

THE SCOOP

ONEOTA
COMMUNITY
FOOD
COOPERATIVE

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ONEOTA COMMUNITY FOOD CO-OP
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SHOULD WE LABEL GE FOODS?

by Barth Anderson
Chief Blogger, Fair Food Fight
(www.fairfoodfight.com)

I have some very heated arguments in my brain. It's disconcerting, sure, but medication doesn't help. So I just have to roll with it.

The biggest argument in my brain these days is about genetically engineered (GE) foods and how dangerous they are.

Are they dangerous?

Do GE ingredients pose a health risk to the people who eat them?

Or are GE crops safe and a crucial tool in modern agriculture's tool chest? They might be. I'm open to considering it.

Now you'd think an organic foods partisan like me would be knee-jerk against genetic engineering, but the fact is, I like to read the science behind food and have new ideas proven to me. I actually like being proven wrong.

But what makes the GE foods debate go on (and on!) in my stupid brain is that I haven't read a credible, knock-out punch argument from either the pro-GE or the anti-GE camps regarding the health safety of engineered foods.

Yes, evidence exists showing that increased use of Monsanto's pesticide Roundup with accompanying Roundup Ready GE crops is creating "superweeds." The pesticide wipes out weak weeds, allowing the strongest to survive and breed.

As for human health, yes, there are studies showing that GE foods may cause allergic reactions, infertility, cancer and immune disorders. But so

often these studies are conducted by non-profits with an axe to grind or using very small test-groups. We need population-wide epidemiological studies on GE foods, and those cost money.

But if it's our food, why are credible studies about the safety of GE food so hard to come by?

Because biotech companies designing and manufacturing GE seeds (like Monsanto, DuPont, Syngenta) place proprietary blinds around their products. Paranoid that rivals will steal their patented genes, these companies are hesitant to turn their newly minted, recombinant genes over to fellow scientists for rigorous peer review. And when they do, it's often years after they've already been approved.

This is what sets up the never-ending debate in my skull.

With corporate veils drawn around newly invented plant genes, proponents can argue that "GE foods have not been proven unsafe," that "GE wheat hasn't been proven to cause cancer," or that "It hasn't been proven that GE foods cause allergic reactions."

Well, that's roughly true. It probably hasn't been proven.

But if new genes have only been tested by the company that created them, how can I trust that GE foods are truly safe? Where's the accountability? With a revolving door of Monsanto officials and biotech proponents holding posts in the FDA and USDA, how can I be sure that industry profit isn't outweighing public safety?

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(How) Should We Grow?

By David Lester, General Manager

After attending the spring meeting of the NCGA in Albuquerque in mid-April, it is clear that the competition in the natural and organic grocery business is getting fierce.

Oak Hill Capital Partners, a New York-based private equity firm, has acquired an 80% interest in a chain of natural grocery stores called Earth Fare.⁽¹⁾ Stores like Earth Fare and privately owned businesses like Whole Foods are seeing rapid growth in opening new stores across the country. Sunflower Farmers Market and Sprouts Farmers Market are merging to form a larger natural-foods grocery chain.⁽²⁾ I've shopped in all of these stores, and I'll have to admit they are doing a lot of things right to persuade shoppers to buy from them. However, in the next few months, I plan to run a few stories about why shopping at your local food cooperative invests more resources in the local food chain, puts more money into the local economy, has less of an impact on our environment than conventional stores, and is a better model for long-term sustainability.

Data from a recent survey of cooperatives will be available that compares the impact of the cooperative business model with conventional stores. Fellow GMs and I got a sneak preview into some of this data at our spring meeting. There will be data in areas like environmental sustainability, employee satisfaction, organic and fair trade products, and impact on the local economy. We plan to use this data to influence the market and grow the cooperative business model and look at growth opportunities.

Conventional grocery retailers are taking advantage of the growth opportunities that the natural foods market is experiencing, about 7.5% growth according to Natu-



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

ral Foods Merchandiser's 2011 Market Overview. Food cooperatives are also seeing a dramatic increase in communities across the country wanting to start a cooperative in their community, but probably not at the same rate as the private investors. It is time to roll up our sleeves and think about growth.

Think about it, why wouldn't we want to grow? Why wouldn't we want to extend more purchasing opportunities to more local producers? Why wouldn't we want more sales of organically grown and Fair Trade products? Why wouldn't we want to hire more staff and provide more decent jobs, wages and benefits to more individuals in our community? The question isn't "should we grow?" but rather, "how should we grow?"

I am asking our member/owners and customers for help on this question. The staff and I will be discussing opportunities for our store and writing plans to implement these growth opportunities as we become more financially viable each year. Feel free to email me (gm@oneotacoop.com) or fill out one of our Customer Comment cards at the Customer Service Desk when

you're in the store. Also, look for our customer survey which will be available to take electronically or by paper sometime this summer. We need

your help to make our store an even better one that can filter even more resources back into our local economy.

Thank you

(1) supermarketnews.com
(2) marketwatch.com (Wall Street Journal)

Be Your Own Prep Cook: Convenience on a Budget

by Robin Asbell

Our obsession with chefs seems to be endless. On any given day you can turn on the television and see shows where eager cooks compete to turn out the best plate of food in absurdly short amounts of time. Celebrity chefs, restaurant chefs and aspiring restaurateurs must make excellent food in high-pressure sprint conditions. Watching them concoct a photo-ready tower of food from fancy mystery ingredients, a home cook could get the idea that this is how restaurant kitchens work, and by extension that it should be just as easy to do at home. Well, yes and no.

As a veteran of a number of restaurant kitchens, I'll share a valuable secret. The most important thing a chef does is design a system in which just about every dish on the menu is put together at the last minute from something called "prep." Prep entails sauces, chopped



vegetables, par-cooked meat and fish, even pre-cooked pasta and pizza crusts that are ready to go before the line cooks arrive for their high-pressure shifts. Those prep items are cranked out by a staff of anonymous yet hardworking cooks, who make sure the refrigerator is always stocked. Unlike a TV competition, restaurants get food on the plate by planning and working ahead, not by last minute improvisations.

In addition to creating flavorful dishes, the chef also has to think about the bottom line and keep costs down by buying carefully and

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Foods We Love (and why)

by Kristin Evenrud, Grocery Buyer

Once Again Nut Butters – We Spread Integrity.™

Once Again is a great employee-owned company. They spend time developing and supporting Fair Trade with small organic co-ops and farms. In addition, they support educational, medical and employment programs in Nicaragua. Once Again also brings the philanthropic action home with annual donations providing assistance to impoverished Americans, disaster victims and communities. The glass jars they use are from 55% recycled content and they encourage the recycling of these jars – though we cannot recycle glass in Winnesheik County.

Once Again never sources nuts from China. Instead most of the nuts and seeds in the nut butters we carry are sourced from the United States; primarily California, Virginia, Texas and North Carolina. Once Again offers products that are certified organic as well as all-natural nut butters. In response to consumers wanting the "no-stir" option, they use the sustainable and renewable palm fruit oil instead of palm oil.

Once again has easy to read labels: V for vegan, G for gluten free, Kosher verified and S on sodium-free options. The best part is Once Again nut butters taste great.

All-Natural Old Fashioned No Salt Added Peanut Butter

Organic American Classic Creamy Peanut Butter



All-Natural American Classic Almond Butter

Organic Sunflower Seed Butter

Organic Sunflower Seed Butter, Sugar & Salt Free

Sunflower Trail Mix Cookies

Yield: 2 ½ dozen
1 cup Once Again Organic Sunflower Seed Butter
1 cup sweetened coconut flakes
½ cup semi-sweet chocolate chips
½ cup packed dark brown sugar
½ cup dried cranberries
½ cup dates, chopped
¼ cup sunflower seeds
¼ cup maple syrup
1 large egg
½ tsp vanilla
½ tsp baking soda
¼ tsp salt

Directions: Preheat the oven to 350°F. Place all of the ingredients together in the bowl of a stand mixer. Mix on medium speed until the ingredients are well incorporated. Drop generous tablespoons of dough onto a parchment-lined cookie sheet. Bake for 12-14 minutes until cookies are set, but still soft. Remove from the oven and let cool on the cookie sheet. Enjoy! *Vegetarian *Gluten Free *Dairy Free

Recipe from:
http://onceagainnutbutter.com/Sunflower_Butter_Recipes.html

e1

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

Green's Sugar Bush

Green's Sugar Bush is the oldest continually operational business in Iowa. They have been making syrup every year since 1851. Dale and Karen Green are the fifth generation to make maple syrup in Castalia, IA, and they even get their children and grandchildren involved. The maple farm is 60 acres in size, and they tap the trees every spring to begin making a deep and thick maple syrup. It is amazing to think how much sap it takes to create syrup. The quantity of sap that is extracted varies from year to year. For example, the industry standard is 1 quart of syrup per tap and this year the Green's farm yielded 1/2 pint of syrup per tap. That means syrup may be in short supply as we head into the Fall. Dale assured me he has plenty on hand for sale at the Oneota Co-op.

In addition, they hold their Green's Sugar Bush Pancake Breakfast the last weekend of March and the first weekend of April every year. They have done so for the last 22 years and you can look forward to it again next Spring. This year they served 1,100 people on the first weekend.

Maple Cinnamon Cupcakes

Cupcakes
2/3 cup soymilk
1/2 teaspoon apple cider vinegar
1/3 cup maple syrup
1/3 cup applesauce
1/3 cup vegetable oil
1 teaspoon vanilla extract
1 1/4 cups all-purpose flour
3/4 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon ground cinnamon
1/4 teaspoon salt
1/2 cup chocolate chips, grain sweetened
1/4 cup cocoa powder (optional)

Icing
4 tablespoons margarine
1 1/2 cups confectioners' sugar
1 tablespoon soymilk
1 teaspoon maple syrup
1/4 teaspoon ground cinnamon

Preparation: Preheat the oven to 350 degrees F. Insert paper cupcake liners into a medium muffin pan.

In a large bowl, combine the soymilk and vinegar. Let this mixture stand for 5 minutes, then whisk in the maple syrup, applesauce, oil and vanilla extract. Sift in the flour, salt, baking soda, baking powder, cinnamon and cocoa powder (if you prefer chocolate cupcakes), and mix to a smooth batter. Fill the paper cups two-thirds full and bake 18–20 minutes or until a toothpick inserted into the center come out clean.

To make the icing, cream together margarine, cinnamon and half the confectioners' sugar in a bowl, add the soymilk and maple syrup and blend well; then add and blend in the remaining sugar. Ice the cupcakes after they are completely cooled.

Serving Suggestion: These nondairy and vegan cupcakes are moist, dense and not overly sweet. Serve them for dessert or as an "anytime" treat, garnished with extra chocolate chips or chopped nuts if you like.

Cost per serving: approximately \$1.00

Reprinted by permission from StrongerTogether.coop. Find more recipes and information about your food and where it comes from at www.strongertogether.coop.

Betty Lou's Just Great Stuff Organic Powdered Peanut Butter

This stuff is awesome! It is a healthy alternative to traditional peanut butter. It is powdered and has 85% less fat than traditional peanut butter. It is a simple 2:1 ratio of water to powder to create a serving of peanut butter. Betty Lou got her family off of



processed sugar 32 years ago and has never looked back. This small company specializes in healthy, all-natural gluten-free products. Certified organic and gluten free, this powdered peanut butter is sweetened with coconut sugar and is only 4 net carbohydrates. Try it on your next PB & J sandwich or as an addition to your favorite smoothie recipe.

SHOULD WE LABEL GE FOODS?

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I can't. Indeed, I assume profit usually trumps safety in the traditional food industry. If biotech companies won't let other scientists see their findings, then I have to assume there's something to hide.

If you're like me, naturally skeptical, and if science and industry won't do their part to instill confidence in us, then we consumers have to take action in the grocery store. The cash register has to be the place where citizens demand choice and transparency when it comes to our foods.

Right now, Americans only have a couple options if they want to avoid GE foods in their groceries, the USDA Organic label being the most credible. All certified organic farmers have to source non-GE seeds for their organic crops or they lose their USDA certification. So if you are concerned about eating GE crops, go organic.

There's also The Non-GMO Project Verified Seal, which is less frequently seen, but a good label for tracking down GE-free foods in my opinion. You can learn more about that label at The Non-GMO Project's terrific website.

But those are just two labels. What about the rest of your grocery list? What if you can't purchase certain items as organic? Does that mean every other item in the grocery store is genetically engineered?

It's close. Corn ingredients are 88% likely to come from genetically engineered seed, and 90% of all soybeans in the U.S. are GE too. Ninety-five percent of all sugar beets and 90% of canola seeds are GE as well (find more info at justlabelit.org/take-action/8-things-you-can-do/). Those are four of the most common food ingredients in the U.S. food system, and they are predominantly grown from biotech seeds.

In short, GE food is very hard to avoid, and there's practically no way to learn this in most grocery aisles. Worse, there's no way to know if genetically engineered ingredients are in the food I'm purchasing.

Why? Because food companies believe the term "genetic engineering" on packaging will kill their sales. As a result, genetically engineered food is never labeled as such. Ever.

This is the opposite of what I want. I like the WYSIWIG approach to shopping—What You See Is What You Get. Without thorough information on food packaging, I have no idea what I'm seeing or what I'm getting.

Now, even though the food industry doesn't want me to know if I'm buying GE food, I still have an open mind. I'm open to the idea that genetic engineering could be used to speed up the hybridization process that homo sapiens have used for 7,000 years. But I'm not yet convinced that all of the currently approved GE crops—such as corn inserted with a bacterial gene to withstand heavy doses of pesticides—and those on the horizon are just as safe as those created through traditional breeding processes, such as hybridization.

Without that proof, companies selling genetically engineered foods seem to be saying, "Just trust me."

To which I have to say, "Please, just label it."

Authored by Barth Anderson for Stronger Together. Reprinted by permission from strongertogether.coop. Find articles about your food and where it comes from, recipes and a whole lot more at www.strongertogether.coop

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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.

HOW TO BOIL WATER SERIES!

Often class suggestions and requests for recipes and food preparation ideas seem so simple to the staff here at OCC - frequently requested are “How do I make granola?” “What’s the best way to prepare this squash?” But what sounds simple in the grocery aisle can become daunting in the kitchen at home. And too often we skip the dish and opt for something already prepared from the frozen aisles of the grocery store. Enter - How to Boil Water! Once a month a one hour class will be offered to teach “something simple.” These classes are designed for newbies in the kitchen as well as those who are looking for a refresher course or new ideas. Recipes, sampling, and a bit of hands-on work will accompany each class.

EXPLORING FOODS! CLASSES

Open to participants 3 - 7 years old with adult helper
Explore foods through sight, sound, smells and tactile experiences. The love of cooking and eating good food starts young. Children who are given choice and are able to lend a hand in preparing their foods eat a wider variety of nutritious foods and are able to make healthier choices as they grow. Let that process start here at the Oneota Community Food Co-op.

Exploring Foods! Classes will be taking a break for the summer starting in June.

MAY

Co-op Potluck

Thursday, May 3rd 6:30 pm at Timberframe Shelter Phelps Park

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.

Exploring Foods! Banana Popsicles and Friends

Tuesday, May 8th 4:00 - 5:00 pm

Let’s make America’s favorite fruit a little more exciting! How many ways can you make a banana into a popsicle treat? We will explore the Co-op’s bulk section in order to find ingredients. Here’s a chance to try all those nuts and granolas and dried fruits in the bulk bins.
Instructor Johanna Bergan
\$8 per child; no charge for adult helper

Welcome to the Co-op! Member/Owner Orientation

Thursday, May 10th 6:00 pm

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. Receive a \$5 store coupon for each owner household that completes the tour.
FREE

Perennial Polycultures

Saturday, May 12th 2:00 - 4:00 pm

We will start with discussion around planning and preparation for interplanting berries, small fruits and other edibles. The majority of the class will consist of hands-on experience planting a variety of useful and edible plants. Please come ready to work and get dirty. Join our instructor, Jeff, owner of Driftless Gardens: Maintenance & Design business and learn from his decade of experience with a wide range of horticultural practices.
Instructor: Jeff Scott
Location: 501 Center Ave, Decorah
\$8 Co-op Member/Owners; \$10 Community Member

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

Tuesday, May 15th, 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.)

Exploring Foods! Spring Rolls

Tuesday, May 15th 4:00 - 5:00 pm

Tacos? PB&J? Move on over - the Spring Roll is here! Children will slice, dice and chop the veggies. Learn the trick to wrapping up a rice paper roll and then whip up a peanuty dipping sauce. These just might become the new favorite lunch.
Instructor: Johanna Bergan
\$8 per child, no charge for adult helper

Summer Herbs Class

Monday, May 21st 5:30 - 7:30 pm

Please join local herbalist Bonnie Kreckow for an evening of hands on herbal training. This class will focus on some summer themed first aid all with healing herbs. Bonnie is a Certified Clinical Herbalist who resides in the country near Winona, Minnesota.
Instructor: Bonnie Kreckow
\$15 Co-op Member/Owner; \$20 Community Member

People’s Time Exchange Orientation Meeting

Tuesday, May 22nd 5:30 - 6:30 pm

A new regional service encourages the sharing of time and talent, helping people to both save money and strengthen community. Everyone from NE Iowa, SE Minnesota, and SW Wisconsin is invited to participate, and may attend this session to learn how to join in the Time Exchange. For more information, visit <http://peoples.timebanks.org>. Orientation session is open to all and will help address questions around using the website, starting to offer and receive services through the exchange and any questions you might have.
Instructor: Sarah Wicks
FREE

Memorial Day: Co-op Closed

Monday, May 28th



How to Boil Water: Pressure Cooking 101

Tuesday, May 29th, 6:00 - 7:00 pm

Learn to cook with a pressure cooker. Make preparing grains, dried beans and slow cooking vegetables, stews, and even steamed breads and desserts a breeze. This class will show you how to use a pressure cooker to prepare foods quickly. Enjoy samples of one dish wonders and know that supper really can be ready in time.
Instructors: Betsy Peirce and Johanna Bergan
\$8 Co-op Member/Owner; \$10 Community Member

JUNE

Co-op Potluck

Thursday, June 7th 6:30 pm at Timberframe Shelter Phelps Park

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, June 14th 6:00 pm

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. Receive a \$5 store coupon for each owner household that completes the tour.
FREE

How to Boil Water: Salad Dressings

Thursday, June 21st 6:00 - 7:00 pm

Coming home each week from Farmer’s Market with your basket overflowing with veggies? My eyes are SO BIG at market - things hardly fit in the fridge. Here’s a great way to increase the number of vegetables and small fruits your family eats - just add salad dressing. How about salad dressings that are not chock full of preservatives and un-natural flavorings? Better yet - how about salad dressings made from those very same vegetables you just brought at market - to put on top of yet MORE vegetables?
\$8 Co-op Member/Owner; \$10 Community Member
Instructor: Johanna Bergan

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

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.)

I know I should eat more vegetables...

Reprinted with permission from At the WEDGE, newsletter of the Wedge Co-op in Minneapolis, MN.

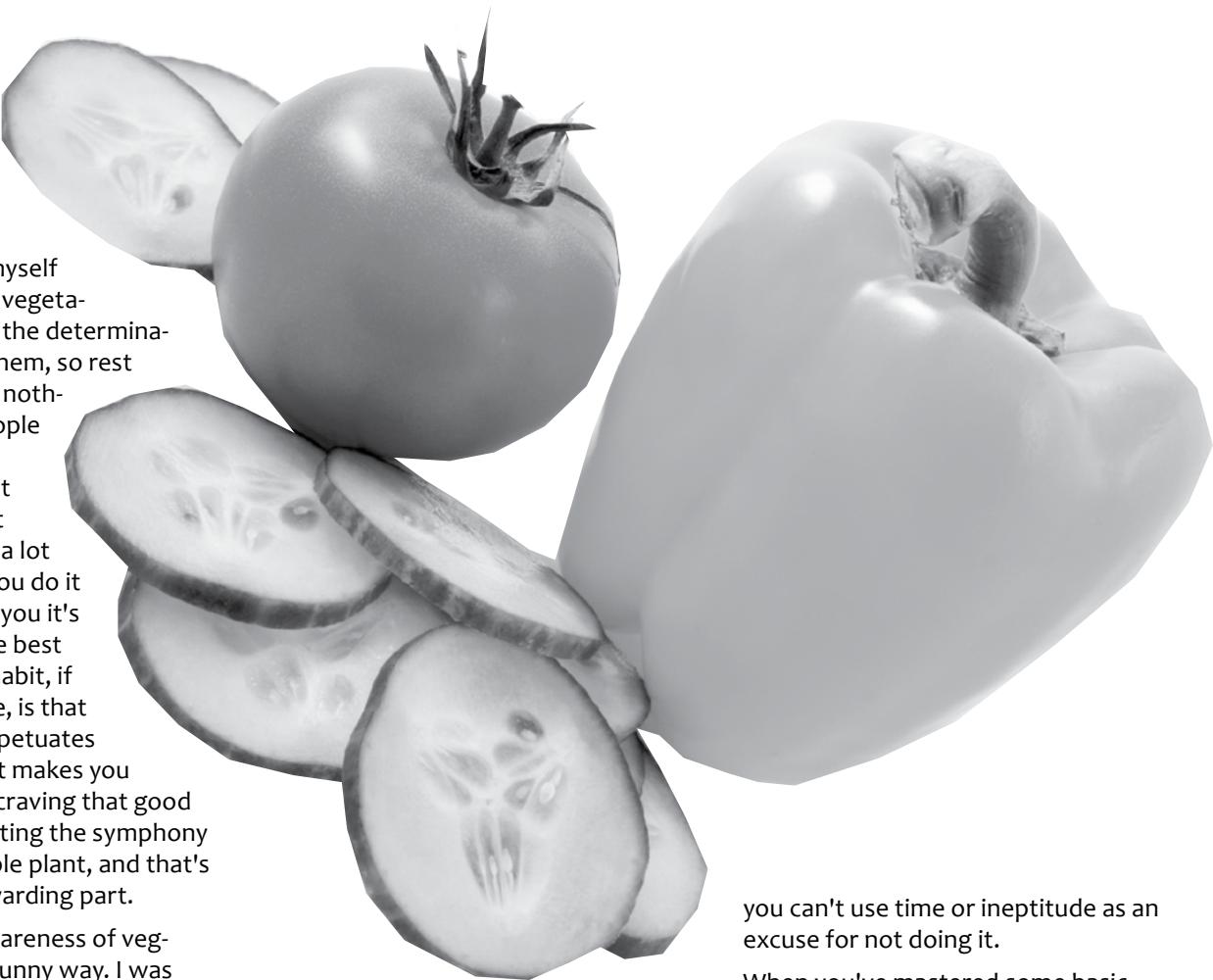
Dear Professor Produce: Help! I know I should eat more vegetables, but I feel shut out from vegetables. I grew up eating frozen peas and corn, and I don't know how to eat them unless they're mixed in with something else. I'm sick of salads and baby carrots. I am afraid I just don't have a taste for vegetables.

In this column I give a lot of lip service to the amazing, outrageous flavors of nature - the subtleties, the nuances, the delicate essences of things that grow, but I know it's often bordering on the esoteric. The truth is you are not alone. In fact, I think there should be a support group for people who want to eat more vegetables but don't know how. "Hi, I'm Cathy, and I don't know how to eat vegetables," that kind of thing. Any time you are going to make a change in your self-care habits, it is a rocky road complete with backsliding and inevitable soul-searching. As is often the case though, the struggle is more than worth the results. If we boil down the basic points of weight-loss programs, longevity studies, all major cancer research and the innate wisdom of non-domesticated omnivorous mammals the world over, they all advocate the eating of vegetables - lots of them.

This time of year happens to be the easiest time of year to start doing just that. June is a tender month of things that are delicious raw, like radishes, lettuces, baby greens and snap peas. This turns into a summer full of the bounty of sun-drenched earth: string beans, corn on the cob, heirloom tomatoes, fresh basil, abundant summer squash. However, if this doesn't sound naturally good to you, or if you need to learn how to cook these things, then even these familiar veggies can

provoke some anxiety. Among the most successful and dedicated vegetable consumers I know, myself included, the love of vegetables came long after the determination to eat more of them, so rest assured that there is nothing special about people who have learned to love them. There isn't an easy road here. At first it appears to be a lot like flossing teeth - you do it because experts tell you it's good for you. But the best thing about a good habit, if it's worth its promise, is that it eventually self-perpetuates because of the way it makes you feel. Once you start craving that good feeling, you start tasting the symphony inherent in each edible plant, and that's the aesthetically rewarding part.

My own personal awareness of vegetables started in a funny way. I was working in a produce department, but I hadn't really registered the value of what was surrounding me. I didn't know how to cook or even why I should bother, but I ate a lot of produce incidentally, working with it every day. One spring I went on a road trip through the southern states, and by our eventual stop at the Krispy Kreme factory in Atlanta a couple weeks later, I was freaking out. Whatever was coming out of my pores felt like putty, I smelled, I had so little energy I actually craved sitting in the car motionless. I searched out Atlanta's Sevananda Co-op and found I bizarrely registered kale as mouth-watering. Seeing green stuff again was like coming home from Oz to



see the family I forgot I had. I realized I was going through produce withdrawal, and it wasn't pretty. From that moment on I was a believer. I began to tell people I was in love with produce. I promised produce I would never abandon it again. Produce and I have been having a really happy relationship ever since I realized just how good it makes me feel.

We can't all get jobs in produce departments, but there are fairly simple ways to start eating more vegetables - especially now in the summer months when produce is at its absolute freshest and finest. One thing I would suggest is start out easy and small. Don't make it a big production and try to cook one fancy veggie-packed meal after another. That's bound for failure over time. Simply buy what looks good at the store (or ask your friendly produce employee what's freshest that week), and prepare it simply. Steaming and grilling are my favorite ways to enjoy most produce, and it's so fast and easy

you can't use time or ineptitude as an excuse for not doing it.

When you've mastered some basic veggies, you can graduate to reading Deborah Madison's cookbook, *Vegetarian Cooking for Everyone* (I'm not a vegetarian, so if you're not either note that she does say everyone). It is a highly accessible, information packed tome that will teach you how to prepare almost any vegetable, and better yet, how to do it intuitively over time. I have Deborah to thank for teaching me how to easily and quickly enjoy all kinds of "high-maintenance" veggies - Fava beans, artichokes, kohlrabi, celery root, the list goes on. We can special order the cookbook for you, or you can find it in most bookstores in the cookbook section.

Think of learning to eat vegetables as an adventure - one that will inevitably link you more firmly to the earth, and have the added benefit of working as preventative medicine against a wide range of illnesses. You never know - someday you just might find yourself waxing poetic about subtleties in the perfume of the leek. Stranger things have happened.



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FIRE UP THE GRILL

by Kristin Evenrud, Grocery Manager and Meat Buyer

We love Jeanett Hanson's Rock Cedar Ranch New York Strip steaks on the grill. These grass fed beef cattle have been hand fed a small amount of organic corn at the finish to give the meat a tasty marbling, perfect for the grill. Here is a recipe from the Grilling Companion that explains how to grill the perfect New York Strip steak.

NEW YORK STRIP STEAK

Grill Method: Direct grilling over high heat with the lid open.
Grilling Time: About 8 minutes total for a 1" thick New York Strip steak.
Ingredients:
New York Strip Steak
Garlic Salt
Fresh Ground Pepper

Directions: Approximately 45 minute before you are ready to grill your New York Strip steaks, take them out of the fridge and rub in some garlic salt and fresh ground pepper. Leave them on the counter to let them warm to room temperature.
Preheat the grill on high for direct grilling. Clean your grill with a grill brush. Hold your hand about 2 inches above the grill and see if the temperature is right. For gas grilling steaks over high heat, you don't want to be able to hold your hand over the grill for more than 5 seconds. Don't try to be tough, you know when it is hot! Place the New York Strip steaks on the grill with tongs. NEVER pierce the skin of the steaks with a fork! After about 2 minutes, use tongs to pick up the steaks, rotate 90 degrees and then place the steaks back on the grill for those nice grill marks. After 2 more minutes, you are ready to flip the steaks. Pick them up and flip them over. This is the only time you are going to flip the steaks (we told you this was easy). After another 2 minutes, rotate the New York Strip steaks another 90 degrees. Now grill them for a final 2 minutes and they should be ready. Take the grilled steaks off the grill and let them rest for at least 5 minutes before serving. You can always stick them back on the grill for a few minutes if they aren't done enough.
Serve your grilled New York Strip steaks with some grilled vegetables or a nice baked potato and enjoy.
<http://www.grillingcompanion.com/grilled-new-york-strip-steak/>



SALMON

My favorite way to grill salmon is also the easiest. You get a lot of bang for your buck when you grill Wild Caught Alaskan Salmon. When your guests sit up to your summer table and you bring out the platter with grilled salmon surrounded by grilled asparagus, crimini mushrooms, red pepper and zucchini, they will say WOW!
So here is my trick for Salmon on the grill:
Coat both sides of the fillet with good quality organic olive oil. I prefer to grill a whole side fillet, but you can also grill 8 oz pieces. Season, to taste, with salt and pepper. Place, skin side down, on a med heat grill. Flip after 5-7 minutes, depending on the size of your fillet. The fillet should look cooked at this point. Grill an additional 3-4 minutes flesh-side down. Carefully take the fish off the grill and place it on a platter, letting the fish rest a few minutes before serving. The resulting grilled salmon should be flaky and moist.
While the salmon is resting, grill some of your favorite sliced vegetables on the still hot grill. Once tender, drizzle La Tourangelle Artisan Thai Wok Oil – expeller pressed Saf-flower Oil infused with Thai Basil and Lemongrass. It is delightful.



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



LADYBUG LANDSCAPES & FLORAL

“your gardening friends”

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Al & Anita Weis, owners 906 Mechanic St · Decorah, IA 52101
563-387-0217 · ladybugdecorahfloral.com

Saraswatī Bhawan



Dedicated to preserving the ancient Buddhist yogic tradition.

Medicine Buddha Empowerment & Teachings with Lama Dawa Rinpoche

Saturday, June 16, 2:00 ~ 5:00 pm
Lama Dawa Rinpoche will bestow the empowerment of Medicine Buddha. This empowerment is very healing and beneficial for all. It is recommended for anyone who is in need of healing as well as for health practitioners who would like to empower their healing work.

Sunday, June 17, 9:30 am ~ 12:00 noon
Lama Dawa Rinpoche will bestow the verbal transmission and instruction for a short Medicine Buddha practice and mantra. This teaching is for those who have received Medicine Buddha empowerment and wish to engage in the practice. Texts will be provided.
Suggested donation for the empowerment: \$40
Suggested donation for the teaching transmission: \$20 No registration required.

Location:
River View Dharma Center, 300 Center Street, Lansing, Iowa 52151
Plenty of street parking available.
For more information, contact: riverview@saraswatibhawan.org or call: 563-538-4510
Overnight accommodations are available in the Dharma Center for \$35.00 – dorm style. Call 563-538-4510 to reserve a bed.
Visit us online at www.saraswatibhawan.org for a full list of upcoming events.




Comment: It is nice to see that your beer prices are comparable to other stores in Decorah. And the mix-a-six is a nice plus. We'll remember to stop here for beer while in town.

Response: Thank you for the great compliment! Our Wine and Beer Buyer works tirelessly to find great beers and negotiate competitive pricing. The selection we carry reflects our Co-op mission and our love of good beer.

Comment: Why the new fresh tape seals on Café foods in the grab-n-go?

Response: We recently had an audit done that gave us suggestions of best practices that we could implement at our store. Specifically, in the Café, using tape to seal our to-go items was one of these suggestions. We are not happy about one extra piece of packaging, however, it is one small way that we can ensure that our to-go products are not tampered with and the products you eat from the grab-n-go are the freshest possible.






Baker's Oven

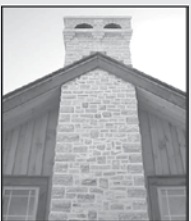
Commercial • Residential Traditional Limestone Masonry

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


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




Chimney




Chimney




Dry-Laid Stone



Retaining Wall



Dry-Laid Stairway



Fireplace Insert

NEW PANINI MENU ITEMS IN THE WATER STREET CAFE

The Water Street Café now features a selection of new panini (grilled sandwiches). All of these new additions are grilled to perfection and come served with a pickle on the side. Stop in any day of the week and order up one of these toasty delights for lunch, snack or dinner.

New panini include:

The Fun Guy – marinated Portabello mushrooms, mozzarella cheese, roasted red peppers, roasted red pepper mayonnaise, and alfalfa sprouts on local ciabatta bread.

Buffalo Bleu Tuna – Our own house-made Bleu Tuna salad, fresh tomatoes, and cheddar cheese on organic sourdough bread.



Hot Ham and Swiss – ham, Swiss cheese, honey mustard dressing, and mayonnaise on Pumpernickel Rye bread.

California Turkey – smoked turkey breast, cheddar cheese, fresh avocado, fresh tomato, and chipotle mayonnaise on organic sourdough bread

The Green Plate Program—a difference in waste.

Last September we kicked off a program designed to offer our customers a take-away container that was reusable. Since then we have received great customer accolades for offering such a worthwhile option. It is part of our mission to constantly strive to make our carbon footprint as small as possible while conforming to regulations. We want to offer our appreciation to all of our customers who are participating in this program. You are making a difference one green plate at a time. Thank you.

This is how the Green Plate Program works:

You buy into the program for the price of one reusable container. (The charge is minimal as we are only charging for cost plus shipping of one container). We have both compartmental hot bar/salad bar

containers and soup containers.

For first-time users, we have a display of new (stickered) containers next to the hot bar. These containers are already cleaned, sealed and stickered. The sticker informs the cashier that you are a new participant in the program, and they will charge you accordingly for the container the first time through. Simply take your new container from the display and fill it up with the amount of food that you desire from the hot bar and salad bar. Proceed to the cashiers up front and they will ring you through and charge you appropriately for the new container and the food that it contains.

If you are a repeat Green Plate customer, you must return your used Green Plate container before you will be allowed to use another Green Plate container. Simply bring your used container

Down in the Valley Bakehouse gluten-free products are here

Gluten free just got tastier. The Water Street Café strives to offer customers as many gluten-free items as possible, and our grab-n-go bakery items are no exception. Recently, we sampled some gluten-free bakery items from a relatively new bakery out of Burnsville, Minnesota. Valley Natural Foods Co-op is home to Down in the Valley Bakehouse, a dedicated gluten-free bakery that began operation in their facility in 2011.

According to an article written by Susan Budig for Valley Natural Food’s own publication, “The Bakehouse uses local products whenever possible. They often sweeten with alternatives such as agave syrup, and the dairy used in their products are hormone and antibiotic-free.” Palm shortenings are used and are trans-fat free as well.

The bakery dispels the common misconception that gluten-free products must be “expensive, gritty, dry and don’t last very long.”

Jill Webster, manager of Down in the Valley Bakehouse, goes on to say, “We don’t have any grit. We’ve gone to

the Co-op and return it to the Café counter staff. They will give you a clean and sanitized container for use this time through. Alternately, if you would like to return your used Green Plate and pick one up at a later date, they will give you a Green Plate card for redemption of a plate the next time you need one. (Note: you will not use the same container each time). We encourage you to repeat as often as you like.

North Dakota to get gluten-free flour and we’ve tried to get nutrition in our product using flax seed and other proteins.”

If you suffer from gluten sensitivity or gluten intolerance, or just want to try some really good baked goods, check out the Café grab-n-go cooler, and the Oneota Co-op freezer section. Just look for the Down in the Valley Bakehouse logo and you are sure to be pleasantly surprised.



CATERING TO YOUR NEEDS IS WHAT WE DO BEST.

Everyone has special needs when it comes to their special event. Of course you want it to be as perfect as it can be. That’s where we come in. Here at the Water Street Café we specialize in special requests. Just ask our friendly staff if you have a special request and we will work to accommodate you.

What we can do for you:

- Vegan/ Vegetarian
- Gluten free
- Organic and/or Local ingredients
- Meat that is local, grass fed, antibiotic free, hormone free, nitrate & nitrite free
- Seasonal specialties
- Check out our catering menu on the bottom of this page of this publication, or online at www.oneotacoop.com/.

ENTRÉES

12-15 servings per pan - \$48/pan
Some of our favorites include:
lasagna, meatloaf, salsa verde enchilada pie, and chicken chile enchilada pie and our speciality Swedish Meatballs. Ask the chef for other choices and suggestions.

HOMEMADE SOUPS

\$3.99/lb
Over 50 soups to choose from!
Some of the favorites:
Potato Dill - Hearty Bean & Vegetable - African Peanut - Italian Bean & Squash - Clam Chowder - Red Lentil with Greens & Lime - Spicy Thai Carrot - Mulligatawny - Hungarian Mushroom - Cajun Corn Chowder

DIPS & SPREADS

priced per pound - please call for pricing
hummus - dill dip - spinach artichoke dip black bean dip - white bean dip - garden veggie dip and many more - inquire with the chef

BOX LUNCHES

Includes a sandwich, pickle, salad and Waving Grains cookie or a piece of organic fruit.
With a Vegetarian or Vegan Sandwich \$7.00
With a Meat Sandwich \$8.00
meat choices include: smoked turkey, roast beef, genoa salami, and ham

EXTRAS

Single serving bag of Kettle Chips - \$1.50
Blue Sky Sodas - \$1.00
Izzie’s Sodas - \$1.65
Organic Santa Cruz Soda or Switch Sparkling Juices - \$1.30
Bottle Teas - \$1.60
Coffee by the pot - \$10 per pot (plus container deposit)
Cookies - \$1.25

PANINI

Panino Hours:
Monday-Saturday 11:00 am - 7:00 pm
Sunday 11:00 am - 6:00 pm

In a hurry? Call ahead with your panino order 563-382-4666. We'll have it ready for you to pick up.

California Turkey.....	6.39
sliced smoked turkey breast, cheddar cheese, fresh avocado, fresh tomato, chipotle mayo served on organic Sourdough bread	
Hot Ham and Swiss	6.39
sliced ham, swiss cheese, honey mustard dressing and mayo served on Pumpernickel Rye bread	
Buffalo Bleu Tuna	6.39
house-made Blue Tuna salad, fresh tomatoes, cheddar cheese served on organic Sourdough bread	
The Fun Guy	6.79
marinated Portabello mushrooms, mozzarella cheese, roasted red peppers, roasted red pepper mayo, alfalfa sprouts served on local ciabatta bread	
Turkey Mango Madness.....	6.39
sliced turkey, curried mango mayo, provolone cheese, roasted red peppers, served on Rudi’s Sourdough bread	
Fresh Caprese	6.79
fresh mozzarella, fresh sliced tomatoes, pesto, balsamic vinegar, served on McCaffrey’s Focaccia bread	
SW Turkey Tom.....	6.39
sliced turkey, cilantro mayo, divina tomatoes, cheddar cheese, served on Rudi’s Sourdough bread	
Chipotle Beef or Tofu	6.39
sliced roast beef or seasoned tofu, chipotle mayo, grilled green peppers, grilled onions, provolone and cheddar cheese, served on Rudi’s Sourdough bread	
BBQ Chicken	6.39
BBQ chicken, sliced red onion, cilantro mayo, pepper jack and provolone cheese, served on Rudi’s Sourdough bread	
Italian Lovers	6.79
genoa salami, pepparoncini, divina tomatoes, italian dressing, mozzarella cheese, served on McCaffrey’s Focaccia bread	
Pesto Pantheon.....	6.79
bacon, mozzarella cheese, fresh sliced tomato, pesto, served on McCaf-frey’s Focaccia bread	
Grilled PB & Jelly.....	\$3.99
organic peanut butter, Crofter’s organic jelly, Waving Grains Wheat bread	
Kid’s Grilled Cheese.....	\$3.99
cheddar cheese, served on Rudi’s Sourdough bread	
1/2 sandwich w/ cup of soup	\$4.79
your choice of half of any panino on the menu along with a cup of your choice of soup	
PANINO OF THE WEEK.....	\$5.49
New flavors and sandwich concepts as well as old favorites!	

OPEN HOURS

Nearly every item sold in the Water Street Cafe is made fresh daily, from scratch, in our kitchen. We use primarily organic ingredients, focusing on local and organic ingredients when at all possible.
The Water Street Cafe is open for breakfast, lunch and dinner. Beginning at 8:00 am, you can find break-fast sandwiches available Monday/Wednesday/Friday and breakfast burritos Tuesday/Thursday/Saturday.

HOT BAR

Our hot bar, salad bar, panini and soups are available each day beginning at 11:00 am. At the Water Street Cafe you will find a hot bar based each day on a different culinary or regional theme. With variations such as Greek, Chinese, Soul Food, BBQ and Italian, you will be pleasantly surprised by what our talented chefs come up with.

If you are looking for something to take home for an easy dinner, we also have Whole Roasted Chickens available for purchase every afternoon.

For a list of upcoming hot bar themes, check out our menu online at www.oneotacoop.com.

SALAD BAR

In addition to our daily hot bar selections, we also offer a full salad bar, two made-from-scratch soups, and fresh made-to-order panini (grilled sandwiches).

GRAB-N-GO

Our grab-n-go cooler is always stocked with fresh cold sandwiches, dips, spreads, and salads for anyone in a hurry.

FRESH BAKERY

Our pastry case has an assorted supply of treats made just blocks from the Co-op by local Waving Grains Bakery.



312 West Water Street • Decorah
563.382.4666 • www.oneotacoop.com

BEVERAGES

The Cafe features an entirely organic espresso bar, from bean to cream. We have options for the allergy sensitive, including cow, soy and coconut milk. Our flavored syrups are also organic, and make wonderful Italian sodas if something cool and refreshing is more to your liking. We also offer several choices of fresh-brewed hot coffee and tea for enjoyment in-house or on-the-go.

THE GREEN PLATE

The Green Plate Program was developed as a way to reduce the amount of waste, as a business and community, we produce. Members of the Green Plate Program have the option of using a food take-out container that is washable and reusable. For the minimal cost of one reusable container, repeat Water Street Cafe customers can purchase a take-out container made from BPA-free plastic which can be returned to the Cafe in exchange for a new, clean take-out container. For more information, inquire with the Cafe staff.

GLUTEN SENSITIVITY

At the Water Street Cafe we always have options for individuals with gluten sensitivities. We do not claim to be a gluten-free kitchen because we use wheat flours and gluten-containing products in our kitchen. However, we take precautionary measures to keep our gluten-free foods from cross contaminating with foods containing gluten. We take this responsibility very seriously, and our staff are trained on techniques to avoid contamination.

To identify gluten-free items in our Café, simply look for the orange dot, sticker or label on our products and be assured that we have done our best to keep the item free of any gluten. If you have any specific questions pertaining to how we handle our gluten-free in-house produced foods, ask one of our friendly staff and we will be happy to explain our precautionary methods. As a rule, individuals with extreme sensitivities to gluten should always read the ingredient labels to double check what may appear to be a gluten free food item.

Join the Co-op Cheese Club!



May

May is Raw Milk Cheese month and members of the Oneota Co-op Cheese Club will receive two extra-special cheeses!

Pleasant Ridge Cheese-

A farmstead artisan cheese made on a family farm near Dodgeville in southwest Wisconsin, Pleasant Ridge Reserve is made in the tradition of Alpine cheeses like Gruyere and Beaufort. Cows graze and are milked on the farm and milk is piped right next door to the creamery, which includes cheese ripening rooms. Among other awards, Pleasant Ridge Reserve was winner of the American Cheese Society's annual competition in 2010, 2005 and 2001, making it the most decorated cheese in the competition's history.

Evalon Cheese-

Our other selection for May is Evalon goat cheese from LaClare Farm. Luscious milk from LaClare Farm is

transformed into a smooth, sweet and unique raw goat milk cheese, aged over 70 days. The Hedrich family tends a herd of healthy does and the cheese made from that fresh milk has been winning award upon award. This is a divine cooking cheese, melting well and also can be grated, shredded or sliced. From the shores of Lake Michigan, Evalon is crafted in Wisconsin by a world-class artisan cheesemaker and aged with TLC in curing cellars. A Gouda-style, artisan cheese, Evalon also offers a hint of Italian Asiago flavor and texture. In 2011 it was voted the US Championship Cheese. It took top honors out of 1,609 entries from 30 states.

Included in your pick-up will be a package of locally made bagels!

June

Wisconsin's best cheese will be featured in June, including Benedictine Cheese from Carr Valley and Hook's Seven Year Cheddar.

Benedictine Cheese-

Benedictine is a washed-rind cheese made with fresh sheep, goat and cow's milk. It is cellar cured and hand rubbed for 12 weeks before it is ready for sale. Often requested by shoppers who have tasted it at a local bistro, this award winner pairs with grapes, berries, or sun-dried tomatoes as well as champagne, wine such as Pinot Noir, and beer.

June through November themes and deadlines include:

June- Wisconsin Cheese Sign up by the last day of May	In-store pick-up: Friday, June 15th
July- Goat Cheese Sign up by the last day of June	In-store pick-up: Friday, July 13th
August- California Cheese Sign up by the last day of July	In-store pick-up: Friday, August 17th
September- Blue Cheese Sign up by the last day of August	In-store pick-up: Friday, September 14th
October- Sheep Cheese Sign up by the last day of September	In-store pick-up: Friday, October 12th
November- English Cheese Sign up by the last day of October	In-store pick-up: Friday, November 16th



a community that is educated about food and other products that are healthy for people and the environment



Hook's Seven Year Cheddar-

An extra sharp cheddar with some calcium (calcium lactate) crystals that add a very slight and appealing little crunch. This cheddar has a lot of smooth flavor and is an award winner and is much sought after in Wisconsin. Hook's Cheese Company is in historic Mineral Point. It is made in a facility built into the hills and owned by Tony

and Julie Hook, college sweethearts who have been making cheeses for over 35 years.

Both of these are cheese companies visited by us last year on our cheese bus tour.

Included will be Potter's Crackers from Madison, Wisconsin.

Here's what Cheese Club members are saying:

"*Sigh* Heaven. Thanks for increasing our quality of life."

"We are loving this months cheeses. The double cream brie is probably going to be my all time favorite brie ever."

"I shared them at work and they were gone by the end of the day."

SHEETCAKES

Cake flavors: chocolate, vanilla, marble, carrot, apple, banana

Frosting flavors: vanilla buttercream, chocolate buttercream, cream cheese

9x13 - quarter sheet
serves roughly 20 - \$30.00 (1.50 per serving)

12x18 - half sheet
serves 36-48 - \$60.00 (1.66-1.25 per serving)

12x18 cakes can be scored either in 36 or 48 servings. Design is restricted to messages with simple piping. Requests may be taken for more intricate designs, and additional charges may apply. Please allow 5 days advance notice for all cake orders.

Flourless Chocolate Cake \$30.00

This cake stands alone. Four ingredients combined to make the richest, most satisfying chocolate experience. Eggs, chocolate, butter, and coffee. Coffee is optional. Serves 16

CHEESECAKES

We use organic ingredients in all of our cheesecakes.

All cheesecakes \$35
each serves 16

New York Style • Turtle Cheesecake
White Chocolate Raspberry • Fudge Truffle
Bailey's Marble • Spiced Pumpkin
Cappuccino Fudge • Oreo (Newman O's)
Pecan Pie • Heath Bar Mocha • Candy Cane
Kahlua Fantasy Chocolate • Coconut Cream

Water Street Café

fresh . organic . local .

ONEOTA COMMUNITY FOOD COOPERATIVE

312 West Water Street
Decorah, Iowa 52101
563.382.4666
www.oneotacoop.com

Café

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Catering
by the

Water Street Café

fresh . organic . local .

Specializing in fresh, local, natural and organic food.

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563.382.4666 • www.oneotacoop.com

Summer Store Hours (Apr-Oct)
Monday-Saturday 8:00 am - 8:30 pm
Sunday 10:00 am - 7:00 pm

Winter Store Hours (Nov-Mar)
Monday-Saturday 8:00 am - 8:00 pm
Sunday 10:00 am - 7:00 pm

Water Street Café

fresh . o

PLATTERS

Domestic Cheese Platter
Shullsburg cheese: Swiss, Smoky Parmesan, Organic Cheddar, Pepperjack
small 12" (serves 20-25) - \$30
large 16" (serves 25-30) - \$45

Vegetable and Dip Platter
Fresh organic veggies with your choice of dips: Homemade Ranch, Blue Cheese Walnut, Annie's Goddess Dressing or Rstd Red Pepper Hummus.
small 12" (serves 20-25) - \$30
large 16" (serves 25-30) - \$45

Cold Cuts Platter
Sliced turkey, roast beef, ham, salami (no hormones or antibiotics)
small 12" (serves 16-22) - \$35
large 16" (serves 24-30) - \$50

Fruit Platter
An array of colorful fruits for any occasion centered around a crème caramel dip. Organic fruit when possible.
Call for prices - dependent on season and availability
small 12" (serves 20-25) - \$40 estimated
large 16" (serves 25-30) - \$55 estimated

Antipasto Platter
Fresh vegetables, olives, parmesan cheese, marinated artichoke hearts, Prosciutto ham.
small 12" (serves 20-25) - \$40
large 16" (serves 25-30) - \$50

Mediterranean Platter
Olives, hummus, cucumbers, vegetarian dolmas and dates accompanied by whole wheat pita bread wedges.
small 12" (serves 20-25) - \$40
large 16" (serves 25-30) - \$50

Sandwich Platter
Your choice of sandwiches, cut into bite size pieces and arranged beautifully on a 12 or 16 inch platter.
small 12" (serves 20-25) - \$35 - choice of 2 sandwiches
large 16" (serves 25-30) - \$50 - choice of 3 sandwiches

SALADS

Try one of our tasty fresh salads at your next party. Priced per pound

Salad Selections -

- Apple Cranberry Red Cabbage
- Chickpea Chermoula
- Coleslaw
- Currant Barley
- Curried Quinoa with Corn and Mushrooms
- DonDon Noodles
- Garbanzo Bean Salad
- Greek Pasta Salad
- Greek White Bean Salad
- Indonesian Rice Salad
- Ionian Potato Salad
- Lemony Basil Pasta Salad
- Marinated Beet Salad with Feta
- Mediterranean Salad
- Mexican Potato Salad
- Millet Tabouli
- Orzo Pasta Salad with Roasted Tomatoes
- Pasta Primavera Salad with Rice Noodles
- Quinoa Black Bean Salad
- Quinoa Feta Salad
- Quinoa Salad
- Red Potato and Egg Salad
- Roasted Yam and Chili Salad
- Potato Salad with Lime
- Santa Fe Salad
- Savory Potato Salad
- Thai Noodle Salad
- Three Bean Salad
- Toasted Sesame Asian Slaw
- Tzatziki Potato Salad
- Zorba's Pasta Salad

We are dedicated to using local and organic ingredients when at all possible.

Water Street Café

fresh . organic . local .

Note:
3 day notice requested for most catering orders
Larger orders or special requests/substitutions could require 7 days
Special Dietary needs? Let's talk! Many of our options are gluten-free, and we can substitute for other requirements.

Be Your Own Prep Cook: Convenience on a Budget

continued from page 1

minimizing waste. Buying bulk, breaking down large quantities and making foods from scratch saves money in restaurants—and at home.

As a home cook, I’ve learned that making my own prep foods makes great sense if I want to keep to a budget and have good food on the table fast. Since I don’t have a staff of prep cooks (or dishwashers, darn it), I have to look out for myself.

Buying bulk, especially when things are on sale or in season, is the way to go. And when summer comes and you can get precious berries and fruits for less, consider buying a flat or two to freeze. There are many other ways to preserve food beyond freezing and your co-op may well offer classes on food preservation now that DIY is all the rage (find more info in Preserving Your Organic Harvest).

You can find great deals on your favorite vegetables during the summer and fall when they are plentiful and prices are lower. That makes summer and fall a good time to make soups and sauces from less-expensive, primo quality produce, which you can easily freeze. Roasted vegetables (as in the following recipe for Mediterranean Roasted Vegetables) is one way to create veggie prep for yourself. You can roast any variety of root or other veggies—just choose from your in-season favorites, then cook and serve them as a side dish or toss them in pasta, top a pizza, stir into soup, stuff a sandwich or wrap, or toss with vinaigrette for a salad.

Another easy stock up meal is Veggie Soup (made with your own Vegetable Stock – see recipe). It’s a basic simmer of inexpensive veggies that can be transformed with little effort—and delicious results—into multiple forms.

High flavor pesto, which can be particularly budget friendly when made with spinach and parsley (as in the following recipe for Spinach Parsley Pesto), can be portioned and frozen in ice cube trays for quick flavor infusions for soups, pastas, pizzas and sandwiches.

Ground meats have always been a good way to stretch a dollar— just add more onions, carrots and breadcrumbs to make a little meat go a long way. Basic meatballs (recipe follows for Basic Meatballs and Italian Meatball Stew) are one

example, which you can freeze and use for months. If you enjoy chicken, you can save money by buying whole chickens, which you can cut up yourself, make stock with the trimmings, and stash everything in the freezer in sizes that work for you. (Not sure how to cut up a whole chicken? Check out a video tutorial from Gourmet Magazine at <http://youtu.be/zW5BFvCmV7k>.)

Unlike the TV cooks, your only competition might be the clock, and maybe yourself, but with planning and prep you can set yourself up for those nights when you walk in that door, hungry and time-starved. Creating your own convenient, budget-friendly, delicious food—that’s a pretty big win!



Authored by Robin Asbell for Stronger Together. Reprinted with permission from StrongTogether.coop. Find articles about your food and where it comes from, recipes and a whole lot more at www.strongertogether.coop.

Vegetable Stock

Having some homemade veggie stock on hand for use in soups, sauces and cooked grains can save you both time and money. Celery and carrot leaves and trimmings can be used in place of the vegetables here—so if you find yourself prepping carrots and celery for other recipes, save the leaves and trimmings for use later. Freeze stock in one-cup portions and you’ll have a ready supply of homemade goodness on hand.

Ingredients	1 large bay leaf
1 teaspoon canola oil	1 teaspoon black peppercorns
2 medium yellow onions, unpeeled, sliced	8 cups water
2 large celery ribs, coarsely chopped	A few drops of rice vinegar
2 large carrots, coarsely chopped	Salt to taste
3 cloves garlic, halved	
1 bunch parsley stems (save the leaves for other dishes)	

Preparation: In a large pot, heat the oil and add the onion, celery, carrot and garlic cloves. Over medium heat, sauté the vegetables until the onions are starting to become limp and golden, about 10 minutes. Add the parsley stems, bay leaf, peppercorn, water, and white wine. Increase the heat and bring to a boil, then reduce to a very gentle simmer (stock bubbles should form gently around the edges). Cook the stock at a gentle simmer (avoid cooking at a boil) for 45 minutes.

Using a sieve or strainer, strain the stock into a large bowl or pot, letting the vegetables drain for several minutes; don’t press on the vegetables as that will extract bitter flavors into your stock. Taste and season with salt, if desired. If you plan on the using stock for Asian dishes, substitute soy sauce for salt for a subtle flavor difference.

Cost per serving: approximately \$.42 (per cup)

Recipe by Robin Asbell, also available at StrongerTogether.coop. Find more recipes and information about your food and where it comes from at www.strongertogether.coop.

Veggie Soup

This soup base can be seasoned to go with any meal (and scaled up if you want to keep more on hand in the fridge or freezer). Try it one day with pesto swirled in, another with chiles, corn and lime, add canned beans and curry powder for another variation, or soy sauce, ginger and tofu for a Chinese variation. You can also puree it and whisk in sour cream or Greek yogurt to make a creamy soup.

Ingredients	15 ounces diced tomatoes, canned
1 teaspoon extra virgin olive oil	1 cup cooked lentils (canned are convenient)
1 large onion, chopped	1/2 teaspoon salt
1 rib celery	Black pepper, to taste
2 medium carrots, peeled and chopped	
2 cups cabbage, chopped	
4 cups homemade vegetable stock (or water)	

Preparation: In a large pot, heat 1 teaspoon olive oil. Add onion and stir while you chop the remaining vegetables. Add the celery and carrots and stir for a few minutes. Then add the cabbage and stock or water and bring to a boil. Cook for about 20 minutes until the carrots and cabbage are tender. Remove from heat and stir in tomatoes and peas, season to taste with salt and pepper.

At this point you can serve as is or adjust it with your favorite seasonings. For example, try it one day with pesto swirled in, another with chiles, corn and lime, add canned beans and curry powder for another variation, or soy sauce, ginger and tofu for a Chinese variation. You can also puree it and whisk in sour cream or Greek yogurt to make a creamy soup.

To use later, let it cool then store in the refrigerator for 4-5 days or in the freezer for about 3 months (freeze in portion sizes of your choosing).

Cost per serving: approximately \$1.55

Recipe by Robin Asbell, also available at StrongerTogether.coop. Find more recipes and information about your food and where it comes from at www.strongertogether.coop.

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Mediterranean Roasted Vegetables

Roasted vegetables are easy to throw in the oven on your day off, maybe while you vacuum or read a good book. These veggies are very versatile—toss them with pasta, top a pizza, stir into soup, stuff a sandwich or wrap, or toss with vinaigrette for a salad.

Ingredients*
1 large red onion, cut into wedges
1 large red pepper
1 large green pepper
2 medium zucchini
1 medium sweet potato (or 1 lb green beans or 8 oz mushrooms)
2 tablespoons extra virgin olive oil
Coarse salt

Preparation: Preheat the oven to 400 F. Cut all the vegetables into 3/4 inch wide pieces and put in a large roasting pan, drizzle with olive oil and sprinkle with salt. Cover the pan with foil and roast for 20 minutes, then uncover and roast for 20-30 minutes more, until the sweet potato chunks are tender when pierced with a paring knife. The veggies should be soft and sweet.

Cool on a rack, then divide them into servings to keep in the fridge for a week or the freezer for about 3 months.

Serve hot or at room temperature or toss with pasta, top a pizza, stir into soup, stuff a sandwich or wrap, or toss with vinaigrette for a salad.

Cost per serving: approximately \$.64

*Tips & Notes
Change up this recipe easily based on the veggies in season, when they're usually the most budget-friendly. Some ideas:
Fall: beets, broccoli, carrot, cauliflower, potato, sweet potato, turnip, winter squash, rutabaga, Brussels sprouts
Winter: potato, sweet potato, winter squash
Summer: green beans, onion, pepper, zucchini, eggplant, tomatoes (cherry or grape)
Spring: radishes, asparagus, mushrooms, baby carrots

Recipe by Robin Asbell, also available at StrongerTogether.coop. Find more recipes and information about your food and where it comes from at www.strongertogether.coop.

Spinach Parsley Pesto

If you crunch the numbers, parsley is much cheaper than fresh basil, and spinach is too. Pumpkin seeds, which impart a nutty, creamy flavor, are less than half the cost of nuts like pine nuts or walnuts. This pesto has half the oil that pesto usually has, so when you serve, you can stir in some extra virgin olive oil for flavor, if desired.

Ingredients
1 cup fresh parsley, 1 oz
3 cups fresh spinach, 3 oz
2 cloves garlic
1/2 cup pumpkin seeds, 2 oz
1/2 cup Parmesan cheese, coarsely shredded 1 oz
1/4 cup canola oil
1/2 teaspoon salt

Preparation: Put parsley, spinach, garlic, pumpkin seeds, Parmesan and salt in a food processor. Process until they are finely ground. Drizzle in olive oil gradually, to make a smooth paste.

If not using right away, cover the surface of the pesto with plastic wrap and refrigerate for up to a week. Or freeze pesto in ice cube trays, then transfer to zip-top freezer bags (keeps, frozen, for about 3 months), then use the cubes to stir into soups, pastas, spread on sandwiches, top pizza, and use in veggie sauces.

Cost per serving: approximately \$.34 (per 2 tablespoons) or \$2.69 for entire recipe

Recipe by Robin Asbell, also available at StrongerTogether.coop. Find more recipes and information about your food and where it comes from at www.strongertogether.coop.



Basic Meatballs and Italian Meatball Stew

Breadcrumbs are a classic way to stretch ground meat to make it more budget-friendly, but this trick takes it a step beyond. Gelatin absorbs the milk and binds the meatballs, making them moist and tender. The meatball mixture is neutral enough that you can use these meatballs for everything from a Chinese meatball soup to a Banh Mi sandwich to a topping for pizza.

Ingredients
Meatballs
1 pound ground turkey (or ground beef, ground pork or a mixture of any of these)
3/4 cup breadcrumbs
1/2 cup milk
1/2 teaspoon unflavored gelatin
1 large egg
2 tablespoons minced onion
1/2 teaspoon salt
Stew
1 tablespoon olive oil
1 large onion
2 stalks celery
1 large garlic clove, chopped
1 medium potato, cubed
2 tsp dried thyme
15 ounces diced tomato
1 teaspoon red wine vinegar
2 cups veggie stock
1/2 teaspoon salt
1/2 teaspoon black pepper

Preparation: Preheat the oven to 400° F. Lightly oil a large sheet pan. In a large bowl, combine breadcrumbs and milk and mix well, then sprinkle gelatin over the surface. Let stand for five minutes to hydrate the gelatin, then add egg, onion and salt. Mix well, then add ground beef and mix with your hands. Form small, 1-inch balls (36 meatballs) of the meat mixture and place them, not touching, on the sheet pan.

Bake for 15 minutes, until cooked through. Cool on a rack and refrigerate. If using in other dishes during the week, meatballs can be kept in the refrigerator up to 3-4 days. If freezing, once meatballs are cold, transfer to freezer containers to freeze for about 3 months. Or, of course, use them right away in this soup!

For soup, heat a large pot over medium high heat, and add olive oil. Add onion, celery, garlic and potato and sauté until softened. Add thyme and stir for five minutes. Add diced tomatoes, red wine and stock and bring to a boil. Reduce heat and simmer for 10 minutes. Season with salt and pepper. Add 24 of the 36 meatballs and simmer for 10 minutes more, then serve. Reserve the remaining meatballs and refrigerate or freeze for later use.

Cost per serving: approximately \$1.54 (for stew with 6 meatballs each)

Recipe by Robin Asbell, also available at StrongerTogether.coop. Find more recipes and information about your food and where it comes from at www.strongertogether.coop.

Due to ever changing markets and streamlining operations Grass Run Farm meat selection has changed.

Current selection includes:
Grass Fed Fresh Ground Beef
Grass Fed Uncured Beef Hot Dogs
Fresh Air Pork Tenderloin
Fresh Air Uncured Pork Bacon and Pepper Bacon



Look for new exciting product from Niman Ranch, Beeler's and Pederson's to fill the gap as the Co-op searches for new local pork producers.



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Lifestyle v. Diet: Pick a Side

by Eve Adamson

In this corner: It’s the one you love. The one you obsess over. The superstar. The one you eagerly await every Monday, and the one that even when you quit, you always come back to. It’s the one that’s so seductive and promises so much. It’s the one that makes you feel like you could be better than you are right now. This one is...DIET!

And in this corner: It’s the one you know. The one you live. The one you understand and the one that understands you in ways nobody else ever could. This one may not be glamorous, but this one is real, is here, is now. This one is...LIFESTYLE!

Sure, having a faceoff between diet and lifestyle is a bit silly, but as a diet book writer, I can’t help coming up against this particular battle on an almost daily basis. Sometimes I’m asked to write a diet book, or a lifestyle book, or about a lifestyle that sounds more like a diet... and the list goes on.

It’s very confusing.

And yet, it’s not. Let’s break it down. Although there is some crossover, the bottom line is that diet and lifestyle are two different contenders, and to know which one is going to work for you, you have to know exactly what you are dealing with.

First, let’s consider DIET.

Diet

Technically, your diet is simply what you habitually eat. But we all know that’s not the way most people use the word. More often, a diet involves a temporary or long-term restriction of some kind, for weight loss or health or any other reason. And is there anything wrong with going on or being on a diet?

That depends. I’ve read a lot of books that say diets don’t work because eventually, you go off them, and then, you go back to your old ways. This is true in some cases, and constant weight fluctuations probably aren’t good for you. But it doesn’t always work this way.

For example, if you have heart disease or diabetes, your doctor may instruct you to go on a special diet, to help prevent a medical emergency. You might otherwise choose to whoop it up with bacon and cheese omelettes or doughnuts and hot cocoa, but your special diet may prohibit these foods. You might cheat sometimes, but most of the time, you stick to your diet...even forever, if it staves off disease.

The same goes for weight-loss diets. If you eat more than your body burns (and let’s face it, that’s easy to do when you’ve got tasty food always available, just waiting for you to have another helping) and you could stand to lose a few pounds, you may decide to go on a weight-loss diet.

People like to say diets don’t work, but they do work. Thousands of studies show they help people lose weight and regain health, and several studies have demonstrated that it doesn’t matter which weight loss diet you choose. Low-calorie, low-carb, low-fat, they all work for many people much of the time.

In a big two-year study conducted by the Harvard School of Public Health and the Pennington Biomedical Research Center, hundreds of overweight dieters on four different diets lost an average

of 13 pounds over six months, no matter which diet they were on. After two years, the study subjects kept off an average of 9 pounds and lost one to three inches in the waist. They had improvements in heart-disease risk factors including increases in good HDL cholesterol and decreases in bad LDL cholesterol and triglycerides at six-month and two-year markers. There was no difference between diets in reported levels of hunger, fullness, or satisfaction. All the diets in the program contained what the researchers called “reasonable ranges” of fat, protein, and carbs, so none of the diets were extreme.

I’ve seen those studies that say almost everyone gains the weight back, but I know plenty of people who haven’t. A lot of the studies that put dieters at risk for weight re-gain involved extreme low-calorie diets that messed with hormones and metabolism; in other words, unhealthy diets.

But for reasonable diets that include enough nutrition and calories for normal functioning, yes, diets often work. However, any given diet might not work for you. The good news is that there are thousands to choose from, and they all work for some of the people some of the time. If you find one you like, and you can stick to it, you probably will lose weight. When you are done with the diet, it might cause changes to your future lifestyle. You might have reprogrammed yourself to live every day with new, healthier habits.

That brings us to LIFESTYLE.

Lifestyle

Your lifestyle is how you live, including what you eat, how much you exercise, how you manage stress, and much more. It’s holistic, it’s comprehensive, it goes way beyond diet, and when you consider how influential it might be on what you eat, it’s very important.

For many people who want to lose weight or get healthier but don’t like the restrictions of a diet, lifestyle changes make a lot more sense. They are also good for people who can’t bear to go on another diet, who have bad associations with dieting, or who just can’t stick to a diet. If it’s just a lifestyle change, it may seem less threatening or restrictive.

However, there are some misconceptions about what that means. Is a lifestyle change forever?

Of course not. You might make a lifestyle change (eating less sugar, eating more vegetables), but that’s no guarantee you’ll stick with it. In a few months, or weeks, or even days, you might decide you aren’t so crazy about that particular change. Then you might go back to your afternoon caramel latte or your avoidance of leafy greens—back to your old lifestyle.

That’s too bad, health-wise, but it’s also reality. Calling it a lifestyle doesn’t guarantee it’s going to work any more than calling something a diet does. Nobody is out there enforcing either method. There are no diet police, and there are no lifestyle police, either. Besides, what is a diet but a systemized temporary lifestyle change?

So you see, the differences aren’t so obvious, or at least not as obvious as diet and lifestyle books might have you believe. But there is a difference, and

here’s what it is:

One or the other is likely to work better for you.

You’re the Judge

Don’t you hate it when an article implies it’s going to give you some secret answer to your most burning question, and then you get to the end and it says something like, “It’s all up to you”? I hate that too, but I’m still going to do it because the real key to this contest is to know yourself and your tendencies.

Do you love rules and structure? Do you want someone to tell you exactly what to eat? Do you dislike meal planning? Do you think diets are fun and exciting? Do you love starting them, and then watching the number on the scale plummet? Then diets might be right for you. You might go on them one after the other. Dieting might become... yes...a lifestyle.

But if you don’t like rules, or someone dictating what you eat; if you don’t want to measure or weigh or count anything ever again; if, in fact, you know that when people impose structure on you, you are likely to rebel and eat even more, then making small changes to your lifestyle will probably work better for you and your weight-loss goals.

So go on a diet, as long as it’s a healthy one, or make lifestyle changes that you



know are good for you. Do what works with your personality, your work life, and your personal life, and you’ll have the best chance of sticking with it.

So who wins the final round? Nobody’s getting knocked out in this match. It’s a draw, or, it’s your decision. Who wins in your world? Diet? Lifestyle? Whichever you embrace, you have the opportunity to be healthier, feel better, and be less likely to ever have to hear a doctor telling you what to eat.

Authored by Eve Adamson for Stronger Together. Reprinted by permission from StrongerTogether.coop. Find articles about your food and where it comes from, recipes and a whole lot more at www.strongertogether.coop.

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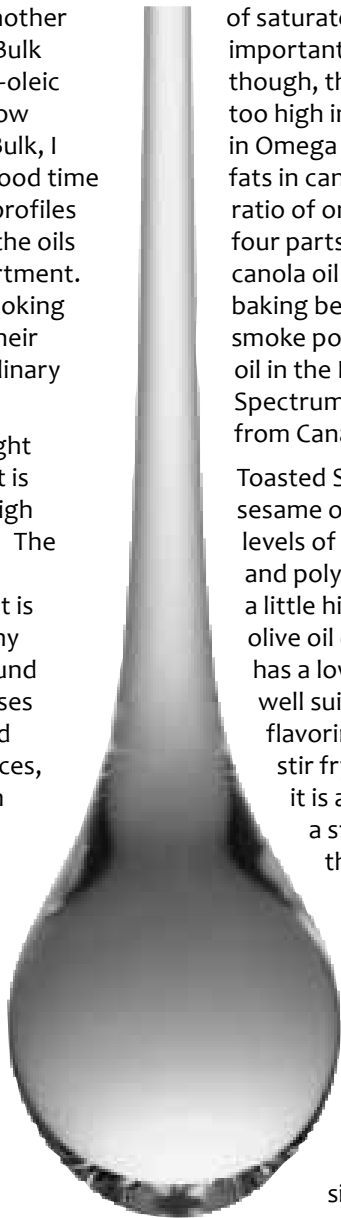
New bulk oil: organic high-oleic sunflower oil

by Carl Haakenstad, Bulk Buyer

Recently, we added yet another cooking oil option to the Bulk department: organic high-oleic sunflower oil. Since we now have four cooking oils in Bulk, I thought this would be a good time to review the nutritional profiles and best culinary uses of the oils we offer in the Bulk department. Below is a listing of the cooking oils we offer in bulk and their various nutritional and culinary attributes.

Olive Oil: Olive oil is thought of as healthy oil because it is low in saturated fat and high in monounsaturated fats. The “Mediterranean” diet is a higher-fat diet. However, it is high in the believed healthy monounsaturated fats found in olive oil. The culinary uses of olive oil are broad: salad dressings, dipping oil, sauces, and even in baking. When cooking with olive oil, it is best to use it at a low to medium temperature because it has a low smoke point. When oil has reached its smoke point it will produce smoke and will begin to create free radicals and carcinogenic substances. The organic olive oil we carry in bulk comes from Napa Valley Naturals and is pressed from California grown olives.

Canola Oil: Canola oil is a mild-flavored, all-purpose cooking oil. Canola oil has a higher percentage of polyunsaturated fats (Omega 3 and 6) than olive oil or sunflower oil and a low percentage



of saturated fats. Omega 6 fats are important to a healthy human body, though, the American diet is often too high in Omega 6’s and too low in Omega 3’s. The polyunsaturated fats in canola oil are close to the ideal ratio of one part Omega 3 fats to four parts Omega 6 fats. In cooking, canola oil is good for sautéing and baking because it has a medium-high smoke point. The organic canola oil in the Bulk department is from Spectrum Naturals and is sourced from Canada.

Toasted Sesame Oil: Toasted sesame oil has approximately equal levels of monounsaturated fats and polyunsaturated fats, and it is a little higher in saturated fat than olive oil or sunflower oil. This oil has a lower smoke point so it is well suited for light sautéing and flavoring, especially eastern Asian stir fry dishes. In my household it is a necessity when making a stir fry, and I recommend that you make it a necessity in yours too for the rich flavors it imparts. The toasted sesame oil we carry in bulk comes from Kadoya and is pressed in Japan.

Sunflower Oil: Sunflower oil has a nutritional profile similar to olive oil: high in monounsaturated fats and low in polyunsaturated fats and saturated fats. The sunflower oil that we carry is high-oleic oil which means that it is high in oleic fatty acid and Vitamin E. Vitamin E is a powerful antioxidant when consumed and also helps keep the sunflower oil



a community that is educated about food and other products that are healthy for people and the environment

from oxidizing and spoiling. In fact, sunflower oil is the second highest food source of Vitamin E after wheat germ oil. Sunflower oil has a light nutty flavor which makes it great for baking and dressing salads. Our very own Amanda Rubasch from the Café likes to dress a salad with a simple mix of sunflower oil and tamari. Sunflower oil also has a medium-high smoke point which makes it good for sautéing and frying. The sunflower oil that we recently started offering comes from Century Sun Oil in Pulaski Wisconsin (near Green Bay). Century Sun Oil was founded in 2009 by the Johnson family with the goal of producing healthy, certified organic sunflower oil. Their business is centered on the family farm that has been in the family since 1882. The Johnson’s have a state-certified food processing facility in one of their old dairy buildings where they not only press their sunflower oil but also rent to local growers and canners who can process their own farm goods. Century Sun partners with local, certified organic dairy farmers who grow the high-oleic sunflower seeds that are pressed into oil. Once the seeds are pressed the leftover seed meal, which is high in protein, is fed to the farmer’s dairy cattle. This arrangement provides the farmers with a valuable livestock feed and allows them to increase the diversity of their field crops when they add sunflowers to their seasonal rotation.

Try this recipe to get yourself started using this delicious, healthy oil.

Sunflower Pumpkin Muffins

- 1 cup plain flour
- 1/2 cup packed brown sugar
- 2 teaspoons baking powder
- 1 teaspoon mixed spice
- 3/4 cup cooked pumpkin
- 1 egg, lightly beaten
- 1/4 cup milk
- 1/4 cup sunflower Oil
- 1 cup rolled oats
- 1/2 cup sunflower kernels
- Topping (optional)
- 1 tablespoon butter
- 1/3 cup packed brown sugar
- 3 tablespoons sunflower kernels
- 1 tablespoon flour
- 1/4 teaspoon nutmeg

Preheat the oven to 350 degrees F and lightly grease the muffin tray. Combine the flour, sugar, baking powder and mixed spice. Mix well.

Combine pumpkin, egg, milk and oil; add to dry ingredients; mix only until ingredients are combined.

Stir in oats and sunflower kernels.

Fill the muffin tins 3/4 full.

Sprinkle with topping.

Bake for 18 - 22 minutes or until wooden pick inserted near center comes out clean.

Topping: Melt butter. Mix with brown sugar, sunflower kernels, flour and nutmeg until crumbly.

Makes 12 Muffins.

Sharing What We Can Do Through the “People's Time Exchange”

by Liz Rog

A new regional service encourages the sharing of time and talent, helping people to both save money and strengthen community. Everyone from NE Iowa, SE Minnesota, and SW Wisconsin is invited to participate and can also host a local orientation. (For more information, visit <http://peoples.timebanks.org/>.)

The People's Time Exchange (PTE) is connected with more than 300 similar organizations around the country. Members of Time Exchanges, also called Time Banks, can accumulate "hours" by providing services to others, and then "use" those hours by receiving services they request from others in the PTE.

Anyone can be part of the People's Time Exchange, and everyone has skills that are useful. There is almost no limit to the kinds of skills that can be offered. For example, in a miniature time exchange group of only 4 people, the people might offer each other these skills:

- Allen prepares taxes for Helen and earns one hour in the Time Bank.
- Allen spends his hour on pet-sitting by Divali.
- Divali spends his earned hour having Pedro cater his party.
- Pedro spends his earned hour by having Helen clean his kitchen.

Each person served for an hour and was in-turn served by someone for an hour but not necessarily by the same person. With hundreds of regional members, the PTE will offer abundant options for exchanges.

- A few examples include:
- driving people to appointments
 - reading to elderly or children
 - yard work
 - music lessons or swimming lessons
 - Spanish tutoring
 - cleaning help
 - nutritional counseling
 - massage
 - dog care
 - skilled labor

How it Works

Each PTE member sets up their own exchanges on the PTE website (<http://peoples.timebanks.org/>) choosing from among the many skills people have listed that they have to share. Then, after each transaction occurs (once the actual in-person exchange has taken place), an online account adds a virtual "hour" to the "provider of service" and subtracts a virtual "hour" from the "recipient of service." The system is user-friendly and many computer users will find it easy to use. PTE organizers are dedicated to helping those who don't have computers or computer skills and will be available at member orientation sessions to help you set up your account and begin making time exchanges. Keep your eye out for

scheduled orientation sessions in the coming months. Through the exchanges they make, PTE members will meet new friends and build connections that strengthen our community. Members will also have opportunities to meet at social gatherings hosted occasionally by the PTE.

Time Exchange Organizations embrace these 5 Core Values:

Assets: We are all assets. We all have something to give.

Redefining Work: Some work is beyond price. Work has to be redefined to value whatever it takes to raise healthy children, build strong families, revitalize neighborhoods, make democracy work, advance social justice, and make the planet sustainable. That kind of work needs to be honored, recorded and rewarded.

Reciprocity: Helping works better as a two-way street. The question: “How can I help you?” needs to change so we ask: “How can we help each other build the world we both will live in?”

Social Networks: We need each other. Networks are stronger than individuals. People helping each other

re-weave communities of support, strength & trust. Community is built upon sinking roots, building trust and creating networks. Special relationships are built on commitment.

Respect: Every human being matters. Respect underlies freedom of speech, freedom of religion, and everything we value. Respect supplies the heart and soul of democracy. When respect is denied to anyone, we all are injured. We must respect where people are in the moment, not where we hope they will be at some future point.

Join us at the Co-op for a People’s Time Exchange Orientation Meeting on Thursday, May 22nd at 5:30 pm.

The People's Time Exchange was formed locally by Mark Simmonds, Janet Alexander, Chad Evans, Jeanine Scheffert, Katie Becker, Lee

Zook, Phyllis Gray, Sarah Wicks, Sherry Berg, Hannah Breckbill, Elizabeth Finanger, and Liz Rog.

If you are interested in learning more about the People's Time Exchange, visit <http://peoples.timebanks.org>. If you would like a volunteer to come to your community to offer an informational meeting and training email Sarah Wicks at sarahwicks01@gmail.com.

Oneota Community Food Co-op

Mission

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.

Ends Policy

As a member-owned consumer co-operative, the organizational goals of the Oneota Community Co-op originate from our commitment to the seven internationally recognized Principles of Cooperation and reflect our concern for our community.

The Oneota Community Co-op serves primarily members, customers, and the OCC staff, but also its service extends outward to the following:

- vendors and suppliers,
- the larger community of cooperatives,
- the wider regional community.

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.

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The 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.

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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)

Working Members - February/March 2012

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

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If you are interested in learning about the working member program at the Co-op, please contact us at workingmembers@oneotacoop.com.

The Statement of 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

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:

- Support a locally owned and operated business that is part of our community and puts money back into the local economy.
- Get additional discounts on specified ‘member-deals’ sale items.
- Receive a 5% discount on Mondays if you are 60 years of age or older.
- Get a free subscription to The Scoop, our bi-monthly newsletter.
- Place free classified ads or reduced-rate display ads in The Scoop.
- Once each month, ask for your 5% discount on an unlimited quantity of purchases. (excludes Member Deals, Co+op Deals, milk, eggs, butter, magazines, wine, beer, fresh breads and pastries, and Café items.)
- Become a working-member and receive an additional discount of 4% or 8% at the register. (excludes Member Deals and Co+op Deals)
- Receive discounts on Co-op sponsored classes.
- Write checks for up to \$20 over purchase for cash back.
- Enjoy a 15% special order case discount on all Grocery, Bulk, Wellness and Produce special orders. Case quantities vary. (excludes Co+op Deals and Member Deals sale items.)
- Attend monthly potlucks for member-owners.
- Access to the Co-op’s video collection with no fees.
- 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)
- Share in the success of the Co-op through your member patronage dividend in the years where there is sufficient profit. Patronage dividends are given at the discretion of the Board of Directors.
- Own the store where you shop!
- Shares in the Oneota Co-op are fully refundable, minus the administration fee, should you choose to leave the Co-op.

Member/Owner Orientation Tour

2nd Thursday of each month

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. This is also a great chance to sample products as we tour through the store. Plus, receive a \$5 store coupon for each owner household that completes the tour!



Welcome to these new member-owners:

Theresa Aamaas	Carol Edmondson	Jerry Korzendorfer	Meghan Palmer	Bonnie Steffens
JoEllen Anderson	Nancy Evans	Karen Kruse	Jeanne Pecinovsky	Sara Straate
M C Atkinson	Bill Fishbaugher	Cheri Lane	Michele Petersen	Clarice Timp
Shirley Bachman	Marlea Gilbert	Pam Ledebuhr	Becky Peterson	Judy Tollefsrud
Lori Baker	Brad Gilchrist	Jessica Lennon	Roger Pollock	Buck Towne
Wade Ball	Ryan Gjerde	Jonathon Luiken	Gail Potter	Molly Tulkki
Maryna Bazylevych	Mark Gomez	Andrew VanDer Maaten	Barbara Puff	Joan Tupy
Charlene Bender	Susan Goodman	Marilee Mai	Julie Quandahl	Tera Tweten
Heather Benzing	Amy Gross	Ellen Manning-Puffer	Deb Rasmussen	Riley Ugllum
Carol Bjerke	Adam Grove	Stacy Massman	Kelly Reagan	Carolyn Vogel
Scott Boeke	Emily Hackman	Nicholas McCann	Sue Reicks	Barb Vorwald
Chris Bolson	Debra Hageman	Michael McElrath	Lori Reyes	Bonnie Warrington
Kathleen Bonjour	Herb Heffern	Maggie Mcknight	Janice Roseland	Angela Weighner
Pat Branstad	Abbie Helgerson	Coletta Meyer	Teresa Rosendahl	Donna Weinmann
Namoli Brennet	Karen Henning	Susan Mikes	Dawn Samson	Mark Whelan
Becca Brynsaas	Deneen Hovden	Joan Miller	Alan Sand	Laura Wies
Alecia Bucksa	Mary Humpal	Janis Mineart	John Schissel	Anna Wikan
Randy Canoy	Merry Hunter	Ellen Modersohn	Elyse Schnitzler	Kelly Williams
William Carlisle	Sherry Jaeger	Gayle Moen	Kevin Schoeberl	Coleen Wymer
John Carlson	Danielle Johnson	Rebecca Moonen	Tally Sharp	Lisa Young
Perry Comeau	Kally Jones	Floyd Mount	Debra Skaalen	Sharol Zweibohmer
Quinn Corbin	Kristin Kaduce	Debbie Myhre	Audrey Skauge	
Dolorea Cuvelier	Holly Kanengieter	Barbara Nasby	Rich Smith	
Alison Donlon	Teresa Kleppe	Michael O'Neill	Melle Starsen	
Elane Eadie	Lew Klimesh	Ashley Olson	Tina Steffen	

Wellness Wednesday

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

MEMBER DEALS

These items are on sale all month for members only. There are also numerous other deeply discounted items that are available to all. To find them, pick up a sale flyer by the Customer Service Desk or look around the store for the sale signs.

MEMBER DEALS 05/02 - 05/29

* Regular prices subject to change	Regular Price	Sale Price	Savings
Frozen			
Amy’s Enchilada OG Cheese	\$4.39	\$3.79	\$0.60
Enchilada OG Black Bean Veg	\$4.49	\$3.79	\$0.70
Rising Moon Ravioli OG 16oz	\$7.09	\$5.99	\$1.10
Butternut Squash, Four Cheese, Basil Asiago			
Rudi’s Bread Gluten Free	\$5.59	\$4.29	\$1.30
Original, Multigrain, Cinnamon Raisin			
Rudi’s Pizza Crust Gluten Free Original	\$5.29	\$3.99	\$1.30
Oikos Frozen Greek Yogurt OG	\$4.69	\$3.59	\$1.10
Vanilla, Honey, Blueberry, Chocolate			
Refrigerated			
Earth Balance Mindful Mayo with Olive Oil	\$3.69	\$2.99	\$0.70
Good Belly Vanilla Chamomile Big Shot	New!	\$3.79	#VALUE
Immaculate Baking Scones- Ready to bake	\$4.39	\$3.99	\$0.40
Cinnamon Chip and Blueberry			
Immaculate Baking Cinnamon Rolls	\$4.39	\$3.99	\$0.40
Kozy Shack Tapioca Pudding	\$3.99	\$3.49	\$0.50
Nancy’s Organic Non-Fat Plain Yogurt- 64 oz	\$6.99	\$5.99	\$1.00
Nancy’s Organic Whole Milk Plain Yogurt- 64 oz	\$6.99	\$5.99	\$1.00
Nancy’s Cream Cheese	New!	\$2.49	#VALUE
Oikos Organic Greek Yogurt, Plain 16 oz	\$4.99	\$4.59	\$0.40
Wallaby Organic Yogurt- 32 oz	\$3.79	\$3.29	\$0.50
Vanila and Plain. Both Lo-fat and Non-fat			
Wallaby Organic European Style Sour Cream	New!	\$2.59	#VALUE
Packaged			
Alter Eco Organic Fair Trade Chocolate Bar, 2.8 oz	\$3.99	\$2.99	\$1.00
Alter Eco Organic Fair Trade Quinoa, White, 16 oz	\$5.89	\$3.99	\$1.90
Alter Eco Organic Fair Trade Quinoa, Rainbow, 14 oz	\$7.59	\$5.49	\$2.10
Arrowhead Mills Gluten Free Baking Mix, 28 oz	\$6.99	\$5.29	\$1.70
Angie’s Kettle Corn	\$3.59	\$2.50	\$1.09
Annie Chun Rice Noodles, 8 oz	\$3.39	\$2.49	\$0.90
Beanitos Bean Snack Chips, 6 oz	\$3.69	\$2.49	\$1.20
Bob’s Gluten Free Steel Cut Oats, 24 oz	\$5.99	\$4.49	\$1.50
Bob’s Gluten Free Quick Cooking Oats, 32 oz	\$7.19	\$5.29	\$1.90
Casbah Couscous Mix, 7 oz	\$3.29	\$2.29	\$1.00
Crown Prince Yellowfin Tuna in Olive Oil, 6 oz	\$4.69	\$3.39	\$1.30
Crown Prince Anchovies in Oil, 1.5 oz	\$2.59	\$1.89	\$0.70
Edward Organic Breadcrumbs, 10 oz	\$5.69	\$4.29	\$1.40
Equal Exchange Organic Baking Cocoa, 8 oz	\$8.39	\$6.29	\$2.10
Frontier Organic Peppercorns, 1.7 oz	\$6.49	\$4.29	\$2.20
Ginger People Ginger Spread, 12.8 oz	\$3.79	\$2.79	\$1.00
Glutino Gluten Free Crackers, 4.4 oz	\$4.99	\$3.79	\$1.20
Hatch Enchilada Sauce, 14 oz	\$4.99	\$3.99	\$1.00
Hubert Lemonade, 16 oz	\$2.19	\$1.79	\$0.40
Lucy’s Gluten Free Cookies, 5.5 oz	\$4.99	\$3.79	\$1.20
Montebello Pasta Sauce, 24 oz	\$5.49	\$3.99	\$1.50
Newman’s Own Mint Tins, 1.76 oz	\$2.49	\$1.79	\$0.70
Natural Nectar Fair Trade Chocodream Cookies	\$3.79	\$2.99	\$0.80
Santa Cruz Organic Flavored Syrup, 15.5 oz	\$4.69	\$3.39	\$1.30
Household			
Earthfriendly Drain Opener	\$10.99	\$7.49	\$3.50
Earthfriendly Furniture Polish, 22 oz	\$5.79	\$3.99	\$1.80
Woodstock Hardwood Charcoal, 8.8#	\$12.39	\$8.99	\$3.40
Bulk			
Breadshop Granola Honey Gone Nuts	\$4.29	\$2.79	\$1.50
Breadshop Granola Blueberry and Cream	\$3.99	\$2.79	\$1.20
Breadshop Granola Raspberry and Cream	\$3.99	\$2.79	\$1.20
Lundberg Organic Brown Basmati Rice	\$2.49	\$1.99	\$0.50
Lundberg Organic White Basmati Rice	\$2.79	\$1.99	\$0.80
Bulk H Organic Mung Beans	\$2.69	\$2.19	\$0.50
Body Care & Gifts			
suncare - ALL		20% off	
Baraka sinus support products		25% off	
neti pots, sinus oils, nasal cleansing salts			

oneota
COMMUNITY
FOOD
COOPERATIVE

member deals

Kettle

Krinkle Cut Potato Chips

limit 2 bags per customer

\$3.89

Reg Price
\$4.69

UPC#0345892502

FEB 14-MAR 9

MEMBER DEALS 05/30 - 07/03

* Regular prices subject to change	Regular Price	Sale Price	Savings
Frozen			
Amy’s Pocket sandwich OG Cheese Pizza	\$2.89	\$2.39	\$0.50
Pocket sandwich OG Vegetable Pie	\$2.89	\$2.39	\$0.50
Snacks OG Cheese Pizza	\$4.29	\$3.59	\$0.70
Dorot Chopped Garlic & Chopped Basil	\$2.29	\$1.99	\$0.30
Udi’s Bagel Gluten Free	\$5.99	\$3.99	\$2.00
Plain, Cinnamon raisin, Whole Grain			
Kalona Butter	\$6.00	\$5.29	\$0.71
Salted and Unsalted			
Mt. Vikos Feta cheese	\$4.99	\$4.59	\$0.40
Mt. Vikos Feta cheese crumbles	\$3.99	\$3.29	\$0.70
Mt. Vikos Halloumi cheese	\$7.99	\$6.29	\$1.70
So Delicious Coconut Milk Creamers	\$2.39	\$1.99	\$0.40
Vanilla, Hazelnut and Original			
Stonyfield Organic Probiotic Yogurts	\$2.49	\$2.29	\$0.20
Packaged Food			
Florida Crystals Demerara Sugar, 2#	\$5.49	\$3.99	\$1.50
Happy Baby Puffs, Toddler Snack, 2.1 oz	\$3.59	\$2.79	\$0.80
Let’s Do Organic Organic Ice Cream Cones	\$2.99	\$2.29	\$0.70
Organic Sugar Cones	\$3.99	\$2.99	\$1.00
Lotus Foods Org. Fair trade Volcano Rice, 15 oz	\$4.29	\$3.29	\$1.00
Late July Organic Rich Crackers, 6 oz	\$2.99	\$2.29	\$0.70
Napa Valley Organic Olive Oil, 16.9 oz	\$11.59	\$8.29	\$3.30
Napa Valley Organic Cooking Wine, 12.7 oz	\$4.29	\$2.99	\$1.30
Newman’s Own Organic Fig Newmans, 10 oz	\$4.69	\$3.49	\$1.20
Pretzel Crisp Pretzel Snack, 6 oz	\$3.29	\$2.49	\$0.80
Prometheus Elixer Beverage, 16 oz	\$2.69	\$1.79	\$0.90
Ancient Grain Organic Quinoa Flour, 18 oz	\$6.99	\$4.99	\$2.00
Ancient Grain Organic Quinoa Flakes, 12 oz	\$5.99	\$4.39	\$1.60
San Pellegrino Sparkling Soda, 6/pk	\$6.49	\$4.49	\$2.00
Simply Organic Organic Dip Mixes	\$1.59	\$1.19	\$0.40
Spectrum Organic Wine Vinegar, 16.9 oz,	\$7.69	\$5.49	\$2.20
Spectrum Organic Balsamic Vinegar, 16.9 oz	\$9.39	\$6.79	\$2.60
Terra Sweets and Beets or Carrots Chips	\$3.79	\$2.79	\$1.00
Household			
Ecover Non-Chlorine Bleach	\$6.69	\$4.79	\$1.90
If You Care Aluminum Foil, Recycled	\$4.99	\$3.89	\$1.10
Bulk			
Bionature Organic Penne Rigate	\$2.99	\$2.29	\$0.70
Bionature Organic Whole Wheat Spaghetti	\$2.99	\$2.29	\$0.70
Bionature Organic Whole Wheat Penne	\$2.99	\$2.29	\$0.70
Bionature Organic Whole Wheat Fusilli	\$2.99	\$2.29	\$0.70
Grandy Oats Organic Classic Granola	\$6.29	\$4.39	\$1.90
Grandy Oats Organic Maple Roasted Cashews	\$12.99	\$11.29	\$1.70
New England Bakery Tex Mex Snack Mix	\$7.49	\$5.49	\$2.00
Body Care & Gifts			
Vitalah Oxylent Multi Vitamin 20 %	\$34.99	\$29.99	\$5.00

Sampling in the Aisles

Stop in & try something new—
every Friday
from 3:00 - 5:00 pm



Decorah Open Streets

by David Paquette, Director of Decorah Open Streets

The citizens of Iowa are embarking on a journey that could make our state the “healthiest” in the nation by 2016. In many ways, the Blue Zone Project is leading the way in helping communities engage their citizens with a focus on wellness. According to the United Health Foundation’s recently published “America’s Health Rankings,” Iowa currently ranks as the 17th healthiest state. Interestingly, Winneshiek County ranks as the healthiest county in Iowa. I, admittedly, find the metrics for these rankings somewhat confusing and all in all, quite arbitrary, but if indeed Iowa is to become the healthiest state in the country, then why not show a little pride in ourselves by working together to make Winneshiek County the healthiest of them all.

I, for one, think this goal is entirely possible. I think we get there by losing our overkill focus on “health” and by replacing it with a broader view of

wellness. Ah, sneaky you might say, the old word-play trick to help match lofty goals with a current state of affairs. I find health to be a really confusing term and one that is far too singular in the image it conjures. Wellness on the other hand is multi-faceted.

I believe wellness is a state of connectedness and balance between our physical, mental, spiritual, communal, and environmental health. When someone asks me if I think I’m healthy, my reaction is to take inventory of any physical ailments I might be currently experiencing. By comparison, when I am asked if I am well, my inventory is much more broad; relationships, work, diet, my place in my community, my stress level, have I been exercising, am I mentally balanced. In order to become the healthiest state in the country, I believe we need to re-focus our view on wellness.

My vision for Decorah Open Streets is to create a stage where this re-focus on

wellness can take place. Open Streets is certainly a place of activity and fun, but, most importantly, it is a space for connecting. It is a place to ask ourselves, “Are we well?” and a place to sincerely reflect and share the support we need or the help we can offer others. All of us want to be well and wish for those we connect with to also be well. It is not easy. Some days may be better than others. Friends, family and community members are the support network we need to break bad habits, solve problems, relieve stress, share meal ideas, motivate us to exercise and ultimately help us connect the dots to our perfect picture of wellness. When the residents of Winneshiek County begin thinking of wellness in the context of “we,” we will be home to the healthiest and happiest people in the county.

Please join us, Sunday June 10th from 11am to 3pm in downtown Decorah for Open Streets - a celebration of wellness. During these 4

hours, areas of Water, River, State and Main Streets will be closed to traffic. However, the area will be open to activities of all kinds – including: walking, jogging, biking, dance, yoga, mini tennis, pottery, face painting and more. Head on down and enjoy some active community-family fun. We look forward to seeing you there.

For more information on Decorah Open Streets, check out www.decorahopenstreets.com and be sure to keep up with us on Facebook at www.facebook.com/DecorahOpenStreets.



Energy Drinks

by Wendy Gordon

Long popular in Europe, energy drinks burst on the US scene in the 1980's with Gatorade, created for athletes at the University of Florida. Gatorade, essentially water fortified with sugar, salt, carbohydrates, and electrolytes (along with some artificial color and high fructose corn syrup), was developed to replace fluids, glucose, and electrolytes lost during intense exercise. While the body is a finely tuned homeostatic mechanism that maintains fluid and electrolyte balance pretty darn well under normal circumstances, heavy exercise, especially in the heat, can throw it out of whack, causing cramping, lightheadedness, and gastrointestinal distress. Playing sports in the Florida heat certainly qualified, and Gatorade proved a hit.

In the three decades following, however, there's been energy drink creep. While a "sports drink" typically contains three main ingredients--fluids, electrolytes, and carbohydrates--the division between "sports" and "energy" drinks has muddled. Even the original Gatorade has fractured into twenty-two separate drinks, all with differing levels of carbohydrates, electrolytes, and protein. Manufacturers are turning out a profusion of drinks that allegedly boost energy, and marketing them to a population extending way beyond athletes. Many of them, with names like Bacchus, Rockstar, Red Thunder, Relentless, and Monster depend on a familiar energy enhancer: caffeine. In addition, they may contain a plethora of substances believed to enhance alertness and exercise performance. Guarana is a Brazilian fruit with twice the caffeine found in coffee beans. Yerba mate, another South American stimulant, contains an unusual form of caffeine that affects muscle tissue more than the central nervous system, relaxing smooth muscle while stimulating the heart. Taurine is an amino acid naturally produced by the human body from food. Among other functions, it increases blood flow to muscles during physical exertion. Ginkgo Biloba, derived from a Chinese tree, is believed to enhance memory and concentration. Ginseng, another Chinese herb, has been an integral part of Chinese medicine for over 5000 years, believed to increase physical and mental endurance.

Along with all these stimulant herbs, drink

manufacturers also toss in a whopping dose of sugar in varying forms, electrolytes, and a sprinkling of vitamin and mineral supplements. In recent years, there's been consumer blowback about the sugar content, resulting in a subcategory of drinks made with artificial sweeteners.

Caffeine-free sports drinks remain on the market, including the many iterations of Gatorade, PowerAde, and Gleukos. "Natural" flavored waters such as Sobe derive their flavor from fruit rather than artificial colors, flavors, and high fructose corn syrup. Some versions contain stimulants such as caffeine or ginseng while others do not; many contain electrolyte and vitamin supplements. Some are sweetened with sugar while others rely on artificial sweeteners (yeah, not too natural) or the herb Stevia.

So is this profusion of products useful, dangerous, or basically a waste of money? It depends.

Athletes do not require sports drinks, but they can be very beneficial for those engaged in highly aerobic activities such as running or biking, especially of the long-distance variety. They are a simple way to replace fluids and electrolytes and provide a quick shot of readily accessible glucose to the muscles. While it is entirely possible to meet those needs with a big glass of water and a banana, a sports drink may be more convenient and appealing in the midst of exertion. Often natural thirst is shoved to the background in the heat of competition, and the sodium in sports drinks stimulates that reflex. As a general rule, caffeine-free drinks are safer and healthier, but some studies indicate that judicious use of caffeinated drinks boosts performance in activities such as long distance bicycle racing.

Weekend athletes, too, can benefit from sports drinks, simply because they are more "fun" and for many people, tastier than water. When our family goes hiking or biking we usually pack natural sports drinks such as Sobe or Lifewater because my eleven year old son prefers them and they provide a motivational treat along the way. (Also, we don't always have a thermos with us, and I can't bring myself to pay for plain bottled water!)

When you move away from athletics, the situation grows muddier. Approximately 65% of energy drink consumers are between the ages of 18-30. Many of them drink the beverages to fuel marathon study sessions or parties rather than runs. While a "serving" is calculated at

eight ounces, drinks contain as much as 32 ounces, and many consumers down the whole bottle. Conversely, some drinks are marketed as two ounce "energy shots" to get around regulations restricting the caffeine content of one serving. A shot of "Energy Catalyst" contains a whopping 434mg/fl oz (in comparison, a shot of espresso has approximately 51 mg/fl oz and a cup of drip coffee approximately 18mg/fl oz).

Energy drinks do enhance energy and mental alertness. They provide some vitamins and minerals, albeit ones readily available from real food. But, especially when abused, they can also cause dehydration, anxiety, diabetes, heart attacks, and seizures. The caffeine in energy drinks such as Rockstar or Monster blunt the effect of alcohol just as a Kahlua and coffee might, allowing people to drink much more before feeling the effect and increasing the danger of alcohol poisoning. A 2010 study published by the American Journal of Medicine found increased cardiovascular risk in 150 young, fit, healthy volunteers tested before and after consumption of one can of a sugar

free, caffeine-loaded energy drink. The drink induced elevated blood pressure, increased stickiness of the blood, and abnormal blood vessel formation. This risk is probably more pronounced in high risk individuals with structural or electrical heart abnormalities, diabetes, high blood pressure, and cholesterol. Three cases of sudden deaths of otherwise healthy adults led to banning of the drinks in Norway and Denmark even though two of these cases were linked with alcohol consumption.

All that said, I can't see where drinking an eight ounce glass of Rockstar every now and then is any more dangerous than the occasional Venti pumpkin latte. Everyone has their own thresholds for caffeine. But if you find yourself relying on chemical energy boosts it would behoove you to look more closely at your lifestyle. Ultimately there's no better energy enhancer than eight hours a night of sleep.

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

SNEAK PEEK— How to Boil Water: The Ancient Grains

Did you miss out on our most recent “How to Boil Water” class session? Here is a quick look into our classroom. Recipes and the basics of quinoa, amaranth and spelt are shared below.

for Breakfast...

Berry Cinnamon Quinoa

Serves 4.
Ingredients:
1 cup organic milk (dairy, almond, rice, etc.)
1 cup water
1 cup quinoa, rinsed
½ teaspoon cinnamon
1/3 cup chopped nuts of choice (pecans, almonds)
4 teaspoons agave nectar (or honey or maple syrup)
Directions: Bring milk, water and quinoa to boil in a small saucepot. Reduce heat and simmer approximately 15 minutes. Quinoa should absorb most of the liquid. Remove pot from heat and let sit for 5 minutes. Fluff quinoa with a fork and stir in toppings: cinnamon, berries, nuts and sweetener.

This tiny Incan seed is a powerhouse of nutrition just waiting to be added to your diet. Quinoa (pronounced keen-wah) is a gluten-free, grain-like seed. That’s right – the first of our ancient grains is not a true grain. This seed is in fact more closely related to beets than to wheat. A primary reason to add quinoa to your daily diet is that it is a complete protein – unlike rice or corn with must be combined with



a community that is educated about food and other products that are healthy for people and the environment

Constant Cravings

Why you crave the bad stuff, and how the good stuff can help you conquer cravings

by Eve Adamson

I’m hungry. No, really, I’m not kidding. I’m not just calmly and pleasantly considering the possibility of a future meal. I’m famished. Ravenous. And I have to eat now.

But here’s the thing: Obviously, I’m not literally starving. One look at me in a bathing suit makes it pretty clear that I’ve got energy stores. There is no emergency. I know where my next meal is coming from. My refrigerator is full of food. I know I don’t have to eat right now.

And yet, I have to eat right now. And not just anything. It has to be salty, or crunchy, or contain at least 95% chocolate. Nothing else will do.

Most people have experienced food cravings, and some people experience them daily. So what gives? Are your cravings some secret biochemical code for something your body really needs? Or is it something else? Where is the disconnect between hunger and cravings?

Actually, scientists have studied this question a lot, and they’ve come up with some interesting answers. As it turns out, cravings are complex and they might mean one thing on one day and another thing on another day. Once you narrow down what’s likely causing yours, you can address them with knowledge rather than by whim. Because really, who’s in charge? You or the cupcake? (Don’t answer that yet.)

Let’s consider why you might be having cravings, and what you can do about them.

Not enough nutrients

I had the weirdest experience the other day. My 13-year-old son keeps reminding me that we own a beautiful new juicer, and a few mornings ago, he urged me to make fresh juice for breakfast. We juiced a pineapple, green apples, kale, Romaine lettuce, a piece of fresh ginger, and a big cucumber, and we shared the tasty results. It was delicious, super nutrient-dense, and after I had a big glass of it, I wondered what else I wanted for breakfast. And then I realized I didn’t want anything else. In fact, I was totally satisfied until lunchtime.

I have the same experience when I make a smoothie, with a big handful of leafy greens, a cup of fresh or frozen berries,

unsweetened almond milk, and sometimes a scoop of high quality protein powder. When my diet hasn’t been particularly nutritious, a sugar-free smoothie or juice made with plenty of fresh vegetables and fruit really calms my cravings. It’s nutritional therapy.

When you aren’t getting enough nutrients, your body knows it, and broadcasts the message that you need something. But your brain might not always interpret the nutritional deficiency accurately. “I need calcium” may come out as, “I need large amounts of cheese melted on top of tortilla chips.” Flood your body with nutrient-dense foods on a daily basis, and your body will be more likely to hum along happily without complaining.

This morning, my son suggested we have a daily fresh juice happy hour after school. Out of the mouths of babes...

It’s a habit

Perhaps surprisingly, cravings are often simply a matter of habit. Whenever I go to the movies, I crave a certain treat in a yellow box (it involves dried fruit and chocolate; need I say more?) not because I need it, but because I’m used to having it. It’s the same with ice cream after dinner while watching “American Idol,” or always getting that certain banana chocolate chip muffin at that certain coffee shop. It begins to feel necessary, but of course it’s not.

Fortunately, habits can be broken. If you’ve ever quit drinking coffee or biting your nails, you know that it’s grueling for a few days, but then it gets easier. The trick is to replace the bad habit with a better habit.

Lately, when I go to the movies, I bring my own supply of mixed nuts and dried fruit. It satisfies the same craving and it’s much better for me. Instead of ice cream, try nonfat Greek yogurt mixed with fresh berries and sliced almonds—and maybe even a tablespoon of mini chocolate chips, when it’s the “American Idol” finale. Bake a better muffin at home, enjoy, then go have your coffee with your friends. You came to see them, not the muffin, right?

Planning ahead to subvert one habit with another works. Whether your habit is nighttime noshing, a mid-afternoon candy bar, or that morning muffin, once your healthier replacement becomes a new

habit, chances are your old habit will seem unappealing, as in, “I can’t believe I used to eat that!”

The power of suggestion

I like to think I’ve got a powerful brain. I got good grades, I pick up new skills quickly. So why is it that when I see someone eating a cookie, I become a brainless zombie with a vacant stare, staggering towards the pantry mumbling, “Must...eat...cookie...?”

We’re visual creatures, we humans, and we like pleasure. So sue us. But just because you see it doesn’t mean you have to have it. Even though it feels that way.

If this sounds like you, it’s time to recognize that you are letting your whims control your actions when your ogical brain should be the one calling the shots. This is like allowing your toddler to take over your bookkeeping. It can come to no good.

So the next time you see something that sparks a craving, whether on a cleverly designed television commercial or behind the glass case at a bakery or in the hands of someone else, give your inner toddler a time out and consciously decide whether you really want to eat that.

Waiting too long to eat

Some people can go all day without eating, and then have a salad. I suspect these people are actually aliens. For most of us, eating is necessary for sustained energy, concentration, and the ability to function. If you wait too long to eat, you’re going to get too hungry, and then your inner beast takes over and you end up devouring whatever’s in your range of vision.

Don’t put yourself in that position. Don’t go longer than four hours without eating something nutritious, unless you are sleeping. Don’t skip meals. Snack. Keep the nutrients coming in, and if necessary, stock your bag, your car, and your desk with the good stuff, like apples, almonds, carrots, bananas, oranges, yogurt, peanut butter, wholegrain crackers, hummus, and celery sticks. Then if you still want chocolate, you’ll have a much easier time having just a square or two.

Blood sugar crash

A really strong craving for carbohydrates (like baked goods, sweets, or bread) is

often the result of a blood sugar crash. Here’s how it can happen: You eat a doughnut, a cookie, or some candy. This floods your bloodstream with glucose. Your body responds by releasing insulin, to shuttle the glucose into the cells. But if you’ve got too much glucose because you ate more sugar than your body can handle, your body needs to release a lot of insulin. This effectively banishes glucose, dropping your blood sugar too low, and triggering more intense cravings. You’ve thrown your system out of balance. Too much blood sugar, followed by too much insulin, followed by a craving for another infusion of too much sugar.

This is why a breakfast of doughnuts or toaster pastries or waffles drowned in syrup can make you hungry all day. This is why you intend to eat three cookies and a few hours later, you polish off the package. If you are susceptible to this cycle, watch out. Too much of this blood sugar monkey business can result in metabolic syndrome, which is a pre-diabetic condition, and you don’t want to go down that road.

The solution: Cut out the junk carbs. Every time you eat, make sure your carbohydrates are mostly vegetables, fruits, and whole grains, and always include some protein with every meal and snack. Never, ever eat simple carbohydrates alone. Get off the roller coaster.

Here’s my final word of advice: Every time you make a choice, you have the chance to make a good one, no matter what choices you’ve made before.

So who’s in charge? That’s right. You are. Don’t let a cupcake or a bag of fries be the boss of you. No matter what happened yesterday or this morning or ten minute ago, keep taking back the wheel. Nobody’s perfect, but it’s what you do most of the time that matters.

And now, if you’ll excuse me, it’s happy hour, and I believe the juice bar is open.

Authored by Eve Adamson for Stronger Together. Reprinted by permission from StrongerTogether.coop. Find articles about your food and where it comes from, recipes and a whole lot more at www.strongertogether.coop.



The Ancient Grains, cont.

other foods to provide all of the essential amino acids. Quinoa cooks quickly and in a manner similar to rice. Bring quinoa to boil in water and reduce to simmer for about 15 minutes. As the quinoa absorbs the water a tiny “tail” will appear in each granule. This tells us it is ready to eat.

One important step is to RINSE your quinoa before beginning the cooking process. Quinoa is coated with a layer of saponin and if this is not rinsed off it can leave a bitter taste to a dish. Most packaged quinoa is pre-rinsed – just check the box.

mid-day Snack...

Food for Life Ezekiel 4:9 Cinnamon Raisin Sprouted Grain Bread
100% flourless, complete protein, 80 calories per bread slice
Sprouted wheat, sprouted barley, sprouted millet, sprouted lentils, sprouted soybeans, sprouted spelt and more.
Pop one slice into toaster. Toast. Spread with 2 teaspoons honey. Enjoy.
Find this and other Ezekiel breads in our frozen department.

The grain, spelt, is a "cousin" to today’s common form of wheat. Originally grown in Central Europe, spelt is becoming a popular grain in baking and cooking. Spelt is appreciated by those who are looking for a more digestible form of gluten. Spelt flour behaves similarly to wheat and is therefore easy to substitute in recipes and is more commonly being found in processed foods, such as breads, cookies and pastas. Find spelt flour in our bulk department to try in your next muffin or bread recipe.

plans for Dinner...

Amaranth Polenta with Mushrooms
Makes 4 servings.
Ingredients:
½ ounce dried porcini mushrooms
1 tablespoon olive oil
¼ cup finely chopped shallots
1 cup amaranth
Directions: Pour 1 ¾ cups boiling water into a large glass measuring cup. Stir in dried mushrooms. Cover and set aside until mushrooms are soft, about 10 minutes. Chop into large pieces. Meanwhile, heat olive oil in a heavy 2-quart saucepan. Add shallots and cook for 1 minute. Stir in the amaranth. Add the soaked mushrooms and the soaking liquid, taking care to leave any grit on the bottom of the cup. Bring to a boil. Reduce the heat, cover and simmer for 15 minutes. Stir in the salt, pepper, and thyme. Continue simmering, covered, until the mixture has a porridge texture and the amaranth is tender, 10 to 15 minutes more. (Tender amaranth should still be crunchy, but shouldn’t taste hard or gritty.) Stir in a bit more boiling water if the mixture becomes too thick before the amaranth is done. Serve in small bowls with a sprinkle of thyme on top. Recipe adapted from Lorna Sass’s *Whole Grains Every Day, Every Way*.

¼ teaspoon salt
Freshly ground pepper to taste
1 teaspoon chopped fresh thyme, plus more for garnish

Amaranth, the principal food of the Aztecs, contains more essential amino acids than most other plant foods and is second only to quinoa in the amount of iron it contains. This tiny grain is also a strong source of calcium. A quick grain to cook – amaranth is slightly gelatinous in nature, making it a perfect addition to soup or stew, as it will thicken the dish it is added to. A simple way to introduce amaranth into a meal is to mix with rice. Replace ¼ of rice with amaranth in recipe. Cook rice and amaranth together as directed by recipe (following instructions given for rice). Amaranth will even cook in your electric rice cooker.

Asparagus-A Seasonal Super Food

by Sara Hunter, Produce Department

Spring is an exciting time. As I write this in April, it seems the excitement will go on and on since we started so early. Robins are back, chirping and hopping about in lawns. Each day continues to get noticeably longer and flowers have poked their heads out (in April?!) and begun blooming. Some of my favorite flowers are spring-loving daffodils, tulips, and of course lilacs. But there is one member of the lily family, the asparagus, which is just starting to emerge from its wintery slumber, and I have been patiently awaiting its arrival.

Asparagus is said to have been first cultivated roughly 2,500 years ago in Greece, where the name asparagus means “shoot” or “spear” in Greek. Asparagus is one of the oldest cultivated vegetables. This plant’s spears grow from a crown that is planted about a foot deep in the ground. Three seasons must pass before an asparagus plant can be harvested because this allows the crown to grow a strong and stable root system. The asparagus plant grows best in sandy, well-drained soil, and has a relatively short growing season - usually lasting only six to seven weeks. Under perfect conditions, the spear can grow up to 10 inches in an amazingly short twenty-four hour period. Once harvest season is complete, the spears will grow into ferns, providing the roots with the nutrients needed until the next growing season.

Most people do not have their own personal asparagus bed. The Co-op is here to help. We are fortunate to have three local suppliers of this high-demand, short-season vegetable: Erik Sessions of Patchwork Green Farm, David and Perry-O Sliwa of Sliwa Meadow Farm and GROWN Locally. We also keep organic asparagus on-hand from California (and conventional asparagus from Mexico) to fill in when there isn’t enough local asparagus to go around.

When choosing asparagus, there are some things to consider. Many people are under the impression that the thinner the spear, the tenderer it is. Others claim to love the fat juicy stalks for their succulence. Both can be true, although I myself have had more experience with the skinny spear being tougher than the thick. It is most important that, no matter how thin or thick the spears, they should be fresh. The sugars in the plant convert to starch very quickly, which results in flavor loss and a woody texture. Choose spears that are firm, deep green in color, have tightly closed tips, and that are not shriveled and dehydrated.

There are plenty of health benefits to eating this seasonal vegetable. The Greeks claimed it had certain medicinal qualities for curing toothaches and for cleansing and healing. It was also used as an aphrodisiac. Below are some more of its finer nutritional qualities:

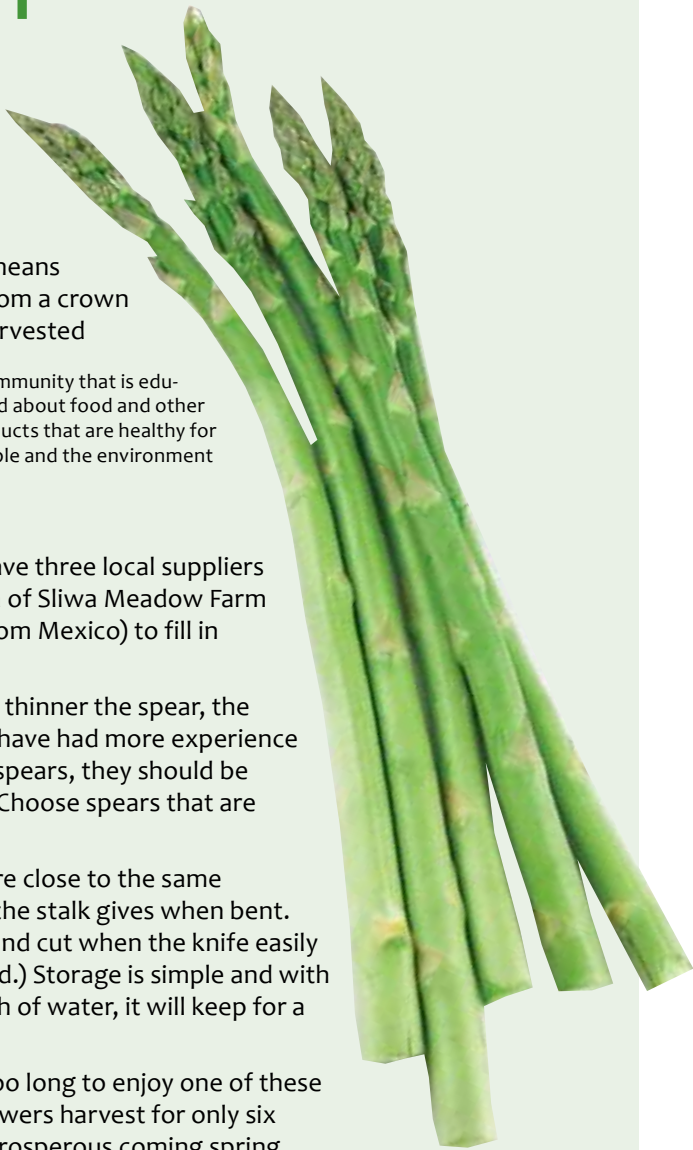
- Low in calories, only 20 per 5.3 oz. serving, less than 4 calories per spear.
- Contains no fat or cholesterol.
- Very low in sodium.
- A good source of potassium.(1)
- A source of fiber (3 grams per 5.3 oz. serving). (2)
- An excellent source of folacin. (3)
- A significant source of thiamin. (4)
- A significant source of vitamin B6. (4)
- One of the richest sources of rutin, a compound which strengthens capillary walls.
- Contains glutathione (GSH). (5)

(1) A good source provides 25% or more of the U.S. Recommended Daily Allowance (USRDA).
(2) A source of fiber provides 2 grams or more per serving. A good source contains 5 grams or more, an excellent source contains 8 grams or more.
(3) An excellent source means 40% or more of the USRDA (asparagus contains 60% of the USRDA for folacin). Folacin is a B vitamin which helps in the duplication of cells for growth and repair of the body, and in blood cell reproduction in the bone marrow. Adequate folacin intake can prevent miscarriage and neural tube defects (NTDs). Folacin helps in the formation of hemoglobin, as well. The United States Public Health Service recommends that all women of childbearing age in the United States who are capable of becoming pregnant should consume 0.4 mg of folacin per day for the purpose of reducing their risk of having a pregnancy affected with spina bifida or other NTDs.
(4) A significant source means 10% or more of the USRDA.
(5) Glutathione (GSH) is one of the most potent anticarcinogens and antioxidants found within the body. GSH is used to detoxify carcinogenic electrophiles and protect cells from oxidative damage, thereby preventing damage to DNA and other macromolecules. Thus, GSH acts as an initial and primary defense against chemicals that can cause cell transformation and/or cell death. Asparagus had the highest GSH content of the several foods tested.

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To have more control when cooking, choose stalks that are close to the same thickness. The woody end should be snapped off where the stalk gives when bent. Another method is to use a paring knife to test the ends and cut when the knife easily sinks in. (The paring knife tends to save you a bit more end.) Storage is simple and with a clean trim of the ends and stood upright in about an inch of water, it will keep for a week or so. Place in a refrigerator to maintain freshness.

The time is now for happy asparagus lovers. Don’t wait too long to enjoy one of these tasty and easy recipes. Each season most of our local growers harvest for only six weeks, allowing the bed ample time to regenerate for a prosperous coming spring.

Quick Skillet Asparagus

Jackie Mills, MS, RD, "Cooking Light," April 2010

Ingredients	1/2 teaspoon grated lemon rind
4 teaspoons extra-virgin olive oil	1 teaspoon fresh lemon juice
1 pound medium asparagus spears, trimmed	1/4 teaspoon salt

Directions: Heat a large cast-iron or nonstick skillet over medium-high heat. Add oil to pan and swirl to coat. Add asparagus and, stirring frequently, cook 3 minutes or until asparagus is crisp-tender and browned. Transfer to a serving platter. Add grated lemon rind, juice, and salt. Toss to coat

Spring Asparagus and White Bean Salad

Source: By Andrea Gabrick, WebMD the Magazine - Feature
Makes 4 - 1-cup servings

Ingredients	Dressing
3 cups asparagus, cut into 1-inch pieces (about 1½ lb)	2 tsp fresh lemon juice
1½ cups canned cannellini beans, rinsed and drained	1 tsp grated lemon zest
5 thinly sliced radishes	1 tsp Dijon mustard
½ cup (2 oz) crumbled feta or goat cheese	2 tsp extra-virgin olive oil
1 medium shallot, peeled and minced	¼ tsp salt
1 tbsp chopped fresh mint	1/8 tsp black pepper

Directions: Steam asparagus, covered, 2 minutes or until crisp-tender. Rinse asparagus with cold water and drain. Gently combine asparagus, beans, radishes, feta, shallot, and fresh mint in a serving bowl. Make dressing by combining lemon juice, lemon zest, mustard, olive oil, salt, and pepper. Whisk to combine. Pour dressing over asparagus mixture and toss gently to coat.

Stir-Fried Beef With Asparagus

Source: wholefoodsmarket.com

Serve this deliciously beefy stir-fry over your favorite noodles or steamed rice.

Ingredients	
1 1/2 pounds chuck eye steak (also known as chuck fillet)	2 cloves garlic, sliced
2 tablespoons reduced-sodium tamari soy sauce	1 bunch (about 3/4 pound) thin asparagus, trimmed and cut into 2-inch pieces
2 tablespoons rice vinegar	1/2 cup hoisin sauce
1 tablespoon grated fresh ginger	4 green onions, sliced
2 1/2 tablespoons cornstarch	
1 tablespoon expeller-pressed canola oil	

Directions: Cut raw steak into 1/2-inch-thick slices, against the grain, and cut slices again into thin strips. Place in a bowl and toss with tamari, vinegar and ginger. Cover and refrigerate 20 minutes to overnight.

Remove steak from marinade and discard any extra marinade. Toss steak with cornstarch until evenly coated. Heat oil in a wok or large skillet over high heat. When very hot, but not smoking, add steak and cook until just browned. Remove steak and set aside. Add garlic and asparagus to the wok and stir 1 minute. Add hoisin and 1/2 cup water and stir 1 minute. Return beef to wok, cover, and cook until asparagus is tender, about 4 minutes. Top with green onions and serve over your favorite noodles or rice.