

# THE SCOOP

ONEOTA  
COMMUNITY  
FOOD  
COOPERATIVE

VOLUME 40 • NUMBER 3 • FALL 2013

312 WEST WATER STREET • DECORAH • IOWA • 563.382.4666 • WWW.ONEOTACOOP.COM

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

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

## On a Mission

### The Co-op Board and Management Create a New Mission Statement

By Steve McCargar, Board President and David Lester, General Manager

Over the 39 year history of the Oneota Community Co-op the mission statement of the Cooperative has played an important role. Our original Articles of Incorporation described the purpose of the organization, with slight revisions in the 1990s, as “(1) to supply, at a reasonable cost, whole foods and other items which meet member needs and are compatible with the Cooperative's Mission Statement; (2) to encourage production and consumption of organically grown foods which are locally produced (if possible); (3) to specifically reject products which injure the natural environment. . .”

Based on this purpose, a mission statement of the Cooperative was developed in the 1990s which read, “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.”

This mission statement gave the management a better defined direction of their work and attempted to reflect, in a few sentences, what the membership desired the Co-op to be.

When the Co-op considered what kinds

of food to purchase and sell, managers referred to the mission and tried to reflect it in the choices they made. It also was the basis for decisions made about equipment purchases, construction materials, non-toxic pest controls and a host of other business-related considerations. From the beginning, it was truly the case that Oneota Community Co-op was a “mission-driven organization.”

In the mid-2000's the Co-op's Board of Directors developed a new eight-part “Ends Statement” that

"The mission of the Oneota Community Co-op is to build vibrant communities and ecosystems by providing organic, locally produced and bulk foods, as well as other products and services that are sustainable for those who consume and produce them."

clearly spelled out a series of “Ends” (think of them as measurable goals) that the Board used to evaluate the progress our Co-op was making and the performance of the Co-op's General Manager. Though the Ends

Statement did not replace the Mission Statement, the former did become the focal point of the Board's monitoring and review process. The mission became more of a historic reference point, not our stated reason for being.



Now in 2013, the Co-op Board has revisited the question of our mission and its relationship to our Ends. Working with our GM, David Lester, several members of his management team, and a strategic planning

consultant from the University of Iowa, the Board has updated the mission statement and tied it directly to a somewhat revised Ends

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## FROM THE GM

## The Big Question...

By: David Lester, General Manager

**Customer Question:** “I am originally from Cresco, Iowa and now live in Waverly, Iowa. I have enjoyed the Oneota Co-op for a very long time and still bring family and friends to shop it when I come back to Decorah. On a recent trip, I brought a friend who had never been to any kind of food co-op before and she was completely amazed by the quality and selection of organic food and produce that you carry. We talked the whole way home about what a hit the Co-op would be in Waverly and how disappointed we are that there is nothing like this in the Cedar Valley.

The point of this email, besides thanking you for doing such an awesome job supplying people with organic and quality food, is to ask if you have ever thought of expanding or opening another location? If so, I nominate Waverly!”

Thank you for your excellent question. Believe it or not, I have had three other

communities asking me the same question in the last month! Food cooperatives are experiencing a substantial period of growth and expansion that hasn't been seen since the early 1970s. There are more and more consumers wanting to buy what co-ops have to sell and value our product selection and business practices. Consumers are wary of the long-term effects of GMOs, antibiotics in their meat and dairy products, and the growing practices associated with non-organic produce.

The Oneota Co-op Board and I are currently in the middle of a strategic planning process that is focused on identifying two or three strategic initiatives for our Co-op in the next five years or so. In other words, what is Oneota's next BIG thing? Will it be addressing the lack of good, quality food in some of the communities in

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a business that promotes the development of co-operation and co-operative enterprise.

Join us at the Co-op for a full holiday meal from appetizers through main course and finishing with your favorite holiday desserts. Sign up beginning October 1st at the Customer Service Desk (382-4666) for one of five seatings between 4:30 and 8:15 pm. Cost is a minimum donation of \$15 per person. Please arrive 15 minutes prior to your scheduled seating to enjoy the appetizer course.

100% of the money raised will be used to stock the shelves of local food pantries.

## Taste of the Holidays

Thursday, November 7th  
4:30-8:15 pm

Signup starts  
October 1st!





# THE BEST SLICE OF PIE.



an institution that respects and encourages the diversity of its membership.

By: Nate Furler, Marketing and Outreach Manager & Johanna Bergan, Education and Outreach Coordinator

The grocery world, more specifically the natural foods grocery, has exploded in the past decade. Not only has the interest in consumer purchasing of healthier, less processed, environmentally sustainable products and services increased, but also the number of companies competing to find placement of their products on store shelves.

With this massive influx of materials, also comes tremendous responsibility of Co-op managers and buyers to select the best possible products at reasonable prices to stock the shelves of the Co-op. Just like a savvy Co-op shopper, these buyers and managers must read

labels, research companies, fact-check certifications, and attempt to secure only the best items for placement on our shelves.

In order to make this job simpler and more transparent, the Co-op has utilized our merchandising policy since May 2008. As the introduction of the 2008 policy states, we strive to make merchandising decisions and actions consistent with the mission, vision and values of the Co-op. “At Oneota, we aim to accommodate the diverse diets of our customers, while supporting environmentally sound food production and contributing to healthy lifestyles. Through open communication with Oneota Co-op members, we seek to create a product mix that represents basic nutritional needs, special dietary concerns, alternatives to questionable products, as well as the wants and needs of our members and customers.”

In August (2013) managers and buyers updated the policy to increase its usability and to better equip it to adapt to the constantly changing world of natural products. Having the Merchandising Policy (MP) goes a long way towards meeting our Ends, but it also serves as a daily tool. Our store buyers use the MP to make decisions about what products to stock on shelves. The MP is a guiding light for the Marketing team at the Co-op and helps us decide what to promote. The MP helps us serve our community while supporting a healthy membership (in body and mind), local foods economy, and be a supportive partner in the cooperative enterprise.

Our store management team has been working on this amended policy over the past several months. We celebrated the introduction of the revised MP with organic, fair trade chocolate and local, organic scones and cinnamon rolls, and a few gluten-free donuts. With what food will you choose to celebrate?

As always we welcome any and all feedback from our customers and member/owners. Please feel free to contact us in-store using the Customer Comment cards at the Customer Service Desk or via email to [customerservice@oneotacoop.com](mailto:customerservice@oneotacoop.com).

To the right you will find an introduction to the 2013 revised OCC Merchandising Policy. You may view the full policy on our website or the display copy in-store at the Customer Service Desk.

## 2013 Oneota Community Food Co-op Merchandising Policy Introduction

The mission of the Oneota Community Co-op is to build vibrant communities and ecosystems by providing organic, locally produced and bulk foods, as well as other products and services that are sustainable for those who consume and produce them. (revised August 2013)

The Oneota Community Co-op strives to fill the need of a full service grocer which provides products that are certified organic, local, non-genetically engineered, fresh, high quality, minimally packaged, healthy and affordable.

### The Policy’s Sections with brief details:

#### Section 1: Product Selection Criteria

##### Section 1.1 Nutritional Value, Health and Diet

Products that are:

- Free from artificial ingredients/additives
- Whole and unrefined
- Free of genetically modified organisms
- Free from added growth hormones and antibiotics
- Free from irradiation
- Ethnic foods and alternative diet foods

##### Section 1.2 Value

Provide:

- A choice to purchase in packaged or bulk.
- Various degrees of quality/prices of products
- Member/Owner discounts

##### Section 1.3 Environmental Impact

Provide:

- Sustainably produced bulk, certified organic, local and regional products
- Minimally packaged products
- Products that are grown, produced, manufactured and transported sustainably
- Fair Trade and/or Rainforest Alliance Certified products

##### Section 1.4 Social Responsibility

Provide products:

- produced using certified organic methods, harvested sustainably, and do not harm endangered species.
- produced by cooperative, collective and/or independent businesses
- that demonstrate concern and fairness for workers, consumers, and the larger community
- produced and distributed from countries with good human rights records.
- not tested on animals

##### Section 1.5 Economic Impact

- Providing products that are locally and/or regionally produced
- Promotion of product produced by local, collective and cooperative businesses





# Come be the Judge!

5th Annual **SALSA!** Contest

**Saturday, August 31st**  
**1:00 - 4:00 pm**

**Make sure to stop by and cast your vote for Best Salsa of 2013.**



sponsored by the Oneota Community Food Co-op

Event held at **at Seed Savers Exchange**  
3074 North Winn Road • Decorah



# Oneota Community Co-op Board Seeks Board of Directors Candidates

By: Gary Hensley, Board Vice-President.

It's that time of year again when we get ready to send the kids back to school, the leaves begin to turn, and the mornings are just a bit cooler. Many of you are putting finishing touches on garden work and completing that long list of summer projects. At the Co-op, one project that gets kicked off this time of year is the search for people interested in becoming board members.

The number one question that people like to ask is, "What does it take to be a Co-op board member?" The minimum requirement is that you are a member in good standing. "Really... That's all it takes to be on the board?" Ok, there is a second requirement. That requirement is based on the foundation of the seven internationally recognized Principles of Cooperation that reflect an overall concern for the health and sustainability of our community. So, yep, you need to care about what happens in this community. You need to have a desire to be part of a leadership group that is focused on building a vibrant community.

Wow! That seems like a lot of responsibility. How does the Co-op do that? What is the role of the board member in that objective? We do that by providing organic, locally produced and bulk foods, as well as other products and services that are sustainable for those who consume and produce them. As a member of the board, you are tasked with setting strategies and objectives that keep the Co-op on a path that implements this mission. The general manager, David Lester, and his staff then take these strategic vectors and implement working plans to meet these goals.

As a member of the Co-op you are likely familiar with our "Ends" statements which define the broader path within which these strategies fit. You can see a complete list of End statements on page 16 of this publication. You may also notice articles throughout *The Scoop* that have an E2, E4, E5, etc. graphic next to them. The articles that are labeled are the working plans that are designed to meet these Ends. That's how all of that fits together.

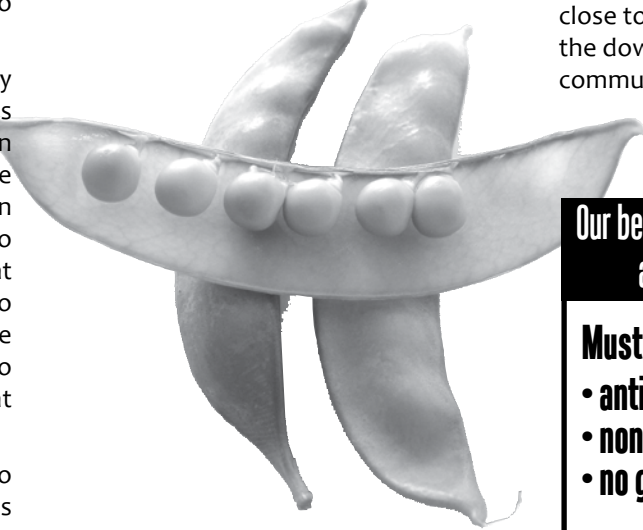
As board members, each of us comes to the meetings with different experiences

and expectations for the work that needs to get done. The current board is an excellent example of a group of people with a wide variety of work experiences which range from local farmer to corporate executive. This adds to the spectrum of new ideas and approaches, and we welcome new board members who have different ideas.

Each of the Ends statements are designed to have a specific focus. Board members may have one or two that they are more interested in working on. In the past year we have tried to focus on two or three where we believe we need to make the most progress as a business and organization. As a new member you are part of the discussion on specific focus areas.

So, how about you? The Board of Directors seeks interested Co-op member-owners to serve on the Board to help ensure a good future for the OCC. In 2014 there will be two positions open for candidates to fill. Gary Hensley and Deneb Woods have reached the end of their terms. The board will soon form a committee to begin to pursue member-owners who are interested in filling these positions. To get more information on how to apply, contact any board member or David Lester.

Why not throw your name into the hat? We would like to get your application by mid-December. Remember, all it takes is a membership, a commitment to the success of the Co-op, and a desire to be a member of a diverse leadership group focused on building a vibrant community.



# On a Mission

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statement. From this point on, our core documents will begin with the following Mission and Ends language: "The mission of the Oneota Community Co-op is to build vibrant communities and ecosystems by providing organic, locally produced and bulk foods, as well as other products and services that are sustainable for those who consume and produce them."

There are many reasons that Board members and staff alike are excited about this new statement. For one, it is more memorable. Our membership is growing exponentially and we are experiencing a rate of growth that is bringing in new customers from all over northeast Iowa, southeast Minnesota and beyond. We intend to use this more refined mission

statement in all of our membership publications, on our wall in the café seating area, and in many areas of the store. We think it is important for our customers to know what the core of our business and the work of the Co-op are about in one memorable sentence.

We put a lot of thought into the impact of words like "to build vibrant communities and ecosystems" and "sustainable for those who consume and produce them." We are a business that is concerned about the people and the environment that they live and work within. Board members and staff alike are excited to present this to the Co-op's member-owners as the product of a thoughtful, consensus-building process – one that is true to our original purpose and one that gives us meaningful direction in the future.

# The Big Question...

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northeast Iowa? Will it be participating in growing local food production and distribution? Will it mean better quality jobs for our staff? Will it mean expanding the existing store and services? Will it mean another store? I would encourage our members to let us know by email or drop us a note in our Customer Comment box at the Customer Service Desk if you have an idea that the Co-op could take advantage of in the next five years. These initiatives will be announced to our membership most likely in early 2014.

Currently, Dubuque is getting very close to opening their new co-op in the downtown warehouse district and communities like Cedar Falls (close

to Waverly), Mason City, Grinnell and others are also in the early stages of creating a food co-op. Opening and managing a physical store location takes a lot of resources and a level of risk that takes a dedicated group of members and Board to see it through.

I would have to say that my favorite cooperative principle is "Cooperation Among Cooperatives." This means that cooperatives serve their members most effectively and strengthen the cooperative movement by working together through local, regional, national and international structures. Oneota Community Food Co-op has been practicing this principle a lot lately, and we know that helping other communities form a co-op in their community will strengthen what we are doing here in Decorah.

Our beef business is expanding and we are looking for other producers to grow with us and help us meet demand. We need grass fed cattle to finish at our place.

Must be:

- antibiotic free
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- no growth hormones

\*Aged cattle are okay.

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1ST  
ANNUAL

FARM CRAWL!

SUNDAY, SEPTEMBER 22, 2013

TASTE OF  
NORTHEAST  
IOWA

GREEN THUMB PRODUCE

EMPTY NEST WINERY

PEAKE ORCHARDS

WW HOMESTEAD DAIRY

KYMAR ACRES

WAWKON

FREDRICKSBURG

ENGELBRECHT FAMILY WINERY

HAWKEYE BUFFALO RANCH

The First Annual Farm Crawl will be held in Northeast Iowa area on Sunday, September 22 from 1 to 5 pm. Learn how local farmers grow your food and manage their farms on this self-guided tour. You might even find fun kids' activities and local foods to buy and cook up for dinner! Visit the NE Iowa Food & Farm Coalition's home page ([www.iowafreshfood.com](http://www.iowafreshfood.com)) for a map and details about each participating farm. Plus: Buy a VIP Pass for bonus savings at each stop! [www.iowafreshfood.com](http://www.iowafreshfood.com)

**SEPTEMBER 22: 1 - 5 PM**

**Green Thumb Produce**  
2322 Glenville Road | Decorah, IA 52101  
See a three-acre market garden where they grow fruits and vegetables for sale, as well as for the local food pantries. See their new high tunnel and how they are using it to extend the growing season. Fresh baked goods, cookies, breads, cinnamon rolls and pies available for purchase.

**Kymar Acres**  
2168 Winnmakee Road | Waukon, IA 52172  
A family owned, sustainable farm since 1998. Kymar Acres offers fresh produce, herbs, flowers and eggs sold directly to you at local farmers markets and at their on farm stand. Visit the production fields and farm stand and tour their newly, renovated commercial kitchen where they will host cooking and canning classes and process food from their farm.

**Empty Nest Winery**  
1352 Apple Road | Waukon, IA 52172  
Family owned and operated. Handcrafted wines made in small batches from grapes and many varieties of berries handpicked mainly on their farm and Northeast Iowa. Sample from six grape wines and 12 berry wines in their tasting room.

**Peake Orchards**  
323 N. Line Dr. | Waukon, IA 52172  
Peake Orchards planted their first trees in the early 1980's and began selling fruit in 1989. With approx. 1,000 trees and about ten varieties to choose from, they have something for everyone. Visit the farm stand, view the packingshed and take a wagon ride to the orchard between 2-4 pm that day.

**WW Homestead Dairy**  
850 Rossville Road | Waukon, IA 52172  
Two local dairy farm families from northeast Iowa are proud to introduce a full dairy product line including; cream-line milk, cheese curds, block cheeses, butter, and premium ice cream. Their products are made with all natural ingredients that are locally produced and processed. Sample their amazing cheese curds and cream-line milk! Even though the processing room is quiet on Sundays, you can still get a tour of how the milk travels from the farm to your refrigerator.

For detailed descriptions & directions:  
Go to [www.iowafreshfood.com](http://www.iowafreshfood.com)  
& click on "Farm Crawl"  
on the front page.

**SEPTEMBER 8: 1 - 5 PM**

**JUST CAN'T WAIT TO FARM CRAWL?**  
Check out the September 8th, 1-5 pm  
Northern Iowa Food and Farm Partnership Farm Crawl  
[www.uni.edu/ceee/localfoods](http://www.uni.edu/ceee/localfoods)

**Engelbrecht Family Winery**  
2866 270th Street | Fredericksburg, IA 50630  
10-acre vineyard growing grapes, raspberries, and rhubarb to make into wine. Wine varieties include three white wines, five red wines, and a blush wine. In addition to berry bushes and fruit trees, the farm features dairy cattle, goats, chickens, peacocks, llamas, Jacob sheep, cats, and a dog named HJ.

**Hawkeye Buffalo Ranch**  
3034 Pembroke Ave. | Fredericksburg, IA 50630  
A heritage family farm (150 years) raising a herd of grass-fed and hormone free buffalo. Tours last one hour beginning with a Lakota Sioux smudge ceremony and end after a trip into the pasture to hand-feed the buffalo.

AND DON'T MISS:  
Driftless Farm Crawl and Farm to Table Dinner  
September 21, 1-5 pm  
[www.extension.iastate.edu/dubuque/localfoods](http://www.extension.iastate.edu/dubuque/localfoods)

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# Get Your Freeze On

By: Liz McMann

There’s a special kind of hoarding reserved for lovers of local produce. We know who we are. We plant waaayyyy more tomatoes than anyone should try to fit into one garden bed. We sign up for CSA shares and still stop by the co-op and the farmers’ market, “just to pick up a few things.” A flat of strawberries later, we’re making smoothies for our friends and family to use all this produce before it’s past its prime.

This is where freezers save the day. Sure, freezing foods isn’t as sexy as canning or as hip as fermenting, but often it’s the most practical way to deal with a bumper crop of kale, a glut of blueberries, or even leftovers from a big meal.

The only catch? You’ll still have to follow some important steps to be sure you end up with high quality foods once their day of defrosting comes. The key to high quality frozen foods is in stopping any enzymes from ripening your produce, sealing out any air, and preventing large ice crystals.

## STOP! IN THE NAME OF (FROZEN) LOVE

All those enzymes that bring carrots to the peak of sweetness can make things go south if they aren’t stopped before freezing. Sure, freezing does slow down the ripening process. But it won’t stop altogether unless you go on the offensive. This isn’t much of a concern with most fruits, meats and prepared meals. But when it comes to freezing fresh veggies, blanching before freezing is the way to go. Blanching involves dipping fresh vegetables in boiling water for a short period of time to deactivate ripening enzymes and then dunking them in ice water to stop any cooking. It goes really quickly and pays off in top quality vegetables. Need to see it to believe it? Hilah Johnson shows how easy it is in this Co+op Kitchen video, "Blanch and Freeze Fresh Vegetables."

## BURN ME ONCE, SHAME ON YOU. BURN ME TWICE, SHAME ON ME.

It’s happened to me. It’s happened to most of us. But freezer burn is avoidable, as long as you keep a few things in mind. Freezer burn is usually caused by not using an air-tight

container and allowing moisture to leak out of a food into that dry freezer air.

This is why I buy plastic freezer bags and glass jars specifically for freezing my food. Wax paper is great for wrapping meats and cheeses, too. But the wax paper is just the first layer—these items still need to be sealed in an airtight container for safekeeping.

I’ve learned my lesson the hard way. Glass jars can be excellent for storing liquids, sauces and crushed fruits, but be sure to leave plenty of space in the top of the jar to allow room for the food to expand as it freezes- about 1.5 inches for quart jars. Otherwise, say sayonara to that mason jar.

My favorite way to freeze most anything is in individual pieces (think: peas, strawberries, beans and banana chunks). I lay them out on wax paper on a baking sheet and pop them in the freezer overnight. The next morning, I dump them into a freezer bag, compost the wax paper, and seal my food away for the long, hard winter.

## ICE, ICE BABY

I love big, crunchy ice crystals in a summer sno-cone, but these are devastating to home-frozen foods. When ice crystals form, they can burst the cell walls inside your fruits and veggies making them mushy. To prevent this, make sure your freezer is set to 0°F or lower before even thinking about freezing those berries. Then, let your foods hang out in the refrigerator for a spell, so that they’re nice and cold before putting them in the deep freeze.

Next, make sure not to overload your freezer with a massive amount of food to freeze. Usually about 2-3 lbs. of food is a manageable amount to add for each cubic feet of storage space in your freezer. Any more and it could take over 24 hours for the food to freeze, leading to bigger ice crystals and a mushy texture.



## FILE IT AWAY NOW

The back of my freezer used to be uncharted territory—a place foods went to die. As soon as I put something in the back of the freezer, all memory of that food was erased from my mind. Now I’ve caught on to my tendencies and use a little reminder sheet on the door of my fridge so the whole household knows what’s in store for them just beyond the freezer door.

I also started labeling my frozen foods. Just a moment with a Sharpie can eliminate any future confusion. I include the date, the product, and any special notes, like when the berries come from my own garden!

Labeling things also helps with using those frozen foods. Freezing is an amazing thing, but it won’t keep foods in top shape forever. If

a freezer is consistently below 0°F, then most foods will keep for a year at top quality, with fatty meats and fish being the first to decline. But if a freezer fluctuates between 0° and 10°, like many 2-door refrigerator/freezer combos, foods are best eaten within several months. Keep in mind that they won’t ever become unsafe to eat, but their quality will begin declining after this period.

These days I’m still planting too many tomatoes and lusting after every new fruit that’s in season. I still have my sanity questioned when I bring home more green beans. But when I open my freezer door and see those stacks of bright, local foods in the middle of February, it’s all worth it!

*Authored by Liz McMann 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](http://www.strongertogether.coop).*



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CO-OP EVENTS & CLASSES

oneotacoop.com/classes-and-events

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

AUGUST

**5th Annual Salsa Contest**  
**Saturday, August 31, 1:00 - 4:00 pm**  
This will be the 5th year of the Oneota Co-op sponsored Salsa Contest held during the annual Tomato Tasting and Seed Saving Workshop hosted by Seed Savers Exchange. The Salsa Contest will be held next to the Lillian Goldman Visitors Center on the grounds of Seed Savers Exchange. Contest participants must pre-register for the event by August 27. The general public will have an opportunity to sample all of the entered salsas and vote on their favorite from 1:00 to 4:00 pm. For more information about the Tomato Tasting and Seed Saving Workshop event, check out [www.seedsavers.org](http://www.seedsavers.org).  
Location: Seed Savers Exchange, 3074 North Winn Rd., Decorah, IA

SEPTEMBER

**Co-op OPEN Labor Day September 2nd from 10:00 am to 4:00 pm**  
**Cafe Open 10:00 am to 3:00 pm**

**A Wild Herb Walk**  
**Wednesday, September 11, 5:30 - 6:30 pm**  
Have you ever wondered what all those "weeds" are? Come join us on a wild herb walk. Meet the herbs up close and personal. You may know what dandelion, burdock and nettles look like but do you know what yellow dock, bee balm, solidago, and wild carrot look like? Not only will you meet these herbs, you'll learn what to use them for. A fun class walking amongst the plants and getting to know them personally and their medicine. Instructor: Clinical Herbalist Bonnie Kreckow  
Location: Oneota Community Co-op Classroom  
\$18 Co-op Member/Owners; \$20 Community Members

**Welcome to the Co-op! Member/Owner Orientation Tour**  
**Thursday, September 12, 6:00 pm**  
**Tour led by Co-op Staff**  
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. Receive a \$5 store coupon for each owner household that completes the tour. FREE

**Cooked: A Discussion of Michael Pollan’s Newest Book**  
**Thursday, September 12, 7:00 pm**  
**Discussion led by Johanna Bergan**  
Join us and our friends at Dragonfly Books for a second book discussion of the summer focusing on what we eat. Go on a cooking adventure with Michael Pollan as he examines the elements of transforming nature into food using fire, water, air, and earth. From a North Carolina Barbeque pit master to a Chez Panisse trained chef, Pollan examines how cooking involves us in a web of social and ecological relationships. Drinks and snacks will be served.  
Location: Oneota Community Co-op Classroom FREE

**Jammin’ with Fruit and Other Fruit Preserves**  
**Monday, September 16, 5:00 - 7:00 pm**  
Preserving fruit is easier than you think. For those new to the preserving scene we will make a freezer jam. Looking to preserve the local harvest? We'll cover applesauce in time to preserve local apples. Basics of hot water bath canning will be demonstrated as we make chutney together. Never fear, there is still time in the year to make homemade jam. Homemade preserves make a beautiful gift for loved ones. Instructor: Johanna Bergan  
Location: First United Methodist Church, 302 W. Broadway St., Decorah, IA  
\$25 Co-op Member/Owners; \$30 Community Members

**Refrigerator Pickles**  
**Tuesday, September 17, 5:30 - 7:00 pm**  
In need of simple, yet heartfelt gifts for loved ones? Enjoy the crunch of a great sweet pickle on your freshly grilled burger? Intimidated by home canning and looking for another way to preserve garden produce? Refrigerator pickles can be the answer to all of these questions. In class we will prepare batches of classic cucumber pickles for you to take home as well as "quick" pickles to eat right away. Quick pickles can be prepared just before serving and are a wonderful addition to meals. Instructor: Johanna Bergan  
Location: Oneota Community Co-op Classroom  
\$20 Co-op Member/Owners; \$25 Community Members

**Traditional Holistic Evaluation**  
**September TBD, 5:30 - 6:30 pm - please call for details**  
Reading the tongue, observing facial lines, facial blemishes, facial color, observing hair quality, examining fingernails, and skin observation are all relevant in traditional diagnostics. A form of evaluation that herbal practitioners and other holistic professionals use to confirm analysis of what the imbalances are in an individual. Come join clinical herbalist Bonnie Kreckow in a hands-on class, using volunteers from the class to observe and evaluate health conditions in the individual. Instructor: Bonnie Kreckow, Clinical Herbalist and owner of Simply Bee Natural  
\$18 Co-op Member/Owner; \$20 Community Member

**Basics of Preserving Tomatoes**  
**Saturday, September 21, 9:00 am - 12:00 pm**  
What food does your family eat all year round on pizza, in pasta, on salads? That’s right, tomaotes. Learn how we can enjoy the taste of Iowa-grown tomatoes the whole year by making and canning a marinara sauce and canning whole tomatoes. Learn the difference between high and low acid foods as well as the basics for safely canning high acid foods using a water-bath canner. Participants will become familiar

SEPTEMBER, CONT.

with canning equipment and how to avoid food spoilage. Participants will take home the food canned in class.  
Instructor: Johanna Bergan  
Location: First United Methodist Church, 302 W. Broadway St., Decorah, IA  
\$30 Co-op Member/Owners; \$35 Community Members

**“For Those Who Eat: Your Perishable Future” Lecture by John Ikerd**  
**Sunday, September 22, 7:00 pm**  
John Ikerd, professor emeritus of agricultural economics at the University of Missouri, Columbia, received a bachelor's, master's and doctoral degree in agricultural economics from the University of Missouri. Before retiring in 2000, Ikerd spent his professional time in academic positions at multiple universities and has written seven published books including two that can be viewed online at no cost on his personal website [www.johnikerd.com](http://www.johnikerd.com).  
Location: Luther College, Valders Hall of Science, Room 206

**Cooperation: The Key to Sustainability**  
**Dinner with John Ikerd**  
**Monday, September 23, 6:30 pm**  
**Location: Phelps Park, Decorah**  
Join us at 6:30 in Phelps Park for a potluck-style dinner, with special guest John Ikerd - Professor Emeritus of Agricultural Economics. (See bio above in previous calendar listing.) The Water Street Cafe will provide delicious desserts for all potluck attendees. Following the meal, John will give a short presentation titled "Cooperation: The Key to Sustainability." After the presentation, John will participate in a question/answer and discussion period. We look forward to a lively conversation about what cooperation means to the sustainable future. **NOTE: Due to the nature of this event, we would appreciate attendee pre-registration - including specifying if you will bring a main course or side dish. Please register online at [www.oneotacoop.com](http://www.oneotacoop.com) or by calling 563-382-4666.**

**Homestyle Gluten-Free Fried Foods**  
**Monday, September 23, 5:30 - 6:30 pm**  
Feeling left out from the party and missing the crunch of fried foods on your gluten free diet? Never fear, Miranda from the Water Street Cafe is here to teach us how to successfully fry foods with gluten free breading. Join us for cooking and eating gluten-free fried goodness, both meat and vegetables will be demonstrated in class. Instructor: Miranda Quandahl, Water Street Café Chef  
Location: First United Methodist Church, 302 W. Broadway St., Decorah, IA  
\$15 Co-op Member/Owners; \$20 Community Members

**Octoberfest: Beer and Cheese Tasting**  
**Wednesday, September 25, 6:30 - 8:00 pm**  
Head down to The Courtyard - Decorah's downtown bier garden - and celebrate Oktoberfest! Kevin Roberts of Abu Nawas Beverage Company will be showcasing an array of outstanding German beers from Abu Nawas' eclectic portfolio. Each beer will be paired with a delectable cheese from the Oneota Co-op Cheese Department. Some of these pairings, and the sheer variety of German brewing styles, may surprise you. Lederhosen optional. Instructor: Kevin Roberts  
Location: The Courtyard, Water St., Decorah, IA  
\$25 Co-op Member/Owners; \$30 Community Members

**Taste the Local Harvest**  
**Thursday, September 26 4:30 – 6:30pm FREE**  
Each year, the Co-op celebrates our bountiful relationships with local producers by bringing them face to face with you – the consumer. Join us inside the Oneota Co-op for a chance to meet the local producers who work to supply the community with the rich harvest of northeast Iowa and beyond. Sample products grown, produced, roasted, processed, or packaged within approximately a 100-mile radius of the Oneota Co-op.

**Everything Pickled!**  
**Saturday, September 28, 9:00 - 11:30 am**  
The iconic dill cucumber pickle is only the entrance to the world of pickle making. This class is designed for the pickle lover and will cover vegetable pickles in general. This year you will be preserving your green beans, carrots, cauliflower and more as pickles. Learn the difference between high and low acid foods as well as the basics for safely canning high acid foods using a water-bath canner. Participants will become familiar with canning equipment and how to avoid food spoilage. Participants will take home the food canned in class. Instructor: Johanna Bergan  
Location: First United Methodist Church, 302 W. Broadway St., Decorah, IA  
\$30 Co-op Member/Owners; \$35 Community Members

**Inventory: Co-op Closing Early Monday, September 30th at 7:00 pm**

OCTOBER

**Welcome to the Co-op! Member/Owner Orientation Tour**  
**Thursday, October 10, 6:00 pm**  
**Tour led by Co-op Staff**  
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. Receive a \$5 store coupon for each owner household that completes the tour. FREE



OCTOBER, CONT.

**Knife Sharpening with Chris Wasta**  
**Tuesday, October 15, 5:30 - 6:30 pm**  
Learn knife sharpening techniques and safety from Chris Wasta. Learn correct sharpening techniques to create the right edge for the right knife. A chef knife, fillet knife and pocket knife each require a specific edge. You may bring a knife or knives from home which are in need of sharpening.  
Instructor: Chris Wasta  
Location: Oneota Community Co-op Classroom  
\$8 Co-op Member/Owners; \$10 Community Members

**Freezing for Food Preservation**  
**Thursday, October 24, 5:30 - 7:00 pm**  
Eating locally and seasonally is easy in Iowa as long as it’s summertime. Oftentimes it can even be difficult to eat up the bounty available to us throughout the warm seasons. This class will cover the basics of how to freeze food safely and in a manner that preserves the best taste and nutrition. Class will cover produce preparation, blanching, freezing methods, and containers used. Knife skills will be demonstrated and all participants will have time to practice and will leave with food to take home and freeze. Let’s take the bounty with us to enjoy during the rest of the year.  
Instructor: Johanna Bergan  
Location: Oneota Community Co-op Classroom  
\$20 Co-op Member/Owners; \$25 Community Members

**Rice, Rice Baby**  
**Wednesday, October 30, 5:30 - 6:30 pm**  
Jasmine, Forbidden, Mekong Flower, Jade Green – the word of rice is full of exotic names, colorful grains and so many flavors. Several rice varieties will be prepared and sampled in class. Learning to cook with rice may be the key to a more nutritious diet for you and family. Learn how to incorporate rice, a nutritious whole grain, into your weekly diet. Cooking rice is made even easier with modern appliances. We’ll show you how to add whole grains to your family’s diet every day without adding more time and mess to your meal preparation.  
Instructor: Johanna Bergan  
Location: Oneota Community Co-op Classroom  
\$10 Co-op Member/Owner; \$15 Community Member

NOVEMBER

Winter Hours Begin: November 1st, 8:00 am - 8:00 pm

**Taste of the Holidays – Annual Fundraising Event for Local Food Pantries**  
**Thursday, November 7, 4:30 – 8:15 pm**  
Cost: \$15 minimum donation to local food pantry. Pre-registration required. You are invited to attend a full holiday meal—from appetizers through dessert—prepared by the Water Street Café. All donations go to support local food banks. Seating will be scheduled every half hour. Please arrive 15 minutes before your scheduled seating to enjoy appetizers, beverage samples and the company of friends. Last year this event raised over \$3,300 to support local food pantries. Registration begins October 1st, please call Customer Service at 563-382-4666 to sign-up for your preferred seating time.



**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.)

NOVEMBER, CONT.

**Gluten Free Tour of Oneota Co-op**  
**Monday, November 11, 6:00 pm**  
Tour led by Johanna Bergan  
Love good food but find yourself without options because you are gluten free? Tour the Co-op with Johanna and find the large array of gluten-free products on our shelves. Learn the ins and outs of gluten-free labeling on products, as well as the unique labeling system used in the Co-op. Enjoy samples of favorite gluten-free products as you walk through the store. \*Tour focused towards those just beginning a gluten free diet but all are welcome\* FREE

**Member Appreciation Day (M.A.D.) Sale at the Co-op**  
**Tuesday, November 12, 8:00 am – 8:00 pm**  
10% off 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.)

**Welcome to the Co-op! Member/Owner Orientation**  
**Thursday, November 14 6:00 pm**  
Tour led by Co-op Staff  
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. Receive a \$5 store coupon for each owner household that completes the tour. FREE

**Vegan/Vegetarian Tour**  
**Tuesday, November 19, 6:00 pm**  
Veg curious? Following a vegetarian or vegan diet? Cooking for a family member eating veg? Join us for a store tour and tasty samples to see what the OCC has to offer. We’ll cover topics including labeling, whole grains, nutritional yeast, dairy and meat alternatives and veg-friendly supplements. FREE  
Led by: Johanna Bergan  
Location: Oneota Community Co-op

**Beaujolais Nouveau**  
**Thursday, November 21, 5:00 - 7:00 pm**  
In keeping with the tradition that marks the autumn harvest and start of the holidays, the Co-op will be celebrating the unveiling of the first wine pressed in 2013 “Beaujolais Nouveau.” You can’t get this wine any earlier than 12:00 midnight on the morning of the third Thursday in November! Stop by Thursday evening and enjoy samples of this delightful wine made from Gamay grapes in the Beaujolais region of southeast France. This particular wine is a hit around the holiday season because it pairs particularly well with holiday foods such as cheese appetizers and Thanksgiving turkey or ham. Even those who don’t prefer wine, typically enjoy a cool glass of Beaujolais Nouveau with their holiday meal. Pine Wilson will also be on-hand to serenade the crowd with her accordion. Bonnes vacances! FREE

**Thanksgiving: Co-op Closed Thursday, November 28**  
Regular store hours on Wednesday, November 27 and Friday, November 29 – 8:00 am to 8:00 pm.

**BE’TWEEN COOKING**

*P’sst, Mom and Dad - it’s time to let go of the apron strings!*



**Class held Tuesdays from 5:30 - 7:00 pm on the following dates:**

September 10 - At Home in the Kitchen: An Introduction

September 24 - Salsa Fiesta

October 8 - Vegetation Exploration

October 22 - Noodle Night

November 12 - Slurpy Soups

**Each class is \$15.00 per child or \$60 for all five sessions.**  
Held in Oneota Co-op Classroom.

Join us in the Co-op Classroom to explore food through cooking AND eating! Each class will have a theme, lots of fresh fruits and veggies, and time with an experienced instructor offering knife skills and cooking tips. Class participants will work together to create a full meal each evening and then sit and dine together. Mom and Dad, no need to worry about supper for class participants on these evenings!

**These classes designed for 4th - 6th grades.**



# Exploring Foods - Back in Session



**Class held Mondays 3:15 - 4:15 pm on the following dates:**

September 9 - Slurpy Slushies

September 23 - Pita Spirals

October 14 - Bagel Pizza Faces

October 28 - Pretty Parfaits

November 11 - Energy Circles

Classes designed for ages 3-7 years old. Held in Oneota Co-op Classroom.

Each class is \$8.00 per child. Parental supervision is optional.

**\*Walking School Bus from John Cline school is available and optional\***

Explore foods through sight, sound, smell 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 Co-op!

# Bringing in the Dough

By: Tammy Michels, Bakery Buyer



We offer our light slightly sweet Rustic Wheat Bread from Waving Grains Bread at our daily price of \$3.99.

Hello. My name is Tammy Michels and I am the new bakery buyer. I would like to discuss the great breads and rolls that we offer here at the Oneota Co-op. We are very lucky to have fresh bread delivered every weekday to the Co-op. Waving Grains Bakery does a fabulous job of making breads such as European Sourdough, Rustic Wheat, Swedish Rye, Multigrain, Sunflower Oat, Wild Rise Molasses, Ciabatta, French Baquettes, Olive Baquettes, Sesame Oat Rolls, and Onion Rolls to name a few. We will also be offering some new baked goods for the holidays. So come in and check out the goodies.

McCaffrey's Dolcé Vita & Twin Springs Bakery offers fresh bread on the weekends consisting of artisan and Italian type breads, bread sticks, and buns. Their light flavor would complement your dinner.

We also have fresh lefse every weekend from Linda Brink. Make sure

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you check the freezer for fresh-frozen lefse as well. Linda's lefse is thinly rolled out and delicious with a little butter and sugar or brown sugar.

Another fresh bread provider is Lynn Staley with her handmade boule (bread), biscotti, and now different flavored kolaches. Lynn brings in fresh boule on the weekend which you can pull apart with your bare hands and dip in soup or spread jam over. Lynn's biscotti are also a great addition to a cup of coffee in the Water Street Café.

If you have any questions, feel free to ask me or leave me a message. Have a great autumn and happy holiday!

# Oneota Community Co-op Chef Featured on IPTV's "Iowa Ingredient"

By: David Lester, General Manager

The Oneota Community Food Co-op's Café Manager/Chef, Mattias Kriemelmeyer, was featured in an episode of Iowa Public Television's series, Iowa Ingredient.

The Iowa Ingredient episode, "Herbs," debuted on Saturday, June 1 and is available for viewing on IPTV's website at: [http://www.iptv.org/iowaingredient/story.cfm/full\\_program/10544/iai\\_20130608\\_203\\_herbs/video](http://www.iptv.org/iowaingredient/story.cfm/full_program/10544/iai_20130608_203_herbs/video)

IPTV began filming for this episode in the Fall of 2012 and focused on two of northeast Iowa's providers of local products, the Oneota Community Food Co-op and Rolling Hills greenhouse located in West Union, Iowa. The first part of the episode visits the greenhouse and hydroponic operation, Rolling Hills, located in West Union, Iowa. Owned and operated by the Unruh family, this large indoor facility provides locally grown lettuce and herbs twelve months a year.

Later in the episode, Kriemelmeyer uses fresh basil, cilantro, thyme, and several different herbs to make his dishes: Rosemary and Thyme Chicken, Five Herb Pesto and Penne Pasta, and Herbal Salad with Mint Vinaigrette and Goat Cheese. Kriemelmeyer's cooking style can be described as creative fusion of eclectic and traditional. As Manager/Chef of the Co-op's Water Street Café located in the downtown Decorah store location, Kriemelmeyer was recognized on the show as one of Iowa's top creative chefs.

Water Street Cafe Manager/Chef, Mattias Kriemelmeyer commented, "It is a great honor to be able to represent the Co-op and the Decorah community. I am passionate about local, sustainable foods and I enjoyed the opportunity to share some easy and delicious ways to use my favorite local herbs."

# Growing Organic Industry Award 2013—Nature's Path Foods, Inc.

Take a trip through the cereal aisle at the Oneota Co-op and you will notice the dominant brand represented on our shelves is Nature's Path. This company and its founders have been selected as the recipient of the Organic Trade Association's (OTA) 2013 Growing Organic Industry Award.

Arran Stephens and his wife and partner Ratana Stephens have fearlessly and passionately devoted their lives to the growth and success of the organic food movement. In 1985, they founded Nature's Path Foods Inc. based in Richmond, British Columbia, Canada. In 1990, the company became one of the very first third-party certified organic processors in North America.

Nature's Path employs over 500 team members across the United States and Canada and is helping to grow green jobs in the organic industry. It continues to be a privately run, fiercely independent family business. Both Arran and Ratana believe that the organic industry needs to work together in order to achieve success. As such, Nature's Path is actively involved in many industry associations and working groups in both the United States and Canada.

The Stephens have focused their lives on environmental stewardship with the health of people and planet as their first priority. Their many contributions include purchasing 2,880 acres of organic farmland to partner with farmers on a crop-share basis, helping found the Non-GMO Project, donating \$20 million in money and food items to food banks, establishing a one percent fund for conservation and environmental projects, and funding a scholarship through the Rodale Institute's "Your 2 Cents Program."





# Aww Nuts!

By: Carl Haakenstad, Bulk Buyer

When you think of Oneota’s Bulk department which items come to mind? Bulk oats or flour perhaps? Bulk dried fruit like the ever popular organic raisins? Or maybe bulk granola?

I’ll bet some of you first think of the Bulk department’s many offerings of nuts. We carry a wide selection of both raw and roasted nuts here at Oneota and there is a good reason for that: they are a delicious, healthy food.

For many years nuts were thought of as an unhealthy food because they are high in fat, but that viewpoint is now seen as outdated. It is true that nuts have a lot of fat. However, almost all of that is unsaturated fat, like the fat in olive oil. Most nuts also contain omega-3 fats, the same healthy fats found in fish and flax seeds. Nuts also contain other heart-healthy nutrients like dietary fiber, Vitamin E, and plant sterols. The exact nutritional profile will vary among different nut varieties, but they all contain healthy fats and lots of protein. Even peanuts, which are not true nuts, are a good source of unsaturated fat, protein, and some important vitamins and minerals. That is why nuts are an important part of the high-fat and heart healthy “Mediterranean diet.”

So remember, just because nuts are high in fat doesn’t mean they are unhealthy. Also, for those of you who want to avoid extra salt in your diet, we have plenty of raw nuts and roasted almonds, cashews, and peanuts that still have plenty of great flavor without the salt.

Nuts are also a great snack because they are filling. Nuts are nutrient dense with their healthy oils and protein, and a little bit goes a long way. This summer when the heat and humidity were at their worst, and I didn’t even want to look at my stove, I would snack on some cashews or peanuts. I was always amazed at how they would satisfy my hunger. The same can be said for nut butters.

Recently, Equal Exchange Co-op started selling organic, fair-trade nuts, and I decided to bring some into the store. The organic raw cashews and the organic tamari-roasted almonds are now fair trade and coming from Equal Exchange. This is especially exciting because I didn’t have to raise the price in order to bring in these fair-trade nuts.

In fact, the tamari-roasted almonds actually are less expensive.

The new cashews are coming partly from the Fair Trade Alliance of Kerala in southwest India. The Kerala Co-op is composed of 3,200 small farmers and was setup partly to tackle the problems of farmers’ indebtedness and food security. Through their work the members of the cooperative have set up a disaster relief fund for the farmers and are working on facilities for adding value to the members’ other crops, like peppercorns. Another interesting project they are working on is putting up solar panels to power electric fences that will keep elephants out of their farm fields. Wow. Think about it, here we have to worry about deer eating our crops, but in India you have to work to keep elephants from damaging your crops. Previously, some farmers were mauled by the elephants or they would shoot the elephants. So the electric fence could help prevent damage to both farmers and elephants. To learn more about this agricultural co-op and their many great projects visit their website at: [www.ftak.in/about.php](http://www.ftak.in/about.php) and stop by the Bulk department to taste the amazing raw cashews they raise.

Finally, I wanted to give instructions on how to roast nuts at home. Roasted nuts can give a flavor kick to baked goods, salads, pasta dishes, or just plain snacking. Start with raw nuts from the Bulk department and use the following simple instructions.

## Roasting Nuts with your home oven

Preheat oven to 350°F. Spread the nuts in an even layer on a baking sheet. I often use a cake tin for smaller amounts as the higher sides allow me to shake the pan to evenly distribute the nuts.

Coat with oil. If you are roasting the nuts with oil, drizzle a small amount over the nuts and toss to coat evenly. Use as little oil as possible, starting with just a teaspoon or two and remember that this step is optional.

Place in oven and roast for 5 minutes.

Remove after 5 minutes and stir so that the outer nuts are moved towards the middle and the middle nuts towards the edges. If you are using a cake tin, you can gently shake it to redistribute the nuts. Return to the oven.



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



Check for doneness. Check the nuts again after 3 minutes. You are looking for the color to be a few shades darker. They should start to smell nutty, and you might hear them crackling. Return to the oven if needed and check again after another 3 minutes. If they need longer, give another stir. Nuts rarely take longer than 15 minutes to roast, usually closer to 8 to 12 minutes.

When the nuts are browned and smell nutty, remove from the oven and immediately transfer onto a plate or another baking sheet. Do not cool the

nuts on the tray they were baked on or you will risk scorching them.

## Roasting Nuts on your stovetop

You can also toast nuts on the stovetop. To do this: shake nuts in a dry skillet over medium heat until they smell “nutty” or “toasty.” With either method, remember to check them often. When you can smell that wonderful nutty aroma that means they are probably done.

Now go get some raw nuts and try if for yourself. You won’t be disappointed.

## Choco-Walnut Spread

2 cups lightly toasted walnut halves  
1 ½ cups semisweet or dark chocolate chips  
1/4 tsp salt  
2 Tbsp Oil

2 Tbsp agave nectar  
1/2 tsp vanilla extract (optional)  
touch of heavy cream stirred in before serving (optional)

Combine everything in a food processor and whip until smooth (shorter time for a chunkier spread). Transfer to a container with a lid and store at room temperature in a dark place. Use as desired and stir in the cream, if desired, for extra creaminess and easier spreading. I would suggest serving it on Waving Grains European sourdough bread, crackers, or bananas.



## THE 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](http://www.oneotacoop.com/about-the-coop)

More room for more friends!

Openings available now as we expand to include Monday & Tuesday afternoons



KINDERHAUS  
Preschool for ages 3-6  
[KinderhausDecorah.com](http://KinderhausDecorah.com)  
563.379.7303

## Cultivating Our Food, Farms and Future: 4th National Conference for Women in Sustainable Agriculture

November 6-8, 2013 in Des Moines, IA  
Hosted by Women Food & Ag Network (WFAN)

Gather with woman farmers, advocates and landowners from across the US engaged in healthy food and farming for a unique mix of sharing, learning, field tours, and the best food Midwest women farmers have to offer!

- Keynotes by Danielle Nierenberg of FoodTank and Kari Hamerschlag of Environmental Working Group.
- Workshops and panels on dozens of topics ranging from CSA management to prairie restoration to farm bill advocacy.
- Opportunities to present, sponsor, and exhibit! Visit <http://wfan.org/cultivating-our-food-farms-and-future-2/> for more information.

Scholarships available (applications due September 15).

## Tune to the NEW KPVL Community Radio

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now streaming online



# The Mighty Sweet Potato. Or is it a Yam?

By: Betsy Peirce, Produce Manager

Which produce item is grown within a hundred miles of the Co-op, is available (locally!) in copious quantities through all three months that this newsletter spans, has enough nutritional value to be coined “a powerhouse” and is considered to be one of many superfoods? Answer: The mighty sweet potato! Or is it a yam?

In America we use the names “sweet potato” and “yam” interchangeably. They are, however, entirely different species. The true yam is a member of the Dioscoreaceae family, is a staple in Africa, Latin America and the Caribbean and is almost entirely grown, 95%, in West Africa.

The yams we call sweet potatoes, or rather the sweet potatoes we call yams actually are ALL sweet potatoes. They are a member of the Morning Glory Family Convolvulaceae (isn't that sweet?), and they live up to their sweet family name. They come in many colors and varieties from the deep orange Garnet to the pale yellow Jersey. They can range from dry to moist. The orange varieties (Jewel, Beauregard and Garnet) are sweet and moist (and higher in carotenoids). The yellow varieties tend to be drier and not as sweet.

So back to the reason we should all be getting excited about sweet potatoes in the first place. Because they are so darn good for you and taste so comforting. The

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

orange flesh varieties are high in potassium, calcium and vitamins C and A. This is why one colonial physician called them the “vegetable indispensable.” It is no wonder that by the end of the Great Depression, per capita U.S. consumption of sweet potatoes was about 41.6 pounds a year. In 2004, it was around 4.6 pounds and in 2010 it was at 6.3 lbs since many people have replaced sweet potatoes with white potatoes in their diets.

It seems natural that when the weather begins to turn so do our tastes as we begin to turn toward the more nutritionally-dense foods that will sustain us through the long winter. Sweet potatoes are often served as staples at our traditional holiday meals, and usually drenched in butter and marshmallows. They are extremely versatile and can be equally as tasty in a savory dish as a sweet. My mom simply baked them in the oven until they were dripping with the caramelized sugar naturally emitted when baked for a good long time. Then butter them and eat them - skin and all.

Another foolproof, and cheaper than packaged sweet potato fries, option is to cut them up length-wise into sticks, toss to coat in olive oil, salt and pepper and roast them on a baking sheet at 450 degrees until they are golden brown. Turn occasionally.

The Co-op has been lucky to have a local supplier of sweet potatoes who can supply us through the winter with big beautiful perfectly-cured (no small trick!) sweet potatoes. His name is Levi Miller and he is located in Mt. Hope, WI near Prairie Du Chien. He is a Certified Organic grower through MOSA and sells them to us through GROWN Locally.



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## Whipped Chipotle Sweet Potatoes

Gourmet | November 2003; originally published November 1995

Yield: Makes 8 to 10 servings

This recipe is inspired by a dish served at Bobby Flay's Mesa Grill, in New York City. The smoky heat of the chipotle chile and the potato's natural sweetness balance each other beautifully.

- Ingredients
- 5 1/2 pounds sweet potatoes, scrubbed

1 tablespoon minced chipotle chiles in adobo, mashed to a paste (1 1/2 to 2 chiles)

3 tablespoons unsalted butter, cut into tablespoon pieces and softened

1 teaspoon salt

Directions: Put oven rack in middle position and preheat oven to 450°F. Line a baking sheet with foil and butter a 2-quart shallow glass or ceramic baking dish.

Prick each potato several times with a fork, then bake on baking sheet until very soft, 1 to 1 1/2 hours.

Reduce oven temperature to 350°F.

When cool enough to handle, halve potatoes and scoop flesh into a bowl. Beat potatoes, chile paste (to taste), butter, and salt with an electric mixer at medium speed just until smooth, then spread in baking dish.

Bake whipped potatoes until hot, 20 to 25 minutes.

Cooks' Note: Whipped potatoes can be prepared and spread in baking dish (but not baked) 1 day ahead and chilled, covered. Bring to room temperature before baking.

Read More <http://www.epicurious.com/recipes/food/views/Whipped-Chipotle-Sweet-Potatoes-108756#ixzz2af31l9eN>



## Scalloped Yukon Gold and Sweet Potato Gratin with Fresh Herbs

Bon Appétit | November 2008 by Lora Zarubin

Yield: Makes 12 servings

Two kinds of potatoes are thinly sliced and combined with cream, butter, cheese, and a mixture of herbs.

- Ingredients:
- 1 1/2 pounds medium Yukon Gold potatoes

1 1/2 pounds medium red-skinned sweet potatoes (yams)

2 cups heavy whipping cream

1/4 cup (1/2 stick) butter

2 garlic cloves, minced

1 tablespoon minced fresh Italian parsley

1 tablespoon minced fresh rosemary

1 tablespoon minced fresh sage

1 tablespoon minced fresh thyme

1 1/2 teaspoons fine sea salt

3/4 teaspoon freshly ground black pepper

1 1/4 cups (packed) coarsely grated Gruyère cheese (about 5 ounces)

Preparation: Fill large bowl with cold water. Working with 1 Yukon Gold potato at a time, peel, then cut into 1/8-inch-thick rounds and place in bowl with water. Repeat with sweet potatoes. Combine cream, butter, and garlic in medium saucepan; bring to simmer. Remove from heat. Mix all herbs in small bowl. Mix sea salt and black pepper in another small bowl.

Butter 13x9x2-inch glass baking dish. Drain potatoes, then pat dry with kitchen towels. Transfer half of potatoes to prepared baking dish. Use hands to distribute and spread evenly. Sprinkle with half of salt-pepper mixture, then half of herb mixture.

Sprinkle with half of cheese. Repeat with remaining potatoes, salt-pepper mixture, herb mixture, and cheese. Pour cream mixture over gratin, pressing lightly to submerge potato mixture as much as possible. DO AHEAD: Can be made 6 hours ahead. Cover with plastic wrap and chill. Remove plastic wrap before baking.

Preheat oven to 400°F. Cover gratin tightly with foil. Bake 30 minutes. Uncover; bake until top of gratin is golden and most of liquid is absorbed, about 25 minutes longer. Let stand 10 minutes; serve.

Read More <http://www.epicurious.com/recipes/food/views/Scalloped-Yukon-Gold-and-Sweet-Potato-Gratin-with-Fresh-Herbs-350455#ixzz2af2gc5TV>



# Taste the Local Harvest

Thursday, September 26th • 4:30-6:30 pm

Join us at the Co-op for a chance to meet local producers, taste local foods, and experience local connection.





# Dessert can wait.

## The best of humanely-raised main course cuisine.



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

By: Kristin Evenrud, Grocery Manager and Meat Buyer

Thanksgiving is such a special time. Families and friends gather together and share a meal and traditions and give thanks for just being together. I recently had a conversation with a couple who spent 22 years living in Alaska. I was surprised to learn that even in remote areas, where the locals eat whale blubber and grocery stores are few and far between, when Thanksgiving rolls around there are houses in the village with tables spread with traditional roast turkey and all the fixings. The community gathers at these houses and they feast. It warms my heart to think about communities gathering and sharing food together. Here at the Co-op, we order our holiday turkeys in August to guarantee a plentiful supply as the holidays draw near. For some of the best in local or regional, humanely raised, sometimes even organic meat and seafood, check out the Co-op meat cooler and freezers for a great selection.

### Turkey

The Oneota Co-op will carry both fresh and frozen turkeys again this year. We are lucky to have two local (within 100 miles as the crow flies) producers supplying us with turkeys. Larry Schultz Organic Farm (Owatonna, MN) and Ferndale Market (Cannon Falls, MN). Larry Schultz Organic farm is a small family farm where Larry and Cindy have always operated organically, certifying their land and poultry in 1998. The Oneota Co-op has carried Larry Schultz Organic Farms turkey, chicken and eggs for many years. We know from experience Schultz Organic turkeys have thick breasts with a deep, delicious flavor. Ferndale Market turkey is raised by John Peterson and his family. The farm was started 70 years ago by John's grandparents, Fern and Dale Peterson. Their turkeys are free range during the warm months and all of their turkey is naturally processed, so there are no

artificial ingredients or antibiotics - just delicious turkey. In addition, Ferndale Market is strongly committed to the sustainability movement and sells their product locally to reconnect consumers with high-quality, local agriculture. (I ate Ferndale turkey last year with my loved ones up North in Minnesota and it was delicious!) The Oneota Co-op is committed to bringing you the best turkey, either free-range & antibiotic-free or certified organic. SIGN UP EARLY to reserve your bird, so you can be assured your Thanksgiving and Christmas meals will be tasty and wholesome this year. Turkey sign-up will be available starting in early September. These birds go fast, so be sure to get your order in early! Larry Schultz \$3.59/lb Ferndale \$2.39/lb

### Herb-Roasted Turkey

recipe from <allrecipes.com>  
Ingredients:  
1 (12 pound) whole turkey  
3/4 cup olive oil  
2 tablespoons garlic powder  
2 teaspoons dried basil  
1 teaspoon ground sage  
1 teaspoon salt  
1/2 teaspoon black pepper  
2 cups water  
Directions:  
Preheat oven to 325 degrees F (165 degrees C). Clean turkey (discard giblets and organs) and place in a roasting pan with a lid. Pat the skin dry with a paper towel.  
In a small bowl, combine olive oil, garlic powder, dried basil, ground sage, salt, and black pepper. Using a basting brush, apply the entire mixture to the outside of the uncooked turkey. Pour water into the bottom of the roasting pan (do not pour over the turkey) and cover.  
Bake for 3 to 3 1/2 hours, or until the internal temperature of the thickest part of the thigh measures 180 degrees F (82 degrees C). Remove bird from oven and allow to stand for about 30 minutes before carving. Letting the turkey rest for at least 30 minutes prior to carving allows the juices to disperse throughout the meat.



### Ham

We love Beeler's ham! Beeler's breed Duroc hogs and raise them using their trademarked Haluka method. This means no antibiotics are given to the animals, they are vegetarian-fed, and given plenty of open space to grow. Beeler's ham contains NO nitrates or nitrites, casein, or gluten. It's always good to remember that animals raised in confinement and typically given antibiotics store the nasty stuff in their fat. When you eat antibiotic-raised meat, it gets stored in you.

### Lamb

Try leg of lamb instead of the traditional fare. We carry lamb raised by Tom Beard from Decorah. These animals are raised on organic grassland and hay and are given plenty of room to roam. Especially succulent and juicy when braised and then slow roasted with herbs such as mint or thyme. Serve with garlic roast mashed potatoes and chickpea chermoula. Delicious.

### Fish

Another great holiday meal alternative is fish. The Oneota Co-op features frozen whole salmon fillets and 6-8 oz pieces from MPLS fisherman, Roger Pietran. This salmon is always wild caught from Bristol Bay, AK and adheres to the standards of the Marine

Stewardship Council ([www.msc.org](http://www.msc.org)). The salmon we have in stock from this fishing season is beautiful, red and firm. I had a customer visiting from Seattle recently who came to find me and tell me how fantastic our salmon was. He was surprised our fish was as tasty as what he usually buys from the fresh fish market! My all-time favorite salmon recipe is simple: butter, minced garlic, salt and pepper, splashed with lemon juice. Rub the fillet with butter (or olive oil), splash with lemon (fresh is the best), and rub on the garlic, salt and pepper. Next, put the fillet skin down on a hot grill, flip in 5-10 minutes and cook until flaky. Garnish and serve with boiled new red potatoes, steamed green beans, and a chewy loaf of French bread.

### Beef

Though not thought of as the traditional Midwestern holiday meal, beef is always delicious. From a slow-cooked roast to a simmering pot of stew, beef can be an easy alternative. We carry beef from Rock Cedar Ranch and Grass Run Farms. All the cows are out on pasture and are antibiotic free and added-hormone free. Rock Cedar Ranch finishes their beef with organic corn for a superb marbling. If the holidays take a casual turn; try hamburgers stuffed with cranberries, jalapeños and raw milk cheddar, serve with waffle fries and green beans.



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# Pickle in the Nickel (of Time)

Pickling can be just that - a pickle. True pickling is an ancient miracle for food preservation, but involves a drawn-out fermentation process requiring canning equipment, sterilization procedures and a whole lotta waiting around. Kudos to you if that's up your alley, but the truth is, some of us simply don't have the time or patience to be as DIY-savvy as our worldly ancestors.

So if you're a little fickle about pickling, we understand. But did you know that there's a fast and easy way to preserve and chill those fresh garden veggies without having to wear a lab coat?

Allow us to introduce quick pickling for those of you not ready to go all in. Where science meets cool foodie niche.

## 1. Pick your pickle

Although cucumbers are the most common for pickling, you can pickle almost any vegetable such as baby carrots (not the bitty mature carrots which you find in packages, but miniature immature ones with the skin still on), shallots, onion, asparagus, cauliflower, green beans, zucchini, okra, and beyond. The fresher and crispier the produce, the better the final product.

## 2. Prep the potion

The main ingredient in pickle brine is vinegar. White vinegar is most common,

but you can also use cider vinegar or wine vinegar, just not balsamic because it's too syrupy. Combine 1 cup vinegar with 1/2 cup water.

Add a few pinches of good ole NaCl. Salt draws moisture out of the vegetables and encourages the growth of useful bacteria.

Finally, spice it up. This is where it gets fun. Many "pickling spice" blends are available and work beautifully, but warning, we might judge you for being boring (JK!). Consider a visit to the bulk aisle at your local food co-op, and try making your own blend with mustard seed, dill seed, dry coriander seed, red pepper flakes, bay leaf, black peppercorns or garlic.

Combine all the ingredients in a saucepan, stir to dissolve and bring to a boil.

Try This: Instead of diluting the vinegar with water, try including a 1/2 cup of white or brown sugar with a dash of cinnamon. Engage those senses!

## 3. Prep your veggies

Trim off any inedible pieces of your vegetable (e.g., the ends of green beans or root ends of onions). If you're cutting your vegetables into pieces, make sure they're all about the same size for pickling consistency.

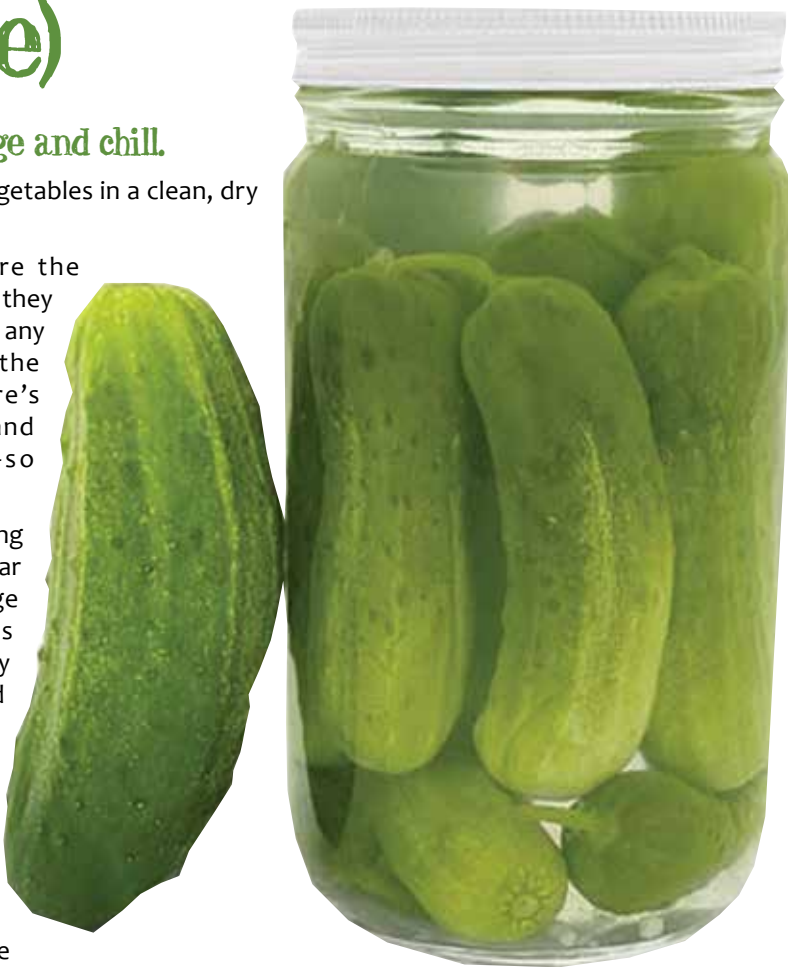
## 4. Submerge and chill.

Place your vegetables in a clean, dry container.

Glass jars are the best because they won't absorb any odors from the pickles (here's to re-use!) and they're oh-so lovely.

Pour the boiling brine into the jar and submerge the veggies completely (you can add water to bring up the level if needed). Refrigerate for at least one hour and let the brine work its charms. The longer you brine, the tastier the pickle.

Depending on your veggie, quick pickles keep in the fridge for weeks, if not months, meaning constant crunchy snacks galore. So holler, pickling is a pickle no longer! Pickle that! Pickle!



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LOOK OUTSIDE  
True salame has a powdery dusting of mold, which is removed before eating. This is a "good" type of mold, which helps cure the salame and fend off evil, nasty bacteria.

HOW TO READ A GOOD SALAME

TASTE + AROMA  
A healthy salame should impart an earthy, meaty scent and flavor.

SHAPE  
Check salame for cylindrical shape, with even diameter.

FEEL IT  
When pressed firmly, the salame should have just a little give to it.

LOOK INSIDE  
You will notice particles of mahogany-red meat, dark flecks (these are spices) and white fats. (Fats are good. They give salame its insanely good flavor.)

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# Brine Time

By: Liz McMann

Sometimes, in the peak of summer heat, I have to hang up my canning apron. Even with the local produce overflowing, a gal can only stand so much heat. Too bad it's not advisable to fire up the canner in a bikini.

Luckily, pickle recipes that don't require canning are plentiful. There are fridge pickles, freezer pickles and fermented pickles. While you'll never be able to store these pickles at room temperature, chances are you'll devour them before you need that fridge space back.

Let's take a step back and look at the world of pickling, why don't we? In the oldest sense of the word, pickling is done with just vegetables and salt. The magic of fermentation uses salt to control for specific bacteria and yeasts that will transform sugars (from ripe fruits and veggies) into acids—like lactic acid—that further control for harmful bacteria. Back in the day (and still in plenty of kitchens around the world), there was a fermentation crock or two that continuously had pickles pulled out and new veggies piled in, for a never-ending supply of pickles. Sounds lovely, huh?

I usually stick to fermenting cucumber pickles, sauerkraut and kimchi in my kitchen. I pack a couple of crocks full when the cabbage and cukes are abundant, let the bacteria do their work, and when things taste right to me, I store them away in my fridge. The fridge slows down the fermentation process, but it keeps those beneficial bugs alive for doing good work in our bellies.

Fermenting pickles isn't tough and doesn't require much equipment. You probably already have all the equipment you need! Mason jar? Check. Gallon zip-top bag? Check. Access to lots of amazing locally grown pickling cucumbers? But, of course.

The simplest set-up is to wash and pack a few whole or sliced pickling cukes into a very clean quart sized mason/canning jar, leaving a good couple inches at the top. Be sure to toss in some dill, fresh or dried, a spoonful of pickling spice blend and maybe even a dried red chile. For extra crispy pickles, cut a little off the

blossom end (that's the yellowish end, opposite the stem). Then you can add brine (a.k.a. salt water) at a ratio of 1.5 Tbsp. of sea salt per quart of water until the cucumbers are submerged. Chances are those little guys will float to the top. That's okay!

Next you'll make a little weight to hold them down. Fill a large sealable food grade plastic bag with 1 quart of water and 1.5 Tbsp. of sea salt. Press out the air and seal the bag. Then push the bag into the mason jar, letting the bag fill all of the space left in the jar (you can get rid of any excess brine from the baggie if you'd like). Sometimes you get a little overflow action at this point in the set-up, but you can handle it with a sponge or a towel. This bag will serve as a lid and weigh down those floating cucumbers. It'll also prevent any pesky molds from sneaking in.

Then you wait. This is the hard part of pickling. It's best if your pickles are sitting in a room that stays between 65 and 80°F. The cooler it is, the slower the fermentation. Any warmer than this and you could end up with some slime. No one likes slime.

First, you'll see a few days of nothing. You'll wonder if this whole fermenting thing is really going to work in your kitchen. Did you do something wrong? Are your bacteria not the right bacteria? It's okay, the self-doubt will go after that first bite of pickle.

Next, you'll see a few days of cloudy brine and bubbles rising up and escaping from your jar. This is when I wonder why my dog is burping so much...and then I realize it's my pickles. Last, after about 10-12 days total, you'll stop seeing bubbles. The time for tasting has arrived! Go ahead. Be brave.

Sampling your pickles is important because that's how you know if they are ready. So after about 10 days, take off that bag of brine and pull out a cucumber, now a pickle. Give it a taste—if it doesn't taste pickle-y enough for you, rinse off the bag o' brine and put it back in place. Taste the pickles again in a day or two. If the pickles taste

peppy and tart... VICTORY! You've made pickles! Fire up the grill for your favorite burgers and call your friends over to taste your kitchen experiment!

One last tip: If you have any pickles left after your feast, just replace that bag of brine with a proper lid and store the pickles in your fridge. They won't really go bad, but could lose their snappy texture after several months.

Ready for more fermentation?

Sandor Elix Katz is the fermenting guru of our day. Don't believe me? People actually call him "Sandorkraut." That should tell you something. Check out his website and books for plenty more recipes and inspiration: [www.wildfermentation.com](http://www.wildfermentation.com).

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# Omega-3 Essential Fatty Acids and Autistic Disorders

Essential fatty acids (EFAs), otherwise known as polyunsaturated fats, are required for optimal physical and mental health but cannot be produced by the body, and must therefore be obtained through diet or supplementation. EFAs are major structural components of neuronal cell membranes, modulating membrane fluidity and hence function.

There are two families of EFAs: omega-3 and omega-6. Proper cell function is dependent on a balanced intake of both. Excess omega-6 and a deficiency of omega-3 have been shown to be contributing factors to many chronic health conditions. Evidence from clinical and biochemical sources have indicated changes in

the metabolism of EFAs in psychiatric disorders, and there is increasing evidence that EFA deficiencies and/or imbalances may contribute to childhood neuro-developmental disorders, including autistic disorders.

A 2009 study published in the Journal of Child and Adolescent Pharmacology found that eight of nine autistic children studied in a small pilot study improved by roughly 33% on the Autism Treatment Evaluation Checklist after supplementing with 190 mg EPA and 90 mg DHA for twelve weeks. All children studied were diagnosed with at least moderate autism spectrum disorder according to the DSM-IV. Noting that no children worsened and no side effects were reported,

the team concluded that omega-3s appear to be safe and may be beneficial to children with Autism Spectrum Disorder (ASD), with further, larger studies needed.

A subsequent, placebo-controlled pilot study looking at the relationship between omega-3s and hyperactivity among children with ASD found this particular symptom reduced in the omega-3 treatment group. Moreover, "changes in hyperactivity were correlated with changes in certain fatty acid levels, suggesting a possible mechanism of action." Although the results were not statistically significant, the authors note that pilot studies are often too small to be definitive, but help point the way to future research.

These results add to the growing body of preliminary evidence that

suggests that omega-3 EFAs may have therapeutic implications for autistic disorders. Research shows that the safest and most reliable source of omega-3 EFAs is a high-quality fish oil supplement. This means a supplement that is manufactured in an oxygen-free environment to ensure freshness, molecularly distilled to remove environmental toxins, and third-party tested to verify these standards according to international guidelines.

References:  
Meiri G, Bichovsky Y, Belmaker BH. Omega-3 fatty acid treatment in autism. J Child Adolesc Psychopharmacol 2009 Aug; 10(4): 449-51.

Bent S, Bostrom A, Bertoglio K, et al. A pilot randomized controlled trial



# THE SKIN BREATHES:

## The evanhealy skincare line reawakens our quiet connection to nature.

Skin is more than just casing for the body’s biological wonder; it’s alive, vital. “It breathes,” says Evan Healy, a pioneer and educator in the field of natural skincare. “It inhales and exhales through literally millions of tiny dermal passages that regulate air, fluids, heat and light.” Nearly 15 years ago, this understanding of the skin’s breath inspired Evan to co-found her namesake—evanhealy—a San Diego-based holistic skincare line that uses authentic healing methods such as traditional plant lore, aromatherapy, homeopathy and Ayurveda to support the vitality of our largest organ.

In 1984 while working as a body care buyer at a natural foods store, Evan recognized that health wasn’t just about what you put in your body, but also what you put on it. She began focusing on ingredients, championing the use of organically grown, biologically active, plant-based ingredients: essential oils, butters, natural clays and hydrosols.

Two years later she trained as an aesthetician using bio-dynamically grown and Demeter-certified herbs, flowers, plants and homeopathic remedies. In 1988, she opened her own holistic skin and body care practice. Today, the evanhealy brand includes a range of handmade micro-batch cleansers, hydrosols, serums, moisturizers and clays—all of which work to restore the "acid mantle," our skin’s protective barrier against disease. (When the acid mantle’s delicate balance of acidity and alkalinity – the pH balance – is disrupted, the skin’s ability to protect is weakened). The line promotes healing, self-regulation—breath.



### FROM THE GROUND UP

Visit evanhealy online, and you’ll find snapshots of lush fields and hardworking farms. Imagine a sweeping, almost iridescent, swath of lavender or a sun-bleached barn, replete with an old watering can and trowel. These images speak to the integrity of Evan’s formulas, which are among the best rated for purity on EWG’s Skin Deep Cosmetic Safety Database, an independent, non-profit industry resource.

For years the company has nurtured close working relationships with family-owned farms in Washington, Oregon and California – sources for Evan’s organic hydrosols and nourishing

plant, seed and nut oils. “These artisan growers and distillers all demonstrate an intimate, energetic connection to their land,” says Evan.

### GROWING SUPPORT, GIVING BACK

Evan also supports two women’s cooperatives in Africa. The Berber Women’s Cooperative in Morocco supplies the company with hand-pressed certified organic argan oil. They employ more than one thousand women, educating members and increasing the literacy rate. The Tapko Widow’s Group, a source for unprocessed shea, is a collective of 70 women in Ghana dedicated to creating

sustainable and empowering solutions to poverty in their community.

The company purchases these items at fair market value. It makes a difference. Since the Tapko Widows began selling raw shea butter a decade ago, they’ve been able to purchase health care and school supplies. “Knowing that we’re supporting indigenous cultures and contributing to meaningful work is important to me,” says Evan, who always includes a joyful mantra to her customers. The message on her hydrosol bottles reads: May beings everywhere be happy and free.

# Menstrual Cupping and Saving the Earth

By Gretchen Fox Schempp, Wellness Manager

I was working at Luther College at Marty’s Cyber Café about 10 years ago. I still thought I was a pretty hip chick when one of my student employees told me about the Diva Cup. Being the hip chick I thought I was, I was shocked I hadn’t heard of this new approach to dealing with my monthly menses (or messes, as many women come to think of them!). I grew up using tampons from the get go...thank you big sister for that introduction. I never thought too deeply about the cost involved in being a woman back then. Whether that cost be monetary or environmental. Mom seemed to stock the bathroom cupboard with whatever a girl could need. Later on, out on my own, I began counting the dollars and cents when I would purchase all these items on my own. Regular tampons for lighter days, supers for the not so light and 3 different sizes and thicknesses of pads....ugh. This doesn’t include the pain relievers for those God awful cramps I was blessed with.

So, let's look at some statistics here. How much does the average woman spend in her life on her monthly menstrual products? Studies roll in at an average of about \$4 a month. More health conscious women’s costs will go up significantly because likely she will opt for organic and unbleached (BLEACH? YIKES!) cotton tampons and pads as opposed to those made with cheaper synthetic materials such as rayon. Tampons have been around since the 1930’s, though it wasn’t until

the addition of synthetic chemicals and the discovery of TSS (Toxic Shock Syndrome) that anyone questioned their safety. Dr. Ilya Sandra Perlingieri, retired professor from San Diego State University and author of "The Uterine Crisis" has research linking uterine problems and bleached tampons.

Conventional tampons are not just made of cotton, they are often made with a variety of dyes, fragrances, and super-absorbent chemicals. Chlorine from bleach eventually turns to dioxin. Virtually all commercial tampons are bleached. (The Natracare tampons we sell at the Co-op are not bleached.) Tampon companies underestimate the effects of dioxin. “Tampon manufacturers say that tampons are safe and the levels of dioxin are so low that they are almost undetectable,” Perlingieri says. “That may be true, but we only need a small trace amount for dioxin to do damage. It accumulates in our bodies over our lifetime and it’s not something the body can ever get rid of.” With that in mind, think of women who use tampons for 30 or 40 years. Totalling anywhere between 7,000 and 12,000 tampons in a woman’s lifetime!

Really the fact of the matter is that it’s expensive economically, can have serious health effects, and produces a heck of a lot of waste. According to the book "Flow: The Cultural History of Menstruation," the average woman throws away a staggering 300 lbs of feminine hygiene products in a lifetime. In the US alone, an estimated 12 billion

pads and 7 billion tampons are disposed of each year. Each one of those items has an environmental impact of the waste – including the product itself AND the packaging, plastic or cardboard applicators. In addition, there is also the cost of transportation and production.

There is good news though. There are alternatives. Really GREEN alternatives. The Diva Cup and The Keeper are the two different brands of menstrual cups that we handle at the Co-op. We also handle Party in My Pants reusable cloth pads, made regionally in Wisconsin! These cottage-industry made pads are lined on the back with a leak proof nylon shield and nickel free snaps. They are available in many sizes and shapes to fit your body and your needs.

The Diva Cup and The Keeper Moon cup are made from medical grade silicone. They are 100% hypoallergenic

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

and odorless. They are also available in sizes, one for before vaginal childbirth and another for after. Menstrual cups are reusable for many years and can be worn overnight. They are FDA approved. They provide the convenience of tampons without the waste and the dangers of dioxins. They are inserted like a tampon and emptied out as needed and cleaned with soapy water.

If you have questions regarding any of our reusable, green options for your menstrual needs, please don’t hesitate to contact Gretchen in the Wellness department at the Co-op.





EXAMPLE

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member deals

Kettle  
Krinkle Cut Potato Chips

limit 2 bags per customer

\$3.89

Reg  
Price  
\$4.69

EXAMPLE

UFC#123456978012

FEB 24-MAR9

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

MEMBER DEALS 9/4/13 - 10/1/13

* Regular prices subject to change	Regular Price	Sale Price	Savings
Grocery			
EARTH'S BEST			
Organic Baby Food Spinach Sweet Potato, 4 oz	\$1.39	\$0.99	\$0.40
Organic Baby Food Blueberry, 5 oz	\$1.39	\$0.99	\$0.40
Organic Baby Food Brown Rice Lentil, 6 oz	\$1.39	\$0.99	\$0.40
Organic Baby Food Carrots, 7 oz	\$1.39	\$0.99	\$0.40
Organic Baby Food Sweet Potato, 8 oz	\$1.39	\$0.99	\$0.40
Organic Baby Food Banana Brown Rice, 9 oz	\$1.39	\$0.99	\$0.40
Organic Baby Food Potato & Chicken, 10 oz	\$1.39	\$0.99	\$0.40
Organic Baby Food Winter Squash, 11 oz	\$1.39	\$0.99	\$0.40
ENDANGERED SPECIES			
Dark Chocolate Treat Bag, 8.4 oz	\$8.39	\$5.99	\$2.40
Milk Chocolate Treat Bag, 8.4 oz	\$8.39	\$5.99	\$2.40
LUNDBERG, Organic Brown Rice Syrup, 21 oz	\$6.99	\$4.99	\$2.00
NAPA			
Organic Grapeseed Oil, 25.4 oz	\$10.19	\$7.49	\$2.70
Organic Sunlower Oil, 25.4 oz	\$9.99	\$7.49	\$2.50
Organic Balsamic Vinegar, 12.7 oz	\$6.59	\$4.79	\$1.80
Champagne Vinegar, 12.7 oz	\$5.99	\$4.49	\$1.50
Sherry Vinegar, 12.7 oz	\$6.99	\$4.99	\$2.00
YUMMY EARTH			
Halloween Gummy Bears, 8.8 oz	\$5.99	\$4.39	\$1.60
Halloween Lollipop, 8.5 oz	\$4.99	\$4.39	\$0.60
Body Care			
EVAN HEALY			
Face Kit - Blue, each	\$29.99	\$23.99	\$6.00
Face Kit - Rose, each	\$29.99	\$23.99	\$6.00
FORCES OF NATURE			
Athlete's Food Control, 11 ml	\$17.99	\$10.99	\$7.00
Nerve Pain Management, 11 ml	\$19.99	\$12.99	\$7.00
Osteoarthritis Management, 11 ml	\$24.99	\$14.99	\$10.00
Rheumatoid Arthritis Management, 11 ml	\$19.99	\$12.99	\$7.00
MAGGIE'S			
Crew Socks, Tie Dye, each	\$10.99	\$7.99	\$3.00
Crew Socks, Tie Dye, each	\$12.49	\$7.99	\$4.50
Cotton Crew, Plum, each	\$6.49	\$4.99	\$1.50
Nutritional Supplements			
OXYLENT Multivitamin Packets, Line drive	20% off		
SOURCE NATURALS, Line drive	30% off		
HISTORICAL REMEDIES, Stress Mints, 30 ct	\$5.49	\$4.99	\$0.50

Co-op  
cheese  
club

Cheese lovers can sign up for one month or for 6 months of the Co-op Cheese Club. Each month has a theme. Based on the theme, we will be bringing in some special, delightful, rare, artisan, and probably quite expensive cheeses. We'll cut the wheels among the cheese club members. There will usually be two cheeses listed, and members can expect an accompaniment (i.e. fruit, crackers, bread, olives, etc.) and possibly a surprise cheese as well. It will always be a great value and fresh cut! There is limited space, so folks who are interested are encouraged to sign up early.

September - Spanish cheese

October - Sheep cheese

November - English cheese

December - Festive cheese

6-month subscription - \$150

1-month subscription - \$30

Sign-up today - 563.382.4666

What are members of the Co-op Cheese Club saying?

"The choices have been amazing. Very enjoyable and worth every cent."

"We plan to renew! We enjoy having new cheeses every month."

"Loving this cheese club."

"I really, really, really appreciate your efforts to bring us tasty selections."

Omega-3 Essential Fatty Acids and Autistic Disorders

continued from page 13

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Sampling in the Aisles

Stop in and try something new!

Every Friday from 3:00 to 5:00 pm

ENVIRONMENTAL WORKING GROUP

Shopper's Guide to Pesticides in Produce

Dirty Dozen

Buy These Organic - if at all possible

1 Apples

2 Celery

3 Cherry Tomatoes

4 Cucumbers

5 Grapes

6 Hot Peppers

7 Nectarines - imported

8 Peaches

9 Potatoes

10 Spinach

11 Strawberries

12 Sweet Bell Peppers

(plus Summer Squash and Kale/Greens)

Environmental Working Group - www.ewg.org - updated 2013

Clean Fifteen

Lowest in Pesticides - but organic still better

1 Asparagus

2 Avocados

3 Cabbage

4 Cantaloupe

5 Sweet Corn

6 Eggplant

7 Grapefruit

8 Kiwi

9 Mangos

10 Mushrooms

11 Onions

12 Papayas

13 Pineapple

14 Sweet peas - frozen

15 Sweet Potatoes



## Oneota Community Food Co-op

### Mission

*The mission of the Oneota Community Co-op is to build vibrant communities and ecosystems by providing organic, locally produced and bulk foods, as well as other products and services that are sustainable for those who consume and 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.

## Oneota Community Food Co-op Staff

**General Manager**, David Lester ..... gm@oneotacoop.com  
**Marketing and Outreach Manager**, Nate Furler ..... nate@oneotacoop.com  
**Financial Manager**, Larry Neuzil ..... larry@oneotacoop.com  
**HR Coordinator/Office Manager**, Deb Reiling ..... deb@oneotacoop.com  
**IT Coordinator**, Theresa Kleve ..... it@oneotacoop.com  
**Produce Manager**, Betsy Peirce ..... produce@oneotacoop.com  
**Grocery Manager**, Kristin Evenrud ..... grocery@oneotacoop.com  
**Cafe Manager**, Mattias Kriemelmeyer ..... deli@oneotacoop.com  
**Front End Manager**, Ruth Jenkins ..... frontend@oneotacoop.com  
**Wellness Manager**, Gretchen Schempp ..... gretchen@oneotacoop.com  
**Bulk Buyer**, Carl Haakenstad ..... bulkfoods@oneotacoop.com  
**Grocery Buyer**, Frances Kittleson ..... frances@oneotacoop.com  
**Freezer Buyer**, Carrie Johanningmeier ..... carrie@oneotacoop.com  
**Education & Outreach Coordinator**, Johanna Bergan ..... johanna@oneotacoop.com  
**Meat Buyer**, Kristin Evenrud ..... meat@oneotacoop.com  
**Cheese & Dairy Buyer**, Beth Rotto ..... beth@oneotacoop.com  
**Bakery Buyer**, Tammy Michels ..... tammy@oneotacoop.com  
**Wine and Beer Buyer**, Nathan Matter ..... nathan.matter@oneotacoop.com  
**Member Volunteer Coordinator**, Ruth Jenkins ..... membervolunteers@oneotacoop.com  
**Customer Service**, general inquiries ..... customerservice@oneotacoop.com

## "The Scoop" Newsletter Staff

**Editor** ..... Nate Furler  
**Design/Layout** .....Zelda Productions, Deb Paulson  
**Proofing**..... Cathy Baldner  
The Scoop is published quarterly 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.

## 2013-2014 Co-op Board of Directors

Mike Bollinger ..... oneotabollinger@gmail.com  
Anne Dykstra ..... oneotadykstra@gmail.com  
Lora Friest ..... oneotafriest@gmail.com  
Gary Hensley, Vice President ..... oneotahensley@gmail.com  
Steve McCargar, President ..... oneotamccargar@gmail.com  
Brita Nelson ..... oneotanelson@gmail.com  
Deneb Woods ..... oneotawoods@gmail.com

## 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)**

## Member Volunteers - May/June/July

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

Gary Hensley	Jan Heikes	Jerry Aulwes	Lindsay Lee
Steve McCargar	Sarah Frydenlund	Noah Klammer	Andrew Ellingsen
Anne Dykstra	Brenda Burke	Nancy Eldridge	Lindsey Harman
Lora Friest	Annette Schweinefus	Dennis Carter	Megan Kabele
Deneb Woods	Christine Gowdy-	Georgie Klevar	Kate Elliot
Mike Bollinger	Jaehnig	Arllys Adelmann	Toast Houdek
Brita Nelson	Ellen Cutting	Carol Bentley-Iverson	Steph Hughes
Julie Fischer	Steffen Mirsky	Lyle Otte	Kris Klennert
Robert Fischer	Wendy Stevens	Onita Mohr	Jim Stevens
Randall Duvall	Mary Hart	Louise Hagen	Mwaura Muiruri
Elyse Hawthorn	Jon Hart	Carolyn Corbin	Becky Ruff
Sue Otte	Kristin Albertson	Jerry Skoda	Bruce Jordan
Rachel Breitenbach-Dirks	Rita Lyngaas	Shodi Morris	Karla Presler
Lyle Luzum	Perry-O Sliwa	Renata Christen	John Snyder
Sue Luzum	Dave Kester	Cynthia Lantz	Matt Hughes
Jim McIntosh	Barb Dale	Lee Zieke	

If you are interested in learning about the member volunter program at the Co-op, please contact us at membervolunteers@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, 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 and items listed above).
- 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 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. 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:

Deidree Acord	Cindy Hansen	Shannon Quandahl
Bonnie Albertson	Zoe Helgersen	Annilee Rohrscheib
Steven Alcorn	Mark Henning	Zach Row-Heyveld
Gabriel Quinn Andreas	Bridgette Hensley	Judith Ruehmann
Lucas Barloon	Joy Hernes	Casey Sass
Larry Bauer	Andrea Hexom	Gokhan Savas
Sara Bauer	Kay Himlie	Anne Scheetz
Marjorie Bennett	Ashlee Holst	Rachel Schulte
Sarah Bjork	Karen Homann	Lori Schutte
Anne Bohl	Melissa Koenig	Scott Searcy
Kelsey Boyce	Julie Kolka	Chris Smith
Lynn Bruess	Sarah Lesmeister	Heidi Snell-Anderson
Claudia Cackler	Diane Ludeking	Katherine Van Winkle
Marnie Carlson	Lisa Maas	Kathryn Vigen
Ann Chrenen	Joseph Madrigal	Roland Waterman
Jackie Crooks	Marlys Marlette	Chris White-Rozendaal
Kate Davis	Brandon Meiners	Alisa Winsauer
Jane Duehr	Shannen Mezera	Kara Zahasky
Richard Graham	Debra Moon	
David Gross	Anna Marie Murray	
Kate Haller	Sue Nielsen	



# Let us cater to your needs.



f r e s h . o r g a n i c . l o c a l .

## ENTRÉES

12-15 servings per pan - \$55/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

\$4.99/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  
our famous guacamole  
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 \$7.50  
With a Meat Sandwich \$8.50  
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 - \$12.50 per pot (includes container rental)  
Cookies - \$1.25

## 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

## SPECIAL EVENTS

Please call to get a quote for your special event.  
We cater many types of events, including:  
weddings • anniversaries • birthdays  
benefits • graduations • conferences  
family reunions • bar mitzvah • and more!  
email: [deli@oneotacoop.com](mailto:deli@oneotacoop.com)  
or call 563-382-4666 and ask for Mattias.

Water Street Café

f r e s h . o r g a n i c . l o c a l .

ONEOTA COMMUNITY FOOD COOPERATIVE

312 West Water Street  
Decorah, Iowa 52101  
563-382-4666  
[www.oneotacoop.com](http://www.oneotacoop.com)

## PANINI

**Summer Panino Hours (Apr-Oct)**  
Monday-Saturday 8:00 am - 7:30 pm  
Sunday 10:00 am - 6:00 pm  
**Winter Panino Hours (Nov-Mar)**  
Monday-Saturday 8:00 am - 7:00 pm  
Sunday 10:00 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 Pumpermickel Rye bread	
Water Street Tuna .....	6.39
house-made Tuna salad, fresh tomatoes, cheddar cheese served on organic Sourdough bread	
The Magic Mushroom .....	6.79
marinated Portabello mushrooms, mozzarella cheese, roasted red peppers, 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	
Turkey Jack .....	6.39
sliced turkey, cilantro mayo, pepperjack cheese, served on Waving Grains Wheat bread	
Fresh Caprese .....	6.79
fresh mozzarella, fresh sliced tomatoes, pesto, balsamic vinegar, served on Waving Grains Ciabatta 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, pepperoncini, divina tomatoes, italian dressing, mozzarella cheese, served on Waving Grains Ciabatta bread	
Pesto Pantheon.....	6.79
bacon, mozzarella cheese, fresh sliced tomato, pesto, served on Waving Grains Ciabatta 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.....	\$5.79
New flavors and sandwich concepts as well as old favorites!	



Catered by

Water Street Café

f r e s h . o r g a n i c . l o c a l .

Specializing in fresh, local, natural and organic food.

312 West Water Street • Decorah  
563.382.4666 • [www.oneotacoop.com](http://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



## 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, Monday through Saturday, you can find breakfast sandwiches and breakfast burritos available. Brunch begins every Sunday at 11:00 am.

## 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](http://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](http://www.oneotacoop.com)

## 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) - \$40  
large 16" (serves 24-30) - \$55

**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) - \$60 estimated

**Antipasto Platter**  
Fresh vegetables, olives, parmesan cheese, marinated artichoke hearts, Prosciutto ham.  
small 12" (serves 20-25) - \$40  
large 16" (serves 25-30) - \$55

**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) - \$55

**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) - \$55 - choice of 3 sandwiches

## 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.

## 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.



**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.



# Cheese Variety

By: Beth Rotto, Cheese Buyer

If it's too hot to cook, if you are hungry and in a hurry, or if you just like to eat simply, find a loaf of your favorite bread, or some uncomplicated crackers, maybe some fruit, or some nuts, or some wine- anything else is fine, but not necessary and try a new cheese!

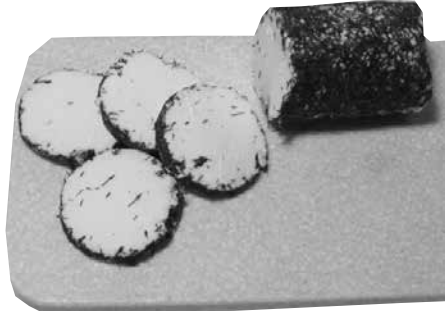
More and more people are excited about the great variety of cheeses available to us, and we are now able to offer a wider selection at the Co-op. Here are some cheeses popular with folks at Oneota Co-op.



**Bellavitano Cheese from Sartori in Plymouth, Wisconsin** - This is the same company that makes the hugely popular Montemore. Look for plain (Bellavitano Gold) or subtly flavored Bellavitano cheese (Bellavitano Merlot, Bellavitano Raspberry, Bellavitano Balsamic, even Bellavitano Espresso).



**Marieke's Gouda** - Special cheeses made by a Dutch master cheesemaker living in Wisconsin. Popular flavors include Fenugreek Gouda and Honey Clover Gouda.



**Yellow River Goat Cheeses** - including Chevre and Farmstead logs in several flavors. Our neighbors from nearby Monona.

**WWHomestead Dairy** - fresh cheese curds, delivered hours after they are produced. Look for Onion Chive and Chipotle Morita blocks as well.

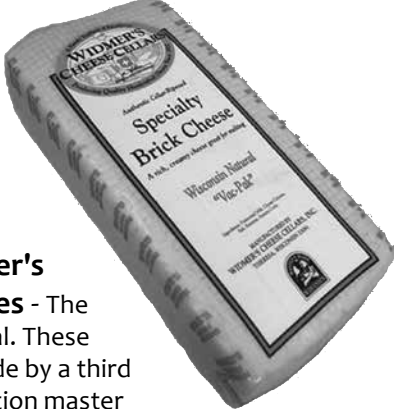
**Organic Valley GrassMilk Cheese**

- New to our Co-op shelves, these raw milk cheddars are made with milk from our farmer neighbors.



**Rochdale Cheese**

- Look for a variety of cheese from this Wisconsin co-op, including Cave-Aged Gouda, Aged Goat cheese, Baby Swiss, and more.



**Widmer's Cheeses**

- The real deal. These are made by a third generation master cheesemaker using traditional methods which make Brick and Colby taste much better than mass-produced cheese by the same names.



## STORING CHEESE AT HOME

(adapted from [roguecreamery.com](http://roguecreamery.com))

Here are nine top tips for keeping your cheese in stellar shape.

- 1 Don't confuse storage with aging. Once a wheel or block of cheese is cut, it will no longer age.
- 2 The softer the cheese, the shorter the shelf life. Fresh and high moisture cheeses like curds and fresh mozzarella are meant to be eaten right away. Buy only what you can eat in a short time.
- 3 The drier or more aged the cheese, the longer it will keep. Aged cheeses will remain edible for a long time if properly stored, so you can buy a bit extra. In the summer, these types do better when transporting groceries home without refrigeration.
- 4 Let cheese breathe! Storing cheese in plastic wrap for too long will suffocate the cheese. Keep new purchases and leftovers wrapped in plastic wrap for limited amounts of time. Use the Natural Value Clear Plastic Wrap sold at the Co-op because it is PVC and phthalate free. You won't be able to reuse the plastic wrap your cheese from the Co-op came in because it has been heat sealed and won't behave the same as new. You can also opt for special cheese paper (available for purchase on top of our cheese case) or try wax paper or parchment paper.
- 5 Stop mold migration. Be particularly careful to store blue cheese and white molded cheeses apart from other cheese to prevent mold from traveling where it isn't wanted.
- 6 If a spot of green, gray or white mold appears on the surface of your cheese, simply cut a generous piece away and enjoy the remainder. Most molds are harmless but avoid black or pink tinged specimens.
- 7 Serve only what you will eat in one sitting. Cheese loses moisture and but-terfat when out of refrigeration. For best quality, cut smaller wedges for serving and refrigerate the rest.
- 8 Serve cheeses at room temperature by setting cheese out approximately 30 minutes before serving (loosely covered) to soften the texture and bring out the aroma and flavor.
- 9 It is possible to freeze some cheeses when they will be used in cooking later. Freezing will change the texture, flavor, and sometimes color of cheese for the worse.

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Sundays 12:00 noon - 5:00 pm

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# CUSTOMER COMMENTS

**Comment:** Why do you stock Muir Glen Pasta Sauce – it has sugar in it. Can you stock more varieties maybe even the Monte Bene – which has no sugar. - Jeremy

**Response:** Hi Jeremy! Great question! We stock Muir Glen Pasta Sauce because it is organic, the tomatoes are field ripened and grown in the U.S. While Muir Glen (part of Small Planet Food) was purchased by General Mills in 1999 they are committed to improving soil quality, supporting organic farmers and supporting NCGA Co-ops through frequent sale support.

Many pasta sauce recipes call for adding sugar to counter the acidity of the main ingredient of tomatoes. We do have pasta sauces available that do not add sugar but do add sweet vegetables and/or San Marzano Tomatoes which are imported and have lower acidity.

We are constantly examining the "turns" of product on our shelves. The products that our costumers buy with the most frequency are what keep us in business. We do try to bring in products to try and for example have carried a few more of the Monte Bene sauces in the past but the sales were slow and we had to let the product go.

I love your question because analyzing this kind of information is what we do every day here in the packaged grocery department. We try to keep variety on the shelves, quality organic, gmo-free and local products when possible and we strive for customer satisfaction with what is represented on our shelves. We try to listen to our customer needs and match that to our Co-op mission and merchandising policy.

Special ordering in case amounts is a great option for our members when a product is not available for sale on our store shelves. The best part about special ordering is that you get the product for 15% off shelf price! – Kristin, Grocery Manager

**Comment:** Loved shopping, visiting, and eating here. Thanks! We're from Sycamore, IL. - Marge

**Response:** You are welcome! We are seeing more visitors every day in our store and we hope you take a little bit of that Decorah magic back with you. – David, General Manager

**Comment:** The tunes have been great during Nordic Fest...really eases the atmosphere! - anonymous

**Response:** We have received many comments regarding the music that we have playing over the Co-op sound system. We currently have a Pandora business subscription. This allows us to program in a variety of stations based on a certain genre, song, artist, or simply use the suggested “stations” provided by the Pandora. We even have the capability to schedule and program music for different periods of the day, as well as select themed music for events like Nordic Fest. We programmed a Scandinavian theme over Nordic Fest weekend which played an assortment of music the company associates with Scandinavian. We do have certain limitations and are somewhat at the whim of the algorithms the company uses to determine the correct songs for that genre. However, we have been happy with their service, as has our staff, and most shoppers. If we see you dancing in the aisles, or singing along, don't be embarrassed – we do it plenty ourselves. – Nate, Marketing Manager

**Comment:** You really need to be open later on Sundays. - anonymous

**Response:** We have also heard that we need to be open earlier on Sundays. We will certainly take this into consideration as we approach 2014 since we have also noticed a change in shopping patterns. We make changes to our store hours on the calendar year (Jan. 1st) because it affects our labor budgets and other areas of management. – David, General Manager

**Comment:** How about photos of McCaffrey's and Waving Grains like the local produce and meat producer banners? - Jo

**Response:** You can rest assured that these two local producers are next in line for their local producer banners. We hope to continue with the creation of more of these banners in the coming year.

**Comment:** Is there another option for a hand soap that is not antibacterial? It is very drying and leaves behind a residue that is not easily washed off. Just imagine the stuff that's not coming off. Not good especially for Café staff. Good ole fashion slippery soap should do. – anonymous

**Response:** The CleanWell hand soap used in the Co-op restrooms derives its antibacterial qualities from the natural ingredients thyme and oregano oil. This is in stark contrast to other antibacterial soaps on the market and used in most businesses and institutions. The typical antibacterial ingredient in most soaps and sanitizers is Triclosan - which is potentially carcinogenic. We are proud to say that our hand soap does NOT include this potentially harmful chemical and the dispenser even states this right on the front. The remainder of the ingredients in CleanWell hand soaps and sanitizers are all natural and should not leave any more residue on a person's hands than our previously used product at the Co-op - Nutribiotic Skin Cleanser. The reason that it may have a more drying affect on a person's hands is that it may not contain as much moisturizer as the previous product. This may be considered good or bad - as the extra moisturizer winds up as residual on the person's hands also.

The reason behind switching to this new hand soap - with the dispensers - was partly because the company offers the wall-mounted dispensers for commercial use. This new system is less time consuming for staff and still utilizes a reputable and safe product for customer and staff use.

I also encourage you to check out the story behind the product, found online at the following link: <http://www.cleanwelltoday.com/who-we-are/our-story/>. It is a heartwarming story of one family's mission to find something safe for their children to use every day—all day long.

Join us for these great fall events

**Squash Festival**  
September 28  
Learn about the diversity of this remarkable vegetable from experts around the country.

**Seed Saving Workshop\***  
September 29  
Learn seed saving basics with a focus on harvesting seed from dry & wet-seeded crops.

**Dinner & Lecture\***  
October 19  
Join SSE and Winona LaDuke (Executive Director, Honor the Earth) for an evening of local food and learning.





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# Tomato Tasting

Saturday, August 31, 2013, 1-4pm

Sample  
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Varieties

*Workshops*  
Tomato Seed Saving  
12noon, 1pm, 3pm  
Seed Stories  
12:30pm, 2pm

**FOOD**  
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**10% off**  
storewide\*

# sale

Tuesday,  
**November 12th**

The last M.A.D. sale of 2013!

May be combined with all other member discounts.

\*discount excludes Co-op Deals and Member Deals sale items and special-order case discounts.

# Thank You -

**Lee Zieke and Lindsay Lee**  
*For the beautiful flowers  
outside the front of the store.*

