

THE SCOOP

ONEOTA
COMMUNITY
FOOD
COOPERATIVE

VOLUME 37 ■ NUMBER 5 ■ SEPTEMBER/OCTOBER 2011 312 WEST WATER STREET ■ DECORAH ■ IOWA ■ 563.382.4666 ■ WWW.ONEOTACOOP.COM

WINTER HOURS (NOV-MAR): MON.-SAT. 8:00-8:00 ■ SUN. 10:00-7:00 ■ SUMMER HOURS (APR-OCT): MON.-SAT. 8:00-8:30 ■ SUN. 10:00-7:00

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

MY CHALLENGE TO YOU— EAT LOCAL!

e2 a business that encourages the expansion of sustainably grown local food sources

By Johanna Bergan

I love food – all kinds of food—restaurant fare, home cooked hot dish, fresh picked green beans, and potluck—anything gets me smiling. However, one season out of the year gets me excited about food in a far different way than any other – and we are in it. Late summer in Iowa is the best time to love food! My exploration and love of this season stems from corn-husking parties at Grandma's house, an annual event since I was young. We paired our corn with my favorites: garden-fresh green beans, radishes, and kohlrabi at the dinner table. But don't think Iowa foods are limited to vegetables, Iowa has a lot to offer. An example of what I love about Iowa food is honey. Honey is good any day – golden, sweet and syrupy, but honey collected from hives in a field of mint, bought on the roadside of a windy highway along the Mississippi and served with blackberries and ice cream is divine. So I have decided to fully take on the Eat Local Challenge with a goal of 80% local foods. This year I am determined to spend the month of September (when I am at home nursing a new little boy and cooking with my daughter) enjoying local Iowa food to the fullest. I want to invite you, no make that challenge you to join me.

I urge you to take on this Eat Local Challenge for THREE reasons. The first, and hopefully most fun for you and your family, is to explore new Iowa grown heirloom foods for an entire month. Nothing can compare to a Moon & Stars Watermelon* shared by a campfire, followed by a seed-spitting contest. Local producers often

focus on growing unique fruits and vegetables to provide variety to the norm seen on grocery



shelves in January. Sungold tomatoes burst in your mouth, dark purple Italian lettuces bring a color never seen at the kitchen table and Luscious pears bring a new sweetness to the definition of fruit. The search for these wonderful fruits and vegetables native to our area is the second reason to take up this challenge. Just like the Driftless Safari** will send you on an adventure around Winneshiek County exploring natural places while being physically active – looking for local food can do the same. Farmer's Markets are up for operation well past September in at least 25 towns in NE Iowa alone. Roadside stands exist in nearly every county (might I suggest the Amish Farmer's Market featured in Minnesota Monthly's August edition just outside of Harmony, MN) with friendly producers ready to sell the freshest from their fields. More and more frequently restaurants are listing local food producers on their menus and even in each dish; making eating out during this season fresh and easy.

The impact your family's search for local foods will make is a strong motivator in taking on this challenge as well. Feeling good about finding fresh, nutritious foods at farmer's markets is like eating a bowl of ice cream and the cherry on top. It's handing

continued on page 10

By Wendy Gordon

It's hard to believe that fifteen years ago "local food" was a novel concept even in the natural foods community. Where I live, in Portland, Oregon, even the sports pubs brag about their sustainably grown, local ingredients. A survey of Google news garners reports of farmers markets, CSA's, and "eat local" challenges from Montana to Louisiana, from Ontario, Canada to Port Jefferson, Long Island. A community in rural Arkansas recently held a "Go Green" festival. Spokeswoman Jenny Underwood noted, "In this economy the only market that is growing is in green products." Fast food chain Chipotle announced it is doubling local produce use.

Given the tenor of most news these days, these are most heartening developments.

However, as the organic, local movement strengthens, so does the agribusiness blow back. A recent news item on CNN quoted a study by the American Chemical Industry (!) dismissing local organic food as a "lifestyle choice". It's important to remember the very real reasons for eating local so it cannot be dismissed as a fad.

Many factors determine the nutritional quality of a food: the variety chosen, the growing methods used (including the nature of the soil), ripeness when harvested, post harvest handling, storage, extent and type of processing and distance transported. In all these categories, local organic produce comes out ahead.

Local growers are more likely to prioritize taste and nutritional

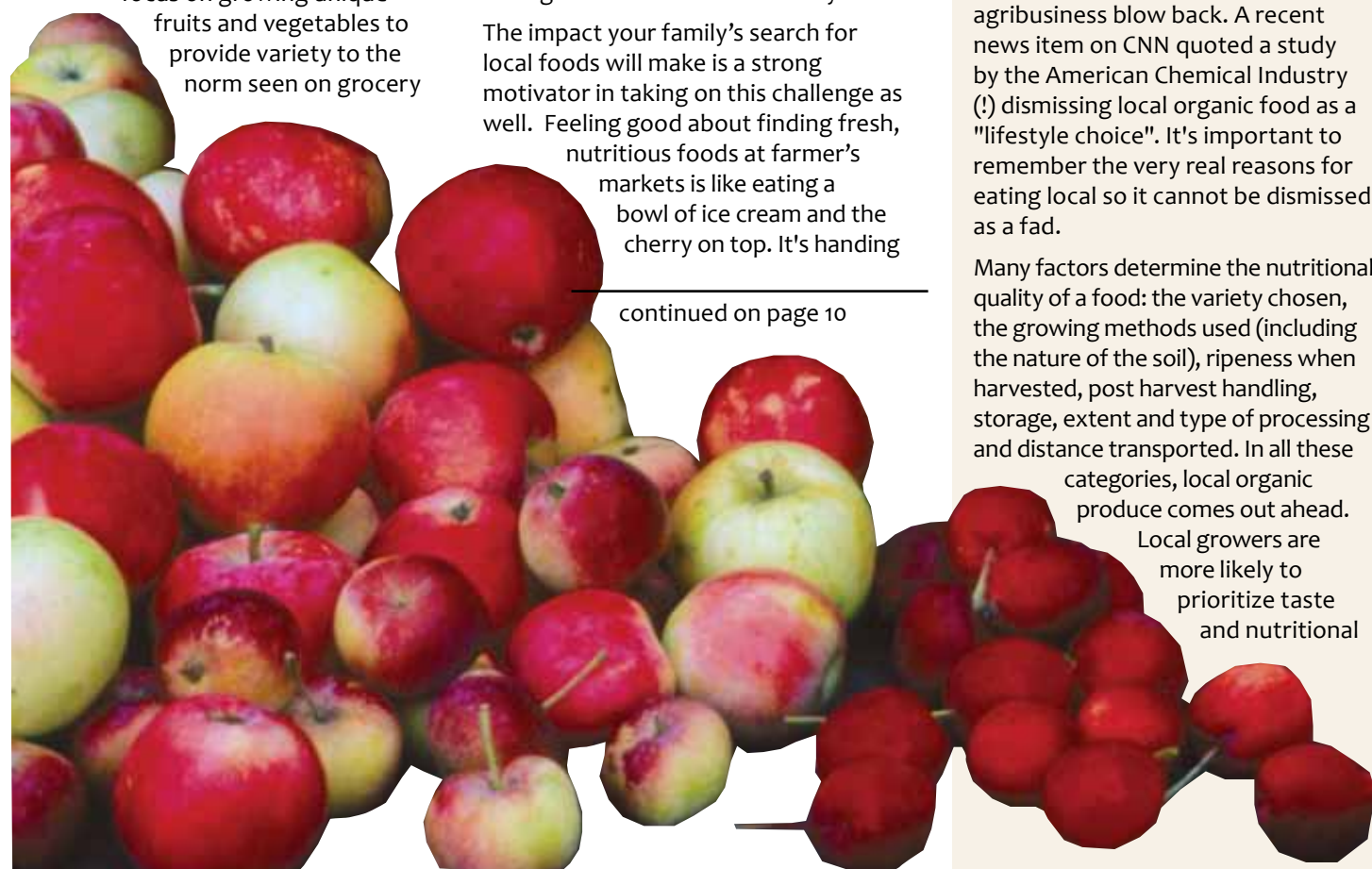
quality over durability. It's in the CSAs and farmers markets where you'll find small sweet tender strawberries, purple carrots, soft fragrant juicy peaches, and rippled reddish-black heirloom tomatoes. Roots of crops grown using organic methods such as cover crop rotation and composted fertilizer have healthier, deeper root systems and take up more nutrients.

While some produce, like peppers and citrus, mature only on the plant, others, like apples, stone fruit and tomatoes, continue to ripen after picking. For this reason, large commercial growers pick these items "green" to prolong shelf life. Trouble is, while texture, color, and even flavor may improve after harvest, nutritional quality does not. The total Vitamin C content of red peppers, tomatoes, apricots, peaches, and papayas has been shown to be higher when picked ripe from the plant. The more sun exposure, the higher the nutritional value.

Poor handling, especially from the mechanical harvesting methods used in mass production, results in accelerated nutrient loss, especially with easily bruised produce such as apples, berries and tomatoes. While refrigerated trucks revolutionized the distribution of produce, the longer crops sit in a truck the bigger the danger of damage from bumpy roads or poor temperature control.

The advent of "minimally processed" produce has multiplied these problems. Products such as baby carrots, prewashed greens, precut broccoli and trays of precut fruit are marketed to the busy consumer who presumably does not have the time to cut up his own fruit and veggies. But fruits and vegetables are living entities. When you peel them you are ripping their skin off. Once an intact fruit or vegetable is damaged, by peeling or cutting, it begins to deteriorate. The damage initiates

continued on page 10



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

Producing Local Relationships

by Betsy Peirce, Produce Manager

Have you ever been at Farmer’s Market and while looking at the prices, thought, “I’ll wait until later to get it at the Co-op. I’m sure it is cheaper.” The more likely scenario is the reverse: “ I can get it cheaper at Market on Wednesday, I’ll just wait until then.” Have you stopped to consider why the Co-op charges more for the same item sold at Farmers Market? It’s worth pondering.

Local farmers and Oneota Community Food Co-op both need to succeed financially in order to thrive. That is a fact. We both want to support each other. We are loyal to each other. We have a relationship. Just like you have relationships with the vendors you buy from at market. I heard it said once by another Co-op’s manager that local farmers need as many markets as possible to be solvent. Those include: Community Supported Agriculture (CSA) shares, Farmers Market, retail grocers and restaurants. It’s true that we need those local farmers as much as they need us. In supporting them we are fulfilling our mission as a Co-op - to support the local economy.

In the effort of offering local produce at the Co-op we made a commitment long ago to price local produce at a lower profit margin than the rest of the department. Margin pricing is the method that allows us to measure how much out of every



a retail source for food and other products that, to the greatest extent possible, are organic, sustainably produced, locally grown and/or processed, and affordable

dollar of sales the Co-op actually keeps in earnings. It ensures that we cover all our cost of doing business, including: labor, materials, utilities etc. Lowering the margin on local produce

enables the farmer to be paid more and we in turn do not make as much money on that product. How we arrive at the final price requires a lot of communication, vigilant price watching, knowledge of the national market as well as the local market economy and some negotiation skills. The farmer and I will consider the history of the price on that produce as well as the price they are charging at Farmers Market and go from there. We try to keep our retail price within \$.50- \$1.00 of the Market price. The Co-op has to pay farmers less than they earn at Market because of that critical margin that needs to be met. In exchange for the lower price the farmer receives a guaranteed sale (at Market there is no guarantee that you will sell all your goods) and a storefront to sell their goods seven days a week. Farmers don’t have the hassle of harvesting or packing up for market not to mention the time spent tending their stand.



As a customer you have the opportunity to support local growers 7 days a week by buying their goods in the form of a CSA share, at Farmers Market, Oneota Community Food Co-op AND local restaurants. This is a definite win for everyone involved.

Butternut Squash and Hazelnut Lasagne

Courtesy of Gourmet, December 2001

Yield: Makes 6 servings

Active Time: 1 1/2 hr

Total Time: 2 1/2 hr

For squash filling

1 large onion, chopped

3 tablespoons unsalted butter

3 lb butternut squash, peeled, seeded, and cut into 1/2-inch pieces

1 teaspoon minced garlic

1 teaspoon salt

1/4 teaspoon white pepper

2 tablespoons chopped fresh flat-leaf parsley

4 teaspoons chopped fresh sage

1 cup hazelnuts (4 oz), toasted , loose skins rubbed off with a kitchen towel, and coarsely chopped

For sauce

1 teaspoon minced garlic

3 tablespoons unsalted butter

5 tablespoons all-purpose flour

5 cups milk

1 bay leaf (not California)

1 teaspoon salt

1/8 teaspoon white pepper

For assembling lasagne

1/2 lb fresh mozzarella, coarsely grated (2 cups)

1 cup finely grated Parmigiano-Reggiano (3 oz)

12 (7- by 3 1/2-inch) sheets no-boil lasagne (1/2 lb)

Make filling:

Cook onion in butter in a deep 12-inch heavy skillet over moderate heat, stirring occasionally until golden, about 10 minutes. Add squash, garlic, salt and white pepper. Cook, stirring occasionally, until squash is just tender, about 15 minutes. Remove from heat and stir in parsley, sage, and nuts. Cool filling.

Make sauce while squash cooks:

Cook garlic in butter in a 3-quart heavy saucepan over moderately low heat, stirring 1 minute. Whisk in flour and cook roux, whisking, 3 minutes. Add milk in a stream, whisking. Add bay leaf and bring to a boil, whisking constantly, then reduce heat and simmer, whisking occasionally, 10 minutes. Whisk in salt and white pepper and remove from heat. Discard bay leaf. (Cover surface of sauce with wax paper if not using immediately.)

Assemble lasagne:

Preheat oven to 425°F.

Toss cheeses together. Spread 1/2 cup sauce in a buttered 13 x 9 x 2-inch glass baking dish (or other shallow 3-quart baking dish) and cover with 3 pasta sheets, leaving spaces between sheets. Spread with 2/3 cup sauce and one third of filling, then sprinkle with a heaping 1/2 cup cheese. Repeat layering 2 more times, beginning with pasta sheets and ending with cheese. Top with remaining 3 pasta sheets, remaining sauce, and remaining cheese.

Tightly cover baking dish with buttered foil and bake lasagne in middle of oven 30 minutes. Remove foil and bake until golden and bubbling, 10 to 15 minutes more. Let lasagne stand 15 to 20 minutes before serving.

Cooks' note:

- Filling and sauce can be made 1 day ahead and kept separately, covered and chilled. Bring to room temperature before assembling.

Read More - <http://www.epicurious.com/recipes/food/printerfriendly/Butternut-Squash-and-Hazelnut-Lasagne-105911#ixzz1Ukq4fozN>

Taste of the Holidays 2011

Thursday, November 3rd - 5:00 - 7:30 pm

On Thursday, November 3rd from 5:00 to 7:30 pm you are invited to attend a full holiday meal —from appetizers through dessert— prepared by the Water Street Café. Suggested donation of \$10 per person. All donations go to support local food banks. For more information see the calendar page in this publication.

LOCAL PRODUCE

to get excited about in September and October

Apples and Pears from: Sliwa Meadow Farm, Countryside Orchard, Peake Orchards, Hoch Farms, LaCrescent, MN

Slicing, heirloom, cherry and roma tomatoes from Patchwork Green Farm, Sliwa Meadow farm, Top of the Hollow Farm and River Root Farm

Raspberries from Sliwa Meadow Farm

Many varieties of potatoes from Top of the Hollow and GROWN Locally.

Many varieties of winter squash from Top of the Hollow, Patchwork Green and Stone Prairie Farm

Jack O’ Lanterns from Rock Spring Farm

Watermelon and cantaloupe from GROWN Locally

Fall crops of green beans, broccoli, summer squash, kale, Brussels sprouts all by Patchwork Green Farm

Edamame from Canoe Creek Produce

Garlic, Onions, Leeks, Carrots, rutabagas, turnip, beets.

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

Robert Fitton, Vice President

Gary Hensley

Jon Jensen

Lyle Luzum, Secretary

Steve McCargar, Treasurer

Bill Pardee, President

oneotacross@gmail.com

oneotarobert@gmail.com

oneotahensley@gmail.com

oneotajensen@gmail.com

oneotalyle@gmail.com

oneotamccargar@gmail.com

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 Neuzillarry@oneotacoop.com

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

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

Produce Manager, Betsy Peirce.....produce@oneotacoop.com

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

Cafe Manager, Mattias Kriemelmeyerdeli@oneotacoop.com

Front End Manager, Johanna Berganfrontend@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

Working Member Coordinator, Cerrisa Snethen..... cerrisa@oneotacoop.com

Customer Service, general inquiries customerservice@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



WELCOME

to these new member-owners & their households!

Amber Balk

Marta Rask Behling

Gillian Biggerstaff

Anna Bingham

Anita Carrasco

Flo Cohen

Andrew Ellingsen

MaryAnn Flatjord

Gloria Gelo

Catherine Glynn

Daniel Herman

Kyle Jackson

Danielle Kohut

Judi Larson

Sarah McCamman

Erika Murillo

Michael O'Brien

Stacie Onsager

Jessica Paige

Sheila Radford-Hill

Adam Specht

Jessi Stevenson

JoAn Stevenson

Kim Welsh

Sara Wientzen

Aaron Wood

WORKING-MEMBERS

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

Johnice Cross

Robert Fitton

Gary Hensley

Jon Jensen

Lyle Luzum

Steve McCargar

Bill Pardee

Arllys Adelmann

Jerry Aulwes

Carol Bentley-Iverson

Judy Bruening

Brenda Burke

Mwara Muriuri

Dennis Carter

Stephanie Conant

Ellen Cutting

Barb Dale

Julie Fischer

Rob Fischer

Mary Hart

Elyse Hawthorne

Toast Houdek

Pam Kester

Dave Kester

Georgie Klevar

Jana Klosterboer

Onita Mohr

Jeff Scott

Perry-O Sliwa

Wendy Stevens

Jim Stevens

Deneb Woods

David Paquette

Jennifer Zoch

Clara Bergan

Rita Lyngaas

Brad Corradi

Erin Corradi

Reed Fitton

Rick Scheffert

Sheryl Scheffert

Lindsay Lee

Brita Nelson

Jason Skarin

Hillary Kingery

Kevin Roberts

Laura Demuth

Lynda Sutherland

Jan Heikes

Lee Zook

Jerry Skoda

Cynthia Lantz

Hannah Breckbill

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.**



\$5.79

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 Café

Green Plate

Program

By Mattias Kriemelmeyer, Café Manager; David Lester, General Manager

One of the ways the Co-op can accomplish End 5 is to implement better practices about packaging. This September we are kicking off a new program that I think our customers and members will be excited about and value. We are calling it the Green Plate Program.

The Green Plate Program was developed by our staff to reduce our amount of waste as a business and have less of an impact on our environment. The Green Plate Program is a grass roots effort to lessen our carbon footprint and create less land-fill waste by giving the customer an option to choose a food take out container that is reusable.

Purchasing food from the Water St. Cafe to take out is a service we’ve offered our customers for years. Currently, we purchase “to-go” containers that are made from recycled paperboard and are endorsed by the Green Restaurant Association. We will still continue to carry these containers as an option, however, we felt the need to offer another way for customers to feel even better about purchasing Café food and packaging. This program is just a start and with your participation will help benefit our community and world as a whole. By cutting our packaging costs there is an immediate effect that you, as a consumer, can benefit from as well. We factor packaging into our prices. If we can cut a cost somewhere, then we pass that savings on to you, the consumer.

When you participate in this program, you will receive a 5% discount every time you use it. All you do is pay the initial one-time cost for the container itself. You can feel great about doing something positive for the environment while enjoying the immediate benefit of paying less as a reward. This is truly a win-win situation. The containers we use are dishwasher safe and BPA free.

This is how the Green Plate Program works:
You buy a container at retail price.
(retail on this item is very low, just enough to cover cost and shipping)

We wash the container for you, and you can use it to package your buffet meal. At the register, you will receive a 5% discount on the cost of the container’s food items.

Next time, bring back your used container to us and swap it for a clean one. Fill it with food and get 5% off that item every time you use it! It’s that simple!



E1, E2, E3...

What does it mean?

The staff at the Co-op are excited about a new idea and project we have launched beginning in this edition of The Scoop. We have put a lot of focus on our Co-op’s Ends statements in the last year. These are the eight statements that were approved by our Board of Directors and define the direction of work at the Co-op.

During this year, the staff and I have written articles in The Scoop that address many of our Ends. To make it easier for our readers to identify this work, we are identifying these articles that directly correlate to a specific End. For example, my piece, From the GM, in this edition of the Scoop discusses the challenges and work we have done the last few months to improve energy efficiency in our store. This article is marked as E5 and addresses our fifth End.

I’ve listed our Ends below for your reference. You can also find these on our website under the Board of Directors tab, and under Policy Register.

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

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



A stir about bottled water

We decided to carry water in plastic single use size this Nordic Fest. It was after long and thoughtful deliberation, with a little soul searching thrown in. It is generally against our store policy to carry water in a single serve (and typically not reused) container because we do not want to contribute this product to the landfills and oceans. Last year we stood by our policy and were lambasted by many Nordic Festers for not having plain water in a plastic bottle. So this year we reluctantly decided to carry Artesian Fresh water which is bottled locally and is in a new type of bottle that is made from corn and is biodegradable. We priced the water at a rate that would cause folks to think about if they really needed single use water in a plastic bottle. We also encouraged people to refill their bottle, free-of-charge, here at the Co-op throughout the weekend. As always, we at the OCC would like to discourage the use of single-serve/single-use plastic bottle and encourage drinking from cups (which we provide by our water jug). Bringing and refilling one's own container or purchasing a reusable water bottle at the Co-op are also options.



The

Yoga Studio

Iyengar Yoga

Morning & evening classes

For information about classes and registration please call 419-2329
306 W. Water Street • Decorah

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

LOCAL, FRESH APPLES

Lots of varieties, including **Honeycrisp.**

OPEN WEEKENDS starting mid-September

Saturdays 8:00 am - 6:00 pm
Sundays 12:00 noon - 5:00 pm
Hayrides, Sundays 2-4 pm through October

Take Highway 9 east from Decorah to intersection of Highway 51, go north on Apple road (gravel) and follow the signs.

Find us at the Winneshiek Farmers Market

(563) 382-4486 • (563) 419-0449

Celebrating 10 years

Membership Specials
offer good Sept. 1-30
stop in for details

Thank you
for your patronage!

TEAM REHAB WELLNESS CENTER
516 Montgomery St., Decorah, IA 52101 (563)382-4770
www.teamrehab.org

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.

SEPTEMBER

Co-op Potluck: Eat Local Challenge KickOff

Thursday, September 1st 6:30 pm at Phelps Park (Timberframe structure)
Join the Co-op Member/Owner community to celebrate Iowa’s bountiful local food. Please bring a dish that emphasizes local food. This is a very informal event; you need only bring some food to share, table service and a beverage if you desire it.

3rd Annual Salsa Contest during the Tomato Tasting at Seed Savers

Saturday, September 3rd 1:00 – 4:00 pm Heritage Farm, Seed Savers Exchange
This year’s Tomato Tasting event will feature over 30 heirloom tomato varieties. Got your own tomatoes to show off? The Oneota Community Co-op sponsors the Salsa Contest. Food for purchase available throughout the event catered by the OCC’s Water Street Café.

Welcome to the Co-op! Member/Owner Orientation

Thursday, September 8th 6:00 pm FREE
Enjoy a stroll through the Co-op with educated staff members and learn about products on our shelves, our store labeling system, how to shop our bulk section, member/owner benefits and more. Also a great chance to sample products as we tour through the store. All tour participants will receive a \$5.00 store coupon.

digIN Decorah!

September 16th – 18th
Enjoy a weekend full of green fun including off-the-grid home tours, sustainable farm tours, film screenings, educational seminars and more. Additional information is available at www.digindecorah.com. The annual KDEC Green Expo will be held Sunday the 18th at the Winneshiek County Fairgrounds.

Local Artist Spotlight: Angie Amsbaugh

Saturday, September 17th 11:00 am – 1:00 pm
Stop in at the Wellness Department to meet local artist Angie Amsbaugh. Angie makes the beautiful gemstone earrings for sale at the Co-op. 50% of her jewelry profits are donated to local animal support programs.

Dreamworks II

Monday, September 19th 5:15 – 6:45 pm
Location: TBA (In downtown Decorah) to all class registrants
Join Margaret Baird for a continuation of her previous Dreamworks Class. This session to include a review of the why’s and how’s of one-on-one and one-on-several dreamwork (including hand-outs from earlier class). This class will include an actual dreamwork session. All participants welcome – beginners and those experienced with Dreamworks.
Class Size Minimum: 2 Maximum: 6 \$6 Member/Owners; \$12 Community Members

Wellmune WGP® - A Safe and Natural Way to Support Your Immune System

Tuesday, September, 27th 6:00-7:00 pm
Matt Steiner, Vice President – Sale & Marketing, Healthcare Group, Consumer Business
Attend this Wellness lecture to learn about a new immune boosting product line. Immune Health Basics with Wellmune WGP® is a natural product that safely activates key white blood cells to keep your body healthy. Numerous clinical and preclinical studies published in peer-reviewed science and medical journals support the efficacy of Wellmune WGP.

Girls Just Wanna Have Fun

September 28th 6:30 pm
\$13 Co-op Member/Owners; \$15 Community Members
Join Amanda Rhine, skin care enthusiast, for an evening of discovery around natural skin care. This class will explore the benefits mineral make-up can bring to our skin. Expect an evening of demonstrations and instruction on how to improve your natural skin care routine and application of mineral make-up. Learn the techniques to bring out your inner beauty. Light hors d'oeuvre and a wine sample available during this class.

Wanted

INSTRUCTORS & CLASS IDEAS

for upcoming sessions.
•November/December

Interested?

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

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.)

OCTOBER

Exploring Foods!

Tuesday, October 4th 4:00 - 5:00 pm
Open to participants 3 - 7 years old with adult helper
Explore foods through sight, sound, smells and tactile experiences. A series of classes based on Molly Katzen’s *Honest Pretzels* children’s cookbooks.
\$8 for Member/Owners; \$10 for Community Members (no charge for adult helper)

Co-op Potluck

Thursday, October 6th 6:30 pm at Good Shepherd Lutheran Church
Come enjoy a meal in community at the Co-op Potluck. This is a very informal event; you need only bring some food to share, table service and a beverage if you desire it.

Welcome to the Co-op! Member/Owner Orientation

Thursday, October 13th 6:00 pm FREE
Enjoy a stroll through the Co-op with educated staff members and learn about products on our shelves, our store labeling system, how to shop our bulk section member/owner benefits, and more. Also a great chance to sample products as we tour through the store. All tour participants will receive a \$5.00 store coupon.

Dreamworks III

Monday, October 17th 5:15 – 6:45 pm
Location: TBA (In downtown Decorah) to all class registrants
A repeat of the Dreamworks Class offered in September. This can be an exploration of Dreamworks with Margaret Baird for the first time or an opportunity to deepen your understanding and experience. This class will include an actual dreamwork session.
Class Size Minimum: 2 Maximum: 6 \$6 Member/Owners, \$12 Community Members

Exploring Foods!

Tuesday, October 18th 4:00 - 5:00 pm
Open to participants 3 - 7 years old with adult helper.
Explore foods through sight, sound, smells and tactile experiences. A series of classes based on Molly Katzen’s *Honest Pretzels* children’s cookbooks.
\$8 for Member/Owners, \$10 for Community Members (no charge for adult helper)

Taste the Local Harvest

Thursday, October 20th 4:30 – 6:30pm
Each year, the Co-op celebrates our bountiful relationships with local producers by bringing them face to face with you – the consumer. Join us inside the Oneota Co-op for a chance to meet the local producers that work to supply the community with the rich harvest of Northeast Iowa and beyond. Sample products grown, produced, roasted, processed, or packaged within approximately a 100-mile radius of the Oneota Co-op.

Cooking with Squash

Friday, October 21st 5:00 - 7:00pm
A visit to the Oneota Community Food Co-op's Classroom offers an opportunity to prepare a winter Squash and Apple Bake. Farmers Market is full of apples this season and every grower brings a different type of squash to market. Squash always seem so intimidating - how do you cut it up and then what do to with it? So many recipes call for lots of butter and sugar. Here's another way to prepare squash. We'll use apples for sweetness and squash for nutrition - and end up with something the whole family will eat!
\$8 Member/Owners, \$10 Community Members

Member Appreciation Day (M.A.D.) Sale at the Co-op

Tuesday, October 25th, 8:00 am – 8:30 pm
10% storewide* for Oneota Co-op member/owners. Discount may be combined with all other member discounts. (*discount only excludes Co+op Deals and Member Deals sale items.)

Healthy School Lunches

Thursday, October 27th, 5:00 - 6:30 pm
Did the school year start with daily lunches, but now you’ve fallen out of practice? Or did you get stuck in a rut with pb&j? Come for a fresh round of ideas and suggestions to troubleshoot potential lunch problems (Chronically late in the morning because of lunch packing? Soup spills in transport?). Recipes and ingredient suggestions included.
\$5 Member/Owners, \$8 Community Members

Trick-or-Treating at the Co-op!

Monday, October 31st 5:30 – 7:30 pm
We’ll be all dressed up and ready for any little ghosts and goblins that walk through our doors.

NOVEMBER

Taste of the Holidays – annual fundraising event

Thursday, November 3rd, 5:00 – 7:30 pm
On Thursday, November 3rd from 5:00 to 7:30 pm you are invited to attend a full holiday meal—from appetizers through dessert—prepared by the Water Street Café. Suggested donation of \$10 per person. All donations go to support local food banks. More information coming soon to www.oneotacoop.com. Seating will be scheduled every half hour. Please arrive 15 minutes before your scheduled seating to enjoy appetizers, beverage samples, and the company of friends. Last year this event raised over \$2,000 for local food pantries. Beginning October 1st, please call Customer Service at 563-382-4666 to sign-up for your preferred seating time. Potluck cancelled for this evening. Next scheduled potluck December 1st. Cost: \$10 minimum donation to local food pantry

GREEN BEER

By Kristin Evenrud, Grocery Manager

You most likely drink a certain beer because of the way it tastes, or perhaps you try something new because of the name or the flashy label. However, it pays to open the curtain to look behind the scenes. The brewing industry is not necessarily an environmentally friendly one. There is a lot of leftover waste product (hops, grains, etc.) as well as water, electricity, fossil fuels and other natural resources used during the brewing process. Specifically, let’s not forget the amount of glass that is used by this industry. What does one do with all that glass, especially in areas where recycling brown or colored glass is difficult at best, like here in Decorah?

While enjoying a cool I.P.A. brew the other night, I thought a little about where my beer came from. I could see on the label it was St. Paul, Minnesota, and it was nice to know the brew was produced regionally. But beyond that I didn’t know much about the company. So here’s the lineup of companies striding toward a more sustainable product in the beer industry. There are surely more categories of importance, but for the sake of space I chose to focus on: alternative energy, energy consumption, water usage, and recycling. Drink up!

ALTERNATIVE ENERGY

New Belgium Brewery: In 2010 they erected a 200KW photovoltaic array on top of the Packaging Hall, producing 264,000 KWH each year contributing over 3% of the total electricity

Sierra Nevada Brewery: In 2008 they completed construction of one of the largest private solar arrays in the U.S. In 2010 the solar array produced 2,635,869 kWh, or 19% of their total electricity needs.

Boulevard Brewery: Utilizes natural sunlight in all of their facilities as the primary source of lighting.

WATER

New Belgium Brewery: On-site Process Water Treatment Plant closed loop system that can produce 15% of their electrical needs. Recover water from first inside rinse of bottles for the second outside rinse of bottles.

Sierra Nevada Brewery: Installed a European-designed, two-step anaerobic and aerobic treatment plant that reprocesses and purifies all of the water produced from their brewing operations. The methane generated from the anaerobic digestion of the wastewater is captured and used to fuel their boilers.

Summit Brewery: Recover water from first inside rinse of bottles for the second outside rinse of bottles, saving 2.7 million gallons of water annually.

Boulavard Brewery: Recover water from first inside rinse of bottles for the second outside rinse of bottles.

ENERGY EFFICIENCY

New Belgium Brewery: Employees opt to pay 2.5 cents more per kilowatt hour to the Fort Collins Wind Program. In 1999 they were able to generate 100% of electricity from wind power. They have a proposed goal to reduce Green House Gas emissions by 25% per barrel by 2015 from 2006 levels.

Sierra Nevada Brewery: Installed four 250-kilowatt co-generation fuel cell power units to supply electric power and heat to the brewery. The overall energy efficiency of the installation is double that of grid-supplied power and air emissions are significantly reduced. Surplus electrical energy will be sold back into the power grid. One of the first regional breweries to install a vapor condenser to recover waste steam from the kettle boiling step to preheat process water.

Summit Brewery: In the winter they use ambient outdoor air to cool the glycol that keeps the fermenting tanks cold, chills the process water, chills the yeast tanks and chills the beer on the way to the filter. In the summer months they recycle the cold from the glycol to air condition the packaging area. Starting a heat recovery project that will divert heat from their brewhouse to the Ratskeller in winter to reduce natural gas usage by 6,000 therms. It will also divert heat outside in summer to help keep the Ratskeller cool while reducing electricity usage by 200,000 KWH annually. All light fixtures in production areas are high efficiency fluorescents.

Boulevard Brewery: The green roof (literally green-they planted flowers and plants) on their new brewhouse and packaging building reduces their heating and air conditioning loads (lowering their energy consumption) by increasing the insulation value where it is needed most—on the roof. The surface also absorbs rainwater, thus reducing runoff, while sustaining a variety of plant life. The plants, in turn, reduce the overall thermal footprint of the building, absorb CO2, and produce oxygen, all positively impacting the quality of life in the surrounding area. In 2007 they switched to all hybrid cars for their local sales staff.

RECYCLING

New Belgium Brewery: BBRP (Brown Bottle Recycling Program) is a bicycle pick up of brown bottles from bars and restaurants, resulting in 1,500 pounds of glass picked up weekly. Since 2009, New Belgium recycled 99.9% of its waste. It is important to note that this figure includes Spent Grain (which includes Spent Yeast and Spent Diatomaceous Earth) and Sludge.

Sierra Nevada Brewery: Comprehensive waste diversion program diverts 99.6% of the solid waste leaving their facility from the landfill. One hundred percent of the spent grain and yeast is recovered and used as a protein rich supplement for cattle and dairy lots within 50 miles of the brewery.

Summit Brewery: Implemented a program that prevents over 200,000 pounds of waste from going to landfills each year. This company takes all of the spent grain, protein, yeast and other sediment from our brewing and filtration processes and turns them into ingredients for non-corn based poultry and swine feed.

Boulevard Brewery: Implemented the Ripple Glass project - a recycling program for Kansas City. 6- and 12-packs are produced using 70% post-consumer

recycled paper, and both are 100% recyclable. Based on their current volume, Boulevard’s commitment to using recycled corrugated saves 187 trees, 77,000 gallons of water, 27.5 cubic yards of landfill space, and 33,000 kwh of energy, every month. The brewery is currently engaged in plans to become a zero-landfill facility by early 2011.

These breweries are making strides, small and large, toward sustainability and a better environment. Not to mention they make pretty excellent craft beers. I encourage you to look at whatever beer you are fond of quaffing

in a new light and dig a little deeper to find out what the company behind that can or bottle really stands for.

New Belgium Brewing
Fort Collins, Colorado
www.newbelgium.com

Summit Brewery
St. Paul, MN
www.summitbrewing.com

Sierra Nevada
Chico, CA
www.sierranevada.com

Boulevard Brewing Co.
Kansas City, Missouri
www.boulevard.com

Dare to Eat an Organic Peach

By Barth Anderson

“I don’t buy organic produce,” my buddy told me. “It’s always ugly and garbagey.” That was 2001. I’d been working in co-op produce departments nearly ten years, and I’d come to think of organic as higher quality, tastier, and “prettier.”

“You’re crazy. Nothing touches organic fruit,” I said.

“Forget it. I’ll never buy that trash again.”

I invited him to stop by Wedge Co-op where I worked at the time, and I bought him a bag of organic peaches. It was August and the organic Colorado peaches were in. We sat in the parking lot and he ate one. I could see the saturated pectin flavor hit him like a drug.

“Whoa. This is organic?” he said. He pulled out another peach and ate it immediately.

Turns out the last time he’d purchased organic fruit was in the early nineties, when, yes, fruit from remote organic farmers traveled a great distance to reach far-off natural foods stores. Fruit could get pretty beat up in transit.

These particular peaches were from Rancho Durazno in Colorado, my very favorite (well, other than Fredericksburg peaches which I’d fallen in love with while working for Wheatville Co-op in Austin). Rancho Durazno is located in the heart of Colorado’s peach country, and this peach was telling of the organic fruit market’s maturity. The demand was large enough in 2001 that a small grower like Rancho Durazno could ship far and wide without danger of either the product rotting on the shelf or the fruit being mishandled during shipping (if stone fruit is stored below 50 degrees, it doesn’t ripen properly and becomes mealy).

“Okay,” my pal said. “I gotta admit it. That was a great peach.”

I thanked him for coming by and said so long. I had to get back to work.

He was licking the peach-juice off his thumb. “I’ll follow you back in the co-op. I’m gonna get a few more for my wife.”

Flash forward from the nineties to the 2010s. I’m blogging for Fair Food Fight, and the change in attitude toward organic fruit has been mindboggling.

“I don’t buy organic strawberries,” a FFF reader told me recently. “Organic is elitist food for rich people.”

From garbage to gold? The times they have a-changed.

Well. You gotta hand it to organic farmers, eh? They shook off their low-class rep for growing banged up, bad-tasting fruit.

But the perception that organic food is elitist and for rich people is a shame.

Explaining the price of organic food is tricky because the price of conventional food is deceiving, unreal. Why? Because a lot of conventional food is artificially cheap.

In the case of conventional produce, topsoil depletion, pesticide pollution in our fresh water and oceans, high-impact fertilizer, and the long-term health damage to farmers and farm workers handling harsh ag chemicals don’t get factored into the retail price at the checkout counter. Nor do any health costs to the general population that may result from eating pesticides.

In many cases, organic foods are still more expensive than their conventional counterparts. But that’s because the price reflects the costs of sustainable methods used by organic farmers to avoid the very problems listed above.

So, pay more for organic? I say, “yes,” if you can, and it’s important to remember that rich people aren’t the only ones buying organic. In the midst of the economic downturn, organics grew by 7.7% from 2009 to 2010 (organic produce grew by 11.8%)*, so people from a wide range of incomes are making daily, weekly, yearly decisions to fit organic food in their budgets.

I’m very encouraged by the work grocery co-ops and others are doing to support organic food and farmers, making organic foods available and affordable to more and more people.

* From Organic Trade Association’s 2011 Organic Industry Survey

Barth Anderson is chief blogger at Fair Food Fight (www.fairfoodfight.com). He has roughly 20 years experience with the natural foods industry, working as grocery stocker, produce buyer, marketer, and organic certification coordinator at various natural foods co-ops across the country. Barth is also the author of two novels, *The Patron Saint of Plagues* and *The Magician and the Fool*. www.barthanderson.com

Reprinted by permission from StongerTogether.coop. Find articles about your food and where it comes from, recipes, conversation and a whole lot more at www.strongertogether.coop





JOIN US IN CELEBRATING YOUR RIGHT TO CHOOSE NON-GMO

With concerns on the rise about the health and environmental impacts of genetically engineered foods (GMOs), Oneota Co-op will take some time during October to highlight another nationwide event: Non-GMO Month.

In the spirit of the 5th and 7th Co-op principles, “Education, Training, and Information,” and “Concern for Community,” cooperative grocers across North America will host programs designed to raise consumer awareness, empower shoppers to confidently make Non-GMO choices, and protect the long-term availability of food and products that have not been genetically engineered.

Unfortunately, misinformation about GMOs is common. Though plantings of GMO Crops reached all-time highs last year, with 93% of soybeans, 86% of corn, and 93% of the cotton planted in the United States genetically modified, the public knows little about them, their prevalence in our food, or how to avoid them. Further, the biotech companies who control this new technology have effectively prevented researchers from publishing studies on the potential risks of GMO consumption.

Even without any science showing GMOs to be safe, genetically modified foods do not need to be labeled in North America. It is estimated that over eighty percent of conventional processed food contains genetically modified ingredients. Presented with these concerns, a group of conscientious retailers put their heads together to create the Non-GMO Project.

The Non-GMO Project believes that you have a right to know what’s in your food and a right to choose Non-GMO. To this end, they maintain North America’s only third-party standard for GMO avoidance. Since the Project’s inception, thousands of products have been verified to this rigorous standard and many of your favorite foods may already bear the Non-GMO Project Verification Mark on their packaging.

This seal indicates that the ingredients and practices used in making your food have met a strict standard focused on traceability, segregation and testing of high-GMO-risk ingredients (e.g., corn, soy, canola, sugar, etc.) Keep an eye out for this trustworthy label while you shop for dinner or your favorite snack.

For a complete list of participating products, or for more information on GMOs, visit: <http://www.nongmoproject.org>.

What is a GMO?

GMO=Genetically Modified Organism (alternately, GE or genetically engineered). GMOs have been created in laboratories, using gene-splicing biotechnology. This process allows scientists to create combinations of plant, animal, bacterial and viral genes that do not occur in nature or through traditional crossbreeding. The process is somewhat unpredictable, and can lead to unintended and uncontrolled changes in the organism’s DNA.

The vast majority of GMOs on the market are bred for herbicide tolerance and insecticide production. Despite biotech industry messages to the contrary, there are NO GMOs available designed for increased yield, improved drought tolerance, or nutritional superiority or any other consumer benefits. At the same time, there is a growing body of peer-reviewed research linking GMO consumption with decreased fertility, allergies, abnormalities in organs and immune response and more.

In the EU, all products containing more than 0.9% GMO are required by law to be labeled as such. With no similar consumer protections in place in North America, the Non-GMO Project was created to fill the information gap. If you are concerned about GMOs and would prefer not to feed them to yourself or your family, choose “Non-GMO Project Verified” products. Find out more at www.nongmoproject.org.





Your **LOCAL** source for whole-house hardware

Downtown Decorah



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

GRAPHICS

NATIONALLY KNOWN QUALITY AVAILABLE LOCALLY.

 **FOSTERgraphics.com**

563.735.5603 | www.fostergraphics.com

Need a good night's sleep?

TRANQUIL SLEEP

- Fall asleep quicker
- Stay asleep
- Sleep sounder
- Wake up feeling refreshed
- Safe and natural

To learn more, visit naturalfactors.com



These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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

Healthy, Fun & Delicious School Lunch Tips!

By Lauri Hoff, mother of two and Marketing Manager at People’s Food Co-op, La Crosse, WI

Forget the potato chips

We all love them, but they are far from healthy and really don’t fill you up at all. If your school allows them, nuts are a great alternative. Just a handful can boost levels of B vitamins, iron, calcium, selenium and the omega-6 essential fatty acids that are important for brain function and energy production. If nuts are a no-no, opt instead for the equally healthy option of seeds. A small container of sunflower, sesame and pumpkin seeds will provide a powerhouse of nutrients from B vitamins and calcium to iron and zinc. Pumpkin seeds are also one of the few foods to contain the brain-boosting combination of omega-3 and omega-6 essential fatty acids.

Have fun using fancy breads

Offer wholegrain options for the sandwich-based lunch—complex carbohydrates help prevent erratic energy levels. Try pita bread, whole grain or sprouted grain tortillas for a tasty wrap sandwich, ciabatta, focaccia, or bagels. If your child is young enough to appreciate this, try the “secret super-special surprise sandwich.” Slice off the top of a roll or bun and remove the inside bread, then fill the void with layers of cheese, veggies, cream cheese, greens, pesto... whatever you want, and then replace the lid. They love it!

Venture away from the peanut butter and jelly

Nobody likes the same thing every day. Instead, try sausage, or even vegetarian sausage, seeded tomatoes (less moisture), sprouts of any kind and mayo or hummus, cucumber, olives, feta and grated carrot, or perhaps crisp grated apple and cheddar cheese; tuna salad and crunchy romaine lettuce, or how about raw or roasted vegetables, mozzarella and pesto. A favorite is cream cheese, sliced sweet onion (not too strong!) and cucumbers, or grilled halloumi (a yummy cheese that’s made for grilling or frying) with chopped tomato and pesto. Basically, anything can be put in a sandwich—be creative and customize for your child while at the same time having fun pushing the boundaries and leaving normal behind.

The challenge—vegetables

As parents, we often struggle with some children more than others to get our kids to eat the recommended portions of veggies and fruit per day. Children tend to prefer raw vegetables over cooked—it’s possible that it’s a texture issue. The lunch box provides a great opportunity to elevate their consumption of these nutritional powerhouses. Try sweet cherry and grape tomatoes, crunchy carrots (the full size carrots taste much better than the baby carrot alternative), sugar snap peas, mild radish slices, cucumber sticks, and if your child doesn’t mind the taste of anise, throw in some slices of fresh fennel. You may want to pack a dish of hummus, guacamole or ranch dressing to accompany the fresh veggies—they go great together!

Fruit!

Fruit smoothies are a great way to get fruit into your child. Just blend bananas or berries or any fruit of choice with vanilla yogurt and a little milk. Yogurt is a top-class food for kids, but if you read a label on a ready-made fruit yogurt, you may be surprised to find that some actually contain very little, if any, real fruit but plenty of nasty additives—so check the label. Fruit mixed with a quality plain yogurt with the addition of honey or maple syrup as a sweetener is a great option, or just add chopped fruit to a quality vanilla yogurt that is already slightly sweetened.



Salads

It doesn’t have to be all about the sandwich—salads make a great main dish too. Pasta salads are so easy and versatile and the leftovers keep great! Mix a batch of fun pasta shapes with finely chopped veggies and cheese cubes and then sauce it up with a mayo-pesto mixture or a simple vinaigrette. Couscous and bulgur wheat are great with chopped tomato, cucumber, spring onion, olives and mint, dressed with lemon juice and olive oil. Melon and feta cheese drizzled with olive oil and lemon juice make a refreshing summer salad as does avocado, tomato and mozzarella.

If packing salad leaves, serve the dressing separately to avoid soggy greens and croutons. Ranch dressing, Caesar dressing or balsamic vinegar with olive oil are kid-friendly options.

Extra energy boosters

Kids need lots of energy to get through the day with good attention spans, so they may need some healthy caloric augmentations. Small but regular amounts throughout the day are needed—so throw in some extras! Homemade popcorn, breadsticks and dip (guacamole, hummus, marinara sauce, or a bean dip), a hard boiled egg, raisins, fruit leather, granola bars with healthy ingredients and apple slices (a sprinkling of lemon juice keeps them from turning brown) are all great options.

Reprinted with permission from People’s Food Co-op, La Crosse, Wisconsin.

OFF TO SCHOOL.

By Beth Rotto

I'm sending my only child off to college this fall. How can this be? Wasn't there just a big, beautiful sign up in the Co-op window announcing her birth? Wasn't it just yesterday that she hopped from square to square on the checkered linoleum tile floor at the old store? Wasn't it just recently that we had to ask her group of friends not to roller skate down the aisles? I'll miss her dashing by my work station next to the cheese case for her lunch. It's going to be a big change, but we are ready for it. I hope.

Since I work full time at the Co-op, and since we live in the country, my daughter has often ended up eating at the Co-op during the school year. The Co-op has really been her home away from home. She loves eating in the Water Street Cafe where there is always something delicious, whether hot or cold. There are always salad fixings and everything is ready to go. At home or in town, I feel fortunate to know she's grown up with the best food we can provide.

This fall, at college, she's opted for a plan of two meals a day in her college cafeteria. Several times a week she plans to cook or eat healthy foods that she likes in her dorm room. College is a balance of classes and studies, work, activities and socializing. There's not much time for food preparation. How can I support her? What can she stock up on while she's home, and what can I send her in care packages?

I imagine that quite often she will be eating breakfast in her dorm room. We are going to look for a mini refrigerator that she can stock with milk, yogurt, juice and fruit for breakfasts, along with cereal and granola. Coconut milk, almond milk and rice milk in the aseptic boxes can wait on the shelf until there is room in the refrigerator to be chilled. She can try the protein shakes from the Wellness department. The one from Rainbow Light, which I've heard is delicious, contains rice protein, probiotics, amino acids, and super green foods. Although she's not a big oatmeal eater, perhaps when she is buying her own groceries she'll warm up to this humble, nutritious, and inexpensive food. Oatmeal with apples, maple syrup or honey) . . .mmmmmm. Don't skip breakfast, my girl. For lunches, quick suppers and study breaks in the dorm she can have ramen noodles, boxes of soup with the handy reclosable spouts, peanut butter, crackers, cheese sticks, dried fruit, popcorn and trail mix. When it comes to weekend cooking, she'll have a nearby co-op (a definite bonus) and local health food store where she can shop for organic produce, farm eggs and fresh bread. Maybe she can make space on a book shelf for a few essential cooking supplies

like balsamic vinegar, salt & pepper, some herbs, spices, honey and tamari sauce. She'll have to find out if the dorm kitchen has enough equipment to actually cook a meal or not.

Besides sending her with all my love and good wishes, I'll send along a bottle of multivitamins, some acidophilis pearls, and a first aid kit stocked from the Co-op - including lavender essential oil for sunburn and to help promote sound sleep, arnica tablets for bumps and bruises, and Umcka syrup to use at the first sign of a cold.

The following recipes will certainly work in your kitchen, and might work in the dorm room (not sure yet.) I found them online from Daphne Oz, author of the book, “The Dorm Room Diet.” You can pick up a copy of the book at the Oneota Co-op. These recipes should make enough to feed both your student and their roommate.

NO COOK PROTEIN BARS

- 1 c. protein powder
 - 1 c. quick oats
 - 1 c. nuts, chopped fine (I used walnuts)
 - 1/3 c. flax meal
 - 1 c. nut butter (I used peanut butter)
 - 2/3 c. honey
 - 1 tsp. vanilla
 - 1 c. chocolate chips
 - A little water (1/4 c. or less)
- Mix all ingredients except water. Add water by the tablespoon to make a texture that holds together when pressed. Press in 9 x 13 pan. Chill. Cut into bars.



Kinderhaus

*Inspiring wonder;
education from the **outside** in.*

Preschool for ages 3-6 • KinderhausDecorah.com • 563.379.7303

The Fifth Season

There is a movement in school cafeterias across the Northeast corner of Iowa to bring the bounty of Iowa harvest onto the trays of school students. Gardens have been carefully planned, planted, and weeded near schools participating in the Food and Fitness Initiative this year. Americorps volunteers and students in cross age teaching programs have and will be sampling fresh, local produce with to elementary students last spring and this fall. School foodservice staff have planned, made signs, and fed fresh apples, tomatoes and more to students walking through lunch lines. And this year these staff members from 11 schools participated in The Fifth Season workshops.

The Fifth Season may sound off – were there not four seasons when we went to school? This season is all about putting away food (freezing, canning, preserving, etc.) to use throughout the year – throughout those seasons where producing food in NE Iowa is not only impractical but virtually impossible. Funding has been made available to help schools take their work with local foods and extend it throughout the entire year. Three sessions are being taught through this program, including a Ratatouille Workshop, Stir Fry Workshop and Soup Workshop.

This season is not just for schools. The Fifth Season can exist in every home kitchen as well. The bounty of grocery shelves, Farmer’s Market stands and backyard gardens can be preserved in any home kitchen. The joys of these bright, nutritious fruits and vegetables and even meats can be enjoyed in the snow drifts and bitter cold of February.

Wondering how to get started? Here is a recipe to recreate the Fifth Season workshops in our local schools – in your own home kitchen. Bring out the aprons and knives. Eating local can be for all year.

Mind Games: How toxic chemicals are impairing children’s ability to learn

By Sandra Steingraber

When my husband and i set out to find a nursery school for our daughter, Faith, nearly ten years ago we took the decision seriously. In the end, we chose a nursery school that operated out of a community center close to home. There was a frog pond out front and a play structure out back. We had weighed many considerations in the decision-making process, and we all, Faith included, were happy about it.

That is, until I discovered that, like many of its kind, the school’s beloved play structure—with its wooden gangway, turrets, and tunnels—was made out of pressure-treated lumber, which, at the time, contained arsenic, a carcinogen. A bladder carcinogen, in fact. I am a bladder cancer survivor. So, after a lot of research and discussion, we eventually decided to move our daughter to a different nursery school. The risk of doing nothing just seemed too high.

Seven years later, the Environmental Protection Agency released its final risk assessment for children who regularly contact wood impregnated with chromated copper arsenate. The conclusion: children who play frequently on pressure-treated play sets and decks (we had one of those, too) experience, over their lifetimes, elevated cancer risks. Ergo, our precautionary decision as parents to disenroll our daughter had been a wise one. And yet, because the EPA stopped short of recalling pre-existing play structures and decks when it outlawed arsenic-treated lumber for residential use in 2004, the old play structure at our old nursery school still stands.

Arsenic, as it turns out, is not only a carcinogen but a developmental neurotoxicant as well—one of a family of substances that impair the growth of the brain in ways that interfere with learning. They take many forms, according to a major review of the evidence published in 2006 in the British medical journal The Lancet. Some of them are heavy metals, such as lead and methylmercury. Some are long-outlawed compounds that still linger among us (PCBs). Another two hundred chemicals are known to act as neurological poisons in human adults and are likely toxic to the developing brains of infants

and children as well — animal studies strongly suggest that any neurotoxic chemical is likely also a neurodevelopmental toxicant—but scientific confirmation awaits.

Current laws do not require the systematic screening of chemicals for their ability to cause brain damage or alter the pathways of brain growth, and only about 20 percent of the three thousand chemicals produced in high volume in the United States have been tested for developmental toxicity of any kind. The Lancet paper is one of the most comprehensive summaries available to date (though the EPA is preparing to release its own list of developmental neurotoxics in early 2011). Parents struggling to pay tutors, tuition bills, and school taxes—who are, right now, clearing off a spot on the kitchen counter to sit down and offer help with homework—might consider taking a look at this compilation, particularly the review’s central conclusion: “The combined evidence suggests that neurodevelopmental disorders caused by industrial chemicals have created a silent pandemic in modern society.”

In the basket of problems labeled neurodevelopmental disorders are a variety of cognitive and psychomotor disabilities that have different names and changing diagnostic criteria. Mental retardation—increasingly referred to as intellectual disability—is one. Attention deficit disorder, with or without hyperactivity, is another. A third is learning disabilities, itself a basket of discrete disorders that are variously characterized by significant difficulties in listening, speaking, writing, memorizing, reading, or calculating. Within the life-altering category of pervasive developmental disorders is autism—a continuum of problems that is now collectively referred to as autism spectrum disorders.

By pandemic, the authors of The Lancet study mean that learning and developmental disorders are common, cut across all walks of life in all geographic regions, and are ballooning in prevalence. Changing diagnostic criteria, along with the absence of a nationwide registry, makes vexing the work of constructing precise time trends. The

Mediterranean Ratatouille

From *Cooking with the Seasons* by local chef Monique Jamet Hooker (available on the Co-op bookshelf)

The secret to a good ratatouille is to balance the flavors and amounts so that no one vegetable takes over the dish. Each bite should be a concert of taste and texture, allowing the vegetables to blend equally.

Ingredients:	3 garlic cloves, peeled and minced
3 tablespoons olive oil	8 plum tomatoes, halved
1 medium onion, peeled and diced	1 tablespoon chopped fresh thyme
1 red pepper, sliced	2 tablespoons chopped fresh oregano
1 green pepper, sliced	¼ cup chopped fresh parsley
3 small zucchini, cut into ½ - inch slices	Salt and pepper
1 medium eggplant, cut in ½-inch slices	

Directions:

In a large pot, heat the oil, then sauté the diced onions until they give up their moisture. Do not brown. Add the sliced peppers and toss gently. Cover and cook on low heat for 3 minutes.

Add the zucchini, eggplant and garlic to the onions and peppers, tossing gently. Cover and cook for 10 minutes over low heat. Stir in the tomatoes and herbs and season with salt and pepper to taste. Cover once again and cook until the tomatoes are softened, about 10 minutes. Toss gently and serve immediately.

Variations: Yesterday’s ratatouille can be turned into many suppers. Drain the liquid from the ratatouille and freeze in small plastic bags or glass jars.

- The vegetables are a delicious omelet filling.
- Spread the vegetables over a pizza crust, top with mozzarella and bake in a preheated 350° F oven until bubbly.
- Puree the ratatouille to make a soup, adding chicken

estimate most often cited by the medical literature is that developmental disabilities now affect about one in every six U.S. children, and most of these are disabilities of the nervous system. If accurate, this figure means that the number of children with neurodevelopmental disorders now exceeds the number of children with asthma, which is also a problem of pandemic proportion.

The very thick book Holt’s Diseases of Infancy and Childhood, copyright 1936, marches through an alphabetical litany of horror—rickets, scarlet fever, syphilis, tetanus, tuberculosis. Flipping through the copy that I found in the used bookstore here in our village, I tried to imagine what my life as a mother might have been like in 1936—the year that my own mother was six years old. I was about to conclude that my concerns for my children are entirely different ones than those that would have worried my grandmother, until I reached the final pages of the book. Under “Miscellaneous Diseases, Lead Poisoning” is this complaint:

The body seems to be able to repair all damage except that done to the brain. The prognosis of children who recover from the acute symptoms of lead encephalitis is bad . . . most of them are dull or obviously defective. . . . The treatment of lead poisoning is most unsatisfactory. It is obvious then that prevention of exposure is the main line of attack. Parents should be educated to recognize the possible harm of pica

[eating things that are not food], paint chewing and other common methods of acquiring lead. In spite of the rather high incidence of cases of lead poisoning there are no laws in this country to prevent the use of lead paint in children’s toys and furniture. In only three states is it necessary to label paint so that one may ascertain that lead is an ingredient.

Forty years before it was removed from paint, pediatricians had enough evidence of lead’s ability to maim children’s brains—catastrophically and irreversibly—to warrant discussion in a medical textbook. The only cure was understood to be prevention, but in the absence of government action, or even right-to-know legislation, parents were left to serve, as best they could (ineffectively, as we now know), as their own poison-control centers. Stumbling upon this paragraph reminded me that, even though the labels have changed, the evidence for an environmental connection to neurodevelopmental disorders is not exactly news.

Other than a keener appreciation for subtle damage at subclinical levels of exposure, what have we learned since 1936?

[One of the] big lessons arising from the frontiers of pediatric neurotoxicology, is that the chemicals designed to act as neurological poisons—the organo-

continued on page 16



The early bird gets the... bird?

It is never too early to sign up for your

Local Organic or Antibiotic-free, Free-range Turkey

Ferndale Market - Antibiotic Free & Free Range

Larry Schultz - Organic

Both FRESH & FROZEN options.

Call Oneota Co-op Customer Service to sign-up 563-382-4666

6TH ANNUAL TOMATO TASTING AND SEED SAVING WORKSHOP SEPTEMBER 3

Seed Savers Exchange near Decorah, Iowa, is hosting a free Tomato Tasting and Seed Saving Workshop on Saturday, September 3, 2011. The Tomato Tasting will run from 1:00 – 4:00 pm, offering visitors the opportunity to sample a wide variety of heirloom tomatoes and learn how to save tomato seeds.



The event will be held at the Lillian Goldman Visitors Center. More than 30 varieties of tomatoes of all colors and sizes will be available, including yellow cherry tomatoes, pink beefsteaks, striped stuffing tomatoes, red grape tomatoes and green roma's. Last year, 'Lemon Drop', a small yellow cherry tomato was voted most popular. The Oneota Food Co-op in Decorah is sponsoring this year's Salsa Contest. Limited to 25 entrants, applications are available at the Co-op, on their website www.oneotacoop.com or by calling 563-382-4666. The registration deadline is Monday, August 29. The Co-op will also be providing food for purchase during the event. Music will be provided by Maritza.

There will be tomato seed saving workshops beginning at 12:00 noon taught by Seed Savers Exchange staff. This year's special guest, SSE tomato advisor and expert Craig LeHoullier, will lead workshops on the histories of our favorite heirloom tomato varieties as well as give us a sneak peek into what will be 'Tomorrow's Heirlooms.'

Visitors will be able to tour Seed Savers Exchange's tomato gardens. Guided hayride tours begin at 12:00 noon and are scheduled for every 45 minutes. Special activities for children include ketchup making and a rotten tomato toss. "This family event gives people the opportunity to experience the wide diversity of tomatoes available, and learn how to improve their own gardening experience," says Diane Ott Whealy, the co-founder of Seed Savers Exchange.

All events are free to the public.

Located six miles north of Decorah, Seed Savers Exchange is a non-profit membership organization dedicated to the preservation and distribution of heirloom seeds. Seed Savers maintains a collection of thousands of open pollinated varieties, making it one of the largest non-governmental seed banks in the United States. For more information, go to www.seedsavers.org

MY CHALLENGE TO YOU—EAT LOCAL!

continued from page 1

money earned right here in Winneshiek County to another member of our community. The knowledge that money will be invested in the local economy at a greater amount than the dollars just spent at a corporate store based across state lines brings a smile to everyone involved. Who knew that eating the food I love could also expand and grow the community I love and live and eat it in.

So please! Join my family and me as we strike out to eat an 80% local diet throughout the month of September. Know that we welcome you on this local journey at whatever pace you are ready to take. Whether your goal is to eat one

local fruit or vegetable in each meal or to eat an entirely local Sunday brunch each week of September, both are excellent (and delicious) places to start.

*Heirloom Watermelon variety available through Seed Savers Exchange.

**www.drifless-safari.org to learn more about this countywide treasure hunt sponsored by the Northeast Iowa Food and Fitness Initiative, which creates an opportunity for families and children to play outside together.



Keeping it Local

continued from page 1

enzymatic changes and susceptibility to microbial spoilage and nutrient loss. The longer they are stored, the more they lose texture, appearance and flavor. Processors can maintain the cosmetics and some nutritional value by proper packaging and dipping the produce in ascorbic acid, calcium chloride, or citric acid, but they cannot stem the inevitable deterioration.

The longer food travels, and the more hands touch it, the more food safety issues arise. Think of the E. coli epidemics linked to bagged greens, salsa and sprouts. While local products could also conceivably be contaminated, long travel times increase the likelihood of exposure and damage, and give the microorganisms time to multiply.

Local food benefits the community as much as the individual. Economics is as important as nutrition when making the decision to buy local. Local buying not only benefits small farmers, but sends a ripple effect benefiting processors, distributors, retailers, restaurants, and any organization that purchases food. Studies conducted by the New Economics Foundation and the Buy Local Berkeley group show "twice the money stays in the community when folks buy locally and about 70% more local jobs and 67% more overall income per dollar spent remain."

As an example, Marada and Leah Cook of Northern Maine run the Crown O' Maine Organic Cooperative Distribution Company but still found themselves buying minimally processed foods such as baby carrots from California. Carrots are grown in the short Maine summer, but no one was processing them into the child-friendly baby form. The Cook sisters initiated a "Northern Girl" line that will produce the carrots as well as precut root vegetables and frozen broccoli.

While these precut veggies are not immune to the problems noted earlier in this article, the fact that they are local will minimize those concerns. Plus, the processing plant will provide desperately needed employment for this rural community and a market for local farmers. Local food growing and processing is correcting a damaging trend that began at the beginning of the prior century. As Mark Lapping, an expert in local Maine food systems notes, "We used to be far more food self-reliant. It used to be that every farm town had a canning plant."

Local organic growing benefits the environment by keeping more land in agriculture and safe from urban sprawl. It limits the excessive stress put on the land by agribusiness monoculture, and the damage caused by nitrogen runoff, gas guzzling farm machines and pesticides. It preserves our planet's genetic seed heritage, which you might term our most profound source of wealth. According to Indian crop ecologist Vandana Shiva, "Humans have eaten some 80,000 plant species in our history. Now three-fourths of all human food comes from eight species with the field quickly narrowing down to genetically modified corn, soy, or canola."

While those of us in Northern climes cannot live exclusively off of local produce, the multitude of eat local movements in places such as Saskatchewan and Maine indicates that it is more feasible than commonly assumed. A "lifestyle choice"? I don't think so. Eating locally is the only way to live responsibly in the 21st Century.

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

nourished minds reach higher

Nordic Naturals children's health products

25% OFF

AUGUST 31 - SEPTEMBER 13, 2011

Committed To Delivering The World's Safest, Most Effective Omega Oils.™

Tune to the NEW KPVL Community Radio

In-depth news, music, public affairs, talk, arts and so much more

KPVL 89.1

POSTVILLE DECORAH

THE BLEND

NORTHEAST IOWA COMMUNITY RADIO

www.891theblend.org

now streaming online

EVENTS AT THE FARM

TOMATO TASTING

Saturday, September 3
1-4pm

Tomato Tasting, Workshops, Heirloom Tomato Histories, Salsa Contest, Seed Swap, Music, Wagon Rides & more

HARVEST FESTIVAL

Saturday, October 8 • 1-4pm

Soup cook-off, tours, music & cider pressing

SEED-TO-SEED

Sunday, October 9 • 10am-2pm

Learn the A-Z of saving your own seeds in this full day workshop. Registration required.

SEED SAVERS EXCHANGE

563-382-5990 • seedsavers.org

Lillian Goldman Visitors Center

3074 North Winn Road, Decorah, IA

FROM THE GM:
Energized about Energy

by David Lester

If you have shopped at the Co-op in the recent months, you have probably felt a bit like a mouse in a maze trying to find the cheese. With the Water Street Park project and construction crews using the parking lot, we realize that it hasn't been an easy task to get into our store. But it is all necessary work, and best of all, some of the work has been focused on reducing the Co-op's energy usage and reducing our carbon footprint.

In March of this year, with the help of Andy Johnson at the Winneshiek Energy District, I created an account with the Environmental Protection Agency's Energy Star Program. The Energy Star program has been rating appliances, air conditioners, furnaces and other equipment for years, and now has a designation for buildings. A Portfolio Manager account had to be created for our building which includes more than eighteen months of energy data (electrical, gas, water), building data (square feet, # of employees, # of freezers and refrigeration units, computers, etc.), and a written explanation of work that has been done on the building to make it more efficient. The last step was to have all of this data confirmed by an Engineer and/or Certified Architect and then the building is ready for the application process.

Our building was approved for Energy Star status in early May. We are in the Grocery Store category and we are the only Co-op in Iowa with this status and only one of four grocery stores in the state with this status. We achieved a score of 98 out of a possible 100 with only one HVAC unit and an un-insulated roof! Our store practices make us a very efficient grocery store, but we weren't satisfied with a building envelope that didn't hold our heat or conditioned air. The staff and I wanted the Co-op to be a leader in our community for energy efficiency as well as be prepared for continued rising energy costs.

One of the benefits of working with the Winneshiek Energy District on this project was getting a professional energy auditor into the store who can help pinpoint "the low hanging fruit." These are the items that we could implement easily to reduce energy usage and to present a plan to make our building more efficient with the most payback. After the audit, it was obvious that our heating and cooling system was undersized and needed to be upgraded. We now have two new efficient roof-top units providing the store with heat and cooling. We can monitor and control these units through a website and I receive alerts to my email and cell phone when there is a problem or issue with the system. Within a few seconds, I can make changes to the system from anywhere in the world, as long as I'm near a computer with internet access.

Two other issues were building envelope/insulation and our tunnel-heat recovery system. Those of you who have been in our store during the summer know about the negative air pressure that we have had to deal with, which is especially noticeable in the entryway and the rear entrance to the building.


We just completed the new roof project, which happened to coincide with the hottest week of the year so far. Our old roof consisted of one-inch of plywood and a gray rubber roof membrane. The R-value was minimal, probably single digits. We chose a roofing contractor that would impact the environment as minimally as possible and provide us with quality materials and offer this service at a good price. We did not tear off the old roof and basically built a 7-inch, insulated roof on top of the old one (R-value of 42). Our contribution to the landfill was very minimal (about half of a dumpster) and we had one member reuse all of the old tin flashing pieces that came off the old roof. The insulation itself was reclaimed from other building projects that ordered too much and would have gone into the landfill or not used. The roof membrane used is a pure white, rubber membrane that was sealed with heat instead of adhesives or glues.

As for the store vacuum situation, I have to thank Co-op member, Dale Kittleson, for his ingenious thinking about this issue. After meeting with Dale I contacted Casper's Plumbing and Heating about our idea to let more air into our tunnel-heat recovery system that houses most of our freezer and refrigeration compressors. To make a long story short, it works. There is no more air being sucked out of the store and the doors leading to the hot, humid conditions outside do not open. Whew.


I am happy to report that during our last billing period (June 15-July 15) we used 6,900 KWH less of electricity compared to the same period last year, about 11% less. We used 90 ccf (hundred cubic feet) less of gas during this same period compared to last year, about 18% less. Things seem to be working like we planned and I look forward to tracking this data through the Energy Star site.

Now that these projects have ended and our store is a more inviting and comfortable space, the path to the cheese is a lot easier. Thank you for still shopping with us during this construction period and I look forward to seeing you in the store.







Baker's Oven




Chimney




Chimney




Dry-Laid Stone



Retaining Wall



Dry-Laid Stairway



Fireplace Insert

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.onecotastonecrafters.com

Working Member Spotlight
Barb Dale

By Cerrisa Snethen



In an effort to step up our game and thank our valuable working members in a more prominent and outspoken way, we've decided to begin a new feature in the Scoop. In each issue, we'll now proudly give rise to the voices of our indispensable working members, with our new piece "Working Member Spotlight". Here, you'll meet your friends and neighbors who are rolling up their sleeves and are helping the Co-op flourish.

Many of these hard-working members are responsible for aiding the Co-op transition to our newer digs, helping us balance the books by doing inventory, sampling food in our aisles, and countless other tasks. We couldn't do it without them. As some of you may remember, a few years ago, when Barb Dale was hitting her 20-years-as-a-volunteer mark, there was a piece about her in the Scoop. As Barb (and Jim) leave our community (for the next year or so), it seemed only fitting that she be our first feature. She has given much with her tremendous and extraordinary length and breadth of service. So, here's our first Scoop shout out to you, working members! Without further ado, my Q & A with Barb Dale.

Thanks, Barb, for all of it! Safe travels to you and yours.

Q: You've been volunteering at the Co-op for how long now?

A: 22 years

Q: Doing?

A: First, bulk; then office typing ("Scoop" articles often), manager reports, etc.; and most recently member records (address changes, withdrawals, etc.), assembling new member packets, and crediting volunteer hours toward store discounts.

Q: Okay, it's more than just the working member discount, right? What else has inspired you to volunteer?

A: The discount has been an important factor, but I enjoy contributing to the Co-op "culture" community and supporting the co-operative economic principles.

Q: When you're not volunteering, you (tell us a little about your life)....

A: I'm retired from work in public schools: teaching, substitute teaching, assisting in the Middle School library, and accompanying student musicians on the piano. My husband and I will celebrate 50 years of marriage in December 2011; we have three grown children and four grandchildren.

Q: What's your favorite Co-op related memory, or your favorite thing about the Co-op in general?

A: I have a strong commitment to co-operative economics and to sustainable agriculture, so the Co-op is the one place in my life that I can live out that commitment. By being part of the Co-op community I'm nourished by others with similar commitments and continuously learn more about a healthful lifestyle for people and the planet.

Q: Is there a particular Co-op item or food that you'd just have to recommend to someone who's new to us?

A: Since I was diagnosed with Celiac disease and moved to a gluten-free, dairy-free diet several years ago (in addition to eating exclusively chemical- and GMO-free food locally grown whenever possible) I recommend the Co-op as a whole to everyone. It's my sole source of food unless I buy directly from the local producer and my major source of supplements to my diet.

Q: Any advice, tips, or words of encouragement for creating and maintaining community and a spirit of service here and beyond?

A: I encourage people to become members of the Co-op for their own benefit as well as the Co-op's, and then to think of themselves as more than just shoppers but as owners/participants in a constructive endeavor. This is such a unique concept in our commercial society that some people seem to have difficulty embracing it.

Q: Do you have a favorite quote or poem that you'd just love to share?

A: "I arise in the morning torn between a desire to improve the world and a desire to enjoy the world. This makes it hard to plan the day." (E.B. White)



Simply Antiques

Nancy Lerdall

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

Free Wi-Fi at
the Water Street Café

Free local news at
decorahnews.com

Protecting our Future

By Bill Pardee, OCC Board President

The OCC Board studies to prepare itself to act wisely as circumstances change. At the July Board meeting, as part of that continuing process, Board Member, Jon Jensen, organized and moderated a panel discussion entitled, “Energy, Sustainability and the Co-op.”

Panelists Chris Blanchard, local certified organic grower, Jim Martin-Schramm, Luther professor and expert on energy issues, and Kristin Evenrud, Co-op Grocery and Meat manager, contributed. All seven Board members, General Manager David Lester, and half a dozen member-owners participated.

Chris Blanchard exports his certified organic produce to the Twin Cities and Chicago. He urged more growers to export. Chris argued that Winneshiek County is too small a market to support a scale of production necessary to afford the equipment, such as large on-farm coolers, needed to produce top quality produce. Big California growers can sell cosmetically unappealing produce occasionally, but a small grower cannot. “If it’s ugly, people won’t buy it.”

The prolonged recession has reduced sales somewhat. Increasingly common extreme weather events, such as heat, the long, cold spring this year, and floods (2007 and 2008) all hurt. Disease and weeds also cut into profitability.

Chris urged the Co-op to apply a higher markup to non-local foods that compete directly with local foods. He urged the Co-op to label and support local certified organic food.

Jim Martin-Schramm explained that 85% of our U.S. energy supply is from fossil fuels with the remaining 15% from nuclear and renewables. By 2020, he said the fossil fuel fraction may decline to 75%. Many believe conventional petroleum production has already peaked. There may be 125 years of coal that is feasible to extract. The Energy Information Agency believes that our natural gas reserves will increase for another 20 years. Twenty percent of Iowa generated electricity, however, is wind energy.

Professor Schramm noted that US citizens are extraordinarily wasteful of energy compared to Europe or Japan, which have comparable living standards.

He held out the hope that tax reform

may result in a tax on carbon because many conservatives would like to transfer taxes on income to taxes on consumption.

He told us that Alliant foresees 10% increases in the cost of electric energy every year for the next ten years. Jim urged the Co-op to invest in efficiency.

Jim expects more frequent severe power outages from weather events.

David Lester mentioned that the Co-op is one of very few energy star rated grocery stores. The store is energy efficient in part because of the comparatively low fraction of frozen and refrigerated foods. It has relatively more fresh produce and bulk foods.

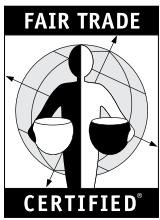
Kristin Evenrud explained the complexities of buying for the Co-op. We have an advantageous volume discount with United Natural Foods Incorporated (UNFI), our primary supplier, because of our membership in the National Cooperative Grocers Association (NCGA). Buying from them, however, reduces our options. UNFI has announced a significant price increase, which they ascribe to diesel fuel costs and world-wide shortages of grains, sugars, other sweeteners and proteins. Some of the shortages are ascribed to weather events, and though controversial, some to the conversion of food crops to ethanol.

Steve McCargar recommended that the Co-op consider strategic changes including: (a) Vertical integration of coops, (b) Loosening coop dependence on monopolies like UNFI, (c) Purchasing directly from producers, (d) Encouraging regional value-added capacities (canning, cheese making, ...)

Kristin explained some of the barriers to buying walnuts from a Missouri farmer (large quantity needed to make transportation affordable) and organically grown trout from Viroqua (simply not popular with our members and customers).

Member-owner Rob Fisher suggested creation of a “mutual fund” to enable local residents to invest in regional sustainability projects.

These learning sessions usually don’t seek a specific conclusion, but rather try to develop among board members and, when possible, member owners, shared understanding of potential challenges.



EVERY PURCHASE MATTERS

Quality Products. Improving Lives. Protecting the Environment.

www.FairTradeUSA.org

Understanding Fair Trade

Fair Trade is a global movement to alleviate poverty in ways that are economically, socially and environmentally sustainable. By offering farmers and farm workers competitive prices, improved terms of trade and social premiums for community investment, Fair Trade truly does make every purchase matter because industry and consumers alike know the high-quality products they buy are improving lives and protecting the environment.

Fair Trade Principles

- Fair price and credit: Democratically organized farmer groups receive a guaranteed minimum floor price and an additional premium for certified organic products. Farmer organizations are also eligible for pre-harvest credit.
- Fair labor conditions: Workers on Fair Trade farms enjoy freedom of association, safe working conditions, and living wages. Forced child labor is strictly prohibited.
- Direct trade: With Fair Trade, importers purchase from Fair Trade producer groups as directly as possible, eliminating unnecessary middlemen and empowering farmers to develop the business capacity necessary to compete in the global marketplace.
- Democratic and transparent organizations: Fair Trade farmers and farm workers decide democratically how to invest Fair Trade premiums.
- Community development: Fair Trade farmers and farm workers invest Fair Trade premiums in social and business development projects like scholarship programs, quality improvement and social empowerment trainings, and organic certification.
- Environmental sustainability: Harmful agrochemicals and GMOs are strictly prohibited in favor of environmentally sustainable farming methods that protect farmers’ health and preserve valuable ecosystems for future generations.

Strict Environmental Standards

To improve producers’ living and working conditions, their environment must also be clean and healthy. Environmental standards are therefore integral to the Fair Trade criteria.

These include:

- Protecting water resources and natural vegetation areas
- Promoting agricultural diversification, erosion control, and no slash and burn
- Restricting the use of pesticides and fertilizers
- Banning use of genetically modified organisms (GMOs)
- Requiring proper management of waste, water and energy

Fair Trade also promotes organic farming with training for producers and a higher price for organic products. Many producers invest their Fair Trade premium funds in organic certification, which has led to outstanding results: more than half (62%) of all Fair Trade products in the United States were also organic.

Look for the Label

The Fair Trade Certified™ label offers consumers a simple way to know that their products were produced in a socially responsible manner. The third-party verification guarantees that strict social, economic and environmental standards have been met.

Fair Trade USA

Fair Trade USA is the leading independent, third-party certifier of Fair Trade products in the United States. Fair Trade USA audits and certifies transactions between U.S. companies that offer Fair Trade products and their international suppliers to guarantee compliance with Fair Trade principles. And as a development agency, Fair Trade USA educates consumers, builds supply chain for Fair Trade, brings new manufacturers and retailers into the system, and provides farming communities with tools, training and resources to thrive as international business people.

For more information, visit www.fairtradeusa.org.





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

Lions, tigers and bears, oh my!

By Karina Klug, nutritional supplements buyer

In the land of Oz, Dr. Oz that is, the world of health and wellness is getting a face lift and more awareness is being brought to natural living, nutrition, supplementation and body care. I recently attended a Wellness conference through the NCGA (National Cooperative Grocers Association) and the number one question I heard over the week from other participants was how to keep up with the Dr. Oz barrage.

Dr. Oz has made it big on the national television syndicate. His warm and knowledgeable manner has elicited trust and excitement in many of his viewers. He offers shows on the nutritional value (or deficiency) in various foods and recommends certain vitamins, minerals and herbal supplements. He also includes segments on exercise, lifestyle and habits.

Our job as wellness buyers is to look at the available research pertaining to any particular product. We must then attempt to predict if a supplement or body care product has staying power

or if it is a passing trend. We often see a rush after the airing of a Dr. Oz episode of customers with products scribbled on Post-it notes. Along the way, some of the items we’ve had, and some we have not. Some, like the Acai berry, have remained consistent sellers while sales of others fizzled a week after the show.

The times we have seen the largest number of requests after a Dr. Oz show is when he talks about weight loss. It is clear that weight loss is an epidemic that many people are seeking answers to. Although there is no pill that will simply melt the pounds off without any effort or possible negative side effects, we do have a weight loss section. It’s not a very large section and we’ll probably keep it that way. One item in the weight-loss realm that Dr. Oz mentioned about a year ago has kept its stronghold in the market, African Mango. There are studies around African Mango that have shown some promising results. <http://www.ncbi.nlm.nih.gov/pubmed/19254366?dopt=Abstract>

The popularity of Dr. Oz is happening for a reason. There is obviously a desire from people to find out more about their health and become empowered to find answers to the sacred question that is the body. And although we may not carry on our shelves

everything that Dr. Oz mentions, we are happy to see that the message of taking our collective health to a new level is reaching so many. Hear the call of increased optimal health, whatever that specifically means for you.

Here’s some great Oneota Staff favorites:

- Karina’s Staff Picks, this is what’s on my current wellness turn table:
- Urban Moonshine Citrus and Maple Bitters: from mixer to medicinal these get the bile flowing!
- Urban Moonshine Chocolate Love Tonic: love this!
- Nordic Naturals Omega Blood Sugar: my current favorite fish oil!
- Herbs Etc. ChlorOxygen
- Veriditas Women’s Deodorant
- Natural Vitality Natural CALM
- Planetary Triphala
- Evan Healy Facial line (I like the Rose)

Gretchen’s Staff Picks:

- Megafood Un-Stress: This blend of B vitamins, immune health herbs and adaptogenic herbs keeps me calm and energized all at once.
- Enzymatic Therapy Fiber Fusion Lemon Drink Mix: Great tasting sugar free fiber.
- Uncle Harry’s Conditioning Spray: Citrus essential oils detangle and shine my hair without any yucky build up. Great for in between washes to freshen hair.
- Sovereign Silver First Aid Gel: I don’t ever run out of this because we use it all the time at home! Bites, rashes, cuts, scrapes, blisters, burns....the list goes on!
- Eco Lips One World Restore lip balm: nice fat tube of coconut ginger lusciousness and made in Cedar Rapids, Iowa.
- Peaceful Mountain herbal pain relieving gels.

Pain Management, Weight Loss and the Mind-Body Connection: A Personal Account

By Gretchen Fox Schempp

Eight years ago I was very overweight. I fell on the scales of any body weight chart you could find as obese. I didn’t think of myself as an obese person. I had been working at a physically demanding job for 3 years, schlepping canoes and caring for a campground 40+ hours a week. I felt like I was in decent shape. Granted, I only worked this job during the summer months, so I tried to stay physically active in the off months by walking, biking and otherwise exercising in the comfort of my own home. Somehow this often instead turned into a marathon of wine and cheese topped off with a little or maybe a lot of chocolate. Okay, so maybe I wasn’t just overweight I was depressed. When visiting my family in Minnesota one weekend, I found myself having some weird chest pains. This completely freaked me out. I didn’t know what was going on, but it scared the daylights out of me. It turned out to be a severe case of heartburn, but it made me motivated to change.

I vowed that January day to drop the weight. I had finally looked in the mirror and saw my old body trapped inside this larger one, and I hardly recognized myself. I changed my diet from a free-for-all festival of drink and feed to a sugar free, low-carb regimen that went in phases 1, 2 and 3. Phase 3 being a lifestyle rather than a diet. This worked really well for me along with daily exercise. In 3 months I had dropped 30 lbs, and in 8 months I had lost 70 pounds total. I was elated with the new lighter me. I thought, wow I’ve come such a long way changing my physical appearance and health, and I am happy right where I am. I met my husband and we got married.

I happened to marry a man that suffers from chronic pain. I didn’t understand this a bit. Frankly, I was a bit irritated with his ability to hurt so much. I worked long days outdoors and came

home tired and sore myself and found it hard to believe anyone could hurt so much and so often.

Five years passed. My phase 3 “life-style” had gotten a little mucky. Granted I didn’t gain much of the weight back, but I wasn’t feeling very good. Mentally, I had realized that losing the weight didn’t change the fact that I hadn’t dealt with a bunch of “stuff.” I had been to doctors and had mentioned feeling a little depressed and was offered some form of pharmaceutical to combat this. I declined, always, thinking that it was just a bad week and this too would pass. At a certain point, it didn’t pass. I knew that I wanted to try something, anything else first before the drugs. So I contacted a trusted therapist. About three weeks after beginning this particular journey I “threw my back out” shoveling snow. For a month and a half I suffered the kind of pain I likened to my beloved husband’s complaints. I kept thinking it would eventually go away. My back had hurt before, but it always cleared up enough to keep on. Funny that this pain should get so debilitating just when I was opening up my proverbial “can of worms” at therapy.

Now, many might connect the depressed feeling with the pain. In the sense that being in pain can be very depressing. Yeah, I get that. I was beginning to think the other way around though. Maybe the pain was the call I needed to dig deeper and go further into my healing. I continued the therapy and the pain continued on. I finally decided to see a doctor. One of the first things the doctor told me after hearing my complaints was that if I could manage to get a little leaner, I might not feel so much pain. Many people may have taken offense to this comment, especially after keeping 50 lbs off for 7 years. I was elated though. Thank you, thank you was all I could think and still think today. All I had

wanted was someone to tell me that I could feel better by changing something that I had control of. And with that I believed that I could take control of my health. After a few x-rays and a call from the Doctor, I found out that I had degenerative disk disease and arthritis in my lower back.

Initially, I took pain medication. It was a step I chose to take to get the pain under control so that I could move forward. I knew that this wasn’t a solution to the problem and set out to begin my healing. I started right then and there at my quest to get that leaner body. This time my motivation was not only to get healthy, but to beat a potential lifetime of pain.

To lose the weight and beat the pain this time was a whole new process. Instead of doing it alone with just my willpower fueling me, I enlisted the help of therapists. First, someone I could talk to and who would give me homework such as affirmations, writing, bathing in cleansing and detoxifying salts, walking, breathing, and most importantly being gentle with myself. Second, someone who would offer physical therapy. I picked a talented massage therapist who told me that his intention was to help me to heal myself. I saw him 4 times. I continue to do the stretches he taught me 6 days a

week and he has helped bless me with flexibility. And I quickly learned that if I don’t do my stretches, I am soon cursed with inflexibility. Third was a new-found sense of self. My gentle self, as I like to call it. The one I lose every once in a while but am learning to reconnect with when I lose sight. I know when this is happening by the tightness in my back and the shallowness in my breath.

I am certainly not the ideal picture of health. My body isn’t a perfect “10” and my mind still gets mucky from time to time. I am really trying hard though and in this I have learned to love my hard working mind and body as well as to be a lot gentler with myself.

The point of this story is that there is no magic bullet and no fixed answer that works for every person. Good health, weight loss, and a clear mind are all hard work. There are supplements you can take and unguents you can rub on which can certainly aid in the process. But it’s your intention, along with the effort you put into it, that is going to allow these changes to show you lasting results.

Bless you on your journey to wellness.



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



member deals

ONEOTA
COMMUNITY
FOOD
COOPERATIVE

Kettle
Krinkle Cut Potato Chips
limit 2 bags per customer

\$3.89

Reg Price
\$4.69

UPC 01300470001

11/24/2009

MEMBER DEALS SEPTEMBER

* Regular prices subject to change

	Regular Price	Sale Price	Savings
Grocery			
Annies Pasta Dinner, Canned, 15oz	\$2.79-2.89	\$1.99	\$.80-.90
Annies Fruit Snack, 4oz	\$4.99	\$3.79	\$1.20
Annies Naturals Salad Dressing Organic, 8oz	\$4.79	\$2.99	\$1.80
Better Than Boullion Soup Bases	\$4.79-5.99	\$3.29-4.39	
Crown Prince Sardines	\$2.99-3.89	\$2.29-2.39	
Florida Crystals Demerara Sugar, 2#	\$5.29	\$3.79	\$1.50
Health Valley Cream Soups	\$3.19-3.29	\$2.29	\$.90-1.00
Jennies Macaroons	\$3.69	\$2.79	\$0.90
Jyoti Indian Dinner Side, Canned	\$3.49	\$2.49	\$1.00
Kashi Golden Goodness	\$5.59	\$3.99	\$1.60
Kashi Berry Blossoms	\$4.89	\$3.49	\$1.40
Kavli Crispbread	\$2.29	\$1.69	\$0.60
Lundberg Rice Chips, 6oz	\$3.29	\$2.49	\$0.80
Pacific Condensed Cream Soups	\$2.79-2.89	\$2.29	\$.50-.60
Pretzel Crisp Pretzels, 6oz	\$3.29	\$2.49	\$0.80
Pirate Smart Puffs & Veggie Booty	\$2.89	\$1.99	\$0.90
Rapunzel Corn Starch, Organic	\$3.69	\$2.79	\$0.90
Season's Kettle Cooked Chip	\$3.89	\$1.99	\$1.90
Simply Organic Select Mexican Seasoning Mixes	\$1.59	\$1.19	\$0.40
Tanka Buffalo Bar	\$2.29	\$1.99	\$0.30
Biokleen Liguid Laundry Detergent, 32oz	\$7.39	\$4.99	\$2.40
Citrus Magic Solid Odor Absorber	\$4.99	\$3.99	\$1.00
Ecover Cream Cleanser	\$3.69	\$2.69	\$1.00
Ecover Floor Soap	\$5.29	\$3.99	\$1.30
If You Care Baking Cups	\$1.49-1.89	\$1.19-1.39	
Twist Sponges & Scrubbers	\$1.99-3.99	\$1.29-3.29	\$0.50

Bulk—Price per pound

Frontier Curry Powder, Muchi	\$9.48	\$6.49	\$2.99
Frontier Poppy Seed, Whole	\$9.19	\$4.89	\$4.30
Frontier Curry Powder, Organic	\$20.64	\$8.79	\$11.85
Frontier Garam Masala, Organic	\$27.04	\$13.99	\$13.05
Ancient Harvest Garden Pagoda Pasta	\$3.99	\$3.29	\$0.70
Ancient Harvest Quinoa Flakes	\$8.99	\$6.29	\$2.70

Refrigerated

Lifeway Kefir, 32oz	\$3.99	\$3.79	\$0.20
Organic Valley Soy Creamer, 16oz	\$2.29	\$2.19	\$0.10
Organic Valley Orange Juice, 59oz	\$5.99	\$5.99	\$0.00
Oikos Greek Yogurt, 16oz - new size		\$4.79	

Body Care

Veriditas Essential oils, hydrosols and essential oil blends		20% off	
All Terrain Phineas and Ferb Sun and Bug products		25% off	
Sunscreen, Bug Spray, Sunburn Gel			
Cleanwell Hand Sanitizer, Sanitizing Wipes		20% off	
Aura Cacia Essential Solutions Pillow Potion	\$11.99	\$7.99	\$4.00

Nutritional Supplements

Kal Hair Force 60 cap	\$19.99	\$14.99	\$5.00
Kal Apple Pectin 100tab	\$7.99	\$5.99	\$2.00
Soloray Hawthorn 60 cap	\$5.29	\$3.99	\$1.30
Soloray Tart Cherry 90 cap	\$15.89	\$11.99	\$3.90
Soloray Red Yeast Rice 45 Cap	\$15.99	\$11.99	\$4.00

Winneshiek County
Comprehensive Smart Plan Survey

Help define the direction of future development for Winneshiek County. Give your input by taking the Winneshiek County Comprehensive Smart Plan survey.

On line, type this link into your computer's address bar
http://www.winneshiekcounty.org/planzone_1.html or to get a hard copy, pick one up at the Winneshiek County Treasurer's Office.

Questions or Problems: Contact Jason Connor, Upper Explorerland Regional Planning Commission
phone:563-382-6171 or email: jconnor@uerpc.org

MEMBER DEALS OCTOBER

Regular Price

Sale Price

Savings

* Regular prices subject to change

Grocery

Alter Eco Quinoa NEW!		\$5.79	
Amy's Canned Soup	\$2.99-3.59	\$2.29	\$.70-1.30
Annies Family Mac & Cheese	\$3.39	\$2.49	\$0.90
Annies Rice Mac & Cheese	\$3.39	\$2.39	\$1.00
Barbara's Cheese Puffs	\$2.99	\$1.79	\$1.20
Clif Builder Bar	\$2.19	\$1.49	\$0.70
Emperors Chopped Garlic	\$3.39	\$2.19	\$1.20
Endangered Secies Chocolate Bar, 3oz	\$3.19	\$2.29	\$0.90
Food Should Taste Good Tortilla Chips	\$3.19	\$1.99	\$1.20
Glutino Crackers	\$4.69	\$3.49	\$1.20
Late July Snack Chip	\$2.99	\$1.99	\$1.00
Pacific Soup, 17.6oz	\$2.99-3.29	\$2.29	\$.70-1.00
ProBar Whole Food Bar	\$3.09	\$2.29	\$0.80

Bulk—Price per pound

Lotus Madagascar Pink Rice	\$3.69	\$2.19	\$1.50
Sunridge Raspberry Yogurt Pretzels	\$8.99	\$5.79	\$3.20
UNFI Bulk Walnuts, Halves&Pieces	\$6.99	\$5.49	\$1.50

Refrigerated

Earth Balance Mindful Mayo	\$4.59	\$3.99	\$0.60
Organic Valley Ricotta Cheese, 15oz	\$5.89	\$5.29	\$0.60

Body Care

Indigo Wild Zum Mists 4oz	\$9.99	\$7.99	\$2.00
Lavender, Sandalwood Citrus, Patchouli, Frank and Myrrh and Rosemary Mint			
Emerita Lubricants	\$9.99	\$7.29	\$2.70
Natural and Oh warming			
Aura Cacia Scented Massage Oils	\$8.99	\$5.99	\$3.00
Lavender Harvest, Tranquility			
Grandpa's Pine Tar Bar Soap 3.25oz	\$3.99	\$2.79	\$1.20

Nutritional Supplements

Soloray Once Daily High Energy Multi 60cap	\$14.89	\$11.19	\$3.70
Soloray Calcium Magnesium with Vitamin D 90cap	\$9.69	\$7.29	\$2.40
Sunny Greens Total Greens 120 tab	\$17.69	\$13.29	\$4.40
Soloray B12 90loz	\$10.49	\$7.89	\$2.60

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

New at the Water Street Café —
Cold Brew Coffee

What is cold brew coffee you ask? Also referred to as cold press coffee, this name refers to the process of steeping coffee grounds in room temperature water rather than the “typical” process of steeping grounds in hot water. The grounds are left steeping for an extended period of time in the room temperature water, anywhere from 12 to 24 hours. After this, the grounds must be filtered out of the water using a paper filter, French press, fine metal sieve, or other straining device. The Co-op utilizes a Toddy® Cold Brew system which consists of a special filter, hopper and carafe. The hopper is BPA-free plastic, and the carafe is glass. This system is specifically designed for this process and is also available for purchase at the Co-op – including replacement filters.

Once the cold press concentrate is strained, it is ready to be used in many different forms. At the Co-op we are only offering the cold brew coffee as iced coffee to start. In your system at home, you can use the concentrate the same you would espresso in making hot or iced lattes and other specialty coffee drinks.

Notably, the cold brew coffee concentrate is significantly less acidic than regular hot-brewed coffee and therefore is preferred by some individuals with acidity issues. The concentrate also has the benefit of a long refrigerator shelf life. According to Toddy®, the concentrate will last up to 14 days in the refrigerator “without any deterioration in taste or freshness.”

Next time you are at the Co-op, stop by the Water Street Café and ask for the new cold-brew iced coffee. You may find you need to pick up your own Toddy® too.

Join the Composting Community!

What better way to celebrate the earth than by composting? It's the ultimate in recycling and easy to do. Composting simply involves taking organic materials -- like plant remains and food scraps -- and transforming them into a rich, soil-like material called compost. Nature does it automatically. When you compost, you're just helping the natural process along.

Composting is a great way to use those fall leaves you rake up, the grass clippings you bag, and the food scraps you generate every day. By recycling this kitchen and yard waste, you reduce the amount of garbage sent to landfills (an average of 700 pounds per household per year). There's a tangible reward for you, too. The end product is a high quality, inexpensive amendment for your soil. (Even if you don't have a garden or houseplants, compost is a valuable commodity to share.) Adding nutrient-rich compost can enrich depleted soil, increase the ability of sandy soil to hold water, and add porosity to clay soil to improve drainage. Compost also provides food for microorganisms in the soil, which in turn produce nitrogen, potassium, and phosphorus.

How does composting work?

If you leave a pile of organic waste in a corner of your yard, it'll decompose on its own, thanks to nature. (There's even a name for this kind of composting; it's called "passive composting.") If you put a bit more effort into helping the process along, you can have more compost, in a shorter amount of time (and a little tidier yard, too.)

Helping the process means providing good conditions for decomposition, which is fueled by microorganisms like bacteria and fungi. Good conditions include the right carbon to nitrogen ratio, moisture, and aeration. A working compost pile will be warm, usually about 140 and 160 degrees F.

A good carbon to nitrogen ratio is about 25 to 30 parts carbon to 1 part nitrogen by weight. Composters think of carbon and nitrogen ingredients (which are food for the microorganisms) as "greens" and "browns." The "greens" are high in nitrogen. These include weeds, manures, hay, grass clippings, vegetable scraps, seaweed, garden waste, most food waste, clover, and alfalfa. The "browns," on the other hand, are high in carbon. "Browns"

include wood ashes, cardboard, corn stalks, fruit waste, leaves, newspaper, peanut shells, pine needles, sawdust, straw, soil, and wood chips. Of course, you don't need to measure your ingredients exactly. Start with two parts "greens" to one part "browns" by volume. If you notice that your compost pile isn't heating up and decomposing as fast as it should (or was), it might mean that there's too much carbon. On the other hand, if the pile starts smelling, it might mean that you have too much nitrogen. (That's because if there's too much carbon in the pile the microbes won't get enough air and anaerobic microbes will take over the pile. These types of microbes cause slower decomposition as well as a pile that smells like garbage.)

The right moisture level is also important for decomposition. Moisture content of 40 to 60 percent is a good range. If the compost is too dry, the microorganisms will slow down, but if it's too wet, it will interfere with aeration and leach out nutrients. The compost should feel damp, like a sponge that's been wrung out. If the weather is very dry, you might need to water the pile occasionally. If it's too wet, it might be necessary to cover it with a tarp now and then.

Aerating the pile is an important step because you need to disperse the microorganisms throughout the pile and because oxygen is necessary for decomposition. Using a bin with plenty of air holes helps with aeration, but, for best results, you'll also want to turn the pile regularly, using a pitchfork. (When you turn the pile, you introduce oxygen to the middle of it.) Some composters turn their piles every month or week, others every few days. The more you turn, the quicker the results. You can also help by increasing the surface area of the materials you compost -- by shredding or chopping them up, for example.

Do I need a compost bin?

No, you don't. (Remember "passive composting?") If you choose to have a simple, uncontained pile in your yard, for maximum effectiveness make it at least three feet by three feet by three feet. A bin keeps things tidier, though. A double bin allows you to turn the pile from one to the other when aerating. You can eas-

ily make bins out of old wooden pallets, wire mesh, or snow fencing. You can also purchase composting bins, including those that rotate.

In fact, you can even compost indoors. One method of doing this, called vermicomposting or worm composting, uses red worms. The worms are placed in a bin, along with moistened, shredded paper or cardboard, which is used as bedding. The worms convert the bedding and the food waste into "castings," which make nutrient-rich fertilizer for garden or houseplant soil. How many worms does it take? You'll need about two pounds of red worms for every pound of garbage your household produces daily and an indoor environment of 50 to 70 degrees F.

What can I put in the compost?

Things you can safely compost outdoors (besides most of your food scraps, including eggshells, tea bags, and coffee grounds) include: cow or horse manure, cardboard rolls, clean paper, cotton rags, dryer and vacuum cleaner lint, fireplace ashes, grass clippings, hair and fur, hay and straw, houseplants, leaves, nut shells, sawdust, shredded newspaper, wood chips, wool rags, and yard trimmings.

Can all organic materials be added to the compost?

No, some organic materials can't be composted because they contain substances that are harmful to plants, or because they may create odors and attract rodents. Don't add: bones; meats; fish or oily fats; black walnut tree leaves or twigs; coal or charcoal ash; dairy products; disease- or insect-ridden plants; fats, grease, lard or oils; pet wastes; or yard trimmings or household plants treated with chemical pesticides.

How will I know when my compost is ready to use?

When your compost is ready, it will be dark brown and, well, transformed. It will smell and feel earthy. Different composting methods take different amounts of time, but, in general, slow methods (such as a pile that you don't turn) might



take six months to two years (if it's very large), while a quick method (like a rotating barrel) might only take three weeks to six months.

How can I use the ready compost?

Mix the compost (fondly referred to as "black gold" by gardeners) into your garden soil, or mix it with the soil for your houseplants. Or use it as a mulch or top dressing (spread it on top of the soil around your plants). You can also use it as a regular houseplant or seedling fertilizer by mixing a little compost into the water in your watering can.

By the way, you can put compost that's not completely ready on a garden, and it will continue to decompose. If you're using it for seedlings, though, it's best to wait until it's completely done so the ongoing process doesn't burn the tender plants.

Composting Basics Sources
Compost Guide -- Composting Fundamentals, How to Compost, <http://vegweb.com/composting/how-to.shtml>
Composting 101.com, <http://www.composting101.com/how-it-works.html>
Composting, <http://www.no-dig-vegetable-garden.com/composting.html>
Create your Own Compost Pile, EPA, http://www.epa.gov/osw/conserve/rrr/composting/by_compost.htm
How to Compost.org, http://www.howto-compost.org/info/info_composting.asp
Organic Gardening, Composting 101, <http://www.organicgardening.com/learn-and-grow/composting-101?page=0,1>
University of Missouri Extension, *How to Build a Compost Bin*, <http://extension.missouri.edu/publications/DisplayPub.aspx?P=G6957>

Organic Farming – It Is Partly About Money

by Elizabeth Henderson

The mantra of corporate business is you are either growing or you are dying, or as Cornell and the other land grant schools have advised farmers, "Get bigger, or get out!" Family-scale organic farms have a different set of values. We want our farm businesses to be sustainable for our generation and for generations to come. To achieve this, our methods for growing food must be ecologically sound, putting back into the soil the nutrients that our crops take out, and improving or at least not damaging the natural systems upon which the farm depends. Like a living organism, the farm must reach the size that balances resources of land and people. Resilience is the key concept. To remain viable, the economics of our farm business dealings have to be fair for us as farmers, for the people who work for us, and for the people to whom we sell our food.

The pleasures of farming do compensate for the small financial returns. The great variety of physical and mental tasks makes running a family-scale organic farm both challenging and attractive. You can be your own boss, part-time laborer and part-time practical scientist. A sort of farming fever lures people to this work

where one of the main benefits is "ag," the aesthetic gluttony of working with nature.

Colder climate farmers, like those in the Midwest and Northeast, spend our winters planning, doing financial management, marketing, and research on pest control, crop varieties, nutrient management and equipment. During the growing season, farmers with more than five acres in production operate, maintain and repair machines. And then there are many hours of routine physical labor, growing crops, caring for livestock and manicuring the farmstead landscape and buildings. On a livestock farm, there are daily chores feeding animals, lugging buckets of water, sacks of feed, repairing fences. Vegetable growers spend hours in greenhouses seeding and transplanting, then planting, hoeing, weeding, harvesting, washing and packing produce in all kinds of weather.

Self-employed farmers have higher social status than farm workers, but not much more cash income; most carry a lot of debt. The hourly wage is often less than the minimum wages we pay our workers and many of our areas' organic farms are among the 84% of all U.S. farms that depend on a family member's off-farm

labor, especially for benefits like health insurance.

Labor

There are never too many hands to do all the work on a farm and rarely enough dollars to pay for all that needs to be done. On the smallest farms, when asked about farm workers, the farmer might say - "Meet my farmhands -- my right hand and my left hand." Often, the farm work is shared among members of the immediate family. Unpaid family labor is essential to the whole economy of a small, integrated farm where one of the "products" is the people.

Our society as a whole looks down on jobs that get people dirty. Vocational studies are for youngsters who do poorly at academic courses. We call picking vegetables "stoop labor," and the majority of the people who do this work are undocumented migrant farm workers whose average annual wages amount to less than \$13,000 a year, according to the United Farm Workers.

Marketing

There is a lot of demand for local food these days. Going local provides many benefits at the same time.

* Your money circulates in your own

community: family-scale farms are independent businesses that tend to support other local businesses. A multinational corporation is not siphoning your dollars off to line its coffers or pay its stockholders.

* If ever there were "green" jobs, employment in local sustainable agriculture meets the definition.

* Economically viable farms preserve open space and beautiful working landscapes.

* And eating local food saves energy. David Pimentel, Professor of Insect Ecology at Cornell University, has calculated that modern industrial agriculture expends 10 calories for each food-calorie produced. Many of those excess calories are burned up in transportation, packaging, marketing, and manufacturing synthetic nitrogen fertilizer.

But it turns out that buying from local organic farmers is complicated. While farms producing meat, milk and eggs can and do supply regional food coops and other stores that prioritize local purchasing 12 months a year, organic vegetable farmers only produce during the months from May through December. Few farms have winter storage facilities or

My Co-op Rocks!

The third annual My Co-op Rocks contest is back—with something new! Oneota Co-op is excited to kick off this year’s contest with TWO ways to show everyone how much your co-op rocks. This year, create an original video or take a photo that’s inspired by or features your co-op. Starting September 1, head over to www.MyCoopRocks.coop to submit your video or photos, or rate and leave your two cents on others’ submissions. Winners in both categories will be in for some super sweet prizes!

Unleash your sense of humor, show your mad video story-telling skills, or let your inner shutterbug shine. Videos should be two minutes or less—so show us what you’ve got! Be ready to share your masterpiece with the world on September 1. The sooner you enter, the more votes you can get!

- Run with your own idea, or get inspired by one of these suggestions:
- Top 10 Reasons My Co-op Rocks
 - Still Life with My Co-op
 - Oneota Co-op : a Rock Opera
 - Unexpected Delights at the Co-op
 - A Co-op Love Story
 - How Great Food Fuels Me/My Family/ My Life

The only limit is your imagination! Stay tuned for more, and check www.MyCoopRocks.coop September 1 for more contest details and updates.

collaboration

WHY DOES YOUR CO-OP ROCK?

Show us for a chance to win big!

The My Co-op Rocks Contest is back and better than ever with two ways to enter! Starting Sept. 1st to Oct. 31st, enter your original video or photo online featuring your own local color and tell everyone why your co-op rocks. Get in on the action at www.MyCoopRocks.coop, where you can check out everyone's submissions, leave comments and ratings, and enter your own creation for a chance to win super sweet prizes.

Win cool prizes!

1st Apple iPad2

2nd \$500 Co-op Gift Card

3rd Bloggie Duo HD Camera

MY CO-OP ROCKS

video + photo contest

www.MyCoopRocks.coop

completely real

organic

community

local color

Mind Games: How toxic chemicals are impairing children's ability to learn

continued from page 9

phosphate pesticides—truly do so. And at levels common among children. Frequently used in fruit and vegetable farming, organophosphate insecticides kill by attacking the nervous systems of insect pests. They have the same effect in humans: organophosphates interfere with the recycling of the neurotransmitter acetylcholine, one of the messaging signals that flow between neurons. Mounting evidence collected among various populations of children—from Harlem neighborhoods to the fields of California’s Central Valley—all suggest that organophosphate exposure affects cognition. For example, a small study of inner-city minority children found connections between organophosphate levels in their umbilical cord blood collected at birth and attention problems at age three. These results were later corroborated by the results of a large study of children selected to serve as a cross-sectional representation of the U.S. population as a whole. Its main finding was this: children with above-average levels of pesticides in their urine were twice as likely to have a diagnosis of ADHD.

The release of this study in spring 2010 triggered intense media coverage and lots of advice-giving to concerned parents. Wash fruits and vegetables well. Opt for organically grown food. Eschew pesticidal lawn chemicals. Avoid organophosphate pesticides when attempting to control insect pests within the home or on the family pet. With these admonitions, I felt I was back in 1936 with

Dr. Holt: to prevent lead poisoning, tell parents to stop children from putting things in their mouths.

This sort of public health approach—surround kids with brain poisons and enlist mothers and fathers to serve as security detail—is surely as failure-prone with pesticides as it was with lead paint.

As parents, we can only do so much to protect our children from the brain-disrupting chemicals that lurk in every part of the Earth’s dynamic systems—its water cycles, air currents, and food chains. I can do the thinking and research associated with making the right school choice for my children. I can help them with multiplication tables and subject-verb agreement. I can pack healthy school lunches. But I can’t place myself between their bodies and the two-hundred-plus identified neurotoxins that circulate freely through the environment we all inhabit.

Excerpted from *Mind Games: How Toxic Chemicals are Impairing Children’s Ability to Learn*, by author, ecologist and mother, Sandra Steingraber. In the original article, Steingraber lays out the science behind the increasingly clear connection between commonplace industrial chemicals and the growing “silent pandemic” of neurodevelopmental disorders, including attention deficit disorders, learning disabilities and autism spectrum disorders. The full article was published in the March/April 2011 issue of the Orion magazine and is available at Orionmagazine.org.

Organic Farming – It Is Partly About Money

continued from page 15

year-round greenhouses. Even in the growing season, every scrap of produce in our region’s food coops is not local. One obstacle is the lack of distribution channels for local farms. A small order for the store may not be worth a farmer’s special trip to town for delivery. The flow of product from California is better organized, fully capitalized and subsidized through government support for the highway system and fossil fuel supply. Another obstacle lies with the farmers themselves – on a small farm, the farmer can get so caught up in daily farm work that s/he forgets to call the store at the right time. Meanwhile the produce manager has ordered from Albert’s or Co-op Partners, distributors that deliver on a reliable schedule. There is a crying need for more marketing, processing and distribution coops.

Pricing

The final piece of the complex balancing act is price. The government’s cheap food policy dominates the macro scene. All too often, farmers don’t get to price their products – the market dictates the price they receive. Farmers are price takers. Distant forces – the big producers and brokers in California or Florida – set the price based on their assessment of how to corner as much of the market as possible. Sometimes, the "organic premium" makes the price farmers can get for organic food a little higher. In a truly fair market, the buyer negotiates with the farmer and pays a price that covers the full cost of producing the product, plus a fair surplus for savings, investment in the future of the farm and retirement. The production costs include:

- * a living wage for the farmer’s labor in seeding, growing, harvesting, washing, packing.
- * marketing, delivering and keeping track of all these expenses.
- * a living wage for farm employees, including required taxes and insurance,
- * for livestock, there is fencing, shelter, feed, medical care, slaughter and

- processing charges.
- * a share of the farm’s overhead: land costs, taxes, insurance, depreciation on buildings and equipment, utilities, repairs, maintenance, communications.
 - * seed, soil amendments, production aids such as row covers or hoop houses.
 - * equipment costs: fuel, maintenance, repairs, implement costs for preparing soil.
 - * cultivating out weeds, mowing or disking residues, seeding cover crops.
 - * irrigation: annual share of purchase cost, setup-take-down and maintenance time.

Cash Flow

In the best of conditions, crop farming in cooler climates is a seasonal business. The winter months are a quiet time when the fields are covered with snow – and the farm has nothing to sell. Cash sales lag behind production. With the exception of Community Supported Agriculture (CSA) projects where members pay for their shares in advance or farmers markets where customers pay immediately, most markets pay farmers after 14 to 30 days. It may take till December for farmers to collect all payments for that growing season. No money comes in during the winter months. But start up in the spring requires a big cash outlay for the season ahead. To grow ten acres of vegetables, an organic farm easily spends over \$3,000 for seed, including cover crops, from \$2,000 – \$5,000 on fertilizer, depending on whether the farm has livestock to make its own compost, and \$3,000 - \$5,000 on assorted supplies (boxes, bags, pest control materials, row cover, hoop house plastic, irrigation tape, etc.). If the farm has a greenhouse, heating is a major expense from March half way through a May. Whether the farm has money coming in or not, the farm must pay any people it employs. Organic certification fees are due in February; the rate is based on gross sales from the previous year. As probably the only government payment most organic farms receive, federal cost

share covers 75% of those fees up to \$750. Many farms get stuck on a treadmill of borrowing money for operations in the spring and then paying the loan back in the fall. Once in that pattern, it is hard to escape and one year of bad weather or low crop prices can drive a farm out of business. These are the intractable realities. Of course, by dint of outstanding talents or exceptional market conditions, some farms are doing much better economically than others. I am sure you can each think of one or two. But if we are to have a local food system that reliably provides most of the food needs for the population of our region, we must shift our spending priorities. The people who grow our food, farmers and farm workers, must get a fair share so that they can go on producing and lead decent lives. They do not need or even want to live like corporate CEOs. Many of the organic farmers and homesteaders I know would be happy to serve as models for a living economy based on the principle of ENOUGH. Helen and Scott Nearing, great-grandparents of the back-to-the-land movement, projected

an ideal of four hours a day for "bread labor" (related to basic needs such as food, shelter, and clothing), four hours for civic work (giving back to the community) and four hours for creative and artistic activities. Because of economic pressures, these days, people trying to make a living farming are so far from that ideal it is not funny. But if we at least begin demanding that farmers and farm workers should make a living wage with full benefits, (health care, compensation for injuries and unemployment, and retirement) from a 40 hour week, we may start moving towards an agriculture that will sustain us into a future worth living. Elizabeth Henderson (*Bringing Fair Trade Home and The Future of CSA*) has been making her living as an organic vegetable farmer for over 30 years. The Genesee Valley Organic CSA she helped start is now in its 22nd year. She has been on the Board of the Northeast Organic Farming Association of New York (NOFA-NY) for many years and is the lead author of *Sharing the Harvest: A Citizen’s Guide to Community Supported Agriculture* (published by Chelsea Green in 1999, with a new edition in 2007).

Our thanks again to Lee and Lindsay Lee for the beautiful plants out front of the Co-op. The vine with the purple flower is “Hyacinth Bean,” the short orange flower is a Begonia called “Bon Fire” and the yellow flower is a “Yellow Lantana.”

