University of Northern Iowa will service members. The Midwest regional office of the National Center for Appropriate Technology in Des Moines will serve as the state administration office.

Iowa FoodCorps program will host six members in rural and urban school districts throughout the state during the 2011-2012 school year.

“Selecting just ten sites from 108 applicants and 22 finalists was an enormously challenging task,” said Cecily Upton, a Founder of FoodCorps. “All our finalists demonstrated a tremendous amount of need in the communities they serve, making the decision that much more difficult.”

FoodCorps members will build and tend school gardens, conduct nutrition education and increase the quality of the food served in the lunchroom. FoodCorps also aims to grow the next generation of farmers and food systems professionals through hands-on experience.

Locally, FoodCorps service members will build upon work in the region, which promotes access to healthy local foods and opportunities for physical activity.

During the 2009-2010 school year

the NE Iowa FFI piloted a Farm to School program in six school districts. This effort helped to connect local school children with their agricultural roots and also provided healthier school meals and nutrition education.

FoodCorps service members will help expand upon this program, which is under the supervision of the Environmental Studies Department at Luther College with Iowa State University Extension and the Pepperfield Project as key partners.

“...This [upcoming] year more schools in our region are planning to build school gardens, conduct nutrition education in and outside the classroom and increase local healthy foods in the lunchroom by collaborating with food service staff and local producers,” said Brenda Ranum, Northeast Iowa Food and Fitness Initiative Co-Convener.

FoodCorps members will provide nutrition education, collaborate with regional food service staff to use more healthy local food in school cafeterias and will help grow the most visual aspect of a farm-to-school effort—school gardens.

The Pepperfield Project, a community non-profit rooted in agrarian education, assisted with Farm to School gardens this past year. Project director, David Cavagnaro, has assisted with the creation of school gardens. He has also contracted with Luther College and Winneshiek Medical Center to create edible landscapes and produce gardens.

“FoodCorps volunteers' assistance should greatly enhance the Pepperfield Project's efforts to promote school gardens as part of our regional Farm to School program,” said Cavagnaro.

In Northeast Iowa Farm to School efforts are paired initiatives to increase opportunities for physical activity and promotion of school-based wellness. FoodCorps members will join Jensen and a cadre of young leaders who shape Luther College’s School Wellness Outreach.

“With the leadership of our young adults, I am sure Northeast Iowa will continue to share what we are learning and what is working with others in the state and across the country,” said Ranum.

The NE Iowa FFI does school outreach in Allamakee, Chickasaw, Clayton, Fayette, Howard and Winneshiek counties. This multi-county approach and the statewide collaboration in planning caught the

attention of the national FoodCorps planning team.

As a pioneer in applying the proven model of national service to the widening epidemic of childhood obesity, FoodCorps is poised to improve the well being of thousands of children in its first year and millions over the next decade.

“Luther College is thrilled to be a part of this exciting program. Our work on school wellness and local foods is a key element of Luther's community outreach as we strive for sustainability,” said Jensen.

Congratulations to the 2011-2012 FoodCorps Host Sites:

Arkansas: The Delta Garden Study at Arkansas Children's Hospital Research Institute

Arizona: Johns Hopkins Center for American Indian Health

Iowa: National Center for Appropriate Technology

Massachusetts: The Food Project

Maine: University of Maine Cooperative Extension

Michigan: C.S. Mott Group at Michigan State University

Mississippi: Mississippi Roadmap to Health Equity

North Carolina: North Carolina State University 4-H

New Mexico: Office of Community Learning and Public Service at the University of New Mexico

Oregon: Oregon Department of Agriculture

For more information on FoodCorps and how to participate in the program, go to <http://www.food-corps.org/>

About FoodCorps:

FoodCorps is a national AmeriCorps program that focuses on service in rural, urban and suburban

school food systems that have children challenged with high rates of obesity and limited access to healthy foods. Service members will build and tend school gardens, conduct hands-on nutrition education experiences and facilitate Farm to School programming that brings high quality local food into public schools. The program will serve vulnerable children, improving access to healthy affordable school meals and train a cadre of leaders for careers in food and agriculture. FoodCorps, a New York based nonprofit organization, was developed with funding from AmeriCorps and the W.K Kellogg Foundation, in partnership with Occidental College, the National Farm to School Network, Slow Food USA, The National Center for Appropriate Technology and Wicked Delicate, as part of an open planning process that engaged thousands of stakeholders from around the country. www.food-corps.org



About Northeast Iowa Food & Fitness Initiative

The Northeast Iowa Food and Fitness Initiative (FFI) is one of nine national sites funded by the W.K. Kellogg Foundation Food and Community Program. FFI promotes healthy local foods and creates environments for active lifestyles by working to change policies and systems that create barriers to healthy lifestyles. Specifically, the initiative promotes good food and physical activity in an effort to create healthy, thriving kids who are ready to learn, play and succeed. Serving more than 100,000 people, our efforts span six counties—equivalent in geographic area to the state of Connecticut.

Plant an Extra Row

by Niki Mosier, Co-op Community Garden Liason

Are you planting a garden this summer? Did you know you could help feed hungry people in Northeast Iowa at the same time? All you have to do is plant an extra row of produce in your garden. You can even bring the produce to the Co-op and we'll make sure it is delivered to the local food pantries.

It is estimated that at least 40,000 Northeast Iowa residents, including nearly 16,000 children and almost 4,000 seniors, receive emergency food assistance each year from the Northeast Iowa Food Bank and its member agencies.* Helping provide fresh produce to the food pantries is a great way to supplement what the pantries already receive. If you aren't sure what to grow, think about foods that store well and that people know how to prepare.

Planting an extra row can also be a great way to get kids excited. Let them get involved in the garden and their community by making the extra row their responsibility too.

The Garden Writers Association started the public service campaign “Plant an Extra Row” in 1995. Since the program's launch, over 14 million pounds of produce have been donated providing over 50 million meals for hungry people in the United States and Canada. Let's see how many pounds we can donate to the food pantries of Northeast Iowa.

For more information and ideas check out gardenwriters.org. Watch for more information about dropping off produce at the Co-op as the growing season continues.

**Based on food insecurity figures released by the USDA in November of 2010*



MEMBER APPRECIATION DAY

SALE

10% off storewide*

Thursday, May 12th
8:00 am - 8:30 pm

May be combined with all other member discounts.

**discount only excludes Co-op Deals and Member Deals sale items.
YEP, that's it! Everything else is fair game!*



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, 2011-2012

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SCOOP

ONEOTA
COMMUNITY
FOOD
COOPERATIVE

Editor Nate Furler

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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 60 years of age or older
- Write checks for up to \$20 over purchase for cash back
- Get discounts at many locally-owned businesses through our Community Discount Program
- Order products directly from our main co-op distributors and save substantially through our special order program
- Place free classified ads or reduced rate display ads in the Scoop.
- Attend our monthly potlucks
- Have access to information on the Co-op’s financial status
- Run for a seat on the Board of Directors
- Vote in board elections and on referenda. (Share payment must be current)
- Have access to the Co-op’s video collection with no fees

THE STATEMENT ON THE COOPERATIVE IDENTITY

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

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

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

1st Principle: Voluntary & Open Membership

2nd Principle: Democratic Member Control

3rd Principle: Member Economic Participation

4th Principle: Autonomy & Independence

5th Principle: Education, Training & Information

6th Principle: Cooperation Among Cooperatives

7th Principle: Concern For Community

ONEOTA
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FOOD
COOPERATIVE

WELCOME

to these new member-owners & their households!

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Anthony Berry

Gary Blockhus

Karen Healy Bruening

Rachael Buresh

Laura Corbin

Nancy Dahl

Meggie DeJong

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Katie Fisher

Jerry Freund

Mary Gansen

Chris Gaunt

Dale Gohl

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Brenda Harris

Ace Hendricks

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Donna Henry

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Lisa Krieg

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Laura Lea Matthias

Valerie Miller

Sara Neuzil

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Judy Polashek

Stanley Sherman

Jane Steffen

William Waldron

David Webb

Jim Whitehead

WORKING-MEMBERS

THANK YOU to all of the Co-op members who helped out in one way or another as working members in March/April 2011. Your efforts make us better.

Dave Kester

Georgie Klevar

Roy Macal

Onita Mohr

Wendy Stevens

Jim Stevens

Deneb Woods

David Paquette

Janet Alexander

Louise Hagen

Julie Fischer

Rob Fischer

Rita Lyngaas

Jeff Scott

Emily Neal

Stephanie Conant

Elyse Hawthorn

Andrew Smeby

Arllys Adelman

Christine Gowdy-Jaehnig

Jan Heikes

Lee Zook

Perry-O Sliwa

David Sliwa

Jennifer Zoch

Karin Martin-Hiner

Lyle Luzum

Ann Mansfield

Erik Sessions

Sara Peterson

Marty Grimm

Nikolay Suvorov

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.

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 Co+op Deals sale items)

Wellness Wednesday

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

PANINO OF THE WEEK

Now featuring a special panino every week for a special price.

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Stop in and try samples of each one throughout the week.

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Looking for a bagpiper willing to donate time and talent to a children's summer library program on Friday, June 24th. Even if you know of someone I might contact. Please call Cynthia at 563-238-8811.

Insight into a Local Business— Grass Run Farm

by Kristine Jepsen of Grass Run Farm

A couple weeks ago, Kristin Evenrud -- your Co-op meat buyer -- asked me to put into words a few conversations we've had about rising costs in the meat industry affecting businesses of all sizes including us, your local meat company. The result, a story I hope speaks to the challenges faced by anyone currently running a local foods business. Food is so many things -- fuel, a connection to the earth, and an environmental legacy. However, local foods are also a business subject to the same laws of economic success and failure that govern the rest of our lives. This fact can get fuzzy in the scope of the ideals we want a local food system to embrace.

On Tuesday, March 30, 2011, the top commodity slaughter cattle brought \$1.29 per pound live weight at the Lanesboro Sales Barn, an all-time high. Ever. The market has been trending upward for almost a year, but this new spike surged through the cattle community like wildfire. Everyone from sales barn owners to the coffee counter regulars were talking. No one had ever seen this happen. I repeat: ever. It's as though gas went to \$6/gallon.

This comes in a year in which the U.S. cattle and calf herd totals 92.6 million head, the lowest count since 1958 (when my dad and grandpa were milking 20 some Holstein dairy cows by hand).

Why should we care? Well, these are small-print indicators of the harsh climate in the American meat industry. There are fewer animals in the national supply line, global demand is very strong and the cost from field to fork is rising whether you're Cargill or Grass Run Farms.

What's scary, though, is that in times like these, sustainable-ag-oriented farmers must often decide whether they can afford to stick to their belief in landscape change. Do they sell to alternative companies like us to preserve diversity and long-term competition in their marketplace, or do they just sell into the commodity livestock system for top dollar.

Shouldn't better prices mean more for the farmer? Sometimes, but not necessarily. Most costs associated with raising beef in America are also rising, sometimes faster than the pay price. Markets do naturally inflate and

contract, run and correct, but often the big get bigger and the diverse don't survive. Mono-markets are the "natural" result.

At Grass Run Farms, we're familiar with the pinch of being a small company in a very large, very well-capitalized industry. More than 100,000 beef are harvested every day in the United States. Just a handful of vertically integrated corporations control the world's beef market from corn seed to slaughter to distribution. It's a system that brings us ground beef around \$2/lb. retail most days of the year even in small-town northeast Iowa.

It's a system large enough to influence and benefit daily from widespread federal subsidies, international market pressures and buying trends well beyond the packing plant. In fact, everything about the mainstream beef you see in stores today was contracted and brokered in increments of quarter pennies often before the animals were even born.

It's all about control and power in your marketplace, and that's what forces like Cargill have achieved. (We're drawing here on a very good read: *Invisible Giant: Cargill and Its Transnational Strategies*.) Funny thing is, that's what local foods seek to achieve, too, in the interest of protecting food quality and keeping food dollars in our communities. We're talking about capitalism's birthright here. So what exactly is the difference?

Like it or not, the commodity meat industry delivers what we ask of it: price, consistency and quality in line with what the majority of us really want to pay. It's a proven model of business viability: eliminate what costs you can by compromising whatever level of quality your customer will tolerate while continuing to purchase your product.

And as long as this system exists, we are -- all of us -- its customer, in some way.

So, what's a co-op loving buyer to do? Well, for starters, know how and why local foods are different. At this point, local foods are vulnerable from start to finish to real-time expenses of food production and often some degree of inefficiency imposed by geography, level of mechanization, and the coordination of real people who tend variably productive land and

animals. We call it "firefighting" -- mitigating challenge after logistical challenge that chews into Grass Run Farms' viability.

Remember, "local" is only "sustainable" to the degree that it can truly feed communities, complete with farming, processing, storage and distribution that offer sincere alternatives to "the system" we seek to reinvent. Also note that economy of scale can shrink a food's carbon footprint.

Put another way, local foods demand familiarity with consequence on the part of the buyer. When production costs fluctuate -- in our case, when we seek to offer a premium to producers above an unprecedented high cattle market -- we must raise prices to our customers. There are, by design, shorter strands in the web to absorb hard consequences. It's up to the consumer to decide what "local" is worth in food value, as well as in social change.

At Grass Run Farms, each dollar collected from sales breaks down like this:

- \$0.73 to the producer/farmer
- \$0.15 to the processor(s)
- \$0.12 for sales, distribution, and running of the business by four local folks

This includes:

1. Creating relationships with livestock producers who value pasture-based sustainable agriculture. Knowing their families. Working together to be nimble and profitable as an alternative meat industry when the mainstream system is soaking up market share.
2. Mapping out the harvest of beef year-round; including which animals will be "finished," when and where. Then arranging trucking to the processor, transport of packaged meat to cold storage, and timely inventory of the hundreds of cases that come back. Also, arranging the



sale of blood, hides, offal, fat and bones from the plant to make use of the whole animal.

3. All while we build a customer base for the product we move each week. We take orders, pack pallets of product, confirm cross-docks in other cities, and track product still being cured, sliced, ground or packaged in smaller portions. We connect with long-time customers to run quality control. We follow up on new leads. We hand out samples in stores. We clean our inboxes, office, and warehouse. We write articles like this.
4. Then we run the numbers, pay bills, count the inventory, and start again. We're not perfect, but we're trying to invest wisely in economy of scale and accountability. This is what we do for a living. It's our job.

The question remains, though: what will local foods look like when they dominate the average citizen's food budget? Will lingering or even new inefficiencies be accepted as a natural limit, even at higher sticker prices?

Or will you call us "Cargill" if companies like Grass Run Farms drive the formation of and emerge as leaders in as streamlined a food industry as can be supported within the 100-mile purchasing radius of this Co-op? It's worth asking, afterall, because economic success is in the local food movement's best interest.

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Movement for Health and Well-Being

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

CO-OP events & classes

www.oneotacoop.com/classes-and-events

Please call ahead to register for classes.
Classes without a minimum number of attendees may be cancelled.

MAY

Co-op Potluck
Thursday, May 5th - 6:30 pm at Phelps Park (Timberframe structure)
Come enjoy a meal in community at the Co-op Potluck, held outside once again 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.

Russian Cooking with Nikolay
Friday, May 6th - 6:30- 8:00 pm, Oneota Community Classroom
\$10 for Co-op Member/Owners, \$15 Community Members
Enjoy another evening of good Russian food and many ideas to make at home. This class will feature Slow Cooked Cabbage Rolls and a Russian cold soup, Okroshka. Make sure to leave room for samples when coming to this class!

Member/Owner Appreciation Sale
Thursday, May 12th - 8:00 am - 8:30 pm
10% off storewide for member-owners. May be combined with all other member discounts. Discount only excludes already reduced Co+op Deals and Member Deals sale items.
*** May’s Welcome to the Co-op! Member/Owner Orientation** cancelled due to Member Appreciation Sale*

Breastfeeding
Instructors from HAWC Partnerships for Children
Monday, May 16th - 5:30 - 6:30 pm - at the Co-op - **FREE**
We will be discussing the benefits of breastfeeding to both you and your infant, various ways to hold your child during breastfeeding, how to know if your child is getting enough to eat and breast care during the time your child is being nursed. Bring your questions or experiences and we will work to give you answers.

Gluten-Free Tour
Led by Co-op Member/Owner Maria Jones Tuesday, May 17th - 5:30 - 6:30 pm
Love good food but find yourself with options because you are gluten free? Tour the Co-op with Maria and find the large array of gluten-free products on our shelves. Learn the ins and outs of gluten-free labeling on products, as well as the unique labeling system used in the Co-op. Enjoy samples of favorite gluten-free products as you walk through the store. *Tour focused towards those just beginning a gluten free diet*

Aromatherapy with Jana
Thursday, May 19th - 6:30 - 8:30 pm - at the Co-op
\$10 for Co-op Member/Owners, \$12 for Community Members
Learn about the benefits of aromatherapy and techniques to use in your daily routine. Classes will include making bath salts or other essential oil blends. Look for class posters in-store for more information.

Gluten-Free Round-Up
Saturday, May 21st – 11:00 – 1:00 pm
Explore the tasty alternatives to a wheat-based and gluten containing diet. Sample various ingredients and products that abound at the Co-op.

Just Happens to be – Gluten-Free!
Saturday, May 21st - 10:30 - 11:30 am - at the Co-op
\$10 for Co-op Member/Owners, \$15 Community Members
Learn to prepare three meals, all of which are innately gluten free. When on a gluten free diet one doesn’t have to just think about substitution in recipes. Many recipes already ARE gluten free - one just has to find them! Class will include Spring Rolls, Baked Polenta, and Quinoa with Black Beans. Samples of all available during the class.

Chow Down Movie - free screening
Thursday, May 26th - 7:30 pm - at ArtHaus
Organic popcorn provided by the Co-op. One man's struggle to reverse his severe heart disease - with diet! Charles, 45, husband and father of two takes on cheap food, and life-threatening cardiovascular disease. A must-see!

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.)

Wanted

INSTRUCTORS & CLASS IDEAS
for upcoming sessions.
• July/August

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

JUNE

Co-op Potluck
Thursday, June 2nd - 6:30 pm at Phelps Park (Timberframe structure)
Come enjoy a meal in community at the Co-op Potluck, held outside once again 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.

Meat and Greet
Friday, June 3rd - 4:30 – 7:30 pm
This year marks the fourth year of the Co-op’s annual Meat and Greet. Join us outside as we fire up the grills and serve up samples of fresh-grilled & locally-raised meat and produce products, including some of those delicious walnut burgers. Meet and converse with local producers that supply their quality products to the Co-op and you the community. This event is held in the back parking lot behind the Co-op. Enjoy live local music again this year as well.

Doodlin’ & Noodlin’ and Shaggy Dogs
Monday, June 6th - 5:00 - 6:30 pm - at the Co-op
\$6 for Co-op Member/Owners \$12 for Community Members
We'll take a (well, um sorta) serious look at the “fine art” of Doodling. We’ll noodle over doodles and, should some short-and-sweet or shaggy dog-length tales crop up, well, so be it. Ideal for people who don't’ think they can draw squat, this class only requires pencil and paper and a willingness to park your adult persona outside the classroom door.

Aromatherapy with Jana
Tuesday, June 7th - 6:30 - 8:30 pm - at the Co-op
\$10 for Co-op Member/Owners, \$12 for Community Members
Learn about the benefits of aromatherapy and techniques to use in your daily routine. Classes will include making bath salts or other essential oil blends. Look for class posters in-store for more information.

Welcome to the Co-op! Member/Owner Orientation
Thursday, June 9th - 6:00 pm - **FREE**
Enjoy a stroll through the Co-op with educated staff members and learn about products on our shelves, our store labeling system, how to shop our bulk section member/owner benefits, and more. Also a great chance to sample products as we tour through the store.

Food Allergy Tour
Tuesday, June 14th - 5:30 - 6:30 pm - **FREE**
How can the Co-op help support those customers on specific diets due to food allergies? Find out how products are labeled and allergy friendly brands the Co-op carries. Learn about the options available to special order additional products to round out your diet. Enjoy samples of favorite Co-op products as you walk through the store. *Indicate allergens at registration for tour*

Breastfeeding
Instructors from HAWC Partnerships for Children
Thursday, June 16th - 5:30 - 6:30 pm - at the Co-op - **FREE**
We will be discussing the benefits of breastfeeding to both you and your infant, various ways to hold your child during breastfeeding, how to know if your child is getting enough to eat and breast care during the time your child is being nursed. Bring your questions or experiences and we will work to give you answers.

Rumi, Hafiz and “Friends”
Monday, June 20th - 5:00 - 6:30 pm
\$6 for Co-op Member/Owners \$12 for Community Members
The poems of Mevlana Jelal-Uddin Rumi have been popular in North America for many years. Lecturer Margaret Baird (B.A.,Luther College; M.A.E., U.N.I.) will share the lives and times of Rumi, Hafiz and other Sufi poets; also, the themes and imagery underlying their poems. Included will be video clips of Mevlevi sama dancers ("whirling dervishes")

Homebrew
Saturday, June 25th - 12:00 - 2:00 pm
\$10 for Co-op Member/Owners, \$15 for Community Members
Meet Co-op Member/Owner and avid home beer brewer, Kevin Roberts, on his own turf! Demonstration, question/answer session, and sampling all will happen at his home here in Decorah. An all-grain batch will be prepped and started - join Kevin for two hours to learn the ins and outs of making good beer at home. All are welcome to come as early as 10:00 am and stay until 3:00 pm to see other parts of the process. Instruction will be focused during the 12:00 - 2:00 pm timeframe. *Participants must register and pay before class at the Co-op*

Exploring Foods!

Make sure to register by May 7th.

\$8 per child, per class

Every other Tuesday, 3:30 - 4:30 pm
for children 3 - 7 years old w/ adult helper

May 10th May 24th June 7th June 21st

Explore foods through sight, sound, smells and tactile experiences. It’s all about the process and each afternoonwill include making 2-3 healthy treats.



Organic can feed the world

continued from page 1

restored organically, organic crop yields are comparable to the latest chemical yields.

That's just one finding from a long-running revolutionary research project started in 1981 at the Rodale Institute called the Farm System Trial (FST). The project began by studying the effects of transitioning a farm from chemical to organic methods.

At that time no university or business would conduct scientific research on organic farming; it was viewed as an inefficient, fringe method of farming. Since then, the FST has produced numerous valuable findings that discredit this belief.

The FST research found that crop yields from organic and synthetic/chemical farms are similar in years of average precipitation.

It also found that organic farm yields are higher than those of chemical farms during droughts and floods due to stronger root systems in organic plants and better moisture retention in the soil which prevents runoff and erosion.

The FST data also showed that organic production requires 30 percent less energy than chemical production when growing corn and soybeans, that organic farms create jobs because labor inputs are approximately 15 percent higher, and that the net economic return for organic crops is equal to or higher than that for chemically produced crops because upfront costs are lower.

The most surprising FST finding of all has been that organically farmed soil stores a lot of carbon — so much, in fact, that if all the cultivated land in the world were farmed organically, it would immediately reduce our climate crisis significantly. Organic farming can pull on an annual basis thousands of pounds of carbon dioxide per acre right out of the air and keep it in the soil adding to its carbon stores year after year.

Conversely, soil farmed using synthetic/chemical methods has very little ability to keep or build vital supplies of carbon in the soil. Switching to all organic food production is the single most critical (and doable) action we can take right now to stop our climate crisis.

Global research also supports these findings. The International Assessment of Agricultural Knowledge, Science and Technology for Development (IAASTD),

with \$12 million in funding from the World Bank and the United Nation's Food and Agriculture Organization, was an unprecedented survey of agriculture around the world designed to determine the best solutions for feeding the world. More than 400 scientists and 58 countries participated in the proceedings and released a report in 2008, unequivocally recommending a return to traditional, natural farming methods (away from GMOs and chemicals).

Despite the propaganda churned out by biotech and chemical companies, organic farming is the only way to feed the world. Chemicals are not necessary to grow food. Synthetic fertilizers, pesticides and GMOs are necessary only to generate large profits for businesses and to dispose of toxic industrial wastes.

Historically, all agriculture was organic. It wasn't until the Industrial Revolution that we used agriculture as a dumping ground for the enormous quantities of chemical waste that had accumulated.

Transferring our toxic agricultural systems to other countries is sure to bring about a global environmental collapse. The energy required, the toxicity of the chemicals and the degradation of the soil will be fatal. Instead, we need to export the knowledge we have gained about successful modern organic farming and help others adopt these practices.

Debunking the myths

If the research is so clear, why haven't more farmers transitioned to organic?

The chemical farmers I've interviewed truly believe they need to increase production because they are on a patriotic mission to feed the world. Chemical and biotech companies spend billions of dollars each year to drive this message home. Yet the problem isn't food scarcity — it's too much food — but fear of famine sure sells chemicals. Our ability to feed ourselves, in fact, is less about production ability and more about politics and instability.

"The world's worst famines are not caused by crop failure; they are caused by faulty political systems that prevent the market from correcting itself," writes Charles Wheelen in his book, *Naked Economics*. "Relatively minor agricultural disturbances become

catastrophes because imports are not allowed, or prices are not allowed to rise, or farmers are not allowed to grow alternative crops or politics in some other way interferes with the market's normal ability to correct itself."

The recent global recession greatly increased hunger around the world. A study commissioned by the United Nations concluded that the quantity of food was not the cause — the price of food and political instability were.

Volatile fuel prices and the increased demand for biofuels are among the biggest factors. They led to soaring food prices in 2008 (as much as 24 percent higher than 2007), causing riots in more than 30 countries. (See *Are biofuels fueling hunger?*, Sound Consumer, September 2010: <http://www.pccnaturalmarkets.com/sc/1009/sc1009-biofuels.html>)

Beyond feeding the world

The benefits of organic extend far beyond simply being the most effective way to feed the world and mitigate global warming. Organic also is essential for the health of consumers and the environment.

A conservative estimate of current pesticide use in American agriculture is about 1.2 billion pounds a year — about 4 pounds for every person. More than 80,000 new chemical compounds have been introduced since WWII. Many of them are used in agriculture.

Traces of these chemicals can be detected in virtually each and every one of us, yet only half the compounds have been tested, even minimally, and fewer than 20 percent have been tested for their effects on fetal nervous systems. At least 75 percent of the manufactured chemical compounds that have been tested are known to cause cancer and are toxic to the human brain.

Research links agricultural chemicals and GMOs to asthma, allergies, autism, ADHD, cancer, diabetes, infertility, childhood leukemia, obesity, organ failure, accelerated aging, Parkinson's disease, genital malformations and intestinal damage. Many researchers have found that there is no such thing as a "safe" dose of these chemicals; smaller doses can be just as harmful as high doses.

The effects of chemical agriculture on the environment are equally damaging. Sixty percent of the fresh water in the United States is used for agricultural purposes. When it's used for chemical agriculture, all those chemicals leach through the soil and into the waterways and wells to poison our drinking water, our rivers and streams, our bays and oceans and ultimately, all of us.

It has been estimated that it would take an immediate 45 percent reduction in the amount of agricultural chemicals applied to our soils to have any impact at all on slowing the growth of the dead zones in our coastal waters. Agricultural chemicals currently account for approximately two-thirds of all water pollution.

Where do we go from here?

Without government policies that keep chemically produced food artificially cheap, organic food would cost less than chemical food — far less. Yet in Congress' effort to "protect jobs" (mainly at chemical companies) and American farmers, it has put farmers on an economic treadmill. By providing payment incentives to keep growing crops, such as corn and soybeans, chemically, it's challenging to switch to organic or grow other crops.

Government policies encourage the use of GMOs and chemicals, put farmers around the world out of business by lowering export prices, and teach farmers how to work a system that is dysfunctional rather than how to become better farmers, creating a sense of entitlement and codependency that is hard to escape.

Our government needs to turn its policies upside-down and start giving tax breaks to those people and companies who benefit people and the planet by finding positive solutions to our food, farming, energy and climate problems. We need to encourage farmers to transition to organic as quickly as possible. We need to reorient the incentives so that the prices of organic foods and agricultural fibers reflect their real costs and are affordable.

We consumers have an important role to play, too. We must demand organic and we must unite. A unified voice is precisely what the environmental/organic movement lacks. When foodies sing the praises of local food sources and don't mention organic, chemical companies are laughing all the way to the bank.

We still have time to heal the planet, feed the world and keep us all safe. Soil can regenerate. People who eat organic foods reduce their pesticide intake by as much as 90 percent.

Buy organic food. Stop using chemicals and start supporting organic farmers. No other single choice you can make to improve the health of your family and the planet will have greater repercussions for our future.

This article is excerpted from Maria Rodale's newest book, *Organic Manifesto*. She is chief executive officer of Rodale Inc. and the granddaughter of J.I. Rodale, founder of the Rodale Institute.

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Why genetically modified crops will not feed the world

by Bill Freese



According to the World Bank, global food prices rose a shocking 83 percent from 2005 through 2008. And for the world’s poor, high prices mean hunger.

The global food crisis has many causes, but according to the biotechnology industry, there’s a simple solution — genetically modified (aka biotech) crops. Biotech multinationals have been in media blitz mode ever since the food crisis first made headlines, touting miracle crops that purportedly will increase yields, tolerate droughts, grow in saline soils, and be chock-full of nutrients to boot.

Not everyone is convinced. The United Nations (U.N.) and the World Bank completed an unprecedented broad scientific assessment of world agriculture — the International Assessment of Agricultural Knowledge, Science and Technology for Development (IAASTD) — which concluded that biotech crops have very little potential to alleviate poverty and hunger.

This four-year effort, which engaged some 400 experts from multiple disciplines, originally included industry representatives. Just three months before the final report was released, however, Monsanto, Syngenta and chemical giant BASF pulled out of the process, miffed by the poor marks given their favorite technology. This withdrawal upset even the industry-friendly journal *Nature*, which chided the companies in an editorial entitled “Deserting the Hungry.”

The Technology

Genetic engineering involves the laboratory-based transfer of DNA derived from bacteria, viruses or virtually any living organism into plants (or animals) to endow them with a desired trait.

As implemented by biotechnology firms, genetic engineering has followed the path of previous innovations of industrial agriculture. The technology serves wealthier farmers growing commodity crops in vast monocultures by fostering

increased use of labor-saving pesticides.

Genetically modified (GM) crops are heavily concentrated in a handful of countries with industrialized, export-oriented agricultural sectors. Nearly 90 percent of biotech acres in 2007 were in just six countries of North and South America, with the United States, Argentina and Brazil accounting for 80 percent. For most other countries, including India and China, biotech crops accounted for 3 percent or less of total harvested crop area.

GM soybeans, corn, cotton and canola comprise virtually 100 percent of world biotech acreage. Soybeans and corn predominate and are used mainly to feed animals or fuel cars in rich nations.

For instance, Argentina and Brazil export the great majority of their soybeans as livestock feed, mainly to Europe and Japan. While more than three-fourths of the U.S. corn crop is either fed to animals or used to generate ethanol for automobiles.

Expanding soybean monocultures in South America are displacing small farmers who grow food crops for local consumption, contributing to food insecurity, especially in Argentina and Paraguay.

Hype vs. Facts

Most revealing, however, is what the biotech industry has engineered these crops for. Hype, notwithstanding, there is not a single commercial GM crop with increased yield, drought-tolerance, salt-tolerance, enhanced nutrition or other attractive-sounding traits touted by the industry. Disease-resistant GM crops are practically nonexistent.

In fact, GM crops incorporate one or both of just two traits — herbicide tolerance and insect resistance. Insect-resistant cotton and corn produce their own “built-in” insecticide to protect against certain (far from all) insect pests. Herbicide-tolerant (HT) crops are engineered to withstand herbicides that kill non-biotech plants. HT crops predominate, occupying 82 percent of global biotech crop acreage.

HT crops are popular with larger farmers because they simplify and reduce labor needs for weed control. They, thus, have helped facilitate the worldwide trend to consolidation of farmland in fewer, ever bigger farms, such as Argentina’s huge soybean plantations.

HT crops also have led to a substantial increase in pesticide use. The most authoritative independent study to date shows that adoption of HT crops in the United States increased weed-killer use by 138 million pounds from 1996 to 2004, while insect-resistant crops reduced insecticide use by just 16 million pounds over the same period.

What about yield? The most widely cultivated biotech crop, Roundup Ready® soybeans, actually yield 5 to 10 percent less than conventional varieties, due to adverse effects of Roundup on plant performance and unintended consequences of genetic modification.

Unintended, yield-reducing effects are a serious though little-acknowledged problem of genetic engineering and are one of several factors foiling efforts to develop viable GM crops with drought-tolerance and similar traits.

While insect-resistant crops can reduce yield losses under conditions of heavy pest infestation, such conditions are relatively infrequent with corn. Because cotton is afflicted with so many pests not killed by the built-in insecticide, biotech cotton farmers in India, China and elsewhere often apply as much chemical insecticide as growers of conventional cotton. Also, because they pay up to four times as much for the biotech seed, they end up falling into debt. Each year, hundreds of Indian cotton farmers commit suicide from despair over insurmountable debts.

The Biotech Industry

If biotech crops are not about feeding the world, what is the point? Agricultural biotechnology represents a historic merger of two previously distinct sectors — agrichemicals and seeds.

In the 1990s the world’s largest pesticide makers — Monsanto, DuPont, Bayer and Syngenta — began buying up the world’s seed firms. As of 2008, these four biotech giants controlled 41 percent of the world’s commercial seed supply. Their motivations for this buying spree were two-fold: the rise

of genetic engineering and issuance of the first patents on seeds in the 1980s.

Biotech firms employ genetic engineering chiefly to develop crops used in tandem with their own proprietary herbicides — selling both as a package. Seed patents ensure higher profits from seed sales, in part by allowing biotech firms to outlaw seed-saving by farmers.

Patents on biotech seeds normally apply to inserted genes (or methods for introducing the gene), but courts have perversely interpreted these “gene patents” as granting biotech/seed firms comprehensive rights to the seeds that contain them.

One consequence is that farmers can be held liable for patent infringement even if the patented gene/plant unintentionally appears in his fields through cross-pollination or seed dispersal. Another consequence is that farmers are sued for patent infringement for saving and replanting seeds from their harvest, a traditional practice of farmers throughout the millennia.

In the United States, industry leader Monsanto has pursued thousands of farmers for allegedly saving and replanting its patented Roundup Ready® soybean seeds. An analysis by the Center for Food Safety has documented court-imposed payments of more than \$21 million from farmers to Monsanto for alleged patent infringement. If we include the much greater number of pre-trial settlements, the total jumps to more than \$85 million, collected from several thousand farmers.

The United States and European Union are pressuring developing nations to adopt similar gene and seed patenting laws. Because poor farmers often cannot afford to purchase new seeds each year, prohibitions against seed-saving would cause great economic hardship for many.

Biotech firms also have Terminator technology waiting in the wings. Terminator is a genetic manipulation that renders harvested seed sterile and represents a biological means to achieve the same end as patents: elimination of seed-saving.

While international outrage has thus far blocked deployment of Terminator, Monsanto recently purchased the seed company (Delta and Pine Land) that holds several major patents on the technology (together

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Eat Well, Live Well

The best thing about the old adage "you are what you eat" is that it's so empowering. By providing your body with the best food as it replenishes cells, you can literally build good health. While there's a lot to know about nutrition, you don't have to delve deeply into the science to take advantage of the opportunity. Here are some basics:

Pump the Produce.

More is better when it comes to fruits and vegetables. Studies show that a diet rich in produce (in particular green leafy vegetables, cruciferous vegetables, and citrus fruits) can lower the risk of heart disease and stroke. Harvard University researchers found that people who ate more than five servings of fruits and vegetables a day had about a 20 percent lower risk of heart disease and stroke compared with people who ate fewer than three servings daily.

Eating plenty of produce may also help control blood pressure. In one study, people with high blood pressure who followed a diet high in fruits, vegetables, and low-fat dairy products and low in saturated and total fat were able to reduce their blood pressure by amounts that you'd expect with blood pressure medication.

Studies also suggest a strong link between a diet high in produce and protection against cancer. The World Cancer Research Fund and the American Institute for Cancer Research report that fruit and non-starchy vegetables (leafy greens, broccoli, bok choy, cabbage, garlic,

onions) probably protect against certain cancers. They also conclude that increased consumption of foods that contain lycopene (such as tomato-based products) may reduce the risk of prostate cancer.

Produce is also credited for a reduction in the risk of diverticulitis (a painful intestinal ailment), and vision loss from cataract and macular degeneration.

So pile on the fruits and veggies every chance you get. Add an extra side of veggies with dinner, pile them on your pizzas and omelets, and slide them in your sandwiches. Buy easy-to-snack-on fruits like grapes and berries and cut up fruits like melon ahead of time if it'll make you more likely to indulge. Use fruits to make smoothies and enliven salads, too.

To get the most out of fruits and veggies—and maximize your nutritional benefit—variety is key. So, fill your shopping bag with an array of colors from the produce section: red, orange, yellow, purple, green, and white. Your local Farmers Market and the Co-op are the perfect place to find a good selection. (For added health benefits, choose organic.)

Not sure how to prepare some fruits and vegetables? Feel free to ask our knowledgeable staff about their favorites. The Co-op also offers cooking classes featuring a diverse array of local and organic products. Local talent, including

Co-op staff, member-owners, and community members share their cooking knowledge with you in the comfortable setting of the Co-op's cooking classroom. Classes can also be built around your requests and needs, simply contact customerservice@oneotacoop.com with your suggestions.



Go with the Whole Grain.

Choose whole grains over refined, processed products whenever possible. Whole grains, rich in both soluble and insoluble fiber (you need both), aid the digestive system and provide healthy carbohydrates to give your body energy. Studies show that whole grains can help you maintain a healthy weight (they keep you full longer), lower cholesterol levels, cut your risk of colorectal cancer, and reduce the risk of type 2 diabetes by evenening out blood glucose levels. (It takes your body longer to digest whole grains than processed grains, so your blood sugar levels don't rise and fall quickly.)

Opt for whole grain breads, bagels,



and muffins (made with whole wheat, rye, bran, and corn flour, for example) over white bread; whole grain cereals over refined cereal products; whole grain pastas over white pastas, and brown rice over white rice. Explore other whole grain options, too, like barley, quinoa, and millet. A great perk in buying whole grains is that most are available in the Co-op's Bulk department where you can buy only the amount you need and waste no money on packaging.

Be Picky about Protein.
Your body needs protein (amino acids) to build and repair itself. There are lots of great sources of protein ranging from meat, fish, and poultry to nuts, seeds, dairy products, eggs and legumes.

Two things to keep in mind when choosing your proteins. First, eating a variety of proteins will help you get all the essential amino acids you need, especially if you don't eat animal products. Second, when evaluating proteins, be sure to consider what else the food is delivering along with the protein. With beans, nuts, and whole grain protein sources, for example, you're also eating vitamins, minerals, fiber, and with nuts —healthy fat. With steak and whole milk, on the other hand, you're also getting saturated fat.

Fatty fish are currently in the limelight because they provide both excellent protein and those highly touted omega 3s. The American Heart Association and other experts recommend that you eat fatty fish twice a week. (When choosing fish, you'll want to avoid overdoing those that are high in mercury, like shark, swordfish, king mackerel and tilefish.)

Practice Moderation.

Excess body weight contributes to high blood pressure, high cholesterol, diabetes, heart disease and stroke—so no matter how healthy the food, don't overeat. And while you don't want to eliminate them altogether, you'll especially want to take it easy on your fat, salt, and sugar consumption. Choosing less processed foods across the board can help you reduce your intake of these as well as artificial ingredients such as

chemical preservatives. Most experts agree that, generally, the closer a food is to its natural state, the better.

The payoff for all this attention to what you're eating is a big one. You're likely to feel better, have more energy, maintain a good weight and reduce your risk of many diseases. With so many terrific, healthy foods to choose from, eating well and living well can be downright delicious.

Be Finicky about Fats.

All fats are not created equal (though they do all have the same high number of calories). A diet high in "bad" fats can raise your cholesterol as well as your risk of other health problems like cancer and diabetes, while "good" fats are credited with lowering your risk of heart disease.

"Good" fats are the monounsaturated and polyunsaturated fats found in vegetable oils like safflower, olive and canola oils; olives, avocado; nuts and nut butters. "Bad" fats are the saturated fats

(mostly from animals, but some plants, like palms and coconuts) and hydrogenated fats (trans fats), found in high-fat meats, tropical oils, butter, lard, whole milk, margarine, many fried foods, and commercial crackers, cookies, and chips.

Bottom line: It's best to limit saturated fats and avoid trans fats, replacing them with unsaturated fats in moderation. Some easy ways to accomplish this are to focus on low-fat dairy products and low-fat cuts of meat and poultry. (Also remove the extra fat from meat and the skin from poultry before cooking). When cooking, rely on unsaturated vegetable oils rather than hydrogenated fats like stick margarine.

Avoid fried fast foods and fat-laden snacks and read labels. Choose healthful snacks rather than those made with hydrogenated oils.





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One big fat debate?

by Nate Furler, Marketing Specialist

The debate over good fats and bad fats seemed to be decided years ago. Saturated fats have long been touted as the culprit for various ailments such as heart attacks and strokes. But, what if all that you knew about saturated fats is wrong, or at least still up for debate? The following article titled “The Truth About Fats” by Cherie Calbom brings an enlightening argument to the table – this one in favor of saturated fats. Are the tables destined to be turned? Some interesting points to ponder...read on.

The truth about fats

by Cherie Calbom, M.S.

We’ve survived the era of low-fat diets and learned about the health problems they create, but the media still attempts to guide our thinking that fats can make us fat and cholesterol causes heart disease. The truth is that fats play an important role in our body’s health and some of them can even help us lose weight. Unfortunately, we consume too few of the healthy fats, and too many of the unhealthy, man-made versions. The roles fats play in our health are extensive. For example, fat provides energy; it’s difficult to eat enough food on a low-fat diet to get the energy we need. Essential fatty acids are brain food — a deficiency can lead to numerous health and psychiatric/social problems. Fats are needed to absorb fat-soluble vitamins such as A, D, E and K. Fats give us a feeling of satiety, preventing hunger soon after meals.

Big fat misconception

Saturated fats were the preferred choice until the mid-20th century. Then, all of a sudden, we were told to cut saturated fats from our diet if we wanted to maintain healthy weight, have good cholesterol, and prevent heart disease. Marketers of low-fat foods championed the cause and few people questioned why foods eaten for centuries suddenly were causing heart disease.

It’s interesting that at the turn of the last century, saturated fats such as coconut oil were advertised as healthy. Saturated fats even were recommended for treating serious medical conditions, such as tuberculosis and epilepsy. While medical experts claimed “fats are good” prior to World War II, we heard just the opposite in the years that followed, once the vegetable and seed oil industry stepped up production because tropical oils couldn’t be shipped during World War II. But drastically reducing fats from the modern diet has not solved our heart health or weight problems.

Statistics show that obesity rates are at an all-time high as is heart disease, cancer, diabetes and stroke. A study published in 2006 in the “Journal of the American Medical Association” found virtually identical rates of heart attack, stroke and other cardiovascular disease in women who did or didn’t follow a low-fat diet. Women on the low-fat diet also didn’t lose — or gain — any more weight than women who followed their usual diets. The doctrine of low-fat eating has lost credibility.

What’s theory, what’s fact?

The anti-saturated fat theory began in the 1950s with the steep rise in heart disease. While heart disease caused no more than 10 percent of all deaths in the United States prior to the 1920s, by the 1950s it had risen to more than 30 percent. Researchers began looking for the cause of this new health threat and targeted cholesterol as the culprit.

Many researchers, however, have rejected the saturated fat and cholesterol theory as a cause of heart disease because more than 60 percent of all heart attacks occur in people with normal cholesterol levels and the majority of people with high cholesterol levels never have heart attacks. A study published in August 2010 in the “American Journal of Clinical Nutrition” found that if saturated fat in the diet is too low, it can lead to an increased risk of death from stroke.

Another fat, however, is being implicated in poor health. A study conducted at the Wynn Institute for Metabolic Research in London examined the composition of human aortic plaques. It found that the artery-clogging fats in those who died from heart disease were composed of 26 percent saturated fat and 74 percent polyunsaturated fatty acids. The researchers determined no association with saturated fats but rather implicated polyunsaturates, such as those found in vegetable oils, as the primary contributors to aortic plaque formation and suggested that people avoid these oils completely. The American Heart Association has discovered that people with heart disease all have one thing in common — inflammation. High cholesterol levels are not even on the list. Researchers currently are focusing on damaged fats (particularly trans

fats found in margarine, snack foods and fried foods), the use of oils high in omega-6 fatty acids (polyunsaturates), inflammation, blood clots, high blood pressure, high levels of homocysteine (an amino acid in the blood), and high levels of Lp(a), a protein produced in the liver. When Lp(a) encounters an LDL cholesterol particle (“bad” cholesterol”), it binds to it and confers a much more aggressive behavior to the LDL particle. It may be surprising that saturated fats now are considered the healthiest fats for cooking precisely because they are saturated. There are no double bonds between the carbon atoms; they’re fully saturated with hydrogen atoms. This structure means that bonds will not break easily when heated and saturated with oxygen. By contrast, unsaturated fats, such as olive and canola oil (monounsaturated fats) and safflower, sunflower, soy, and corn oil (polyunsaturates) have carbon bonds that are not saturated. Their double bonds can become saturated with oxygen from the environment. When this happens, the oils have oxidized and become rancid and unsuitable for consumption. This happens easily with these oils and can occur even in their processing.

The healthiest fats and oils

- Butter is a saturated fat dominated by short-and medium-chain fatty acids. It’s a healthier choice than margarine or most vegetable spreads, with the exception of coconut oil and olive oil spreads. Butter is a rich source of vitamins A, E, K and D. It also has appreciable amounts of butyric acid, used by the colon as an energy source, and lauric acid, a medium-chain fatty acid, which is a potent antimicrobial and antifungal substance. Butter from grass-fed cows also contains conjugated linoleic acid, which protects against cancer. (Look for Organic Valley’s Organic Pastured Butter at OCC.) Butter is good for medium-heat cooking with a smoke point of 350° F. Ghee (clarified butter) has a smoke point between 375° F and 485° F and is good for medium-to high-heat cooking.

- Extra-virgin olive oil is a monounsaturated oil that’s great for salad dressings, cold foods, and low-heat cooking. Spectrum’s smoke point is 325° F. Other monounsaturated oils, such as Spectrum’s avocado (smoke point 450° F) and almond oil (smoke point 495° F) are better suited for higher-heat cooking.

- Coconut and palm oil are saturated fats. Coconut oil is great for low- or medium-heat cooking (smoke point 280° F to 350° F, depending on brand). Palm oil is good for higher-heat cooking (smoke point 450° F). These oils won’t oxidize (turn rancid) as easily because they’re saturated and have a longer shelf life than most oils. Coconut and palm oil are dominated by medium-chain triglycerides, which use up energy when metabolized. They have a “thermogenic effect,” meaning they raise body temperature, boosting energy and metabolic rate, promoting weight loss. They have no cholesterol and have not been shown to raise LDL levels. Coconut oil tastes great on popcorn, too. Essential fatty acids (EFAs) are the “good fats” that everyone needs to maintain optimal health. EFAs are long-chain polyunsaturated fatty acids, which include linolenic (omega-3) and linoleic (omega-6). During the past half century the ratio of omega-6s to omega-3s in the Western diet has changed from 2:1 to as much as 25:1. Our diets now include too many oils rich in omega-6s (corn, safflower, sunflower, cottonseed, peanut and soybean oils), and too few omega-3s which are found primarily in fish, fish oil and seafood; grass-fed meat and dairy; walnuts; and flax, hemp, and chia seeds and in smaller amounts in vegetables, whole grains and beans.

Oils and fats to limit/avoid

- Polyunsaturated oils such as corn, soy, safflower and sunflower oils are


continued on page 10

4th Annual Oneota Co-op

Meat and Greet

Friday, June 3rd

4:30 - 7:30 pm



Join us outside as we fire up the grills and serve up samples of fresh-grilled & locally-raised meat and produce products, including some of those delicious walnut burgers. Meet and converse with local producers that supply their quality products to the Co-op and you the community. This event is held in the back parking lot behind the Co-op. Enjoy live local music again this year as well.

Wumzy Designs – designed by kids, for kids, now at the Co-op

Wumzy Designs is the brainchild of Hayden, Linnea and Christian, siblings who designed their first kids’ apparel in anticipation of the arrival of their newest cousin. Their tie dyed onesies turned out so adorable that they decided to continue creating them and their family formed Wumzy Designs. Wumzy Designs offers tie dye onesies for both genders, in newborn and baby sizes. They have also begun dyeing baby hats in complementary colors to make a complete set for your little one or as a gift. They offer tights for little girls, and have just started dyeing summer dresses as well. The unique aspect of Wumzy Designs is that every item is hand dyed by these young entrepreneurs using a wide variety of color schemes and patterns. The result of this is the guarantee that no two products will ever be the same. Check them out for yourself at the Oneota Co-op. Also, if you would like a color scheme and/or pattern that are not available, please feel free to contact them directly at www.wumzydesigns.net.



The truth about fats

continued from page 9

hard-seed oils high in omega-6s and should be limited or avoided if possible. (Safflower and sunflower oils labeled high-heat or high oleic are exceptions — they’re primarily monounsaturated.) Polyunsaturates have more than one double bond, which break easily and makes them more vulnerable to oxidation and degeneration. Oxidized oils can cause widespread free-radical damage implicated in heart disease and cancer.

Vegetable- and seed-based oils have been around for less than 100 years and their rise in popularity in the 1950s paralleled a drastic increase in heart disease. Traditionally bred high-oleic versions of safflower or sunflower oils are one option for high-heat cooking, but almond oil, avocado oil and ghee are better choices. Most soy and corn oils are also from genetically modified (GM) crops.

Canola oil is a monounsaturated fat, like olive oil, which means it contains only one double bond. So, technically, it could be used for salad dressings, cold foods, and low-temperature cooking. Unless it’s organic, assume canola oil is made

from GMO canola. Trans fats are created in the process of hydrogenating oils and should be avoided completely. The consumption of trans fats increases the risk of coronary heart disease by raising levels of LDL cholesterol and lowering levels of HDL (“good”) cholesterol. Commercially baked goods, such as crackers, cookies, cakes, muffins and many fried foods, such as doughnuts and French fries, may contain trans fats. Mainstream shortenings and margarines can be high in trans fat.

Margarine and butter replacement spreads. Margarine is made from different oils mixed with emulsifiers, vitamins, coloring, flavoring and other ingredients. The oils often are hydrogenated — a process used to solidify them, making the margarine spreadable.

A report by Harvard researchers says trans fat in margarine and other processed foods could be responsible for thousands of the nation’s annual deaths from heart disease. When it comes to natural spreads that are substitutes for butter, read labels; know what oils are used. An olive oil spread would be fine but anything made with polyunsaturates or non-organic canola oil should be avoided.

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Cherie Calbom, M.S., has a master’s degree in nutrition from Bastyr University, where she now serves on the Board of Regents. She is the author of 17 books on nutrition, including “The Coconut Diet” and “The Juice Lady’s Turbo Diet.” For more information, see cheriecalbom.com.

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The surprising benefits of saturated fats

- Saturated fatty acids constitute at least 50 percent of cell membranes. They give our cells necessary firmness and integrity.
- Saturated fats play a vital role in the health of our bones - at least 50 percent of our dietary fats need to be saturated for calcium to be effectively incorporated into the skeletal structure.
- They lower Lp(a) levels.
- They enhance the immune system.
- They are needed for the proper utilization of essential fatty acids. Omega-3 fatty acids are better retained in the tissues when the diet is rich in saturated fats.
- Saturated 18-carbon stearic acid and 16-carbon palmitic acid are the preferred foods for the heart, which is why the fat around the heart muscle is highly saturated. The heart draws on this reserve of fat in times of stress.

Happiness Initiative

The Seattle Area Happiness Initiative (SAHI) is seeking other partner organizations and the Decorah Public Library is pleased to partner in the initiative by providing a link on the library website. The goal is to provide individuals with a tool for reflection and insight, provide informational indicator reports for area organizations, local and county governments, and to provide informational links for exploration. Visit Decorah Public Library’s website at www.decorah.lib.ia.us for more information or to take the survey.

"You get what you measure," says Seattle City Councilmember Mike O'Brien. "For too long we've measured the wrong things—Gross Domestic Product doesn't tell us whether we have a good quality of life or a sustainable society. This survey, which includes nine domains of well-being, not just income, is a good way to start measuring the important things we care about, so we can actually achieve them."

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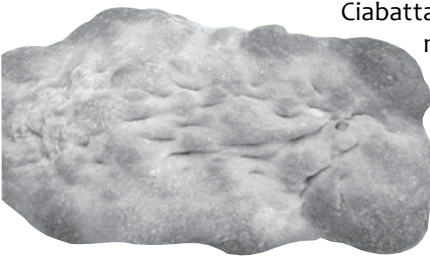
"Bread Chooses You"

Spotlight on Nicole Benzing

by Beth Rotto



Nicole Benzing left Decorah for a pottery apprenticeship in New York and has returned a decade later as an expert baker. Her job making sandwiches at a Jewish Deli and Bakery in New York turned into an opportunity to apprentice with a pastry chef and later with a baker. "I was in the right place at the right time," says Nicole. "Bread chooses you, I think." Her training was in artisan, European style breads, baking from 4 p.m. until 7 a.m. "I don't think I slept for a couple of years," she says. Needing a rest, she took a job in tourism in Georgia, but soon found she missed working with food. She made a move to Ashville, N.C. where a bistro was looking for a baker, but it wasn't too long before she decided to fix up a building and open an Italian pizzeria. It's our good fortune that she decided to leave that venture and return to Decorah, where she offered her breads at the Farmer's Market and is currently baking at Waving Grains Bakery. Recently Waving Grains has begun to add some of Nicole's recipes to their line-up of delicious fresh breads and pastries. I spoke to Nicole about the new offerings.



Ciabatta is a traditional Italian bread whose name means "slipper" because of its shape. It's most fantastic right out of the oven, ripping off pieces and dipping in olive oil. After that it makes delicious garlic toast or bruschetta. Nicole's recipes follow.

Pumpernickel Rye is a German style bread with a heavy, bitter flavor. Bitter is a good word in this case, and it comes

from the molasses, cocoa and apple cider vinegar in the recipe. Some people prefer this bread several days old, when the flavors meld. There is a little caraway added, but it doesn't have a heavy caraway flavor. "It's nice to have other tastes besides whitey white," says Nicole. This is a classic bread for a cucumber or radish sandwich. Spread the bread with butter or cream cheese and pile on slices of those radishes that soon will be coming up in our gardens! This bread is good with lox and with strong cheeses as well. It's perfect with soup and great toasted.

Rugelach has its history in Eastern Europe and Russia. Traditionally it is filled with brown sugar or honey and walnuts. In New York it turned into a traditional Jewish cookie and comes in many flavors, including Strawberry Chocolate, Raspberry Chocolate, Cherry Chocolate and Apricot Almond. It's great with coffee, and several people have told Nicole that they like to eat it for breakfast.

What other new taste treats are in store? Keep watching the shelves, and let us know what you'd like to see.

Nicole's Ciabatta Garlic Toast

2-3 T. butter
fresh garlic to taste (Nicole uses a lot)
Ciabatta that is no longer fresh

Cut ciabatta in half the longways (making two faces). Set aside.
Cook butter and garlic together a little bit to release the flavor of the garlic into the fat. Drizzle over the top of the ciabatta. Sprinkle with salt if desired.
Low broil 10-15 minutes or throw on a medium grill. Watch so it doesn't burn.

Nicole's Bruschetta

Brush ciabatta bread with olive oil. Bake in oven until toasted as you desire. Top with tomatoes, garlic warmed in a dash of olive oil, some grated parmesan, basil, salt, pepper and lemon juice as desired.

Eastern Medicine and Women's Health

Part 2

By Brenda Harris MSOM, LAc

Cycles of nature, phases of life

Woman's bodies follow natural cycles that allow life phases to ebb and flow. Chinese medicine teaches that important cycle shifts occur in women every seven years. Appropriate care during these cycles helps to promote healthy female systems. Menstruation and the quality of blood are regarded as important aspects of the seven cycles of a woman's health. Menstruation serves as an indicator of general vitality that underlies the life phases of fertility and reproduction (roughly ages 21-35) and menopause (roughly ages 49-56).

The last article addressed the definition of menstruation and the importance of blood in relation to the menopausal phase. To review "What is menstruation and how does it relate to health according to a Chinese Medicine perspective" please check out the March/April issue of the Scoop online at www.oneotacoop.com/the-scoop.

Here we look at the importance of menstruation and blood in the fertility and reproductive life phase, specifically in relation to pre-conception and post-labor care.

The Fertility and Reproductive Phase

Healthy blood during the fertility and reproductive phase is important for conception to occur. Menstruation and the quality of a woman's blood indicate general health of the mother-to-be. Regular pain-free periods with bright red blood and minimal clots are the basis of fecundity.

In Chinese Medicine, preconception care is very important for increasing and improving the nutrient and blood circulation to the ovaries, eggs, and uterus, and to clear the body of pathogens or blockages. Chinese herbs and acupuncture are used with diet to help insure that the body is a healthy environment for supporting life. In China, a woman might prepare her body for one year before conceiving. Importance is placed upon preparing the blood for pregnancy and childbirth, a lengthy process that takes extra nutrients and energy. It is understood that before you plant the seed, you must first nourish the soil. Acupuncture, herbs and Qigong aid in the reproduction life cycle by increasing blood flow to the uterus and endometrium, balancing the reproductive hormones in the blood and decreasing cortisol and prolactin, stress hormones that interfere with conception. Studies reveal that acupuncture and herbal medicine are effective in fertility and contraception regimens by unblocking the body's innate reproductive potential and by working to assist adjunctive protocols such as increasing sensitivity of In Vitro Fertilization (IVF) medications.

Once the soil is nourished and the seed planted, menstruation pauses but blood continues to play an important role throughout pregnancy and childbirth. It is the medium for the growth and development of a new being. Acupuncture can aid weak blood by assisting to hold implantation and prevent

miscarriage. It can strengthen mother and baby and ameliorate problems such as morning sickness, anemia, heartburn, insomnia, anxiety and exhaustion. Acupuncture can also be used to turn a breech presentation and induce labor when necessary.

Congratulations, the bouncing baby has arrived. The postpartum time in China, known as the "golden month," is a very important time for mother and her blood. During this time the mother is completely taken care of by family and friends. Her responsibilities include breastfeeding, resting and staying warm. The body's energy and blood have been depleted. One should not underestimate the toll that labor takes on the body, including stresses that make it susceptible to pathogenic influences. This time of recovery provides long-term replenishment for lasting health. Mother is to nurture herself, eat well, re-build lost blood, and bond with her baby. Warming, restorative foods are eaten and herbal preparations taken specifically to build the blood and replenish the qi or energy. Mother takes care of herself now so that she can take care of her family later.

Preconception and post labor care are two areas that can decrease or eliminate health problems for both mother and baby. Acupuncture can alleviate or prevent depression, fatigue, joint /back pain, menstrual irregularities, adrenal fatigue and other chronic conditions that mothers often experience and colic, poor sleep patterns, thrush, improper maturation rates, allergies, colds, attention disorders, and digestive function for the child. Taking time to rebuild the blood and Qi replenishes bodily systems such as metabolic (thyroid and adrenal glands), digestive, neurological, circulatory, hormonal, blood sugar, immune etc. Each of these systems depends upon energy and blood for its function. This means that these systems have to function in a depleted state if not replenished, which can lead to ill health and disease. For example, the thyroid gland, after expending extra effort (energy) during pregnancy and childbirth, has to carry out normal function in a depleted state. If the depleted state remains, the gland can weaken causing symptoms of under-active thyroid. The liver, when depleted, can no longer aid in proper hormone production causing irregular menstruation or emotional swings. A depleted immune system can result in frequent illness and low energy. The body can compensate for deficiencies for quite some time as it tries to maintain a state of homeostasis or balance. Because of this, the effects of depleted systems may not be revealed for weeks, months or years or until another event requiring extra Qi and blood occurs such as a taking a new job, returning to school, having another child, etc. Then signs and symptoms are revealed that seem to have no cause, but...

Nourish the soil before the seed is planted; replenish the soil after the harvest. Take care in this cycle to be well in the next cycle of life.

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FROM THE GM: Ends and Beginnings

by David Lester

As I sat in my office on the eve of my first year anniversary as General Manager, I began to think of all we’ve accomplished this year at the store. We’ve told our story through articles and emails , but how do we really monitor the full picture of our progress? One very good way we do this is through something called an Ends report. One year ago I had barely become familiar with the eight Ends established by our Board. As time progressed I began to see the importance of these statements and the challenge to weave them into our daily work here at the Co-op. These statements are the outcomes we collectively want from our Co-op.

The Co-op's Ends

Because the Oneota Community Co-op exists as an institution grounded in the cooperative principles, there will be the following:

1. a retail source for food and other products that, to the greatest extent possible, are organic, sustainably produced, locally grown and/or processed, and affordable.
2. a business that encourages the expansion of sustainably grown local food sources.
3. a business that promotes the development of cooperation and co-operative enterprise.
4. a community that is educated about food and other products that are healthy for people and the environment.
5. a business that promotes environmental sustainability.
6. employment in a work place that provides the personal satisfaction of collaborative work directed toward common goals.
7. a local community whose fabric is strengthened through caring, and sharing gifts of time, energy, and resources.
8. an institution that respects and encourages the diversity of its membership.

I was asked by the Board to define each End and begin thinking about possible data sources for monitoring them. My first priority was to gather the management team and discuss what the statements meant. What does “sustainably produced” mean? What does “a community educated about food” mean? What is a diverse membership? These were some of the questions that the management team and I began to answer.

After many weeks of data gathering and preparation, I submitted the first Ends report to the Board on March 22. Above all, I feel this process has created a sense of mindfulness in the organization. The staff and I have created a tool in Google Docs to track our accomplishments of these Ends. We’ve established metrics that will make this report even more vibrant next year. Through meetings, regular discussions and via full organizational input, this mindfulness of our Ends becomes part of even the smallest decisions we make. Our goal for the next few years will be to refine interpretations, build databases and develop surveys needed to continue our progress. This progress will be seen in many documents and work we do at the Co-op, like the Annual Business Plan.

It is encouraging and worth celebrating that our whole Co-op structure is beginning to reach this point of detail in our work. However, this is only the beginning of the Ends!

2011 Board Election Results

by Robert Fitton, Oneota Co-op Board Vice President

Greetings Members,

On April 2nd the ballots were verified by Barb Dale and Carl Peterson, and counted by Jim Dale and Barb Ettelson. The Board of Directors is pleased to report the results of the 2011 OCC Election:

- 637 ballots in-good-standing received
- 8 disqualified ballots
- 1245 votes cast
- Johnice Cross = 470
- Gary Hensley = 313
- Alison Dwyer = 307
- Jenna Sicuranza = 155
- The disqualified ballots failed because of lack of signature. Had they been valid, the election results would not change.

Thanks to the following individuals who helped prepare the ballots: Jerry Aulwes, Carol Bentley-Iverson, Barb Dale, Jim Dale, Barb Ettelson, Rob Fisher, Karen Fitton, Nate Furler, Martha Griesheimer, Joan Leuenberger, Lyle Luzum, Ellen MacDonald, Onita Moore, Bill Pardee, Eric Pasket, Carl Peterson, Amanda Reiling, Debbie Reiling, Andy Smeby, Jim Stevens, Jaci Wilkinson

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Entrance in alley off Court Street



Tart Cherry Juice

by Carrie Johanningmeier, freezer buyer

The tart cherry offers a lot more than just great taste. By eating a small bowl of this delicious fresh red fruit, drinking tart cherry juice concentrate or taking tart cherry capsules as a daily routine, has been said to do wonders for one’s health. Due to its believed pain-fighting abilities, tart cherry juice concentrate is becoming an increasingly popular nutritional supplement.

The common cherry is available in two types. The first is sweet while the second is tart. The sweet is used for direct eating. This cherry is the perfect blend between a refreshing yet tangy fruit. The sweet, or commonly known black cherry, is large in size and is a deep red or purple in color. It is usually the type you find in the Produce section of the Co-op and other grocery stores during the short summer harvest season.

The tart cherry is bright in color, and as the name suggests, are tart in flavor. This type of cherry is used more in cooking. Since a person can only find the actual fresh cherries in-store during a precious few weeks in the summer, many are turning to more year-round fresh-cherry substitutes – including capsules, juice, and dried cherries. Black cherry juice health benefits are just as widespread and wonderful as that of tart cherries and sweet cherries.

The secret believed to be the benefit of cherry juice is a compound called anthocyanins. These are the pigments that give cherries their red color and are also believed to be the key to helping the body relieve inflammation. Anthocyanins also lower blood urates which cause gout, and may significantly reduce your risk for colon cancer. Consuming anthocyanins on a regular basis may help lower heart attack and stroke risk, and current study has been devoted to the benefits of cherry juice and how it may have direct applications in the prevention of cancer.

A single glass of cherry juice may contain the equivalent amount of antioxidants as in 23 portions of other fruits and vegetables. Tart cherry juice concentrate is roughly 7 to 10 times as concentrated as regular cherry juice, and consequently is even richer in antioxidants. Tart cherry juice, and even more so the concentrate, is a source of such important elements and minerals as proteins, sugars, Vitamin A, beta-carotene, potassium, phosphorus, calcium, iron and sodium.

Tart cherry concentrate can be made from any cherry variety, but Montmorency cherries are one of the most popular in use. The cherry juice concentrate at the Co-op is from Cherry Ridge Juice and contains 100% natural montmorency red tart cherries. Simply add 2 tablespoons of concentrate to 8oz of liquid and drink. Red tart cherry juice concentrate is also tasty mixed with smoothies, shakes and other juice blends.

Cherry Yogurt Smoothie

1 cup non-fat plain or vanilla yogurt
1 ripe banana, peeled and sliced
1/2 cup orange juice
1/4 cup tart cherry juice concentrate
1 cup crushed ice

Place yogurt, banana, orange juice, cherry juice concentrate and crushed ice in the container of an electric blender or food processor. Puree until smooth. Serve immediately.
Makes 2 (8-ounce) servings

Tart Cherry Mojito

2 1/2 teaspoons super fine granulated sugar
3 tablespoons tart cherry juice
12 mint leaves
Squeeze of fresh lime juice
1 ounce white rum
1/2 cup soda or seltzer water
Ice

Place 6 mint leaves in a tall glass. Crush mint leaves with a muddler, or with the back of a spoon. Add sugar, tart cherry juice, lime juice, white rum and ice. Mix well. Finish drink with soda water and remaining mint leaves. Stir to combine and serve.

We Appreciate Your Comments...

Comment Card: I think this is the best store in town. Since I became a member, something is new every month. I enjoy it a lot. I look forward to every month!

Response: Thank you!

Comment Card: Whoever authorized publishing the statement that begins “The Oneota Co-op proudly supports the members of our military forces...” (March/April Scoop, p.15) had no right to do so. This is a political position statement that can only be expressed by individuals as their own opinion and not as an official Co-op position. I would like to see this retracted in the next Scoop.

Response: The management at the Co-op apologizes if we offended any members by supporting our community members who are in the 322nd Engineer Company. We believe that this is not a “political position statement” but rather a community position statement. By tying yellow ribbons on our awning, we joined dozens of businesses, Luther College and other community members in saying that we are thinking about them and their families as they embark on this journey.

Member Deals

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.



Member Deals 4/27 - 5/31

* Regular prices subject to change

Regular Price

Sale Price

Savings

Bulk

Breadshop Honey Gone Nuts Granola	\$3.69/#	\$2.49/#	\$1.20/#
Breadshop Organic High Fiber Flakes	\$3.99/#	\$2.79/#	\$1.20/#
Breadshop Raspberry and Cream	\$3.99/#	\$2.79/#	\$1.20/#
Breadshop Animal Cookies	\$4.49/#	\$3.29/#	\$1.20/#
Bulk Dried Cranberries	\$3.99/#	\$2.69/#	\$1.30/#
Bulk Organic White Quinoa	\$3.69/#	\$2.99/#	\$0.70/#
Bulk Organic Dark Kidney Beans	\$2.29/#	\$1.49/#	\$0.80/#
Bulk Organic Brown Flax Seed	\$1.99/#	\$1.59/#	\$0.40/#
Frontier Ground Cumin Seed	\$15.19/#	\$7.49/#	\$7.70/#
Natures Path Organic Granola Hemp Plus	\$4.59/#	\$3.29/#	\$1.30/#
Quinoa Garden Pagoda Pasta	\$3.99/#	\$3.29/#	\$0.70/#
Quinoa Quinoa Flakes	\$8.99/#	\$6.29/#	\$2.70/#

Frozen Meat

Henry & Lisa Wild Alaskan Salmon Burgers	\$6.99	\$5.29	\$1.70
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Packaged

Annie Chun Chinese Stir Fry Sauce 9.7 oz	\$5.39	\$3.79	\$1.60
Annie Chun Noodles & Sauce Teriaki Organic	\$3.99	\$2.79	\$1.20
Annie Chun Noodles & Sauce Peanut Organic	\$3.99	\$2.79	\$1.20
Annie Chun Noodles & Sauce Pad Thai Organic	\$3.99	\$2.79	\$1.20
Annie Chun Rice Noodle Mai Fun 8 oz	\$3.19	\$2.29	\$0.90
Annie Chun Rice Noodle Pad Thai 8 oz	\$3.19	\$2.29	\$0.90
Barbara's Snackimals Organic 2.125 oz	\$0.99	\$0.79	\$0.20
Chocolate, Organic Wheat Free Oatmeal			
Barbara's Jalpeno Cheese Puffs	\$2.99	\$1.66	\$1.33
Clif's Builder Bar Ass't Flavors	\$2.19	\$1.39	\$0.80
Celestial Seasonings Zinger Teas	\$3.69	\$2.49	\$1.20
Celestial Seasonings Cool Brew Iced Tea Ass't Flavors	\$4.79	\$3.29	\$1.50
Cascadian Farm Organic Sweet Relish	\$4.19	\$2.99	\$1.20
Earth's Best Organic Whole Grain Cereal	\$3.99	\$2.99	\$1.00
Emporer's Kitchen Organic Chopped Garlic	\$2.99	\$2.29	\$0.70
Frontier Black Peppercorns Organic Ass't Flavors 1.76 oz	\$6.49	\$4.29	\$2.20
Glutino Lemon Wafers	\$4.39	\$3.29	\$1.10
Glutino Multigrain Crackers	\$4.69	\$3.69	\$1.00
Glutino Original Crackers	\$4.69	\$3.69	\$1.00
Ines Rosales Tortas Sweet Olive	\$4.49	\$3.49	\$1.00
Ines Rosales Tortas Cinnamon Sweet Olive	\$4.49	\$3.49	\$1.00
Manitoba Hemp Seed Nut	\$8.39	\$5.49	\$2.90
Napa Valley Organic Extra Virgin Olive oil 16.9 oz	\$11.59	\$8.29	\$3.30
Napa Valley Grapeseed oil 25.4 oz	\$10.19	\$7.39	\$2.80
Napa Valley Organic Balsalmic Vinegar	\$6.59	\$4.79	\$1.80
Newman's Own Organic Microwave Popcorn 3 pack	\$3.59	\$2.79	\$0.80
Newman's Own Organic Mints Assorted Flavors	\$2.49	\$1.79	\$0.70
Newman's Own Organic Black Licorice Twists	\$2.79	\$1.99	\$0.80
Newman's Own Organic Cookies 16 oz	\$4.79	\$3.49	\$1.30
Ginger-o's, Peanut Butter, Chocolate/Vanilla, and Chocolate/ Mint			
Organicville Organic Oliv oil & Ballsomic Vinegrette	\$4.19	\$2.50	\$1.69
Pure Raw Bar, Org. 1.7oz Assorted Flavors	\$2.39	\$1.69	\$0.70
Simply Organic Grill Seasoning, Org Asst Flavors	\$4.99	\$3.39	\$1.60
Spectrum Organic Wine Vinegars, 16.9oz	\$6.99	\$4.49	\$2.50
Sweet Leaf Liguid Stevia 2oz Assorted Flavors	\$12.99	\$9.99	\$3.00
Sweet Leaf Liquid Stevia 4oz	\$21.99	\$15.99	\$6.00
Sweet Leaf Stevia Powder .9 oz	\$13.99	\$9.99	\$4.00
Quinoa Organic Quinoa	\$4.79	\$3.49	\$1.30
Ancient Harvest Quinoa Flakes	\$5.99	\$4.39	\$1.60

Body Care

Dr. Bronner's Bar Soaps 5oz.	\$4.29	\$2.99	\$1.30
Lavender, Tea Tree, Eucalyptus, Baby Mild, Rose, Citrus, Almond, Peppermint			
Aura Cacia Mineral Bath Salts	\$3.49	\$2.19	\$1.30
All Terrain Phineas and Ferb Sunscreens and Repellents		25% off	

Nutrional Supplements

Source Naturals GABA 750 mg 90 cap	\$17.99	\$14.39	\$3.60
Source Naturals Theanine Serene 30tab	\$12.39	\$9.91	\$2.48
Source Naturals Omega-3 Fish Oil 850mg 60sg	\$18.99	\$15.19	\$3.80

Member Deals 6/1 - 6/28

* Regular prices subject to change

Regular Price

Sale Price

Savings

Bulk

Bulk Organic Hulled Millet	\$1.29/#	\$.99/#	\$.030/#
Bulk Organic Green Lentils	\$1.99/#	\$1.49/#	\$0.50/#
Bulk Organic Coarse Bulgur	\$2.29/#	\$1.79/#	\$0.50/#

Freezer

Applegate Gluten Free Chicken Nuggets	\$5.69	\$4.99	\$0.70
Applegate Chicken Patty	\$6.69	\$5.99	\$0.70

Packaged

Bob's Red Mill Pancake/waffle mix Assorted Flavors	\$4.49	\$3.49	\$1.00
Desert Pepper Mild Divino Salsa	\$4.99	\$3.79	\$1.20
Emporer's Kitchen Organic Chopped Garlic	\$2.99	\$1.99	\$1.00
Food Merchants Polenta Assorted Flavors 18 oz	\$3.69	\$2.49	\$1.20
Jovial Einkorn Cookies 8.8 oz Assorted Flavors	\$4.69	\$3.29	\$1.40
Kavli Crispy thin Crispbread	\$2.49	\$1.79	\$0.70
Metro Metromint Water Asorted Flavors16.9oz	\$1.79	\$1.29	\$0.50
Probar Organic Meal Replacement bars	\$3.09	\$1.99	\$1.10
Original, Whole Berry, Superfood slam, Cherry Pretzel, Maple Pecan			
Ancient Harvest Organic Quinoa Flour	\$8.99	\$4.99	\$4.00
Ancient Harvest Organic Quinoa Flakes	\$5.99	\$4.39	\$1.60
San-j Cooking Sauce Assorted Flavors 10 oz	\$3.89	\$2.69	\$1.20
Simply Organic Assorted Dips Organic	\$1.59-1.69	\$1.19	\$0.40 - \$0.50
Surfsweet Organic Gummy Worms, Beans, Sour Worms	\$1.99	\$1.49	\$0.50
Ecover Non Chlorine Bleach	\$6.49	\$4.79	\$1.70
Ecover Cream Cleanser	\$3.69	\$2.69	\$1.00
IFYC Aluminum Foil Recycled	\$4.89	\$3.49	\$1.40
IFYC Firestarter 100% Biomass	\$5.99	\$4.29	\$1.70

Body Care

Aura Cacia Essential Solutions oil blends	\$11.99	\$7.49	\$4.50
Bugband Bug repelling lotion	\$5.99	\$3.99	\$2.00

Nutritional Supplements

Source Naturals Acai 500mg 60cap	\$11.99	\$9.59	\$2.40
Source Naturals Astxanthin 2mg 30sg	\$10.99	\$8.79	\$2.20
Source Naturals Red Wine Extract w/ Resveratrol 30tab	\$12.99	\$10.39	\$2.60

Co+op & Member Deals Schedule May/June/July 2011

May A	sales valid	4/27 thru 5/10 special order deadline 5/5
May B	sales valid	5/11 thru 5/31 s/o deadline for May B & Member Deals 5/26
June A	sales valid	6/1 thru 6/14 special order deadline 6/9
June B	sales valid	6/15 thru 6/28 s/o deadline for June B & Member Deals 6/23
July A	sales valid	6/29 thru 7/12 special order deadline 7/7
July B	sales valid	7/13 thru 8/2 s/o deadline for July B & Member Deals 7/28

Please note that these dates fluctuate and do not start and end on the first and last days of the month. Sale dates will fluctuate from month to month and we will include these dates and deadlines as indicated above. For more information, please call, e-mail, or stop by Customer Service at 563-382-4666 or customerservice@oneotacoop.com.

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COMM POST

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UP WITH COFFEE PRICES

by Kickapoo Coffee



Everybody seems to have the same questions: What's up with coffee prices? How high are they going to go? Will they stay high? We here at Kickapoo have been asking the same questions, to ourselves, our fellow roasters, our importing cooperative and, finally, our growers. The answers we've found were uncertain and unsettling—at first. With time, they have become less unsettling but still remain somewhat uncertain.

When the coffee market began its rise one year ago, we didn't think much of it, mainly because the commodity market for coffee had long been below the fair trade minimum price we've always guaranteed the farmers we buy from. We also don't like to think of our coffee as a commodity: we offer a unique product produced by real people we know. But alas, we are not immune to the major price spike of the past year. Coffee, the commodity, is traded on the New York "C" market, and its price is subject to change. A futures market, coffee's price fluctuates according to prospective harvests, demand, and investor interest. Early on there were some stirrings that this rise might be more dramatic than the average. One of our importers warned of \$5 dollar prices for green (unroasted) coffee, a level more than three times what we had seen in the past. When the prices began accelerating, hitting \$2.00+ per pound on the "C" market, we began to think differently about what the market was doing. Today, as the market peaks at a hair below \$3.00, everyone in the industry is thinking differently about coffee and what they pay for it. With prices for green coffee from some regions more than doubling, we've entered a new coffee paradigm.

A recent article in the New York Times told the story of Luis Garzon, a coffee farmer in Colombia whose family has been growing coffee in the Cauca region for generations. This

is the same region where our Colombian Fondo Paez is grown. Over the last five years, production on the Garzon's farm has dropped 70 percent. The cause of the dramatic decline is the same on Garzon's lot as it is in many places around the world: global warming. Coffee is a climate-sensitive crop. Growing in a narrow band around the equator at specific altitudes, coffee is finicky and needs predictable cycles of dry and wet weather to produce high yields. As climate change generates chaotic, extreme weather, farmers around the world are struggling to maintain the rate and quality of production they—and those who buy their coffee—had grown accustomed to. The story of Garzon and farmers like him tells part of the tale of today's high coffee prices.

As global warming disrupts and diminishes the supply, coffee demand is only increasing. In emerging market countries like Brazil, India and China, urban populations are growing and as they do so too is their consumption of coffee. This added pressure on the disrupted coffee supply has added fuel to the price spike as well. Compounding the acceleration further was the fact that the potential for a price spike wasn't lost on investors. In a market where investments in real estate and stocks seem stagnant or risky, investors have jumped on the commodity market, making this price spike particularly sharp.

And so, here we are. The weather is wicked, coffee is scarce, and the market is high. Time will only tell if the current prices will continue to go up, hold or—if we are in a bit of a speculative bubble—drop. Even if prices do drop, they most likely won't fall to last year's levels.

There is, however, a silver lining: most farmers are now getting prices they deserve. The high prices you're paying are making their way back to the growers. Current fair trade premiums are actually well below the going rate for specialty coffee. That said, our form of fair trade remains relevant for many reasons; the most important being we support small farmer co-ops that provide critical services to underserved farming

communities the world over. It's essential that we stick with them now to make sure they are around when the prices tumble. And that's what we plan to do. While there are many challenges in a market like this, we view this as an opportunity to deepen our relationships with our trading partners by remaining committed to them during a time when economic realities are pushing many to sideline their ideals in order to cut costs.

Earlier this year TJ traveled to Honduras to visit some of our grow-

ers. He returned invigorated and hopeful about the future of organic coffees. The members of the Coprocael Cooperative with whom we partner are using vermiculture techniques to produce yields unmatched in the organic coffee market. The people and coffee from Coprocael are examples of why we remain optimistic about the future of coffee in spite of the current market. With the coffees set to arrive in June, we hope you're optimistic too.

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Welcome Back, Spring Veggies

by Wendy Gordon

If, like our family, you've been trying to eat seasonally, you're probably sick of cabbage and parsnips by now. Luckily, new spring vegetables are poking their way out of the soil and into the marketplace.

In spring we mainly eat the leaf and stalk parts of plants, as fruiting requires warmer weather and full maturity. This basically means a lot of salad greens, though we also enjoy ferns (asparagus and fiddleheads), flower buds (artichokes) and morel mushrooms. Later in the season peas make their appearance: snow peas, sugar snaps and the thicker-podded English variety. Overwintering leeks, scallions and garlic also mature in the spring, as do their wild cousins, the garlic- and onion-flavored ramps. In keeping with the moderate temperatures and pastel tones of the season, spring foods tend to be mild-tasting and best prepared in ways that accentuate their subtle flavors.

Sorrel is a perennial in my garden, growing woody and ratty by the end of summer but reappearing fresh and green every spring. It adds a bright lemony flavor to this soup, but if there's none to be found you can substitute a mixture of spinach and watercress.



The mushroom growing kit we received for Christmas has supplied us with an abundance of oyster mushrooms for over a month, so naturally I've got oyster mushrooms on the brain and think they work well in this spring version of a bread salad. However, you can use any milder-flavored mushroom, from morels to criminis to plain vanilla white ones. Spinach is a cool season green that flourishes best during early to midspring.

Potato-Sorrel Soup

4 T extra virgin olive oil	1 tsp tarragon (fresh if possible, but dried works fine)
3 leeks (white parts only), chopped	1/4 cup fresh dill, minced
6 cups sorrel leaves, loosely packed	Sea salt and freshly ground pepper to taste
2 pounds red potatoes, thinly sliced and cut in half if large	Greek yogurt (or whole milk) for garnish
7 cups chicken or vegetable broth	

Warm olive oil in a large, thick-bottomed stockpot. Sauté leeks for 2 minutes, then add sorrel and cook at medium low heat until wilted. Add the potatoes and cook for another 10 minutes, stirring occasionally.

Add the broth, bring to a simmer and cook until the potatoes are tender. At this time purée the soup using a food processor, immersion blender or even the back of a wooden spoon (though I strongly recommend the immersion blender). It is not necessary to fully purée the soup—feel free to leave some chunks of vegetable.

Return to low heat and add herbs, salt and pepper.

Top each serving with a dollop of Greek yogurt.

Mushroom Parmesan Salad over Spinach

2 cups thick-crust artisan bread, diced	1 T lemon juice
1/2 tsp sea salt	1 T balsamic vinegar
1/2 tsp freshly ground black pepper	3 T extra virgin olive oil
1 lb mushrooms, cleaned and thinly sliced	1/2 cup fresh basil, minced
1/4 cup sun-dried roasted tomatoes in olive oil, chopped	4 cups spinach leaves, washed and dried
	1/4 cup Parmesan cheese, grated

Preheat oven to 350 degrees. Place diced bread on a lightly greased cooking sheet. Bake 6-8 minutes or until toasted.

Sauté mushrooms in 2 T of the olive oil until tender, stirring frequently.

Combine bread cubes, mushrooms, tomatoes, lemon juice, balsamic vinegar, basil, salt, pepper and the remaining 1 T of the olive oil in a large, nonreactive bowl.

Place spinach leaves on a plate, top with mushroom mixture, sprinkle with Parmesan cheese and serve.

Local Producers & Local Produce

by Betsy Peirce, Produce Manager

Spinach, salad mix, salad mix with edible flowers, micro greens, sorrel, mache, arugula asparagus...perhaps you have been enjoying these tender spring delicacies and wondered which friends and neighbors have been growing them for our eating pleasure. You may also have noticed that greens began rolling in even earlier than usual, despite the unusually cold spring this year. Many of our growers have either invested in hoop houses or greenhouses for season extension. This certainly benefits everyone especially those of us who cannot stand the sight of another rutabaga or parsnip. Below is a selection of our early greens suppliers.

Barb Kraus of Canoe Creek Produce recently acquired her hoop house and she is having fun playing in it this spring. She mentioned that the best aroma so far this spring was the edible flowers growing despite the snow on the ground. She supplies us with salad mix studded with those gorgeous edible flowers; also sweet tender spinach from both inside the hoop house and then later overwintered from her fields. Zesty arugula, lemony sorrel, and crunchy mache also come from her verdant fields.

Lowell and Rita Lyngaas of Clermont sell through GROWN Locally. They have a very productive hoop house. Out of it come our bulk salad mix, spinach and arugula. Later on they have green onions too.

Mike Bollinger and Katie Prochaska of River Root Farm supply us with micro greens and this year they added “spring plants” (AKA seedlings) to their Oneota Co-op repertoire. They have a couple good size greenhouses and use every inch of them. If you have not tried the nutrition-packed micro green yet you are in for a treat. Smaller packages make them more affordable this year.

Erik Sessions, Perry-O Sliwa and GROWN locally are our mainstays for asparagus. I can't wait

I've never been a big fan of English peas, so when I write recipe articles I usually concentrate on snow peas or sugar snaps. Now I realize my prejudice largely stems from experience with canned peas and, to a lesser extent, frozen ones—fresh shelled peas are a different experience altogether. This sprightly green dish shows them off to their fullest.

Vivid Parsley and Pea Risotto

(adapted from "Vegetarian Cooking for Everyone" by Deborah Madison)

2 large bunches parsley (stems removed), minced	1/2 cup dry white wine
1 tsp dried tarragon or 1 T fresh tarragon, minced	1 1/2 cups fresh shelled peas (frozen if absolutely necessary)
5 cups vegetable or chicken broth	1/2 cup goat cheese
2 T butter	1/2 cup grated Parmesan
1/3 cup chives, minced	Sea salt and freshly ground pepper to taste
1 1/2 cups Arborio rice	

Blend parsley, 1 1/2 cups of broth, tarragon, salt and pepper in a blender until smooth. Bring to a boil on the stove, then lower the heat and keep warm.

Melt the butter in a wide saucepan. Sauté chives briefly. Add the rice and sauté, stirring frequently for one minute, then add the wine and simmer until it is absorbed.

Add two cups of broth and simmer, stirring occasionally until it is absorbed. Continue adding the remaining broth in 1/2 cup increments, stirring constantly until all the broth is absorbed before adding the next.

When all the broth has been absorbed and the rice is nearly done, add the parsley sauce. Raise the heat and stir briskly until the rice is done and most of the sauce is absorbed.

Add in the peas and goat cheese. Crumble or break up goat cheese before adding or stir in goat cheese first and add peas after cheese is fully incorporated. (Adding all the cheese and peas together could result in smashed peas.)

Season with salt and pepper to taste. Turn off heat and stir in Parmesan cheese.

Wendy Gordon lives in Portland, Oregon, where she is a restaurant reviewer and freelance writer. She has an MS in Clinical Nutrition from the University of Chicago Medical School.

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