

Keeping Food Dollars at Home. What's Behind the Local Multiplier?

by Viki Sonntag



– the income to the community goes up by a dollar. Multipliers express how much additional spending occurs as a multiple of the original spending – hence the term “multiplier”.

Now, higher local dollar flows also represent an increase in the productive activity of the community. After all, those dollars are being exchanged for something. In this sense, local multipliers reflect the economic opportunities within the community.

If no one is growing food locally, your food dollars are going to leave the community.

But it can also be the case that there are local producers and (obviously) local consumers but nothing that connects the two.

That connection usually happens in the marketplace – in the case of food, both literally and figuratively.

The direct sales revolution – the rise of CSA's and farmer markets – vastly increased the opportunities to buy locally as well as sell locally. The point here is that the more linkages there are between buyers and sellers within the community and the stronger they are, the higher the local multipliers and the healthier the community's economy. So, in addition to quantifying dollar flows, local multipliers also indicate the number and strength of linkages in the local economy. In turn, these linkages represent choices about where to buy but also where to sell, and, by extension, who to buy from and sell to.

This then is what is behind the local multiplier – choices about whom to trade with. But it's important not to fall into the trap that it's all about individual choice as these choices are often structured by things beyond the control of individual consumers and businesses.

This is the message underlying findings from the local multiplier study I researched and wrote about titled, “Why Local Linkages Matter,” also found at <http://ecopraxis.dreamhosters.com/wp-content/uploads/2009/03/lfe-report-final.pdf>.

The chart below shows the impact of \$100 in locally directed spending (one way to represent the multiplier) for different categories of businesses. The category of business with the

ntuitively, the benefit of spending food dollars locally is fairly obvious – right? More dollars circulating locally means greater support to local businesses for a healthier community economy.

Simple enough, but in explaining the local multiplier to local food advocates and policy-makers, things can get complicated fast. That's why I hope this piece might inform a broader discussion on how we want our local economy to grow.

Let's begin with the local multiplier itself. Local multipliers are economists' way of measuring the economic power of locally directed spending. Food dollars flow in and out of a community through many different channels, such as import and export sales, tourism, taxes and tax benefits.

But in the time between dollars entering and leaving the community is the possibility of circulating those dollars within the community, that is, increasing the number of economic transactions taking place inside the community. The significance of slowing down the throughput of dollars is that each time a dollar is spent – or re-spent

everyday
WELL deals

We've dropped the price on some staples in the Wellness department.
Look for the purple “everyday WELL deals” signs throughout the Wellness department to identify items with a new lower price.

Summer Produce is Rollin' In

by Betsy Peirce, produce manager

It seemed for a while that it would never get warm, but summer is upon us at last. We are now into California summer fruit hot and heavy. The proof is in the peaches baby! This season enjoy organic grapes, cherries, plums, pluots (plum/apricot cross), apricots, apriums (apricot/plum cross), melons, berries, nectarines and of course, PEACHES! Not only is the joy palpable in the aisles when these tender beauties come in, there is always a little disbelief when it is truly summer fruit season. It's almost as if we do not feel worthy of eating such sheer decadence after our long cold winter.

Dare we even speak of our rough winter of heavy frosts, cold wet weather and heavy rains which destroyed thousands of acres of all kinds of produce from Mexico to Florida all the way up to Northern California? That, along with the high price of fuel, affected transportation and inputs used on crops. Not only were the farmers devastated, but also we saw the highest prices on vegetables that we have ever seen. We are still feeling the weather effects now six months later. Unfortunately, the word is that this is not a temporary situation. Nationally, produce prices are up 10% over last year - all produce not only organic.

How can we continue to eat the way we are accustomed to and still not break the budget? A few ideas came up in a recent Management Team brainstorming session. They were as follows: shop the sales, eat local and eat in season. Ask any friendly Co-op produce worker for tips on the best and cheapest.

This is partly why “local” season, this year especially, feels like a breath of fresh air. We are seeing easing on prices now that the local produce is rolling in. California Kale recently fetched \$4.00 per bunch. Luckily, due to decreased mileage and smarter inputs, our local farmers don't need to charge that premium price.

We are also fortunate to have more local farmers each year who are extending their seasons with hoop houses and greenhouses. The local tomatoes, peppers and cucumbers that begin to show up in May are one

example of this fortune. We are able to lessen our buying from Mexico, support a bunch of really great local farmers and lower our



prices. And the flavor, oh my goodness! It makes such a difference when produce can be picked when they are ripe rather than early and letting them ripen in the truck-ride across country. The local tomatoes are summer-come-REALLY-early and the local peppers smell just like the pepper plants rather than the boxes they are shipped in.

continued on page 7

continued on page 16

PRST STD
U.S. Postage
PAID
Decorah, IA
Permit 25

The Cost of Food

by Nate Furler, marketing specialist

According to the Bureau of Labor and Statistics, the average annual income for consumer units (households) in the United States measures roughly \$63,000. Of this figure, nearly 11% is spent on food – both food-at-home and food-away-from-home combined. However, the three largest populated income brackets, as deemed by this report, are \$50-70K, followed by \$20-30K and then \$80-100K – from largest to smallest proportionately. The percentage of household income spent on food constitutes 10.9%, 17.7% and 9.4% respectively. This goes to show that simply blanketing the American population with an 11% food cost only paints a pretty illusion. When looking closely at the numbers for the different income brackets, people within the United States are devoting anywhere from nearly 38% to a minimal 5.6% of their income on food.

When looking at other country's spending on food as analyzed in the United States Department of Agriculture (USDA) Food CPI (Consumer Price Index) and Expenditures 2009 Table, it is clear that the average US expenditure on food ranks the smallest of any country in the world. This particular table looks at household consumption spent on food, alcoholic beverages and tobacco that were consumed at home. It conveniently separates out food from alcohol and tobacco to give a truly food-related figure.

When looking at the United States, the percentage of income spent on food consumed at-home is 6.2 percent. (Two categories

exist for food expenditures – food at-home and food away-from-home. This particular table only looks at food-at-home percentages). Topping the list for least amount spent on food at-home, after the U.S., are Ireland (7.2%), Singapore (8%), United Arab Emirates (8.7%) and the United Kingdom (8.8%). At the opposite end of the list, spending the greatest percentage on food at-home, are countries such as Azerbaijan (46.9%), Pakistan (45.5%) and Kenya (44.9%). As you can see, these countries spend nearly half of their income on food eaten at home. As can be read in the excerpt following, the rising cost of food and its potential scarcity due to weather conditions, political unrest, and/or re-direction towards bio-fuels holds much uncertainty for the greater part of the globe.

One thing is almost certain. Those communities with a strong and vibrant local economy, abundant with an all-encompassing and sustainable marketplace will be well served in times of uncertainty. It is vital to build a community that is well insulated to weather any coming storm, but yet one that is not isolated and that is clearly involved in matters of global proportion.

Thinking beyond our borders, the following excerpt is taken from an article out of *Foreign Policy* titled “The New Geopolitics of Food” by Lester R. Brown.

“In the United States, when world wheat prices rise by 75 percent, as they have over the last year, it means the difference between a \$2 loaf of bread and

a loaf costing maybe \$2.10. If, however, you live in New Delhi, those skyrocketing costs really matter: a doubling in the world price of wheat actually means that the wheat you carry home from the market to hand-grind into flour for chapattis costs twice as much. And the same is true with rice. If the world price of rice doubles, so does the price of rice in your neighborhood market in Jakarta. And so does the cost of the bowl of boiled rice on an Indonesian family's dinner table.

Welcome to the new food economics of 2011: Prices are climbing, but the impact is not at all being felt equally. For Americans, who spend less than one-tenth of their income in the supermarket, the soaring food prices we've seen so far this year are an annoyance not a calamity. But for the planet's poorest 2 billion people, who spend 50 to 70 percent of their income on food, these soaring prices may mean going from two meals a day to one. Those who are barely hanging on to the lower rungs of the global economic ladder risk losing their grip entirely. This can contribute -- and it has -- to revolutions and upheaval.

At issue now is whether the world can go beyond focusing on the symptoms of the deteriorating food situation and instead attack

the underlying causes. If we cannot produce higher crop yields with less water and conserve fertile soils, many agricultural areas will cease to be viable. And this goes far beyond farmers. If we cannot move at wartime speed to stabilize the climate, we may not be able to avoid runaway food prices. If we cannot accelerate the shift to smaller families and stabilize the world population sooner rather than later, the ranks of the hungry will almost certainly continue to expand. The time to act is now -- before the food crisis of 2011 becomes the new normal.”

(Excerpted and reproduced with permission from *Foreign Policy* #186 (May/June 2011) www.foreignpolicy.com ©The Slate Group LLC.)



Where Does the Food Dollar Go?

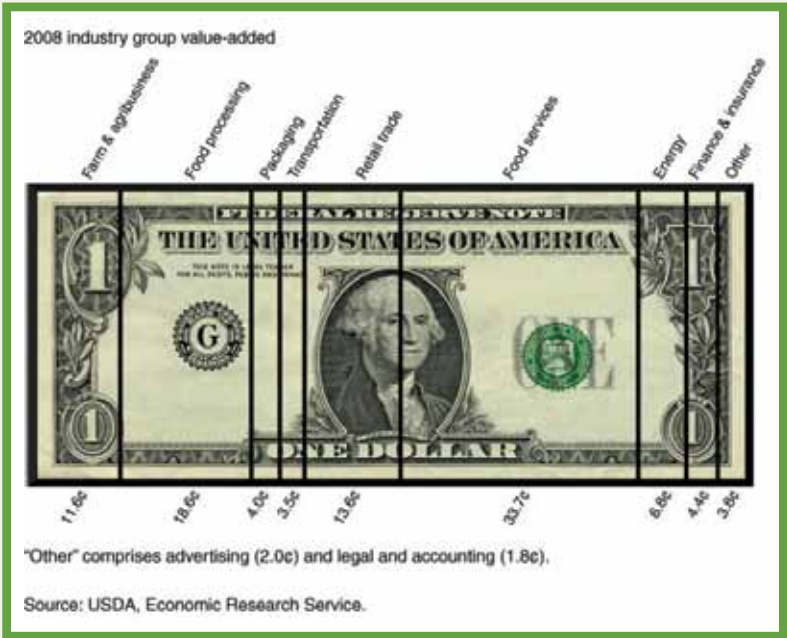
by Nate Furler, Marketing Specialist

A revised and expanded food dollar series was released by the United States Department of Agriculture (USDA) in February 2011. This report explains how food dollars are split among the food industry, including what portion of the average dollar goes to farm & agribusiness, food processing, packaging, transportation, retail trade, food services, energy and finance. The report goes into great detail and I would highly advise reading it to get an idea of where your food dollars are winding up.

The main piece of information that I would like to pass on to you, the consumer, is how much money is spent on food processing, packaging, transportation, retail trade, food service and energy. According to the analysis, these factors contribute 80.2% of the total food dollar. The analysis also splits the food dollar into two separate categories of “at-home food dollar” and “away-from-home food dollar.” In this way, you can see the difference between the two sets of inputs necessary to get the product in the consumer's hands.

What rings true with the analysis is that the fewer hands a product touches and the more work that we do ourselves (as consumers), the greater the savings and the farther your food dollars will stretch. Shopping the Bulk department, for instance, is more time intensive and involved than simply walking the grocery aisles and picking up the next box of cereal or pasta. If you bring your own container, you have to clean the container and cart the container back and forth to the store to refill it. Even if you don't bring your own container, and we hope you do, you can fill a new container which still removes one level of processing that a regularly boxed item undergoes.

If you wish to read the entire analysis put together by the USDA titled “A Revised and Expanded Food Dollar Series – A Better Understanding of Our Food Costs,” go online to www.ers.usda.gov/publications/ERR114/



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

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

Johnice Cross

oneotacross@gmail.com

Robert Fitton, Vice President

oneotarobert@gmail.com

Gary Hensley

oneotahensley@gmail.com

Jon Jensen

oneotajensen@gmail.com

Lyle Luzum, Secretary

oneotalyle@gmail.com

Steve McCargar, Treasurer

oneotamccargar@gmail.com

Bill Pardee, President

oneotapardee@gmail.com

CO-OP STAFF e-MAIL addresses

General Manager, David Lester.....gm@oneotacoop.com

Marketing, Merchandising & Signage Specialist,
Nate Furlernate@oneotacoop.com

Financial Manager, Larry Neuzil.....larry@oneotacoop.com

HR Coordinator/Office Manager, Deb Reiling.....deb@oneotacoop.com

IT Specialist, Niki Mosier.....niki@oneotacoop.com

Produce Manager, Betsy Peirceproduce@oneotacoop.com

Grocery Manager, Kristin Evenrud.....grocery@oneotacoop.com

Cafe Manager, Mattias Kriemelmeyerdeli@oneotacoop.com

Front End Manager, Johanna Bergan.....frontend@oneotacoop.com

Bulk Buyer, Carl Haakenstadbulkfoods@oneotacoop.com

Grocery Buyer, Frances Kittleson frances@oneotacoop.com

Wellness Buyers,
Gretchen Schempp, Karina Klug wellness@oneotacoop.com

Freezer Buyer, Carrie Johanningmeier carrie@onoetacoop.com

Meat Buyer, Kristin Evenrudmeat@oneotacoop.com

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

Wine and Beer Buyer, Barrett Kepfieldbarrett@oneotacoop.com

Customer Service, general inquiriescustomerservice@oneotacoop.com

SCOOP

ONEOTA
COMMUNITY
FOOD
COOPERATIVE

Editor Nate Furler

Design/Layout.....Deb Paulson/Zelda Productions

ProofingCathy Baldner

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
COMMUNITY
FOOD
COOPERATIVE

WELCOME

to these new member-owners & their households!

Duane Baumler

Greg Harrold

Mark Schmadeke

Roberta Blekeberg

Rita Irons

Shantel Schwarting

Linda Breitner

Tor Janson

Meredith Sobota

Michelle Daer

Gertrude Kamaus

Amanda Stiver

Michael Eckrich

Carol Kelly

Kay Vifian

Mike Fahrenkrog

Shirley Lester

Linda Waits

Becky Gesing

Sara Putnam

Jane Whelan

WORKING-MEMBERS

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

Arllys Adelman

Lee Zook

Janet Alexander

Maria Jones

Jerry Aulwes

Pam Kester

Louise Hagen

Johnice Cross

Carol Bentley-Iverson

Dave Kester

Rita Lyngaas

Robert Fitton

Judy Bruening

Georgie Klevar

Julie Fischer

Gary Hensley

Brenda Burke

Jana Klosterboer

Rob Fischer

Jon Jensen

Mwara Muriuri

Onita Mohr

Emily Neal

Lyle Luzum

Dennis Carter

Jerry Skoda

Karin Martin-Hiner

Steve McCargar

Barb Dale

Perry-O Sliwa

Jeff Scott

Bill Pardee

Barb Ettleson

Wendy Stevens

Ellen Cutting

Mary Hart

Jim Stevens

Clara Bergan

Jan Heikes

Jennifer Zoch

Cynthia Lantz

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.

\$5.49

Each week we’ll be trying new sandwich ideas as well as featuring some of your old favorites.

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

Water Street Cafe

fresh. organic. local.

CLASSIFIEDS

FOR SALE:2001 Yamaha Razz moped - low miles \$650 obo. 563-419-2115

FOR SALE: 2001 Subaru Legacy L Sedan, 127K Miles, \$4000 obo. 563-419-0132

“Just Say No” To Diets - Simply Make Good Choices

by Dr. David Heine



In the first installment in this series of articles (March/April Scoop), I discussed an overall approach to good health and wellness. It is clear that the choices we make regarding the foods that we eat play a primary role in our health. I referenced the work of Dr. Dean Ornish in my prior article. He and his colleagues have clearly shown that the foods we eat can prevent or reverse illnesses such as heart disease or prostate cancer. We are also aware that the opposite is true, that the foods that we eat can cause high blood pressure, obesity or diabetes. Dr. Ornish’s most recent book, The Spectrum, discusses the need to choose healthier foods more often and less healthy foods less often. Although this seems to be basic common sense, many of us still struggle with making these choices.

Although it may sound intimidating to some of us, Dr. Ornish proposes a plant-based diet. Some of my patients are very comfortable with this concept. However, many of us who are born and raised mid-westerners are more cautious. We like our cheese burgers and fries. We like our meatball suppers and the occasional Sunday chicken dinner. The point of Dr. Ornish’s latest book stresses the need to get most of our calories from healthy sources and view the meat in our diet as something for special occasions. This is a goal to work towards. For many of us this is a radical shift, and we need to start off with change that isn’t so aggressive.

I would like to offer a few ideas that may help make healthy food choices. Many of these concepts are at the heart of the mission of the Oneota Community Food Cooperative. Eat locally grown or produced food when possible. Eat less refined or more whole foods and grains whenever possible. Select fresh organic produce whenever possible. Limit calories from animal sources. Increase calories from vegetables and lean proteins, such as eggs, beans, nuts and peanut butter. Eat all the vegetables you want. If you are still hungry at the end of a meal, eat more vegetables or get up and go for a walk. Limit fat intake to no more than 10% of your calories daily. You do not have to restrict calories unless you are trying to lose weight. Start the day with some type of lean protein such as eggs or peanut butter to improve metabolism. Try eating smaller frequent meals throughout the day to prevent spikes in blood sugar. Limit the portion size of starches in the diet. The starches you are eating should be mostly whole grain. Slow down and enjoy food. Alcohol should be limited to no more than one or 2 servings daily. Supplement your diet with 3 grams of fish oil daily. Most of my patients benefit from a daily calcium supplement with 400-800 units of vitamin D daily. A daily multivitamin containing vitamin B-12 is also beneficial. Maintain good hydration throughout the day to support metabolism and to help reduce appetite.

If you are able to implement some of these suggestions over time, you will be happier with your weight and energy level. More importantly you will be preventing diabetes, elevated blood pressure and heart disease. Life is a series of choices. If you are able to choose healthy food options more often you will see improvement in your health overall. My next article will focus on the role of regular physical activity in maintaining good heart health and the prevention of disease.

A NATURAL CHOICE

EATING ORGANIC FOOD IS GOOD FOR YOUR RUNNING, YOUR HEALTH—AND THE PLANET, TOO.

by Maria Rodale

We are bombarded with information about organic foods—yet much of it is conflicting. Some people say it's more nutritious, others say it's not. And isn't it more important to eat food produced locally? The truth is organic agriculture is key to our survival—and there's clear scientific data to back it up. I'm not the first in my family to reach this conclusion. My grandfather, J.I. Rodale, launched "Organic Farming and Gardening" magazine in 1942, and with it the organic movement (as well as the company that publishes "Runner's World"). My father supported local farmers. To them, organic was obviously healthier and better for the environment. But in the 1960s, many considered them crazy. So they set out to prove their ideas.

in drinking water wells at 10 parts per billion (ppb), but in many areas around the United States, levels range from 50 to 90 ppb. A recent study published in Environmental Health Perspectives links chronic low-level arsenic exposure to cancer, cardiovascular disease, diabetes, and reproductive and developmental defects.

GET PLENTY OF PROTEIN
Going organic doesn't mean you have to become a vegetarian. Environmental concerns about eating meat come primarily from the methane produced by raising animals in confined lots, which are inhumane, wasteful, and full of diseases, necessitating the overuse of antibiotics. Happily, both meat and dairy products are now produced organically. And while studies have shown that eating too much



As a result of their efforts and those of others, we can prove organic farming is better for the environment, can stop the climate crisis, and can eliminate toxins from our soil and water. So critical is it that we embrace organic methods that I make this statement: If you do just one thing to change the world, go organic. No choice will have greater positive repercussions for our future. I don't run anymore (I switched to yoga), but my husband is a runner, and many of my colleagues are too, so I understand how deeply you care about keeping your body fit and strong. Here's why going organic is important for you and the landscape you run through.

meat can be unhealthy, animals can be an important component of our nutrition, providing protein, B vitamins, and iron.

SOLVE THE CLIMATE CRISIS
Organic growing methods have a smaller carbon footprint than chemical methods do. In a study commissioned by PepsiCo, an independent researcher found the most significant component of the carbon footprint for Tropicana orange juice (a PepsiCo product) wasn't transportation or manufacturing, but "production and application of fertilizers." The local movement has been important in revitalizing farms. But local chemical farming poisons communities and increases residents' carbon footprint and energy use. Local organic farming cleans up communities and decreases carbon production and energy use, making it the best choice for ourselves and the environment.

ENJOY THE TASTE!
There may not be scientific proof to back this up, but organic produce has overcome its once-negative reputation as bland-tasting. Organic foods are fresh and flavorful. They look just as good as, if not better than, produce from chemical farms, and taste even better—especially if grown locally. And eating organic does not condemn you to a diet of nuts and tofu. Today, you can find organic versions of the most popular foods, including runner favorites such as pasta, peanut butter, and even dark chocolate—a post-run treat that's good for your body, the earth, and even your taste buds.

EAT NUTRIENTS, NOT TOXINS
Organic foods are a healthier choice—and in more than one way. Studies show some organic foods are higher in antioxidants and cancer-fighting nutrients, such as conjugated linoleic acid. They're also healthier because they contain fewer chemicals. In a study published in Environmental Health Perspectives, researchers analyzed urine samples of children who ate a chemical food diet and then samples from the same children after eating an organic diet. They found far fewer chemicals in the children's urine the same day they switched to an organic diet—and a return to high levels when they went back to a chemical diet.

PROTECT YOUR BODY
Most chemicals don't biodegrade over a few months. Some last forever and their impacts are horrible. Arsenic is a prime example. It's used extensively in farming as a pesticide (particularly on cotton fields). The EPA lists the safe limit

Baker's Oven

Commercial • Residential

Traditional Limestone Masonry

Landscaping: Freestanding/Retaining Wall, Pavers, Flagging

Mortar Work: Building Cladding, Columns, Piers, Foundations, Chimneys, Tuck Pointing

Fireplaces: Rumfords, Masonry Furnaces, Baker's Oven, Kits/Inserts

Hawthorn Masonry

Office: 563-382-6008 or 563-380-5497

606 W. Main St., Decorah, IA 52101

www.oneotastonecrafters.com

Chimney

Chimney

Dry-Laid Stone

Retaining Wall

Dry-Laid Stairway

Fireplace Insert

Copyright Runner's World June 2010, adapted from Organic Manifesto: How Organic Farming Can Heal Our Planet, Feed the World, and Keep Us Safe, by Maria Rodale (Rodale Books 2010)

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.

JULY

FIRST FRIDAY at ArtHaus : Homebrew Contest and Live Music with Jeff Mitchell

Friday, July 1st, 8:00 - 10:00 pm in the ArtHaus Studio Courtyard
\$5 Admission

Come for an evening celebrating our area's beer brewers, accompanied by a tasty selection of music from Decorah favorite, Jeff Mitchell! We invite you to submit your own homebrew for our mystery beer tasting, or offer your tasting talents in judging the local suds. Sponsored by Oneota Community Food Co-op.

CO-OP OPEN JULY 4th from 10:00 am - 4:00 pm

Co-op Potluck

Thursday, July 7th, 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.

Welcome to the Co-op! Member/Owner Orientation

Thursday, July 14th, 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 it's a great chance to sample products as we tour through the store.

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.)

AUGUST

Co-op Potluck

Thursday, August 4th, 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.

Welcome to the Co-op! Member/Owner Orientation

Thursday, August 11th, 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 it's a great chance to sample products as we tour through the store.

Play-with-Your-Food Sculpture Contest!

Saturday, August 20th, 2:00 - 4:00 pm at ArtHaus Studio, 516 W Water Street
Kids (and parents if you are under age 10) are invited to join ArtHaus and the Oneota Community Food Co-op for an afternoon of fun with food as we create one-of-a-kind edible sculptures. At the end of the afternoon you will be encouraged to take home your completed work of art to display and then devour at your next meal. However, before you leave, photographs of the finished products will be taken to be exhibited at the Co-op. While on display, photos of finished sculptures will be judged by the public and prizes will be awarded to the winning sculptors! This free event is open to the public; however, pre-registration is required. Please call the Co-op to reserve your spot today!



Wanted

INSTRUCTORS & CLASS IDEAS
for upcoming sessions.
• September/October

Interested?

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

It's hot.



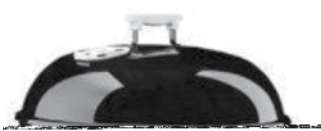
Try one over ice.



iced espresso drinks & tea

ENTER TO WIN

The Woodstock Grill Giveaway!



Enter in-store for a chance to win a
**Weber One-Touch® Silver
Charcoal Grill!**

And don't forget to grab your
Woodstock™ Organic Condiments!



Simply Antiques

Nancy Lerdall

801 East Water • Decorah, IA 52101
563-382-8806



Tai Chi of Decorah

Movement for Health and Well-Being

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

Bulk in Summertime

by Carl Haakenstad, bulk buyer

Here in the Bulk department we are all about slow food, or food that you cook from scratch. Cooking from scratch is all perfectly well and good in the cooler months of the year, but in the summer many of us are reluctant to even look at the stove, let alone turn it on. This led me to come up with a few tips for how to fully utilize the Bulk department through the dog days of summer:

COOKING WITH LOW OR NO HEAT

Many of our loyal Bulk customers love a big bowl of oatmeal in the morning. For some, hot cereals lose appeal in the summer. One way to make this breakfast staple more summer friendly is to soak the oats overnight instead of cooking them. You can soak your oatmeal overnight in a covered bowl using water, milk, or yogurt. If you soak steel cut oats they will still require some cooking in the morning, though their cooking time will be greatly reduced, thereby, keeping your kitchen cooler. Also, this method makes the grains more digestible and therefore more nutritious. It's a win-win. Along those same lines; if you are going to be cooking beans or grains, you might as well cook enough for multiple meals so that you can have the stove on for long periods only one night rather than several. Just portion out the extra and keep them in the fridge or freezer for later use.

Soaked Breakfast Cereal

1 cup rolled oats, wheat, or rye
1 cup warm water plus 2 tablespoons yogurt, kefir, or buttermilk
a pinch sea or Real salt
1 cup water
Mix rolled oats with warm water and let soak overnight or at least 7 hours. In the morning, bring the 1 cup water with a pinch of salt to a boil; add soaked oats, and simmer. Oats should be done in a few minutes. 2 servings

BULK MIXES

Another way to keep that stove off is to try some of the dried mixes from the Bulk department. The hummus mix paired with some whole-grain crackers or garden-fresh veggies could be the perfect light summer meal base. A second option is the falafel mix topped with fresh lettuce, sun-ripened tomatoes and a cooling dill-yogurt sauce all wrapped in a pita or tortilla. Other options include pinto or black bean flakes which rehydrate and turn into delicious refried beans by simply adding hot water. There's also the dried vegetable soup mix in the herb and spice section. Since all these mixes require only boiling water, they are perfect for minimal-heat summer cooking or your next camping trip.

Yogurt Dill Sauce for Falafel

1 - 16 oz. container plain yogurt (preferably Greek style)
2 cucumbers, diced
2 Tbsp. olive oil
1/2 lemon juiced or 2 Tbsp. lemon juice
1 Tbsp. Dill
1-3 cloves garlic to taste
salt and pepper to taste
Process all above ingredients together in a food processor until a smooth consistency is achieved. Otherwise, chop garlic and cucumber fine and simply stir into the other ingredients. Sauce should sit for an hour before serving to allow flavors to blend.

TAKE THE COOKING OUTSIDE

I know that many of you out there are always just waiting for any excuse to get out the grill. Summer is three months of excuses. The Bulk herb and spice section houses the perfect complement to delicious beef, pork, lamb, poultry, fish or produce that you are cooking up on your grill. The Bulk department offers a Jamaican Jerk Seasoning, Cajun Seasoning, Mexican Seasoning and a vast selection of individual spices for you to create your own seasoning mix for flavorful grilled meats and veggies.

COOL DOWN THOSE HOT DRINKS

Those favorite hot drinks for nearly everyone, coffee and tea, don't have to be enjoyed hot. Coffee can have a whole different flavor profile when brewed in a cold-press coffee maker or just brewed hot and served over ice. Also, use the tried and true trick of freezing coffee or tea into ice cubes, and adding the cubes to liquid tea and coffee instead of regular ice cubes. This will enhance your cool beverage experience, rather than simply diluting it. Tea is a refreshing drink for the summer months, especially when slow brewed in the classic "sun tea" method. This summer, try experimenting with your sun tea by throwing in some slices of citrus fruit or fresh herbs (basil, mint, etc.) and see what kind of delicious mixes you can come up with.

Iced Tea Sangria

Prepare sun tea according to your favorite method. A good starting point is about 8-10 teabags or 8 teaspoons of loose leaf tea per gallon of water. Once the sun tea has reached the desired strength remove the teabags or strain out the tea leaves. Finally, place two cups of sliced fresh fruit in the pitcher and place the pitcher in the fridge for a few hours. For the fruit, you can use slices of orange, lemon, berries, pears or kiwi. Feel free to get creative. Also, don't be afraid to add some fresh, fragrant herbs to your sun tea. If you have an herb garden, try some mint, lemon verbena or sage.

“I EAT LOCAL BECAUSE I CAN”

With summer gardens in and in anticipation of the fall harvest, now is the time to plan for the canning season ahead. The Bulk department will be here for you when you are ready to put up some fruits and veggies. We have pickling spice, alum and mustard seed for your blue-ribbon pickles, and we also have the sugar and spices for your favorite fruit jams and butters. Are you in need of canning jars? Let us know and we can special order them in for you – including the special-order discount you get with your Co-op membership.

Employee Spotlight Mary Steele



How long have you been working at the Co-op?

I have been working at the Oneota Co-op since January 2008.

What is your position at the Co-op and what does it involve?

I am a cook on nights and weekends in the Water Street Café. I prep various from-scratch Café dishes – including soups and hot bar items and help to close down the kitchen most evenings. I also supervise the kitchen on nights and weekends that I am working.

What do you like best about your job?

I have thoroughly enjoyed (and been challenged by) the mentoring that I have received and have been responsible for in the Café kitchen. It has been a truly enlightening experience.

How has working at the Co-op affected your life?

Working at the Co-op has reiterated for me that one never stops learning. When it comes to food, I continue to learn about whole foods and new ways to incorporate them into cuisine. From a people standpoint, I continue to learn new and different ways of effectively communicating and being more efficient with my work. I enjoy the challenge.

What is your favorite item to make in the Co-op kitchen?

I thoroughly enjoy making the soups offered at the Water Street Café.

What item on the Co-op shelves would you recommend to others?

Without giving away my weakness for chocolate (oops), I would have to say the entire Bulk department is a treasure when it comes to quality products at the Co-op. Have you tried the chocolate covered cherries?

If we ran into you outside of work, where might it be and what would you most likely be doing?

Outside of work you can find me walking the trails around Decorah. Along the river is particularly beautiful throughout the seasons. I also enjoy listening to music and some of my favorite books include The Art of Simple Food by Alice Waters, Ad Hoc @ Home by Thomas Keller, and the latest copy of “Saveur Magazine.”

Given the opportunity to describe yourself as any animal, what would it be and why?

It may sound silly, but I would say a pack horse because I am a reliable hard worker.





Gathering: Memoir of a Seed Saver

BY DIANE OTT WHEALY

This heartwarming story captures what is best in the American spirit: the ability to dream and, through hard work and perseverance, inspire others to join in the creation of Seed Savers Exchange, one of the nation's most admired nonprofits in the field of genetic preservation.

Order at www.seedsavers.org or call 563-382-5990

Find us at facebook.com/GatheringMemoir

All proceeds support the mission of Seed Savers Exchange

Also available at the Lillian Goldman Visitors Center and Agora Arts in Decorah

Now Available \$25

PRAIRIE BREEZE CHEESE IS A WINNER!

by Beth Rotto, dairy and cheese buyer

Teenager Galen Musser of Milton, Iowa has won a Gold Medal at the World Cheese Awards competition in London. That's quite an accomplishment for anyone, much less an 18-year old. His winning cheese is Prairie Breeze, produced at his family's business, Milton Creamery. Milton is located in south-eastern Iowa, near the Missouri border.

Prairie Breeze was entered in the "extra-mature creamy cheddar" category, and won top honors and the only American-made cheese to win a medal in its category. The competition involved over 2,600 cheeses from around the world.

Galen credits his success to using high quality milk and working in small batches. Producing the milk is a matter of hard work as all the cows are hand-milked twice every day. The traditional farming practices of the Amish mean their cows live in a healthy, low-stress environment. Prairie Breeze is made exclusively with milk produced on Amish farms. The largest farm has only sixteen cows. The animals are never given any artificial growth hormones like rBGH or rBST. They also are given antibiotics only as needed in the case of illness, not as a matter of course. The Amish pasture-graze their cows for as much of the year as possible, and they are fed stored feed in the winter. The crops are planted and harvested using horses and hand labor.

Prairie Breeze is a rindless cheddar that is aged for a minimum of six months. This gives the cheese time to develop subtle and very appealing flavor crystals. The cheese is nutty, a little salty and a little sweet with notes of pineapple. This is not just another cheddar cheese. It's in a category of its own. Try it on a ham sandwich, grated on your green salad or just enjoy with some crackers. It's also good with Champagne, Cabernet Sauvignon, Chardonnay or your favorite beer.

Congratulations, Milton Creamery and Galen Musser from all of us at Oneota Community Co-op. We knew you had a winner long before anyone in London!



Keeping Food Dollars at Home.

continued from page 1

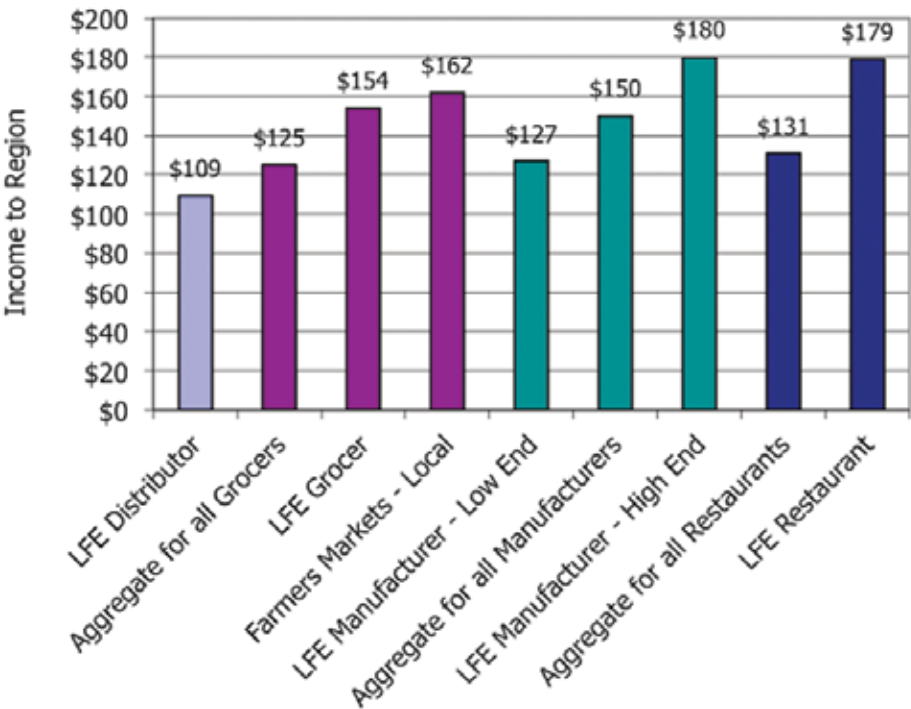
lowest multiplier is local distributors and that with the highest is local manufacturers high end with local restaurants a close second.

Impact From \$100 of Local Food Spending

(In the chart, "LFE" stands for local food economy, a designator which distinguishes locally owned businesses from all businesses with operations in a given area, that is, including businesses headquartered outside of the region designated local.)

That is why distributors have such low multipliers – they have to move a large volume on small margins to make profits.

Local multipliers help reveal what choices consumers and businesses have now but they also tell us what we can do to increase our choice about what kind of economy and food system we want to have. Consumers can understand how their individual choices make a difference to the growth of the local food system and



In general, we see that local businesses in a category have higher local multipliers than all businesses in that category. However, with manufacturers some local manufacturers – LFE manufacturers – have lower multipliers than all manufacturers.

What explains that? It turns out that some manufacturers must logically source materials from outside their region, such as the case with many bakeries who are not located in grain growing regions of the country.

The flip side of this pattern is that many manufacturers locate close to their product input sources. So you might have a processor which sources locally but ends up exporting most of its product, that is, it chooses to export most of its product. Or perhaps I should say they have to export because of the way the markets they operate in are set up.

In fact, the biggest constraint on where businesses choose to sell is the size of their operations. Consider the mid-sized farm whose output is too great to sell through farmers markets and too small that they can set their own prices with distributors.

businesses can gain insights into what social and physical infrastructure needs to be put in place to broaden their choices. This is what I think make multipliers interesting in the end.

And while many choices on where to buy or sell are beyond the control of individual consumers and businesses, we all can choose to act together to change the options.

Viki Sonntag, PhD, holds a PhD in economics and is a practitioner, activist, and researcher in alternative economics and founding director of EcoPraxis, a non-profit that works collaboratively with community-based businesses and organizations to put the vision of sustainable community economies and resource use into practice. She is the author of "Why Local Linkages Matter: Findings from the Local Food Economy Study," which explains why we should care about our spending choices when it comes to food and sustainability. This report and others can be found at ecopraxis.org.

This article, copyright by - and reprinted with permission from - GoodFood World, www.goodfoodworld.com.



Water Street Café

fresh. organic. local.

'New Morning' Breakfast bar
Hot lunch buffet • Organic salad bar
Cold sandwiches • Hot grilled sandwiches
Homemade soup • Organic espresso
Catering • Sheetcakes • Cheesecakes

Café Hours: Mon-Sat 8:00 am - 7:00 pm
Sunday 11:00 am - 6:00 pm

563.382.4666

312 West Water Street, Decorah
full sandwich and catering menus online at www.oneotacoop.com



Kinderhaus

Nature-based education that emphasizes imaginative and cooperative play, song and movement, arts integration, and storytelling.

Preschool for ages 3-6
KinderhausDecorah.com
563.379.7303

Inspiring wonder...education for a creative future!

25% OFF


Organic Life Vitamins®

AWARD-WINNING LIQUID MULTI

Natural Calm®

THE ANTI-STRESS DRINK

Come in for FREE SAMPLES



Cool Treats

by Carrie Johanningmeier

During these hot summer days there is nothing more refreshing to me than an icy treat from the freezer. Unfortunately, some commercially manufactured frozen treats these days contain ingredients like hydrogenated oils, dry milk solids, high fructose corn syrup (almost always genetically modified), modified corn starch, sodium benzoate, propylene glycol, ethyl acetate and synthetic colorings. Diethyl glycol, commonly found in anti-freeze and paint removers, can also be found replacing eggs in some conventional frozen concoctions.

At the Co-op, we have a wide selection of dairy and non-dairy frozen treats that we are happy to offer as a tasty alternative to the ingredients mentioned above. Check out the quality products listed below in our freezer aisle and find singles of them in the small freezer by the checkout lanes at the front of the store.

Dairy Options - pints and quarts

Julie's Organic ice cream – quarts and pints
Vanilla, Chocolate, Cookies and Cream, Caramel

Novelty Ice Cream Bars
Vanilla Ice Cream Sandwich
Vanilla Sandwich Cookie-Gluten Free
Organic Fudge Bar
Vanilla Ice Cream and Dark Chocolate



Stonyfield Organic ice cream - pints
After Dark Chocolate
Gotta Have Java
After Dark Chocolate Non-Fat Frozen Yogurt

Alden's Organic ice cream – 1.5 quart
Blackberry
Butter Brittle
Chocolate Chocolate Chip
Cookies and Cream
Mint Chip
Peanut Butter n Chip
Strawberry
Vanilla Bean "Top Seller"



Gelato
Technically, gelato is an Italian-style ice cream that contains less butterfat and less air by volume, resulting in a denser, creamier, and more flavorful frozen treat.
Talentì Sea Salt Caramel gelato - A succulent rich golden Argentine caramel base brought to life with Fleur De Sel sea salt and chocolate covered sea salt caramel truffles. And it's gluten free.



Non-Dairy Options - pints and quarts

Fruit & Juice Based

Ciao Bella Sorbet – fruit juice based - pints
Blood Orange
Lemon Zest
Mango



Soy Milk Based

So Delicious – soy based - dairy free, gluten free - quarts
Neapolitan
Chocolate Velvet
Creamy Vanilla
Dulce de Leche



Coconut Milk Based

Purely Decadent – coconut milk based - pints
Cookie Dough - gluten free
Mint Chip
Cookies n Cream



Larry and Luna's Coconut Bliss – coconut milk based - soy free & gluten free - pints
Naked Coconut
Vanilla Island
Chocolate Hazelnut Fudge
Dark Chocolate
Chocolate Peanut Butter



Non-Dairy novelties - boxes and singles

(look for singles of these novelties in the small freezer by the checkout)

Rice Milk Based

Rice Dream Frozen Pie - Rice Dream (rice milk “ice cream”) sandwiched between two oatmeal cookies and dipped in chocolate.
Mint Pie
Chocolate Pie
Vanilla Nutty Bar
Vanilla Bar



Soy Milk Based

Tofutti Cuties – a classic non-dairy soy-based “ice cream” sandwich.



Coconut Milk Based

So Delicious Coconut Almond Minis – Dairy Free
So Delicious Vanilla Minis Bar – Dairy Free



Fruit & Juice Based

Natural Choice Organic fruit bars
Strawberry, Orange, Raspberry, Coconut

Jolly Llama - Sorbet Squeezups
Made from actual fruit, not juices or concentrates, and bursting with the refreshing, real taste of sun-ripened fruit. Available in seven flavors and also dairy free & gluten free. Acai Berry, Banana Coconut, Blueberry, Mango, Peach, Raspberry, Strawberry





ACE
The helpful place.
200 E. Main St. • 563 382-3538
www.acehardware.com

Your LOCAL source for whole-house hardware

Downtown Decorah



Ace Kitchen Place
106 E. Water St. • 563 382-3544
www.acekitchenplace.com

Complete Printing & Graphics Services
FULL-COLOR GRAPHICS, LARGE OR SMALL, INDOOR OR OUT.

GRAPHICS

PUT ANY IMAGE ON CANVAS! ANY SIZE!
NEW LED PRINTER = BETTER THAN COLOR COPIES FOR LESS!

 **FOSTERgraphs.com**
563.735.5603 | www.fostergraphs.com

Traveling Light

by Karina Klug, nutritional supplements buyer



The whole point of a vacation is to get away, let go of worries and relax. We come back to our lives refreshed and renewed. When things go wrong during an anticipated time of rest, it can take away from the calm we had expected. A little preparation in our packing for our trip can alleviate some of the issues that can go along with travel: stomach upsets from new foods, germs picked up en route, sunburns and simply stress from delays. Then there's the dilemma of what is allowed on the airplane.

Here's a list to offer more rest and rejuvenation and to avoid the common pitfalls of travel.

Digestion aid:
American Health Chewable Papaya enzyme: These chewable tablets are simple after-meal enzymes, chew them to help with digestion.
Source Naturals or KAL Activated Charcoal: A commonly used first aid for food poisoning, flatulence, flu symptoms or stomach imbalance.

For the frequent flyer:
Clean Well Hand Sanitizer: Great for all travel, from your backyard to across the ocean. This handy spray even comes in a 1 oz size for airplane travel.

FES Fearless: This is a flower essence spray to promote composure from anxiety.

King Bio's Nausea & Motion Sickness: homeopathic and fast relief of nausea, vomiting, dizziness, weakness, loss of balance, aversion to food, headaches.

Aura Cacia or Veriditas: Lavender essential oil. Oh the many uses of lavender. Many people bring this along on an airplane to help protect from germs and calm anxiety. Tim Blakley, who works for Aura Cacia, always has lavender on hand to spritz in his hotel room when travelling.

Just add water:
Omega-3 Effervescent Packets: In case you are worried about packing fish oil pills in your suitcase, try this powder form delivery system for Omega-3s. These creamy orange single packets provide Omega-3's in a tasty orange drink – just add to water.

Emergenc: On the go, this is an easy way to get Vitamin C to boost immune system for close quarters while traveling.

Peter Gillhams: Natural Calm single packets for people deficient in magnesium. Natural Calm provides this mineral in an easy to-go packet.

Be Well Tea Travel Tins: A cup of Be Well Tea to cozy up and relax wherever you are.

Amazing Grass: Single packets of Barley Grass for green energy for adults and kids. Also single packets of Amazing Meal, this is a way to enhance a continental breakfast at hotels and start your day off with nutrients. May be added to water, milk or yogurt.

Source Naturals Wellness Fizz-a natural fizzing tablet full of herbs, minerals and vitamins shown in some studies to support immune health.

Zenergize: Hydrate, Immunity, the hydrate is a great way to get electrolytes

Topical and Tropical:
Dr. Bronners 2 oz - natural soap and beyond: In a pinch Dr. B's can be used for hand, face and body soap as well as toothpaste. It's a perfect multipurpose product for campers and travelers to remote regions.

Veritditas essential oil blends: Immune Boost and Good Samaritan when on a plane to help shield against all the germs flying around.

Badger Balms: great for travel and the large size is plane-friendly. I love the Sleep Balm, rub on your temples, feet and neck for sweet dreams, while away from home.

Sunscreen: Badger 15 and 30 SPF mineral-based sunscreens and All Terrain Weathershield 1.0 oz small enough throw in your carry-on.

Evan Healy Kit: Amazing facial care, we've got Rose, Lavender or Blemish. This will provide elegant facial care that will make you feel pampered while on the road.

If you are traveling this summer, near or far, I hope this list gets your creative packing juices flowing. Travel light, be safe and enjoy!

Additional Debate on Saturated Fats

by Cherie Calbom, M.S.

Assumption #1. "It has been a settled question for years that unsaturated fats in the diet reduce the incidence of cardiovascular disease, while a diet high in saturated fats increases the incidence of cardiovascular disease."

This question is anything but settled. The fact that we continue on the same old path with loss of so many lives is completely unsettling. Many studies now are pointing to a flawed lipid hypothesis.

An article appeared April 27, 2010, in "Scientific American" suggesting it may be refined carbs rather than saturated fat that threatens the heart. Melinda Moyer writes, "But while Americans have dutifully reduced the percentage of daily calories from saturated fat since 1970, the obesity rate during that time has more than doubled, diabetes has tripled, and heart disease is still the country's biggest killer. Now a spate of new research, including a meta-analysis of nearly two dozen studies, suggests a reason why: investigators may have picked the wrong culprit. Processed carbohydrates, which many Americans eat today in place of fat, may increase the risk of obesity, diabetes and heart disease more than fat does — a finding that has serious implications for new dietary guidelines expected this year."

"In March the American Journal of Clinical Nutrition published a meta-analysis — which combines data from several studies — that compared the reported daily food intake of nearly 350,000 people against their risk of developing cardiovascular disease over a period of five to 23 years. The analysis, overseen by Ronald M. Krauss, director of atherosclerosis research at the Children's Hospital Oakland Research Institute, found no association between the amount of saturated fat consumed and the risk of heart disease." [2]

"The finding joins other conclusions of the past few years that run counter to the conventional wisdom that saturated fat is bad for the heart because it increases total cholesterol levels. That idea is 'based

in large measure on extrapolations, which are not supported by the data,' Krauss says. [1]

"One problem with the old logic is that 'total cholesterol is not a great predictor of risk,' according to Meir Stampfer, professor of nutrition and epidemiology at the Harvard School of Public Health. Stampfer co-authored a study in 2008 in the 'New England Journal of Medicine' that monitored 322 obese people for two years as they followed one of three diets: 1) a low-fat, calorie-restricted diet based on American Heart Association guidelines, 2) a Mediterranean, restricted-calorie diet rich in vegetables and low in red meat, and 3) a low-carbohydrate, nonrestricted diet. Results showed that although people on the low-carb diet ate the most saturated fat, they ended up with the healthiest ratio of HDL to LDL cholesterol and lost twice as much weight as their low-fat-eating counterparts." [1]

"Nobody is advocating that people start gorging themselves on saturated fats, and some monounsaturated and polyunsaturated fats, such as those in fish and olive oil, can help protect against heart disease. Some high-fiber carbohydrates also undoubtedly are good for the body." [1]

David Ludwig, director of the obesity program at Children's Hospital Boston, explains, "If you reduce saturated fat and replace it with high glycemic-index carbohydrates, you may not only not get benefits — you might actually produce harm." He says the next time you eat a piece of buttered toast, consider that "butter is actually the more healthful component." [1]

Assumption #2. "The higher the ratio of unsaturated to saturated fats in the diet the more anti-atherogenic and cardio-protective the diet is."

Studies show that unsaturated fats show up in large quantities in the plaque of blood vessels. As mentioned in my article, a study conducted at the Wynn Institute for Metabolic Research in London (Lancet, 1994) examined the

continued on page 10

The Purest Fish Oil on the Planet!

RxOMEGA-3 FACTORS™

Purity - Purest Fish Oil on the Planet!
Potency - EPA 400 mg/DHA 200 mg per Softgel
Price - The Best Quality at the Best Price!

30% OFF!

ON Sale NOW!

natural Factors
naturalfactors.com

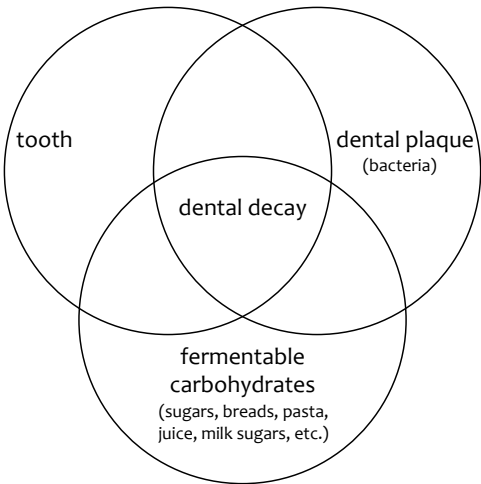
Keep Those Whites Pearly

by John E. Wilmes, D.D.S.

Dentistry and dental materials have become quite advanced in recent years. We have become experts at placing natural looking and esthetic restorations and we are also quite good at replacing lost teeth. However, as a professor of mine once said, “the best restoration is no restoration.”

Our goal therefore should be to break the cycle of decay and restoration. Three conditions must be satisfied for dental decay to exist:

1. A Host (tooth structure available for decay to attack)
2. Bacteria in the form of dental plaque. Dental plaque produces acid which damages the tooth and eventually cavitates the surface of the tooth.
3. Fermentable carbohydrates in the form of sugars, such as bread, pasta, juice, milk sugars, etc. Bacteria in dental plaque use the fermentable carbohydrates for their metabolism and produce acid as a byproduct.



We must alter one or more of our risk factors. First and foremost we must try to be diligent and remove all the plaque from our teeth twice daily. If all dental plaque is removed on a frequent basis, decay cannot form.

Secondly, we can alter our diet. Refined, fermentable carbohydrates provide instant fuel for the decay-causing bacteria. Diet modification can certainly help prevent decay. However, occasionally, we all eat and or drink things we shouldn't and subsequently supply our bacteria with fuel for acid production.

Everyone needs some chemotherapeutic help preventing

decay. Luckily our local Co-op also offers a wide array of products which can help you maintain your oral health. Below is a brief discussion of a few ingredients found within the products in the dental section at the Co-op:

1. Xylitol is a natural, plant-based sweetener. Chemically, xylitol is a polyhydric alcohol and is similar in structure to pentose sugar. Because of its chemical structure, oral bacteria are not able to use xylitol to produce acid. Xylitol reduces the amount of decay-causing bacteria in dental plaque. Xylitol is also thought to prevent decay by stimulating the activity of an antimicrobial enzyme, lactoperoxidase, in saliva. Xylitol also increases the body's output of saliva. Saliva is a natural pH buffer and is our body's natural defense against decay. Xylitol is most effective against decay when consumed frequently. Xylitol gum, when chewed 3-5 times daily can be quite effective. Ingesting xylitol does not aide in decay prevention. Xylitol can be found in the following products at the Co-op:

- Spry Toothpaste
- Spry Oral Rinse
- Nature's Gate Cool Mint Gel Toothpaste
- Kiss My Face Triple Action Toothpaste
- Tom's of Main Toothpaste
- Tom's Wicked Fresh Mouthwash
- Burt's Bees Toothpastes

2. Tea Tree Oil is another naturally-based product. It is obtained from the distillation of the leaves of the tea tree. Tea Tree oil contains over 100 different types of naturally occurring alcohols, often referred to as "essential oils." The most common alcohol found in tea tree oil is terpen-4-ol, which is thought to work by disrupting the outer surface of decay causing bacteria. Many different oral rinses contain tea tree oil. Tea tree oil can be found in the following products at the Co-op:

- Tea Tree Therapy Mouthwash
- Jason Healthy Mouth Mouthwash
- Desert Essence Dental Tape and Dental Floss
- Preserve Tea Tree Mint Toothpicks

- Desert Essence Tea Tree and Neem Toothpaste
- Kiss My Face Whitening Toothpaste
- Kiss My Face Triple Action Toothpaste
- Jason Healthy Mouth Toothpaste
- Veriditas Gingivitis Treatment, Canker Sores, Cold Sore Treatment

3. Fluoride was the first known agent to be active in preventing dental decay. Fluoride can be found naturally in the ground water in many locations and is also extracted from ore. Fluoride in most products is bound with sodium, and is often listed as "NaF." Fluoride interferes

with the bacterial enzymes of decay-causing bacteria. It also incorporates into and remineralizes damaged hydroxyapetite (the main component of tooth structure) in the form of fluoroapetite. Fluoride is most effective when applied topically. Fluoride can be found in several Tom's of Maine toothpaste flavors at the Co-op:

- Tom's of Maine Children's Silly Strawberry with Fluoride Toothpaste
- Tom's of Maine Simply White Sweet Mint Gel Toothpaste
- Tom's of Maine Cavity Protection Toothpaste – peppermint, wintermint, or spearmint.

Additional Debate on Saturated Fats

continued from page 9

composition of human aortic plaques.

It found in the people studied 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 (PUFAs). They determined no association with saturated fats but rather implicated PUFAs, such as those found in polyunsaturated vegetable oils, as the primary contributors to aortic plaque formation and suggested that people avoid these oils completely.[3]

In January, 2008, the New York Times reported: "For decades, the theory that lowering cholesterol is always beneficial has been a core principle of cardiology. It has been accepted by doctors and used by drug makers to win quick approval for new medicines to reduce cholesterol. But now some prominent cardiologists say the results of two recent clinical trials have raised serious questions about that theory.

"The idea that you're just going to lower LDL and people are going to get better, that's too simplistic, much too simplistic," said Dr. Eric J. Topol, a cardiologist and director of the Scripps Translational Science Institute in La Jolla, Calif. "Because the link between excessive LDL cholesterol and cardiovascular disease has been so widely accepted, the FDA generally has not required drug companies to prove that cholesterol medicines actually reduce heart attacks before approval...." [4]

Dr. George Mann, M.D. Professor of Medicine & Biochemistry, Vanderbilt University, stated, "A generation of research on the diet-heart question has ended in disarray. The official line since 1950 for management of the epidemic of coronary heart disease has been a dietary treatment. Foundations, scientists and the media, both lay and scientific, have promoted low fat, low cholesterol, polyunsaturated diets, and yet the epidemic continues unabated, cholesteremia in the population is unchanged, and clinicians are unconvinced of efficacy. Saturated fat and cholesterol in the diet are NOT the cause of coronary heart disease. The 'diet-heart' idea is the greatest scientific deception of this century, perhaps any century. Never in the history of science have so many costly experiments failed so consistently. Fearing to lose their soft money funding, the academicians who should speak up and stop this wasteful anti-science are strangely quiet. Their silence has delayed a

solution for coronary heart disease by a generation." [5]

In 1994, Dr. Harlan Krumholz of the Department of Cardiovascular Medicine at Yale University reported that old people with low cholesterol died twice as often from a heart attack as did old people with high cholesterol. The researchers stated, "Elevated total serum cholesterol level, low HDL-C, and high total serum cholesterol to HDL-C ratio were not associated with a significantly higher rate of all-cause mortality, coronary heart disease mortality, or hospitalization for myocardial infarction or unstable angina after adjustment for cardiovascular risk factors." [6]

If, as we have been told, heart disease results from the consumption of saturated fats, one would expect to find a corresponding increase in animal fat in the American diet. Actually, the reverse is true.

During the 60-year period from 1910 to 1970, the proportion of traditional animal fat in the American diet declined from 83 percent to 62 percent, and butter consumption plummeted from 18 pounds per person per year to four.

During the past 80 years, dietary cholesterol intake has increased only 1 percent. During the same period the percentage of dietary vegetable oils in the form of margarine, shortening and refined unsaturated oils increased about 400 percent, while the consumption of sugar and processed foods increased about 60 percent.

The Framingham Heart Study is often cited as proof of the lipid hypothesis. This study began in 1948 and involved some 6,000 people from the town of Framingham, Massachusetts. Two groups were compared at five-year intervals—those who consumed little cholesterol and saturated fat and those who consumed large amounts. After 40 years, the director of this study, Dr. William Castelli, published in a major, peer-reviewed journal the following statement: "In Framingham, the more saturated fat one ate, the more cholesterol one ate, the more calories one ate, the lower the persons' serum cholesterol." [7]

The Lipid Research Clinics Coronary Primary Prevention Trial (LRC-CPPT), which cost 150 million dollars, is the study most often cited by the experts to justify low-fat diets. Actually, dietary cholesterol and saturated fat were not

continued on page 12



FROM THE GM:

Food Prices on the Rise... and so is Smart Purchasing at Your Co-op

by David Lester

Last week I got a letter from United Natural Foods Inc. (UNFI), the largest natural food distributor in the country. The first line read, “The cost of doing business is changing faster than ever for all of us.”

According to UNFI’s letter, food prices will rise starting in July. The two key components for these increases are fuel and ingredients. The price of diesel fuel is 30% higher than it was at this point a year ago. We have received periodic fuel surcharges from suppliers over the last year, but these new increases from UNFI will be somewhat more significant and affect over 14,500 items that they sell. Since we purchase a large percentage of our grocery items from UNFI, this will impact our store. Because of UNFI’s reach, this will also affect almost every co-op, Whole Foods, and other grocery stores across the country.

All food products that are shipped or produced with diesel fuel will see price increases in the very near future, if not already. Any products that are packaged with plastics or plastic film will see significant price increases because most of the plastics industry utilizes oil as a main ingredient.

Ingredients are also a factor. Dick Blackwell, VP Global Supply Chain at UNFI states, “Grain prices are up significantly and in some cases are nearly double what they were just last summer. Sugars, sweeteners, and proteins are all up as a result of diminishing supply and speculation.”

Even the world’s largest humanitarian agency fighting worldwide hunger, WFP (The World Food Programme), is concerned about global food prices just below their historic peak. The rise in global food prices ultimately hurts poor and developing countries the most and is a major concern to keep those in poverty

fed and nourished. This problem is particularly troubling to me. It can be so easy to feel insulated from the growing concern to feed the world’s population when we live in such a lush and abundant part of the world. Also troubling is the growing percentage of income that poorer families in the U.S. have to spend on food. According to the U.S. Bureau of Labor and Statistics, a household with an annual income between \$20-\$30K spends about 18% of that income on food purchases. An annual household income between \$100-\$120K spends about 7.5%. Any significant increase in food prices will be felt hardest by the U.S. low-income families and food pantries will become even more needed than ever before.

I do believe, however, that our Co-op is well positioned and prepared to take on these impending price changes. Our Co-op dedicates an unusually high percentage of floor space to bulk products. We have one of largest bulk sections for a store our size and we even rival some of the larger stores in bigger cities. Less packaging equals lower prices for the consumer. Another benefit for shopping at your co-op is that 21% of our sales come from items that are grown or produced within 100 miles of Decorah. We know that our local farmers and producers will experience increases to produce their products as well, but the impact should be less. In general, these are people who are trying to limit their use of fossil fuels and the distances that their products are travelling are considerably less than a national supplier.

Each part of our store sets goal margins that we need to meet in order to operate your Co-op. Our members and customers can be assured that we will be paying close attention to our margins and be looking for ways to save you money at the register without compromising our Co-op’s core values. All the more reason for shopping local!

Magnesium – The Miracle Mineral

by Carolyn Dean, MD, ND

More than seventy-five years ago, scientists declared magnesium to be an essential mineral for our physical health. In 2006 the World Health Organization re-declared the prime importance of magnesium to health. And yet, due to modern farming practices and present day food processing procedures, this mineral is largely depleted from our soils and food supplies.

Magnesium is one of the most depleted minerals, yet one of the most important. We imagine that medicine has advanced to the stage of miracle cures, yet it’s not technology that we’re lacking but basic nutrients that power our bodies and give us our health.

In a world of constant and rapid-fire change, our bodies are going through energy peaks and energy crashes every day. We’re exhausting our natural physical stores of energy, straining our bodies’ capacity to function at optimum and properly heal itself. Although we often can’t change the amount of work we are expected to perform, we can learn how to preserve and rebuild our energy levels naturally.

Magnesium regulates more than 325 enzymes in the body, the most important of which produce, transport, store, and utilize energy. Magnesium and the B-complex vitamins are excellent examples of energy nutrients, because they activate enzymes that control digestion, absorption, and the utilization of proteins, fats, and carbohydrates. Many aspects of cell metabolism are regulated by magnesium, such as DNA and RNA synthesis, cell growth, and cell reproduction. Magnesium also orchestrates the electric current that sparks through the miles of nerves in our body. Magnesium has numerous physiological roles, among which are control of nerve action, the

activity of the heart, neuromuscular transmission, muscular contraction, vascular tone, blood pressure, and peripheral blood flow. Magnesium modulates and controls the entry and release of calcium from the cell, which determines muscular activity. Without magnesium, muscle and

nerve functions are compromised and energy is diminished. We are operating with the power turned off. Because magnesium is involved with hundreds of enzymatic reactions throughout the body, deficiency can affect every aspect of life and cause a score of unhealthy symptoms. Without sufficient mag-

nesium, muscle weakness, soft bones, anxiety, arrhythmia, diabetes, headaches, insomnia and heart disease can result.

The National Academy of Sciences has determined that most American men obtain about 80 percent of the recommended daily allowance (RDA) and women average only 70 percent. In addition, most magnesium researchers find that the RDA is inadequate to prevent magnesium deficiency, making the above statistics of even more concern. In spite of this concern, few medical doctors are sounding the alarm, so it is left up to you to inform yourself and protect your health and that of your family.

Discover exactly how magnesium helps one’s health via a free, 32-page guide. Just go to the non-profit www.nutritionalmagnesium.org and claim instant access.

Carolyn Dean, MD, ND is a medical pioneer with over 28 years of experience with health and wellness related issues. She's the medical director for the Nutritional Magnesium Association. www.nutritionalmagnesium.org

12
Mg
Magnesium
24.3050
{Ne}3s ²
7.6462

Enhance performance and recovery in your everyday life...

Pain relief through muscular therapy

Myofascial Release Deep Tissue Massage Trigger Point Therapy	FREE-RANGE MASSAGE 507-272-8609	Acupressure Thai Yoga Massage Sports / Injury
--	---	---

Call Today
Feel Better Located *below* The Yoga Studio on Water Street in Decorah
Entrance in alley off Court Street

Kim Keller, LMT



LaRana
Bistro

Creative Midwest Fare • Local Seasonal Menus

Monday-Saturday • Lunch 11-2 • Dinner 5-9 • Bar til close
120 Washington St. • Decorah • 563.382.3067

Listen Fresh.
Listen Local.

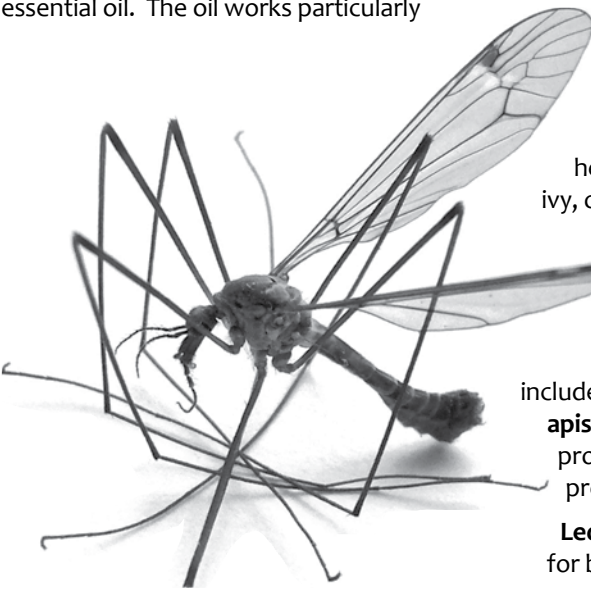


Clean Green Summer First Aid

by Gretchen Fox Schempp

We’re in the thick of it now. Summer. The little buggies are in full bloom and unless you are armed, you may be getting snacked upon. Each season poses its own obstacles, but with the right supplies you can sail through and continue to have a great time. Summer should have its very own first aid kit. There are many simple items to stock your first aid kit or bathroom that have multiple uses. From anti-fungals, bug repellents, sun protection, bite treatments, bumps, bruises, aches and pains, we have all the goods you need to stay protected or soothe the damage done.

A first must have for my summer kit is **Rose Geranium**, also known as simply Geranium or Pelargium graveolens, essential oil. The oil works particularly



well against ticks (Lyme’s Disease), and I use it whenever I am out in the yard or the woods. I will put two drops on my neck and a few more on my ankles or pant legs. Geranium oil also helps repel mosquitoes, fleas and other pests. My dogs all get a few drops of geranium on their necks once a week as well. However, it should be noted that essential oils are not safe to use on cats.

Geraniol, which is a powerful ingredient extracted from Geranium oil, is the main ingredient in our best selling Bugband Insect Repellent lotion. According to lab and field studies done by the University of Florida, Gainesville,

geraniol has been proven effective in repelling many insects, including: mosquitoes, ticks, fleas, cockroaches, fire ants, flies and no see ums.

Neem oil is the next item to add to the kit. Neem oil is a vegetable oil pressed from the seeds and fruit of neem, an evergreen indigenous to India and South Asia. It has been shown in studies to have anti-inflammatory, antibacterial, antiseptic and anti-fungal properties. Neem is also getting a lot of attention for being a good insect repellent. We carry neem in its pure form, which can be used directly on the skin, undiluted, or can be mixed with other ingredients to make many useful concoctions. For a double duty insect repellent mix 10 drops of geranium oil

with a tablespoon of neem oil and apply as needed. Additionally, we carry a lotion spray by Keys that is neem based and can be used as a healing lotion for bites, poison ivy, oak, and existing skin conditions or as an insect repellent. A few homeopathic remedies to have on hand for insect bites include:

apis mellifica - take this remedy promptly after a bite to help prevent severe swelling.

Ledum palustre - take this remedy for bites or stings promptly to prevent rashes, stiffness and swelling. These two homeopathic remedies can be used, in smaller doses, on cats and dogs as well.

Coconut oil is a must have in my home at all times. I think I’ve written about it in every season of this publication! Coconut oil is soothing, healing, luxurious and diverse in its many uses. A few of my favorite uses for coconut oil are as a moisturizer and an anti fungal.

Coconut oil is said to offer natural sun protection while fighting free radicals, which may provide added protection against skin cancer. However, there is no rating for the sun protection factor of coconut oil.

Another use for coconut oil is for vaginal yeast infections, ringworm, athlete’s foot and thrush. Coconut oil can be used topically or internally for any of these conditions. It also can be applied to cuts and scrapes to help prevent infection, promote healing and may also prevent scarring. Coconut oil also makes a great carrier for essential oils.

When the hard work catches up with your body make sure you have some **arnica** to take internally or to use topically. Arnica (arnica montana) is a perennial that grows 1’-2’ with yellow orange flowers similar to daisies. It is native to Europe and Siberia and is cultivated in North America. It has been used since the 1500’s for medicinal purposes and remains popular today. It is often used as the first remedy for injuries such as sprains and bruises. Arnica is also used to soothe muscle aches, reduce inflammation and heal wounds. We have many options for purchase in arnica products. Look for homeopathic pellets or tablets to be taken internally or find homeopathic or herbal arnica gels and salves to apply topically.

Lavender essential oil is easy to have on hand at any time and has many uses. I like to apply 1 or 2 drops

of lavender oil neet (undiluted) to insect bites to reduce inflammation, itching and redness. It also serves as a reliable acne treatment for many. Mixed in water and spritzed on the skin it can offer relief from burns and skin irritations. Applied to the bottom of the feet it has calming and sleep inducing properties. Lavender hydrosol, which is a by-product of the making of lavender essential oil, is very healing to the skin and has a lighter scent than the oil itself. Remember, essential oils are highly concentrated and only some are safe to use undiluted on skin and even then use in small amounts.

For the outdoor woman check out **Krista’s P-style**. This “stand-to-pee” device is ideal for sports and recreation, physical restrictions, outdoor occupations, public events and travel. It can be used while clothed, eliminates the need for toilet paper, is reusable and easy to clean.

A few of my favorite resources this year for insect bite first aid and tick removal are [The Prescription for Nutritional Healing](#) by Phyllis Balch and [The Complete Book of Essential Oils and Aromatherapy](#) by Valerie Ann Worwood. Have a safe and healthy summer.

Cooling and Soothing Summertime Skin Mist

Ingredients:
4 oz. distilled water
16 drops lavender essential oil
4 drops peppermint essential oil
4 drops spearmint essential oil

Pour into a spray mister bottle. Essential oils and water will separate, so shake the bottle vigorously before misting lightly over skin.

Homemade Bug Repellent Balm

Ingredients:
½ cup coconut oil
1 tablespoon neem oil
10 drops of geranium essential oil
10 drops lemon eucalyptus essential oil

Add neem oil to coconut oil in glass container. Place in a hot water bath. Heat until melted. Add essential oils and blend. Put in a tin or small jar and let set up. Rub balm into skin when heading outdoors.

Additional Debate on Saturated Fats

continued from page 10

tested in this study, as all subjects were given a low-cholesterol, low-saturated-fat diet. Instead, the study tested the effects of a cholesterol-lowering drug. Their statistical analysis of the results implied a 24 percent reduction in the rate of coronary heart disease in the group taking the drug compared with the placebo group. However, non-heart disease deaths in the drug group increased — deaths from cancer, stroke, violence and suicide. [8]

Assumption #3. “Oxidized saturated fats accumulate in the plaque of blood vessels and unsaturated fats do not.”

It is widely accepted that oxidized cholesterol is implicated in heart disease, rather than general LDL. Most often we just hear about general cholesterol without distinguishing that is the oxidized cholesterol and fats that are damaging.

Cholesterol is oxidized when it is exposed to sunlight, oxygen, or heat. Cholesterol in the body also can be oxidized by free radical reactions when we consume rancid oils, toxins, or pollutants. Rancid oils are produced when polyunsaturated oils (PUFAs), in particular, oxidize.

I noted PUFAs in particular because they have more than one double bond, which can be broken rather easily when exposed to heat, sunlight and oxygen, and thus have the greatest propensity to oxidize. Oxidation can happen in the processing of these oils. These oils are deodorized, which means that we don’t know (can’t smell) when they are rancid. Free radicals are produced in the process and they are one of the primary causes of oxidized cholesterol. This process is accelerated with heat.

There are studies that show heart

disease can be caused by unsaturated oils in the diet. Polyunsaturated fatty acids have been found in high quantity in artery plaque. (See the Wynn Institute Study referred to below.)

A report published in Food Service Research International (June, 2006) says, “considerable evidence has accumulated over the past two decades that heated cooking oils, especially polyunsaturated oils, may pose several types of health risks to consumers.”[9] It lists cardiovascular disease as one of those risks attributed to lipid oxidation. It points out that heat degrades polyunsaturated fatty acids to toxic compounds.

Assumption #4. “The American medical community emphasizes the 'Mediterranean Diet' — olive oil-based and high in unsaturated fats — as a healthy diet for prevention of cardiovascular disease.”

Yes, the Mediterranean diet includes olive oil, but just as or more important, it is rich in fresh fruit, fresh vegetables,

fish, beans, seeds, nuts, butter, and yogurt in modest amounts. It’s a great diet. Fried foods, processed foods, and polyunsaturated oils are not common. But remember, oxidized oils are the culprit in contributing to heart disease.

Olive oil is healthy oil and I highly recommend it. It tends to be more shelf stable, like coconut and palm oil, than polyunsaturated oils. Cold-pressed, unrefined virgin olive oil, like the Mediterranean people eat, is ideal for raw foods, salad dressings, and light sautéing — but it’s not good for medium to high-heat cooking because it has a lower smoke point (305 to 320° F) and will oxidize more easily with heat. High quality olive oil stands out also as an antioxidant/free radical fighter. In my article, I named fats and oils that are good choices.

Saturated fats don’t have double bonds that can be broken easily and they don’t tend to oxidize (turn rancid) as

Tell Us What You Think...

Suggestion/Question: Since we can’t recycle it – let’s not carry anything in colored glass.

Answer: Glass recycling in our county has been frustrating to say the least. Getting rid of all products in colored glass really isn’t an option and would drop our sales considerably. Instead, the Management Team and I have been working really hard to find a solution to this problem. We are proud to announce that we will be partnering with Luther College to have colored glass (beer, wine, and other redeemables) picked up weekly at our store. These redeemables have a value and we will be donating the proceeds to the Luther College Habitat Chapter. It’s a win – win! (David Lester, GM)

Suggestion/Question: Try a pilot study (experiment) with members able to use their discount all month (instead of once per month). Do it for two months; announce it in newsletter beforehand, then note if sales/membership increase.

Answer: This is a tricky issue and has been dealt with in many ways over the history of our Co-op. Ultimately, I believe the best structure is to move towards a Patronage Refund situation for our members. This is financially a healthier way of doing business at the Co-op and doesn’t send money out the door at the time of every purchase. Members would see a refund (discount) at the end of the year depending if the store was profitable or not. The board and I have been educating ourselves on this issue lately as we begin to be a profitable store and we hope to add this as an option for us in the future. The easiest and best way to reap the benefits of a continual discount at our store is to become a working member. Working members, who work/volunteer at our store for four hours in a month’s time, receive an 8% discount on all purchases for the entire following month. Working members, who work/volunteer at our store for two hours in a month’s time, receive a 4% discount on all purchases for the entire following month. We value this system and it creates a connection and another sense of ownership for our members to the store. (David Lester, GM)

Suggestion/Question: Wouldn’t it help our goals of sustainability to put up shades in the seating area?

Answer: We recently had a professional energy audit done in our store and I brought this question up with the auditor as we were sitting by the front windows. He didn’t recommend putting shades on the front windows for several reasons. One of those was that there really aren’t any shades out there that will reduce the amount of heat in the store produced by the solar energy coming in through the windows. Plus, customers can’t see into our beautiful store and customers can’t see out into the street, which is one of the benefits we hear from our café customers. Since the sun is so high in the summer, the auditor’s suggestion was to put some type of covering on the outside awning that would shade the interior and give outside customers some shade. We will look into this as a project in the future. (David Lester, GM)

Suggestion/Question: Recently I visited a co-op that had sun-dried tomatoes in bulk. What a treat! (I never buy them here because they are \$7.50 a jar) Consider?

Answer: We carry air-dried tomatoes in bulk that are still in the dehydrated state. They last longer and are cheaper for the customer to purchase. Our dried tomatoes come from Tierra Farm are organic and are \$13.29 per pound or \$0.83 per oz. I have found this simple way to create my own sun-dried tomatoes.

- 5 oz dried weight of tomatoes
- Soak in warm water for 1/2 hour or until soft
- Drain and thoroughly press out all the water
- Add extra virgin olive oil until tomatoes are covered
- Add 1-2 T of preferred Italian seasonings and sea salt

The best part is that when you make your own you don’t need to add the preservatives that the big companies add, like citric acid. This recipe is easily adapted to smaller or bigger batches. The tomatoes can be stored in a tight container on the counter if used quickly or stored in the fridge for longer term storage. (Kristin Evenrud, Grocery Manager)

Suggestion/Question: Dear healthy food purveyor and hang-out place. Could we have one serving size apple juice in the coolers, no fizz, no flavors - just pure, simple apple juice?

Answer: Done! We thought it over and realized we have been missing a simple apple juice in our Grab-n-Go cooler. We added an 8oz apple juice from Knudsen for \$1.39/each. Look for it in the big Grab-n-Go cooler by the Café. (Kristin Evenrud, Grocery Manager)

Suggestion/Question: What kind of soap do you use in the bathrooms at the Co-op?

Answer: The Co-op uses a procedure of refilling the soap dispensers in the bathroom with a bulk soap product that we purchase. Occasionally we must switch out our dispensers due to breakage, and we use the new container’s contents before refilling it with our own diluted soap mixture. The in-house “hand soap” that is diluted is from NutriBiotic and it is a fragrance-free non-soap skin cleanser. We also choose to use the foaming dispensers because they are extremely economical and use less soap than a typical liquid soap dispenser. It is great for in-home use as well and you can buy the “undiluted” liquid either packaged or in bulk from the Wellness Department in order to dilute it at home for similar foaming dispenser use.

Additional Debate on Saturated Fats

continued from page 12

easily as the polyunsaturated fats. Using them in small amounts has not been shown to be harmful. I note in the article what has been shown to be harmful.

We need an open mind

If we fail to allow dialogue about this issue but consider it “settled,” we may never get to the truth about what causes heart disease and why we have not significantly reduced its incidence with decades of promoting low-fat and unsaturated fat diets. We must be aware that politics and money have suppressed truth and swayed public opinion. Please consider:

Saturated fat was a mainstay of the human diet for thousands of years; atherosclerosis was not a problem until the twentieth century when man-made oils and other foods were introduced.

Dr. Mary Enig, Ph.D. (a noted expert on fats and oils) says, “The theory —called the lipid hypothesis — that there is a direct relationship between the amount of saturated fat and cholesterol in the diet and the incidence of coronary heart disease was proposed by a researcher named Ancel Keys in the late 1950’s. Numerous subsequent studies have questioned his data and conclusions. Nevertheless, Keys’ articles received far more publicity than those presenting alternate views. The vegetable oil and food processing industries, the main beneficiaries of any research that found fault with competing traditional foods, began promoting and funding further research designed to support the lipid hypothesis.”[10]

If we look back at the history of fats and oils, the increase in heart disease parallels the increased use of vegetable oils over traditional fats. Dr. Enig explains that before 1920 coronary heart disease was rare in America; so rare that when a young internist named Paul Dudley White introduced the German electrocardiograph to his colleagues at Harvard University, they advised him to concentrate on a more profitable branch of medicine. The new machine revealed the presence of arterial blockages, thus permitting early diagnosis of coronary heart disease. But in those days clogged arteries were a medical rarity, and White had to search for patients who could benefit from his new technology. During the next 40 years, however, the incidence of coronary heart disease rose dramatically, so much so that by the mid-1950s heart disease was the leading cause of death among Americans. Today heart disease causes at about 34 percent of all US deaths.[11]

George Mann's independent studies of the Masai in Africa convinced him that the lipid hypothesis was "the public health diversion of this century.”[12]

When people ingest foods prepared with processed vegetable oils – margarine, French fries, fried food, non-fat dried milk, powdered or liquid coffee creamer, many salad dressings, crackers, cookies, chips, and a plethora of other processed and convenience foods, they eat a high quantity of oxidized (rancid) oil. Processed vegetable oils have an unstable chemical structure. They are free radicals in waiting. Free radicals cause cholesterol to oxidize. They also

damage cells, they trigger inflammation (a leading cause of heart disease), and they can damage blood vessels. This is the reason these unsaturated fats are so dangerous. This should be the warning given to consumers.

I do not recommend eating large quantities of animal fat. There are reasons not to eat very much animal fat: Toxins typically are stored in fat cells because it’s one of the safest places for a body to store them. Free radicals are produced when we are exposed to toxins (or pollutants) and we know that free radicals are implicated in creating oxidized cholesterol, the harmful substances found in artery plaque. With the exception of the fine organic

pastured butter (and other organic animal products) that Oneota sells, it is fairly safe to say that most other animal fat would contain a lot of toxins based on the poor quality diet that factory-farm animals are fed. It is for this reason that I don’t recommend animal fat unless a person is eating butter from organically raised, pastured and grass-fed cows. Even then, these fats should be consumed in small quantities.

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.

1. Carbs against Cardio: More Evidence that Refined Carbohydrates, not Fats, Threaten the Heart. Scientific American, May 2010.
2. Patty W. Siri-Tarino, Qi Sun, Frank B. Hu, and Ronald M. Krauss. "Meta-analysis of prospective cohort studies evaluating the association of saturated fat with cardiovascular disease." The American Journal of Clinical Nutrition; 91:535-546. March, 2010.
3. Felton, C V: Crook, D : Davies, M J : Oliver, M F Dietary polyunsaturated fatty acids and composition of human aortic plaques. Lancet. 1994 Oct 29; 344(8931): 1195-6
4. Alex Berenson, New Questions on Treating Cholesterol, New York Times, Business Section, January 17, 2008
5. George V. Mann, M.D. Professor of Medicine & Biochemistry, Vanderbilt University. 1991; and author of "Diet-heart: End of an era". New England Journal of Medicine; 297, 644-650. 1977; and "Coronary heart disease- Doing the wrong things". Nutrition Today; July/August, p. 12-14. 1985.
6. Harlan M. Krumholz, MD; Teresa E. Seeman, PhD; Susan S. Merrill, PhD; Carlos F. Mendes de Leon, PhD; Viola Vaccarino, MD; David I. Silverman, MD; Reiko Tsukahara, MD; Adrian M. Ostfeld, MD; Lisa F. Berkman, PhD, Lack of Association Between Cholesterol and Coronary Heart Disease Mortality and Morbidity and All-Cause Mortality in Persons Older Than 70 Years JAMA. 1994;272(17):1335-1340
7. Castelli,William, Arch Int Med, Jul 1992, 152:7:1371-1372
8. The Lipid Research Clinics Coronary Primary Prevention Trial Results. Reduction in Incidence of Coronary Heart Disease," JAMA, 1984, 251:359
9. M. Grootveld, et al. The Effects of Oxidized Heated Oils Foodservice Research International 30 JUN 2006Volume 13, Issue 1, pages 41–55, October 2001
10. Mary Enig, Know Your Fats (Silver Spring, MD: Bethesda Press; 2000
11. Mary Enig, Know Your Fats (Silver Spring, MD: Bethesda Press; 2000
12. Mann, G V, et al, "Atherosclerosis in the Maasai," Am J Epidemiology, 1972, 95:26-37



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 6/29 - 8/2

* Regular prices subject to change			
Bulk			
Organic Navy Beans	\$1.99		\$1.99
Packaged			
Bob's Flaxseed Meal, Org	\$5.59	\$3.49	\$2.10
Clif Builder Bars	\$2.19	\$1.39	\$0.80
Florida Crystals Demerara Sugar, 2#	\$5.29	\$3.79	\$1.50
Gluten-Free Pantry Baking Mixes	\$4.69-\$5.59	\$3.39	\$1.30-2.20
Happy Baby Puffs	\$3.29	\$2.79	\$0.50
Happybellies Br Rice Cereal	\$4.29	\$3.49	\$0.80
Happy Baby Baby Food, 3.5oz	\$0.99	\$0.79	\$0.20
Knudsen Recharge, Organic	\$3.19	\$2.29	\$0.90
Masnitoba Hemp Seed, 8oz	\$8.39	\$5.49	\$2.90
Mary's Gone Crackers Sticks & Twigs	\$4.69	\$3.29	\$1.40
Meditalia Pesto, 6.35oz	\$4.69	\$3.39	\$1.30
Montebello Grapeseed Oil, 33.75oz	\$12.39	\$8.79	\$3.60
Napa Valley Olive Oil, Organic, 16.9oz	\$11.59	\$8.29	\$3.30
Grapeseed Oil, 25.4oz	\$10.29	\$7.39	\$2.90
Balsamic Vinegar, 12.7oz	\$6.59	\$4.79	\$1.80
Napa Valley Cooking Wine, 12.7oz	\$4.19	\$2.99	\$1.20
Native Forest Artichoke Hearts, Quartered,	\$3.79	\$2.79	\$1.00
Artichoke Hearts, Marinated	\$2.99	\$2.29	\$0.70
Once Again Sunflower Butter, Org., 16oz	\$6.79	\$5.29	\$1.50
Pamela's Brownie Mix, GF	\$6.29	\$4.79	\$1.50
Cornbread & Muffin Mix, GF	\$4.69	\$3.49	\$1.20
Spectrum Coconut Spray Oil, 6oz	\$5.69	\$4.39	\$1.30
Canola Spray Oil, 16oz	\$9.29	\$6.99	\$2.30
Extra Virgin Olive Spray Oil, 5oz	\$7.99	\$5.99	\$2.00
Sweetleaf Sweetener, 35ct packets	\$4.49	\$3.29	\$1.20
Sweetener, 70ct packets	\$7.79	\$5.79	\$2.00
Sweetener, 4oz powder	\$11.99	\$8.99	\$3.00
Yummy Earth Lillipops, 12.3oz	\$6.79	\$4.99	\$1.80
Household			
Biokleen Oxygen Bleach Plus, 2#	\$6.79	\$4.49	\$2.30
Liquid Laundry, 64oz	\$13.39	\$8.99	\$4.40
Earth Friendly Auto Dishwashing Gel, 40oz	\$5.29	\$3.99	\$1.30
Wave Jet Rinse Aid, 8oz	\$5.29	\$3.79	\$1.50
If You Care Aluminum Foil, 50sq ft	\$4.99	\$3.49	\$1.50
Freezer			
Alexia Olive Oil & Rosemary Fries	\$3.29	\$2.49	\$0.80
Alexia Golden Onion Rings with Seasoning	\$3.89	\$2.99	\$0.90
Alexia Juliene Sweet Potato Fries	\$3.69	\$2.99	\$0.70
Alexia Crinkle Cut Fries with Sea Salt	\$3.19	\$2.49	\$0.70
Alexia Waffle Fries with Seasoning	\$4.49	\$3.49	\$1.00
Alexia Spicy Sweet Potato Fries	\$4.39	\$3.49	\$0.90
Alexia Sweet Potato Waffle Fries	\$4.39	\$3.49	\$0.90
Alexia Crinkle Cut Seweet Potato Fries	\$4.49	\$3.49	\$1.00
Amy's Organic non-dairy Beans and Rice Burrito	\$2.89	\$2.29	\$0.60
Amy's Organic Black Bean Veggïe Burrito	\$2.89	\$2.29	\$0.60
Amy's Organic Southwestern Burrito	\$2.89	\$2.29	\$0.60
Julie's Og Vanilla and Dark Chocolate Ice Cream	\$4.59	\$3.49	\$1.10
Julie's Organic Vanilla Ice Cream Sandwich Glute	\$5.89	\$4.99	\$0.90
Julie's Organic Ice Cream Sandwich	\$4.99	\$3.99	\$1.00
Julie's Organic Fudge Ice Cream Bar	\$4.59	\$3.49	\$1.10
Nate's Classic Meatless Meatballs	\$4.99	\$3.79	\$1.20
Udi's Gluten Free Cinnamon Rolls 4pack	\$6.99	\$5.29	\$1.70
Udi's Gluten FreePlain Bagel 4pack	\$5.99	\$4.49	\$1.50
Body Care			
Alaffia Neem oil .8 oz	\$8.99	\$5.99	\$3.00
Alaffia Neem Scalp therapy shampoo and conditioner	\$9.99	\$9.49	\$0.50
Alaffia Everyday Shea Lotion, Shampoo and Conditioner	\$13.99	\$9.99	\$3.00
Aubrey Organics Shine boosting detangler	\$10.99	\$8.49	\$2.50
Aubrey Organics Swimmer's Shampoo and Conditioner	\$11.99	\$8.99	\$3.00
Four Elements Fungal Salve	\$9.99	\$6.99	\$3.00
Nutritional Supplements			
The Republic of Tea Hibiscus Pineapple Lychee 36 tea bag	\$11.99	\$10.99	\$1.00
The Republic of Tea Hibiscus Original 36 tea bag	\$11.99	\$10.99	\$1.00
The Republic of Tea Double Green Matcha 50 tea bags	\$14.79	\$13.79	\$1.00

Member Deals 8/3 - 8/30

	Regular Price	Sale Price	Savings
* Regular prices subject to change			
Freezer			
Food for Life Rice Almond Bread Wheat and Gluten Free	\$6.39	\$4.99	\$1.40
Food for Life Raisin Pecan Bread Wheat and Gluten Free	\$5.69	\$4.99	\$0.70
Food for Life Brown Rice Bread Wheat and Gluten Free	\$5.79	\$4.29	\$1.50
Natural Choice Organic Coconut Fruit Bars	\$5.89	\$4.49	\$1.40
Natural Choice Organic Orange Fruit Bars	\$5.89	\$4.49	\$1.40
Natural Choice Organic Raspberry bars	\$5.89	\$4.49	\$1.40
Natural Choice Organic Strawberry Bars	\$5.89	\$4.49	\$1.40
Grocery			
Amy's Chili	\$3.59	\$2.79	\$0.80
Annie Chun Rice Noodles	\$3.19	\$2.39	\$0.80
Chinese Stir Fry Sauce	\$5.39	\$3.89	\$1.50
Ramen, 4.7oz	\$1.99	\$1.39-1.49	\$.60-.70
Annies Macaroni & Cheese Box Dinners	\$2.19	\$1.69	\$0.50
Snack Mix, 9oz	\$4.99	\$3.79	\$1.20
Ketchup, 24oz	\$4.59	\$3.39	\$1.20
Clif Zbar, 6/1.27oz	\$4.79	\$2.79	\$2.00
Emerald Nori, .9oz	\$5.69	\$3.79	\$1.90
Good Health Avocado Chips, 5oz	\$3.19	\$1.99	\$1.20
Let's Do Organic Ice Cream Cones	\$3.19	\$2.29	\$0.90
Newman's Mints, 1.76oz	\$2.49	\$1.79	\$0.70
Licorice, 5oz	\$2.79	\$1.99	\$0.80
Organicville Vinegarette, 8oz	\$4.19	\$2.99	\$1.20
Pamela's Cake & Frosting Mix	\$5.99	\$4.39	\$1.60
Bread Mix	\$5.89	\$4.39	\$1.50
San-J Tamaris, 10oz	\$ 2.79-4.99	\$2.49-3.49	\$.30-1.50
Shelton Canned Chicken Breast	\$2.79	NEW!	
Simply Organic Select Seasoning Blends	\$4.99	\$3.49-4.79	\$1.50-.20
Spectrum Canola Mayonnaise, 16oz	\$5.39	\$3.99	\$1.40
Canola Mayonnaise, 32oz	\$7.99	\$5.99	\$2.00
Sweetleaf Liquid Stevia, Severaql Flavors	\$12.79	\$9.89	\$2.90
Teccino Herbal Coffee	\$9.29	\$6.99	\$2.30
Yummy Earth Drops & Lollipops, 3.3oz	\$2.49	\$1.79	\$0.70
Household			
Biokleen Bac Out Stain & Odor Remove	\$6.99	\$4.49	\$2.50
Laundry Powder, 10#	\$20.69	\$13.99	\$6.70
Produce Wash	\$5.49	\$3.59	\$1.90
Body Care			
All Terrain Phinneas and Ferb Suncare	\$9.99	\$7.99	\$2.00
Four Elements Look No X ema Soap	\$5.99	\$3.99	\$2.00
Giovanni All Shampoo and Conditioners	\$7.99	\$6.49	\$1.50
Nutritional Supplements			
Source Naturals Prosta-Response 45tabs	\$16.89	\$15.89	\$1.00
Source Naturals Male Response 45 tabs	\$15.49	\$14.49	\$1.00
Source Naturals Hot Flash	\$28.79	\$27.79	\$1.00

All bulk organic wheat flours now at an everyday low price of \$.99/#

Sampling in the Aisles
Stop in and try something new—
every Friday from 3:00 - 5:00 pm

COMM POST
To sign up for weekly Oneota Co-op e-mails containing news, events, sales, and the café menu, simply go online to any page of our website and click the link to sign-up for our e-newsletter. www.oneotacoop.com/about-the-coop

WHERE DOES OUR LOCAL MEAT COME FROM?

by Kristin Evenrud, grocery manager and meat buyer

Grass Run Farm - Dorchester IA

Beef

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

Fresh air pork

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

Fairfield Farm - Clermont, IA

Beef

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

Pork

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

Rock Cedar Ranch – Decorah, IA

Beef

- Pasture raised
- Fed organic grain
- No medications
- No hormones

Larry Schultz - Owatonna, MN

Poultry

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

Ferndale Market - Cannon Falls, MN

Poultry

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

Breezy Bluff - Spring Grove, MN

Lamb

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

Tom Beard - Decorah, IA

Lamb

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

Blake Family Farm - Waukon, IA

Bison

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

Buffalo Hills Bison- Spring Grove, MN

Bison

- Vegetarian diet
- Free-range
- No antibiotics or hormones
- Raised on pasture with free choice of corn, oats, and hay
- Family farm

5 easy ways to save money in the meat aisle

1. Look for economy cuts- these are the cuts that might take a little more care in cooking as they have less natural marbling
2. Buy bone-in meat options- the bone lends greater flavor and can be boiled up to make a tasty soup
3. Use your leftovers to make a tasty salad or hot dish
4. Eat less meat per meal, remember the average person only needs a serving the size of their palm
5. Eat more ground meat such as pork and poultry



Yet ANOTHER reason to buy local grass-fed beef, and other Co-op meats.

by Robin Seydel, managing editor, la montanita co-op

Transglutaminase (TG), also known as meat glue, has been used for many years by the industrial food system. From chicken nuggets and burgers to all processed meat, including hot dogs, sausages and lunch meat slices also fish sticks and imitation crab and now even high end steak, meat glue has transformed the food industry.

TG bonds protein molecules together with a very strong (covalent) bond by linking two amino acids: glutamine and lysine. TG was first identified in 1959 and isolated for testing and research in the 1960s. Guinea pig liver provided the first commercially available form of TG. Though researched for food applications, TG was not widely used at the time because it was expensive, difficult to refine and required calcium to work. In 1989, after testing over five thousand strains of microbes, researchers at the Japanese company Ajinomoto (best known for the production of MSG and aspartame) discovered a strain of soil bacteria, Streptovorticillium mobaraense, which produced large quantities of easily purified TG. This TG is called microbial TG, or mTG. Transglutaminase is also made from the blood plasma of pigs and cows, specifically the coagulant that makes blood clot.

When sprinkled on a protein, such as beef, it forms crosslinked, insoluble protein polymers that bind the pieces together with near invisible seams. The glue-covered meat is rolled up in plastic film followed by refrigeration. The industry has become so adept that even many butchers cannot tell a real steak from a meat glue steak. TG is a powder and should not be inhaled or consumed directly in large quantities. Although some

studies have shown that stomach enzymes have difficulty breaking down proteins after they have been bonded by TG, other studies have shown that these bonded proteins are absorbed and broken down in the body. TG, meat glue, is banned in the EU, but in the US, the FDA classifies it as GRAS (generally recognized as safe). Transglutaminase is not required to be posted on the ingredient list.

Transglutaminase is used to: improve texture of emulsified meat products, such as sausages and hot dogs, bind different meat parts into a larger ones for “portion control” (i.e., “restructured steaks”), improve the texture of low-grade meat such as so-called "PSE meat" (pale, soft, and exudative meat, whose characteristics are attributed to stress and a rapid postmortem pH decline), making milk and yogurt creamier and making noodles firmer.

Meat glue is used to combine small pieces of beef, pork, lamb, poultry or fish together. The bacterial contamination of meat-glued steak is hundreds of times higher than a solid piece of steak! A rare meat-glued steak puts you at a much greater risk of contracting food poisoning.

Additionally, when an outbreak does occur, it's difficult, if not impossible, to discern the source of the contamination as chunks of meat from multiple cows have now been combined.

THIS BBQ SEASON skip the glue and get local and sustainable beef, bison, pork, turkey, chicken, lamb and other FRESH LOCAL MEATS at your favorite Co-op meat department.

Reprinted with permission from La Montanita Co-op's, June 2011 edition of the Co-op Connection News, a free monthly New Mexico community education publication. Also available on line at www.lamontanita.coop.



Made by Hand for You



Thoughtfully designed, handcrafted timber frames for homes, park shelters and barns.

www.wildrosetimberworks.com

WILD ROSE TIMBERWORKS

563 382 6245 | Decorah Iowa

Summer Produce is Rollin’ In

continued from page 1

Just like last year, we will be preordering organic blueberries from Michigan. We will again work with Blueberry Heritage Farm in Holland, Michigan to bring you the best blueberries ever. We’ve heard from Wayne Kiel, the farm owner, that prices are up from last year, but the crop is still too far off for pricing predictions (written in June). The reasons he cited were the cost of inputs and the lack of farm labor for picking. Look for 2# clams to pre-order sometime around the first of July. We are so lucky to be able to buy direct from this farm. Also, we will work with an organic farm in Michigan for peaches this year. He also has lots of different varieties of pears for us to try.

Enjoy these great blueberry and peach recipes this summer.

No-Bake Blueberry Cheesecake with Graham Cracker Crust

Bon Appétit | July 2003

Chill this overnight to develop the blueberry flavor and give the filling time to set.

Yield: Makes 10 servings

Ingredients:

Crust:

- 9 whole graham crackers
- 1/2 cup old-fashioned oats
- 3 tablespoons (packed) golden brown sugar
- 1/8 teaspoon salt
- 5 tablespoons unsalted butter, melted
- 1 teaspoon vanilla extract

Filling:

- 1/4 cup water
- 1 tablespoon unflavored gelatin (measured from 2 envelopes)
- 12 ounces Philadelphia-brand cream cheese, room temperature
- 1 cup heavy whipping cream
- 1 cup sugar
- 1 tablespoon fresh lemon juice
- 3 cups fresh blueberries

Topping:

- 1 cup chilled heavy whipping cream
- 1 tablespoon sugar
- 4 1/2-pint baskets blueberries
- 2/3 cup blueberry jam

Preparation:

For crust:

Preheat oven to 350°F. Blend first 4 ingredients in processor until graham crackers are finely ground. Add butter and vanilla; process until moist crumbs form. Press crumb mixture onto bottom and 1 inch up sides of 9-inch-diameter spring-form pan. Bake crust until deep golden brown, about 12 minutes. Cool.

For filling:

Pour 1/4 cup water into small saucepan; sprinkle gelatin over. Let stand 10 minutes. Stir over very low heat just until gelatin dissolves. Set aside.

Blend cream cheese, cream, sugar, and lemon juice in processor until smooth. Add berries; puree until smooth (some blueberry bits will remain). With machine running, add warm gelatin mixture through feed tube and blend well. Pour filling into crust. Cover; chill overnight Can be made 2 days ahead. Keep chilled. Run knife around pan sides to loosen cake. Release pan sides. Transfer to platter.

For topping:

Beat cream and sugar in medium bowl until firm peaks form. Spread cream mixture thickly over top of cheesecake. Place berries in bowl. Heat jam in small saucepan over low heat until just melted. Pour jam over berries; toss to coat. Mound coated berries in center of cream, leaving 1-inch plain border. Chill cake at least 1 hour and up to 1 day.



ORGANIC

MICHIGAN

BLUEBERRIES

FRESH

from

Blueberry Heritage Farm

in Holland, Michigan.

Arriving sometime

mid-July.

Pre-order 2# clamshells by calling

Customer Service at

563-382-4666.

We'll also have a

supply on hand for purchasing

on a first-come first-serve basis.

ENJOY THEM FRESH! • JAMS • CANNING • FREEZING

Peach and Cucumber Salsa

Bon Appétit | July 2003

It's hard to believe that this sweet, crunchy and smoky salsa has only six calories per serving.

Yield: Makes about 3 cups

Ingredients:

- 2 cups diced peeled pitted peaches (about 1 1/2 pounds)
- 1 cup diced unpeeled English hothouse cucumber
- 3/4 cup diced red bell pepper
- 1/3 cup chopped fresh cilantro
- 2 tablespoons fresh lime juice
- 2 tablespoons apricot preserves
- 1 teaspoon chopped canned chipotle chiles in adobo sauce

Preparation

Mix all ingredients in medium bowl. Season salsa to taste with salt and pepper. (Can be prepared 2 hours ahead. Cover and refrigerate. Stir to blend before serving).

LOCAL VEGGIES

Slated for arrival in July and August

from our wonderful local growers in

NE Iowa.

July:

Peas- snap and snow

Broccoli

Green Beans

French Fillet Beans

Zucchini/summer squash

Potatoes

Onions- fresh

Garlic- fresh

Cucumbers

Fennel

Cherry Tomatoes

Basil

Beets

Swiss Chard

Kale- Russian Kale

Eggplant

Lettuce

Hot peppers

August:

Sweet Corn

Cabbage

Napa Cabbage

Carrots

Edamame

Melons- cantaloupe and watermelon

Pears

Peppers

Tomatoes

Garlic- cured

Onions- cured