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ONEOTA FOOD COOP

VOLUME 40 • NUMBER 1 • SPRING 2014

By David Lester, General Manager

It is hard to believe that our Co-op has reached its fortieth anniversary. From our early days as a food buying club to our first store front in "Oleville" in 1974, our Co-op has always evolved to meet the needs of its members. "What do our members want?" has always been the question that many board of directors and management teams have tried to answer over these last four decades. That question is still what drives our decisions from what kind of milk to carry to bigger, strategic projects that will further the Co-op's mission.

When my family and I were looking to move from Iowa City in 1996, we had three requirements for our next new home: 1) a small,

safe community to raise kids with a big, outdoor playground, 2) a college town, 3) a food co-op. Check. Check. And, check. Like so many families and individuals before us, we popped into the Co-op for a quick snack while visiting. A cashier

named Liz Rog recognized us as visitors and the next thing we knew we were living on a farm with a trout pond and learning the schottische on Saturday evenings. Our family's story is not unique, and countless Co-op staff and Co-op members have been welcoming visitors and promoting this special corner of the world as a great place to live and raise a healthy family since our earliest days.

That sense of community is thriving in our store today and the people keep coming. We signed up over 342 new members in 2013 (the most new members since 2008), and our class attendance/participation was up 116% over 2012. The Co-op participated in a pilot project with the Iowa State Extension office and its Food Value Chain Coordinator, Nick McCann, to aggregate and distribute more locally grown products from the northeast Iowa area into the hands of thousands of eastern lowans and beyond. The model is working and our local purchases are increasing which means more local producers are making a living at doing what they love.

It has been awe-inspiring to hear the stories of our Co-op growing up. There have been over 180 employees, many board members and countless member volunteers that have built our store into what it is today. The stories from Oleville are priceless. A dirt floor, garbage cans with bulk grains, hiding the key to the front door and putting money into a secret bin are just a few that come to mind. With each store front move, came hours of volunteer time to move and build shelving, move equipment and

paint the walls. Beyond the successful financial figures, beyond the different kinds of peanut butter on the shelf, there is this deep connection and love of this store that makes us successful. Our members are passionate about sourcing as much locally-grown and organic products that we can. They let us know when they want to see a new product on the shelf and question our staff when they don't like something on the shelf. Our members teach classes, they volunteer their time in different ways and they see our store as a place they can trust to get the best quality products for their families. Our members want the Co-op to succeed because it is important to our community's identity.

So, let's all raise a glass (Champagne, wine or kombucha...your choice) and take the time to celebrate the last forty years of our existence and reflect on those who helped us get here and encourage others to join us on this incredible journey for the next forty years. Cheers!

A business that promotes the development of cooperation and cooperative

> **Oneota Community Co-op** Monday, March 3rd

thru Friday, March 14th We've got

something special for those that become **NEW member/owners** between March 3rd and March 14th.

Along with a sincere "thank you" for helping to make our organization thrive through membership dollars,

NEW member/owners will have the \$5 sign-up fee waived and will receive one of the best chocolate bars created by the first organic, Fair Trade, bean-to-bar chocolate factory in the country -Theo Chocolate.

In addition, NEW member/owners who join paying their membership/share in full (\$140) will also receive an Oneota Co-op branded insulated bag, and a free meal for two at the Water Street Café (a \$20 value).

Wait, there's more!



CURRENT member/owners who become paid-in-full at the amounts below will receive the following:

CURRENT owners paying \$40-\$80 will receive a Theo Chocolate Bar and a Co-op branded insulated bag.

> CURRENT owners paying \$100-\$120 will receive a Theo Chocolate Bar and a free meal for two at the Water Street Cafe (a \$20 value).

"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."

Oneota Community Co-op - driven by membership - driven by you.

PAGE 2 the Scoop ★ SPRING 2014

4 Co-op Retrospective: Warren Palm

By: Cerrisa Snethen, Co-op Member/Owner

Co-op's membership these days, those who were around then, and

available now, to tell the organization's creation story are relatively few. So in this, the Co-op's fortieth year, we've arrived on the doorstep of an important idea: getting those rare and precious perspectives down.

If you ask a lot of us to sit down and list the most important institutions in Decorah, I bet a fair number of OCC memberowners would list both Oneota and Luther in their top five, if not top three.

This is an article about a man who amplifies the connection between those two Decorah institutions beautifully. Warren Palm was gracious enough to join us in discussing the Co-op's inception, the days when the Co-op wasn't even a co-op per se, and how things have evolved in both his own life and the life of "the coop."

We talk a lot about roots around here. Warren's are really bunkered in Midwestern do-it-your-selfedness, and the post Depression and World War II era colliding with the counter-culture movement of the sixties. Born in 1949, Palm's parents were affected deeply by the war and emphasized the practices of rationing, growing and conservation. Scarcity and personal values were encouraging families to watch waste and recycle. Warren has early memories of religiously sorting tin cans for recycling and hauling them to the garbage dump. "This was when garbage dumps were still called garbage dumps," he emphasized, "before they became landfills." Palm's family routinely participated in paper drives orchestrated by local Boy Scout troops, saving and bagging pounds and pounds of newspaper and then bundling them twice a year It was recycling before recycling was a buzz word in the era where most newspapers were actually in print instead of online. Warren remembers it fondly and has been a staunch recycler ever since.

Eight years younger than his only brother, Warren grew up in the west central town of Lake City, Iowa with politically and socially moderate parents. His folks were much older than typical parents of the time, and despite hailing from different decades, he bonded with his significantly older brother over things like baseball, regardless of ideological differences. He remembers helping with his parents' garden, feasting on fresh green beans and his mother's homemade rhubarb sauce. Coming of age in a more liberal decade



A diverse, local community whose fabric is strengthened through caring, and sharing gifts of time, energy and resources.



than many of his Baby Boomer counterparts, Warren's experience was somewhat distinctive. After all, his own Grandfather had travelled here from Norway, a man who was born when Lincoln was president. It turns out, that gave him a different perspective on history, on the Great Depression and World War II. Had his parents been the same younger ages of the other parents on the block, he might not have connected so deeply with an older generation gone by. Who knows? He might not have landed in Decorah.

After all, a search for higher education, combined with Warren's family connection to Luther College, is what inevitably landed him on the Upper Iowa. Several of Palm's family members went to Luther and if you can fathom it, his Aunt married a Luther graduate who was in the class of 1895. Warren's mother's older brother? Class of 1916. Palm arrived on campus with a certain sense of history, unofficially majoring in archeology (Luther didn't actually have an archeology program at the time) with a formal major in economics. Getting married just before his senior year to a fellow student, Palm's girlfriend-turnedwife was instrumental in getting him involved in the Co-op just as it was seeding. An artist and a painter, Palm's then wife Susan Anderson's health had led her on a journey toward natural food, and her budding relationship with the Co-op's early buying club rubbed off on Warren. Despite the marriage ending, Palm remembers Anderson kindly and thinks it may have been her guest for healthier meals that helped her enjoy a longer life.

"We'd go up to St. Paul and stop at a co-op," he remembers. The routine involved buying in bulk and contributing to the buying club's early practice. The newlyweds moved out into rural Decorah's Canoe Creek Road and began taking turns with several other households to store Make plans to JOIN US!

Annual

Meeting of Co-op Membership

plus dinner and a film screening!

Thursday, April 10th

Held at Good Shepherd Lutheran Church - 701 Iowa Avenue

Celebrate 40 years of cooperation and community ownership by attending an evening of festivities, including the Annual Meeting of Oneota Co-op Membership.



Begin the evening at 6:00 pm with dinner, catered by **Trout River Catering.**

- Gluten-Free Lasagna (both meat and vegetarian varieties)
 - Marinated Vegetable and White Bean Salad
 - Grilled Mushrooms •
 - Green Salad with Honey Mustard Vinaigrette
 - Waving Grains Garlic Bread •
 - Assorted Water Street Cafe desserts

Pre-registration is required for the meal portion of the evening.

Cost of \$8 per person for the meal. Limited seating available for dinner.

Registration may be completed online at www.oneotacoop.com, or through Co-op Customer Service - both in-store or via phone - at 563-382-4666. Payment is required at the time of registration.



The Annual Meeting will begin at 7:30 pm and feature reports from both the Co-op Board of Directors and General Manager.



The annual meeting will be followed by a film screening of "Food For Change." "Food For Change" is a new (2013) feature-length documentary film focusing on food co-ops as a force for dynamic social and economic change in American culture. The Oneota Co-op contributed to the making of this film.



Member Control in Action Member/owners

vote in March!

By: Gary Hensley, Oneota Co-op Board Vice President

Greetings member/owners of the Oneota Community Food Co-op.

2014 Board election ballots were mailed to all members-ingood-standing on Friday, February 28th. If you did not receive a ballot in the mail, and believe that you should have, please call the Co-op at 563-382-4666 to verify your address and membership status. The contents of the mailing include the announcement of the upcoming Annual Meeting of the Membership, 2014

Cooperative Principle #2—

DEMOCRATIC MEMBER CONTROL

Cooperatives are democratic organizations controlled by their members, who actively participate in setting their policies and making decisions. Men and women serving as elected representatives are accountable to the membership. Members have equal voting rights — one member, one vote.]

Board Election Ballot, and Candidate Statements. The Annual Meeting has been scheduled for Thursday, April $10^{\rm th}$ at 7:30 pm and will be held at Good Shepherd Lutheran Church in Decorah. All members of the Co-op are welcome and encouraged to attend the meeting.

This year, 2014, we have two positions to fill on the Oneota Co-op Board of Directors. Both of these positions are 3-year terms. Our sincere thanks go to Gary Hensley and Deneb Woods for their service on the Oneota Co-op Board.

Board candidates for the 2014 election include the following (two) individuals to fill the two, 3-year term slots on the Co-op Board: Alicia Trout and Deneb Woods

In addition, as the Co-op celebrates its 40th year of operation, we will be hosting a dinner prior to the Annual Meeting. The meal will be catered by Ruth Hampton of Trout River Catering and will feature Gluten-Free Lasagna (both meat and vegetarian varieties), Marinated Vegetable and White Bean Salad, Grilled Mushrooms, Green Salad with Honey Mustard Vinaigrette, and Waving Grains Garlic Bread. The dessert course will feature items from the Co-op's own Water Street Café. Pre-registration is required for the meal portion of the evening with a cost of \$8 per person to partake in the meal. Seating is limited, so please register early. Registration may be completed online at www.oneotacoop.com, or through Co-op Customer Service both in-store or via phone at 563-382-4666. Payment is required at the time of registration.



A business that promotes the development of cooperation and cooperative enterprise.

ONEOTA CO-OP BOARD CANDIDATE STATEMENTS

Deneb Woods

I have served on the Oneota Food Co-op Board for the past year and would like to continue to serve the membership for another term. This past year the Board and General Manager went through a strategic planning process setting goals for the next 3-5 years. This was an exciting process to be part of and I would like the opportunity to continue to participate in visioning for the future of the Co-op.



Consuming and having access to local and organic foods has always been important to me. I care deeply about knowing where my food comes from and am passionate about supporting a local food economy. As a board member I would like to continue to strengthen and build on the Co-op's mission and listen to and represent the membership to the best of my ability.

I have been a member of the Oneota Food Co-op for over 13 years and have lived in Decorah on and off during that time. Currently, I work for Northeast Iowa Resource Conservation & Development, Inc. (RC&D) as a GIS (Geographic Information System) Project Coordinator. Outside of work, I enjoy hiking, canoeing and traveling with my husband, David, and our dog, Mesa. I also enjoy gardening and creating edible landscapes in my yard, and I have been involved with DUG (Decorah Urban Gardeners) as a garden mentor in the past.

Alicia Trout

I have deep gratitude for the Oneota Community Food Cooperative as one of the major reasons we moved to this community almost ten years ago. I believe it is central to Decorah's economy, community, and quality of life. I would be pleased to serve such an organization.



A candidate statement for each individual can be found above.

The member/owners of the Oneota Co-op have the responsibility to review the candidate statements and vote for your Co-op Directors during the month of March. Completed ballots must be received at the Co-op no later than 8:30 pm on Tuesday, April 1st. The candidate statements can be found on the Co-op website (www.oneotacoop.com) and are included with the mailed ballot. Candidate statements are also available at the Co-op Customer Service Desk and posted on the board in the Oneota Co-op foyer. Please thank these candidates for their willingness to serve on the Oneota Co-op Board of Directors.

A Co-op Retrospective: Warren Palm

continued from page 2

large bins of oats and barley, peanut butter and oil. Utilizing an Iowa City co-op as a distributor, as well as distributors in Minnesota, the group was keeping its pantries stocked by planning, organizing and distributing whole foods to its members. Warren remembers a loose rule where in buying club members would call ahead to see when would be a good time to stop and pick up supplies or wait until the weekend. He recalls the rolled oats, the flour, the brown rice, and how weekly there would sometimes be up to a dozen different available foods. He remembers getting more and more "into" the idea of creating a larger co-op with actual physical space, and how it was thrilling, yet frustrating.

The young scene in Decorah was a bustling one then. Warren says that living in the area felt fluid and stimulating, "There was always a feeling sort of like being on a vacation without leaving town because there

were so many friends and interesting people coming through the area all the time." He enjoyed playing host to similar-minded friends and visitors. Palm and his young wife began raising chickens, planted a large garden and got to work canning. He's continued to can and preserve food for many years.

Eventually, Warren landed a job in Luther's dining services, unloading food trucks and helping with ordering. He went on to become the director there. Palm would ultimately spend thirty-eight years working in Luther's dining services--designing menus, ordering food from various vendors (including the Co-op), training and scheduling student workers and managing catering. Not surprisingly, given his roots and passions, Warren began a program emphasizing the nature of "home grown" meals in Luther's cafeteria by asking students to get recipes from home, pass them on to the Luther

kitchen, and then be served their parent's own recipes for a taste of home. He began encouraging the utilization of more locally grown foods in the cafeteria, starting with things like tomatoes, Jim Steven's local honey, and acorn squash. Sometimes striking deals just outside of the cafeteria loading doors and paying local growers with whatever petty cash was on hand.

Palm was one of the first to help in setting up the Co-op in its first actual space which was adjacent to the old "Ole's Swap Shop." He remembers the space's pot belly stove and digging in to help clean. The place needed work. He remembers helping to haul in goods, and the first store not even having a door lock at the beginning. A few years later, Warren helped to move the growing Co-op

into its new upstairs location in the Old Armory Building on Water Street.

"It was very gratifying and encouraging to see people get back to the land and be healthier," he said. Warren was raised on a frugal food philosophy. "You did not waste food. Leftovers got served as leftovers or used in a casserole." He's been dismayed over the years at the wasteful direction in which American food culture has leaned. Working all those years to feed college students, the waste that took place often shook Palm to his core. He and his folks had seen food as precious, inherently valuable and something to be respected. He would shake his head in the college kitchen when locally harvested maple syrup would

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Creative Midwest Fare • Local Seasonal Menus

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The Decorah Holistic Health Project (end)

Creating Sustaining Health in Northeast Iowa & Beyond

By: Sonja Ecklund and Tabita Green

We are lucky to live in a small town with such a rich offering of holistic health services. It's pretty incredible that in a town the size of Decorah, you can find many of the same health and wellness services that are available in a major metropolitan area. From Acupuncture to Zen meditation and everything in between, Decorah has a holistic health service for all your wellness needs. The purpose of the Decorah Holistic Health project is to invite people to experience the multitude of services Decorah has to offer, and to match community members with specific wellness services and practitioners in Northeast Iowa and beyond.

The Decorah Holistic Health project was created by a number of motivated health professionals. It began as a monthly gathering of sorts: a place for holistic health providers to interact with one another, network, and share ideas. As these meetings grew in size and diversity, they became a platform for conversation about the direction of holistic health in Decorah. A few months in, we decided it would be beneficial to form a website to serve as an online index for all things health and wellness in the area. We wanted to create a space where potential clients could peruse the services available to them, browse through information about specific providers, and find contact information for individual practitioners all in one place. We decided on the term "holistic health" because it encompasses the general belief of the practitioners that "health and wellness goes beyond the physical aspect of human beings. In order to be well — to be whole — we must consider all the aspects of who we are: body, mind, and spirit. In working with any client, we want to make sure that these three components body, mind, and spirit — are in balance and thriving. We respect you as a unique person with individual needs and promise to meet you where you are."

The Decorah Holistic Health website is broken down into a number of broadrange holistic health categories. Each category is further broken down into services, and each service lists individual practitioners and providers. Individual listings include professional bios, photos, logos, contact information, and links to external webpages. Our hope is to serve as a holistic directory that helps

KEEP YOUR CUTTING BOARDS IN GREAT SHAPE

Beth Rotto, Chill and Cheese Buyer

Wood loves oil, and I had neglected my cutting boards for too long. They were stained and some were a bit rough. Luckily, I found a great way to restore the finish on those cutting boards. And I'm going to share it with you because I'm so excited about it.

Fortunately, Jon was in the right mood and he got involved by giving my boards a sanding with fine grit sandpaper. Then I mixed up my new "wonderful recipe," warmed it, and applied it with a soft cloth. Oh, my goodness, those old boards started to look amazing right away. Several hours later I rubbed off the excess. Beautiful! It was so satisfying. Since it had been a long time, I found myself wanting to apply a second coat, so I did, and that made the wood all the

It's a simple recipe and the ingredients you need are right here at the Co-op.

Mix 5 parts coconut oil to 1 part beeswax. (I used Dr. Bronner's brand coconut oil in the jars sold by the other cooking oils. We sell small cakes of beeswax in our Wellness department by the bulk soaps). I measured the oil in a small pyrex measuring cup and added beewax which I grated up. Then I heated them together in the microwave (or oven) until they were liquid. This was applied sparingly to the wood (1 tsp.-1 Tbsp. per item) I had to warm my oil a couple of times as it would start to thicken up rather quickly. It was so much fun I kept running around and finding more and more things to fix up. Finally I gave it up and let the



educated about food and other products that are

oil soak in. Later I buffed them and admired them all over again.

This recipe is a great choice for cutting boards and wooden utensils as it is food safe, simple and smells great. I didn't have to use gloves when applying because it felt nice to just rub it at the end. I've got the extra in a little jar awaiting more regular use.

Remember, wash your cutting boards with warm soapy water, but do not submerge in water. Rinse and dry right away or drain at an angle in the drainer so that the water drains away. Don't wash wood in the dishwasher.

If you use a wooden cutting board for cutting raw meat, do not use this finish on it. I've heard it's best to leave those boards untreated and keep that board exclusively for meat. To sanitize wood, wipe with a diluted solution of white vinegar and water.



connect individuals to the service and to the individual provider that's right for them. We are always looking to add additional categories, practitioners, and groups to the website. If you have suggestions for these categories, or if you are interested in being listed, please don't hesitate to contact us. The current categories on the website are as follows:



Active Body - Pilates, Tai Chi & Qigong, Yoga, Zumba

Calm Mind

- Meditation, Tai Chi & Qigong, Yoga

Coaching

Ayurvedic Wellness

Counseling

- Health & Wellness

Coaching

- Life Coaching

Healing Arts

- Acupuncture, Ayurveda, Healing Touch, Massage Therapy, Nutritional Products, Pregnancy & Maternity, Reiki, Vibrational Therapy, Zone Therapy, Healing Arts Schools

Holistic Therapy

- Art Therapy, Counseling, Equine Therapy, Family Constellations, Spiritual Services

Groups

- The Comfort Zone - Cancer Support Group, Community Singing Group

Want to stay in the loop?

We send out a quarterly newsletter with all the latest events from our holistic health calendar, our featured practitioner and wellness tidbits. To get in on the goodness, visit the website and subscribe to our list!

Do you have a holistic health event to submit?

To submit a wellness/holistic health event, please submit the contact form with the following information at www.decorahholistichealth.com/contact-us and we'll do our best to get it posted within 2 business days.

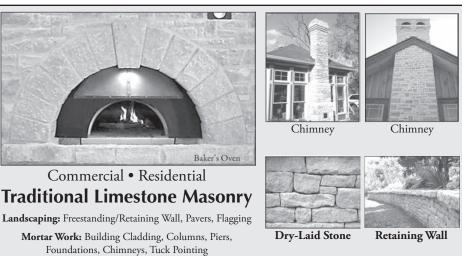
- Event name and description
- Date and time
- Venue (name, address, phone)
- Contact information (name, phone, email, website)
- Cost (if applicable)

Are you interested in being listed as a practitioner?

If you are a health practitioner in the Decorah area who believes in a holistic approach to health and wellness, we invite you to list your practice on this website. Please fill out the contact form at www.decorahholistichealth.com/contact-us to get started. We look forward to hearing from you.

We also meet quarterly in various locations around town. It's a great time to introduce yourself to other holistic health professionals, learn about holistic health modalities, connect with peers, and network.





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Fireplace Insert **Dry-Laid Stairway**

Sustainable Pursuits: The McCargar-Swets

By: Cerrisa Snethen, Co-op Member/Owner

Standing out front isn't always easy. Former staff member and current Coop Board Member, Steve McCargar, reflects on where his passion began and where the path of the McCargar-Swets family crossed that of the Coop in the early years. This family's dedication to the Co-op and the wider regional community continues to flourish after more than three decades.

Having come to Decorah in the eighties, Heidi and Steve were specifically looking for a peaceful river valley with a food co-op to raise a family and build a life honoring the back-to-the-land movement described in the classic "Living the Good Life" by Helen and Scott Nearing. The McCargar-Swets never seem to take a day off from their work of trying to create a more sustainable community. I wondered how all of this started - a family with this kind of commitment and such a wellspring of hard work and intention to a grassroots mission. Asking Steve what fueled his own passion for healthy and organic food systems to begin with, I was fully unprepared for his answer.

"I saw two rivers burn in my life," he said, "beginning with the Cuyahoga River in 1965."

Living in Cleveland at the time, the experience more than proved to be a formative one. The fires were a direct result of the corporate externalization of cost by big businesses, who used air and waterways like the Cuyahoga and Rouge Rivers to dispose of industrial byproducts. Steve described the unimaginable sight of the fires vividly. As he spoke about water burning, it became clear why part of his life's mission came to include a tireless drive to remove poisons from our ambient environment. Once a director of The Ecology Center of Ann Arbor in Michigan, Steve understands the science behind toxins in our environment and maintains an active opposition to the poisons unleashed on pregnant women and children in particular. He's been speaking out since 1965 against industrial pesticides, food irradiation, GMO's, and other assaults on the nation's food supply. Wife Heidi's diagnosis of breast cancer at age 35 further helped to put environmental causes of illness in Steve's uber focused field of vision.

In conjunction with friends Alan and Ellen Macdonald, Heidi and Steve's quest for the perfect place to live their intentions brought them here. When Steve and Heidi finally made the move to Decorah, they didn't have work here. But their commitment to the area was enough. Shortly, thereafter, Steve became the first man on the Co-op Central Collective, then made up of seven hard-working women. As part of the management team, they made \$1 an hour in 1982, in the Co-op's second story location in the Old Armory Building. Here, they sold modest amounts of foodstuff - grains stored in large trash cans, quirky jars of

spices, and a cooler filled with dairy and some fruit. He remembers it being rare and celebratory if the Coop's daily sales hit \$100 in those days, and calling members to announce the day they first broke \$200.

Back then, McCargar remembers how his strong desire to see the Co-op succeed led him to take interesting and sometimes unorthodox measures - letting little go to waste. "I used to joke that every ecosystem needs a bottom feeder. I was that bottom feeder. I would stock up on expired dairy products like yogurt and warehouse them, sometimes paying full price so we wouldn't lose the margins."

Steve reflects fondly on the hours his daughters spent playing in overstock bulk bins, and the tight knit group of children growing up in and around the Co-op, something he sees resurfacing now with a new generation of kids. Daughter Elsa sums up her deeply ingrained experience of growing up in the Coop culture. "It was great to be a Coop kid. I mean, as long as there was a seat in the deli and a Waving Grains cookie left in the case, somehow I knew I had a place – that all was right with the world. It was more than just the grocery store where our family shopped for food. It was my whole community. I could walk in those doors any day, and I knew I'd be taken care of – whether I was looking for a snack, a friend, or a ride to four-mile corner. I must have spent a quarter of my waking childhood at the Co-op, playing, studying, eating...watching the world go by."

Yes, the Co-op was about family. But there was a whole lot more to consider if the store was going to stick around. It was Steve's commitment to the Co-op's financial situation, his self-described tendency to be a "numbers fanatic" that certainly helped the Co-op maintain a cash situation that would enable the organization to expand in size and scale. In the early days, the Coop's membership was an eclectic mash-up of individuals dedicated to a different way of doing business counter culture types (at the time) like vegetarians, advocates of organic farming and alternative economic systems. It was largely a province of left wing ideologues. A crucial idea Steve shared with many others was the notion that if the Co-op was profitable, that profit should go back into the business itself.

The guest to ensure that the Coop was profitable, in addition to it being a bastion of philanthropy and the collective good would literally help lay the foundation for future Co-op stores. When Oneota moved from its second story locale to what is now Cedar Dreams Inn on Water Street 1984, the tiny storefront gave the Co-op a brand new visibility and credibility. This is also when the organization decided to move from having a membership fee, to the Co-op's current model of selling and maintaining membership shares. This cash helped leverage local bank and

(end 6 is

A diverse, local community whose fabric is strengthened through caring, and sharing gifts of time, energy and resources.

membership loans, which is how the Co-op came to own its own buildings, including the one it occupies today. This system made possible slow but steady growth. In 1994 the Co-op was able to borrow \$100,000 from its own membership to aid in the move to its previous location, loans it paid off early. This kind of dedication to fiscal responsibility and rapid loan repayment ensured trust within the community.

While the Co-op's creed was always indicative of putting people over profit, Steve also helped to urge that the store must be profitable in order to be sustained. The idea was that the Co-op's goals should certainly maintain a sense of altruism but they also had to be anchored in a sound financial position. The store's current location at 312 West Water

was coveted by early Co-op management long before it even became available. "We knew we wanted it. And we were ready for it," Steve said, describing how the planners conducted a market study on the current space two years before it was even for sale. "We put ourselves in a position," he said. In 2006, when the previous owner of the building was ready to sell, he knew just who to call. That's when Co-op leaders began the 1.7 million dollar expansion project. All of this forethought and planning, this dedication to numbers and profitability, in conjunction with a commitment to cooperative principles, has put the organization in the solid financial foothold it maintains today. The store is slated to pay off \$200,000 in loans this year alone. The Co-op will shed

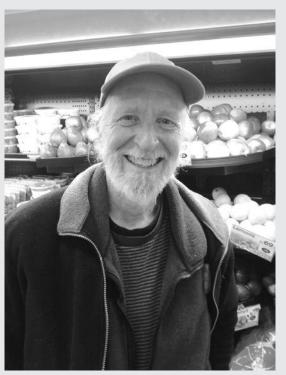
nearly a quarter million dollars of debt in 2014, proving that alternative economic systems can absolutely work.

Steve's proud of where the organization sits today. He's proud of the photovoltaics occupying the roof generating 5-6% of the store's energy, the Co-op's ability to control much of its own future, and ultimately beams with pride when he walks in the door and sees daughter Hannah working across practically every department. "When I see Hannah working at the Co-op, I am very happy - extremely proud. I know what an asset she is to the Co-op. I feel the pride of a parent." He's proud of the store's Bulk department, one that he thinks is among the best in the country. I asked him about his hopes for the store's future. "I want the Co-op to continue to live up to the meaning of its creed, like Martin Luther King Jr. said. It's commitment to local, organic, bulk food, to return to its membership. The Co-op is so much more than just a grocery store. It's a focal point for community and planetary healing, a place where people can put into action their

Steve admits that there's no journey in life without pain, that missions like

that of the Co-op, which seek to grow the greater good, are not without struggle and sacrifice, disagreements and sometimes even division. But he reflects on entire nations, religions, and regions trying to work through conflict and build better futures, and in that big picture view, he adds in a way that is hopeful, that he thinks we can (and do) make beautiful ideas work here. "We have an obligation to make it work here," he says "sharing all of these things in common."

On a good day, you might catch McCargar roaming the aisles contagiously singing Motown, signature Waving Grains cookie in hand. When he's not working on the Co-op board, he's helping to run Decorah's dynamic and thriving farmer's market, advocating for causes he believes in, homesteading,



"...the Co-op is so much more than just a grocery store. It is a focal point for community and planetary healing, a place where people can put into action their values."

and working with children at local Waldorf-inspired preschool, Kinderhaus. A commitment to kids has always been a part of his life in Northeast Iowa. His love of children and the hope they represent, is palpable. "I want them to live in a community we feel good about. I'm happy I get to feed them organic food...take them to the river...hand them wooden toys, and teach them to use gentle, gentle hands."

As a man who admits to being "rich in daughters and rich in spouse," Steve would be content to let Elsa have the last word: "...The Coop community still has a strong heartbeat, and I am so grateful for its vibrant presence in Decorah. Not just for the good food or the alternative business model, but for a place like that, where we all gather and come in from the cold...connect for a moment across the bulk bins and our shopping lists. I still feel that feeling in my chest, walking back through the Co-op doors after long months away. I see Betsy in the Produce aisle, you know, laughing her big laugh. Charlie waltzing in with his water jugs. The timbre of those familiar voices, the smells, the tiles on the floor. And I'm like, yeah, I'm Home."



oneotacoop.com/classes-and-events

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

MARCH

Food Allergy Store Tour Wednesday, March 5, 4:00 pm

FREE - No need to register.

Diet changes due to allergies and intolerances are hard. Ingredient labels are confusing, hidden allergens pop up in favorite foods. We get it! Join us for a store tour and get help finding the foods you can eat, learn to read labels and get comfortable in the new diet. This tour time is set aside for any type of dietary needs, such as Celiac Sprue, gluten or lactose intolerance, nut allergies and others.

Welcome to the Co-op! Member/Owner Orientation Tour Thursday, March 13, 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

Foodies Unite! Cooking + Blogging with The Flaming Vegan: Thursday, March 13, 6:00 - 7:30 pm

Come cook up plant-based awesomeness with locally grown blogging platform, The Flaming Vegan! We'll create some knock-your-socks off veggie dishes and talk about the growing opportunities to unite your love of food with dominating the blogosphere! Whether you're vegetarian, vegan, v-curious, or just want to eat more produce, we'll have a blast in this hands-on class where we talk about how to pump up your meals with plant-protein and explore the food blogging phenomenon. Come for the delicious food, including an indulgent fromscratch black bean burger, appetizers, and more!

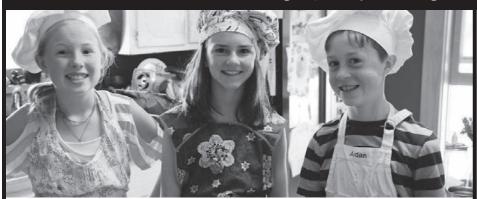
Instructor: Cerrisa Snethen, of The Flaming Vegan Location: Oneota Community Co-op Classroom \$12 Co-op Member/Owners, \$15 Community Members

M.A.D. (Member Appreciation Day) Sale Tuesday, March 18, 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).

BE'TWEEN COOKING

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



Session A - designed for 3rd - 5th grades.

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

March 10 • March 17 • March 24 • March 31 April 7 • April 14

Session B - designed for 6th - 8th grades.

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

March 11 • March 18 • March 25 • April 1 April 8 • April 15

Spring Session (6 classes) is \$72.00 per child. 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!



Introduction to a Gluten Free Life (Gluten Free Level 1) Wednesday, March 19, 4:00 - 5:30 pm

Just diagnosed with celiac or a gluten allergy, intolerance or sensitivity? Feel overwhelmed by the lack of food choices? It can be too easy to give up on all of your favorite foods or settle for expensive, sugary packaged foods. Don't get down in the dumps, instead join us in the Co-op classroom for 90 minutes of inspiration. Anyone on a GF diet is welcome to join us and this class would be helpful to anyone who prepares food for someone on a gluten free diet. Our focus will be on identifying all the food we can eat, planning balanced, nutritional meals and learning some new go-to recipes

Instructor: Johanna Bergan

Location: Oneota Community Co-op

\$12 Member/Owners, \$15 Community Members

A Garden for Everyone and Everywhere Wednesday, March 20, 5:30-6:30 pm

Every garden is as unique as the people and places that help shape it. We will look at some of the most important things to consider when planning a new garden or caring for an existing one. With special attention paid to small spaces and gardening with friends and family, we will think about garden planning, prep, planting and care. Whether you want to shed new light on an old garden, are starting something new or just want to start thinking about something green to drive away the winter blues, join us for a great jump-start to the gardening year. Instructor: Jeff Scott

\$6 Member/Owners, \$8 Community Members

Nutrition Detectives™

Saturday, March 22, 9:00 - 10:30 am

Class for children in 1st - 5th grade

This class teaches children 5 clues to use when reading food labels and helps them detect marketing deceptions. We'll compare food choices, looking for the healthier option. This course is designed for elementary students and helps empower children to make healthier food choices. Let's put on our detective hats and find the real food.

The curriculum for this class was developed by David L. Katz, MD, MPH, FACPM, FACP, Yale Prevention Research Center, Yale University School of Medicine & Catherine S. Katz, PhD, Yale Prevention Research Center. **FREE**

Instructor: Johanna Bergan

Food Allergy Store Tour Tuesday, March 25, 2:00 pm

FREE - No need to register.

Diet changes due to allergies and intolerances are hard. Ingredient labels are confusing, hidden allergens pop up in favorite foods. We get it! Join us for a store tour and get help finding the foods you can eat, learn to read labels and get comfortable in the new diet. This tour time is set aside for any type of dietary needs, such as Celiac Sprue, gluten or lactose intolerance, nut allergies and others.

Monthly Board Meeting

Tuesday, March 25, 5:30 - 8:00 pm

All members are welcome to attend Board meetings Location: Valders Hall, Room 367, Luther College Campus

Kick the White Flour Habit

Thursday, March 27, 5:30 - 7:00 pm

White rice and white flour are so yesterday. These processed grains are high in sugar and low in nutrients. Discover the wide array of whole grains including multi-colored rices, millet, quinoa and whole grain flours, just to mention a few. Swapping these grains for the regular white stuff is so easy. We'll taste the grains, learn how to prepare each and walk out the door with recipes to support swapping out white food for nutritious and tasty whole grains the whole family will love. Let's make good cooking happen in your house.

Instructor: Johanna Bergan \$12 Member/Owners, \$15 Community Members

Inventory: Co-op Closing Early Monday, March 31st at 7:00 pm

APRIL

Summer Hours Begin: April 1st, 8:00 am - 8:30 pm

Women's Weekend Out Wine Sampling Saturday, April 5, 11:00 am - 2:00 pm

FREE

Stop by while perusing our local, handmade gifts, before eating a local lunch at the Water Street Cafe or while grocery shopping. We'll be featuring the best wines of Northeast Iowa.

Women Only. Period. Saturday, April 5, 11:00 am - 2:00 pm

Here's your chance to satisfy your curiosity and change the way you think about your monthly flow. Gretchen and Clara will be on hand in Oneota's Wellness Department to demystify menstrual cups, washable pads and sea sponges. These little beauties are environmentally friendly, easy on your budget AND make the week of your period not only manageable - but graceful. Not sure what a menstrual cup is? This reusable, silicone cup is worn during your period to catch the flow - so say goodbye to leaks, discomfort and dread of your period. All questions are good questions and we look forward to hearing yours.

Be a "Flour" Child! Make it Delicious and Satisfying. Saturday, April 5, 2:00 pm

Join Johanna Bergan, Education and Outreach Coordinator of the Oneota Community Co-op, as we dive - mouth first - into the vast world of flours. Of particular focus will be gluten free flours - think sorghum, rice, quinoa, millet, almond, bean flours and the various starches like potato and tapioca that are often referred to as flours in gluten-free recipes. Going without gluten doesn't mean going without your favorites like bread, muffins and cookies. It just means learning a new trick or two that you can try in your own kitchen. We'll be learning and sampling, so be sure to leave some room for tasty morsels along

FREE Instructor: Johanna Bergan Location: Dug Road Inn

Welcome to the Co-op! Member/Owner Orientation Tour Thursday, April 8, 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

Gluten Free the Right Way (Gluten Free Level 2) Thursday, April 17, 5:30 - 7:00 pm

So you've been living a gluten free lifestyle for awhile. Meal planning is a bit easier and you have had a chance to try many gluten free products to find your favorites. Now it is time to examine your diet and make sure you are getting all of the nutrients you need each day. Gluten free processed foods contain lots of extra sugar and salt, and they are expensive. Alternative diets can be heavy in soy and corn. And we all get bored with the options. This class will discuss all of this and more. Johanna will provide options to keep you out of the overly processed gluten free trap. Don't worry - we'll be tasting food as we go and recipes will be shared.

\$12 Member/Owner, \$15 Community Member

Instructor: Johanna Bergan

Earth Day Celebration Tuesday, April 22, 5:00 - 7:00 pm

Join us outside the Co-op in Water Street Park, for an evening of celebration in honor of the planet - featuring musical guest, Absolute Hoot! Join us as we grill brats, hamburgers, veggie burgers and hot dogs for purchase. Children are especially invited to celebrate Earth Day with Blender Bike Smoothies, Recycled Art Projects and Seed Planting. Special thanks to the Greenlowa AmeriCorps, Food & Fitness AmeriCorps and FoodCorps, and Seed Savers Exchange for helping to make this a celebration to remember.

Rain Date: Wednesday, April 23rd Location: Water Street Park



Cooking with Children: A Labor of Love (Parent edition) Thursday, April 24, 6:00 - 7:00 pm

Cooking with kids is something a family has a chance to do each day, but so infrequently happens. Why should we bother engaging children in the kitchen? Is there a point beyond all the mess and dessert making? Yes! Join Johanna for tips of the trade, as a mom and Co-op children's educator, she's excited to share how to make family cooking and eating work. We'll cover what tools to use (yes, knives), recipes to start with, eat some good food and how science, reading and math homework happen in the kitchen. Start young, do it often, and let it be messy. You'll be all set to turn your home kitchen into cooking school 101.

\$8 Member/Owners, \$10 Community Members Instructor: Johanna Bergan

Monthly Board Meeting Tuesday, April 22, 5:30 - 8:00 pm

All members are welcome to attend board meetings Location: Valders Hall, Room 367, Luther College Campus

Raw Foods for Raw-mazing Lunches Wednesday, April 30, 4:00 - 5:30 pm

Come for a sneak peek into a raw foods diet. Eating foods without baking, cooking or heating in any way may seem impossible. How about incorporating raw food into one meal each day? Eat your way through the freshest, crispest and intensely flavorful lunches in this class. Discover the nutrients gained from eating raw food, find energy to power your busy days and max-out your daily fruit and vegetable intake. All while enjoying good food and great company in the Co-op's classroom.

Instructor: Johanna Bergan

\$12 Member/Owners, \$15 Community Members

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.)



PAGE 8 the Scoop * SPRING 2014

ZE CO-OP EVENTS & CLASSES ZE

oneotacoop.com/classes-and-events

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

Welcome to the Co-op! Member/Owner Orientation Tour Thursday, May 8, 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

Blending Gluten Free Flours (Gluten Free Level 3) Friday, May 9, 4:00 - 5:30 pm

This class is for the experienced gluten free cook who is interested in learning new recipes. We'll explore the world of mixing gluten free flour blends at home. All purpose blends are easy and quick to use, but each produces different results. Are you using the best choice for your recipes? A hands-on and let's taste class.

\$12 Member/Owners, \$15 Community Members

Instructor: Johanna Bergan

Make it for Mom!

Saturday, May 11 9:00 - 10:30 am

Hanging out in the Co-op classroom on this Saturday morning will give you lots of time to get creative and show your love for Mom. We'll each make homemade gifts, just in time for Mother's Day. Class will include cooking, art and relaxation presents - personalized just the way your mom likes.

Class is great for children and youth of any age. Psst! Mom! You could sign your kiddos up and ensure yourself a lovely

Mother's Day Present.

\$15 Member/Owners, \$20 Community Members

Bike to Work Week May 12 - May 16

M.A.D. (Member Appreciation Day) Sale Tuesday, May 13, 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).

Co-op Closed: Memorial Day Monday, May 26

Monthly Board Meeting

Tuesday, May 27, 5:30 - 8:00 pm

All members are welcome to attend Board meetings Location: Valders Hall, Room 367, Luther College Campus



garden center, floral and landscape services

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REAL, NUTRITIOUS, MUSIC.



LOCALLY OWNED. INDEPENDENT RADIO.

Exploring Foods Classes



Monday Session

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

March 10 - Pita Spirals

March 31 - Veggie Dippers

March 17 - DIY Trail Mix

March 25 - Pizza Faces

April 7 - Juicing

March 24 - Pizza Faces

April 14 - Vegetable Fries

Tuesday Session

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

March 11 - Pita Spirals **April 1 -** Veggie Dippers April 8 - Juicing March 18 - DIY Trail Mix **April 15 -** Vegetable Fries

Classes designed for ages 3-7 years old. Held in Oneota Co-op Classroom. One session (6 classes) \$50 per child. Parental supervision is optional.

*Walking School Bus from John Cline and NEIM schools to the Co-op Classroom are available and optional. Please make sure to mark interest on the registration form for additional information. *

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!



Simply Antiques

Nancy Lerdall

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



128 West Water Street, downtown Decorah 563.382.9829 www.facebook.com/goodfootdecorah/ nori@amundsonsclothing.com



Decorah Zen Center Meditation Schedule

Monday through Friday – 7:00 A.M.

30 minute period of zazen followed by chanting the Heart Sutra

Wednesday Evening – 5:30 P.M. 40 minute period of zazen followed by tea

Everyone is welcome. There is not charge for attending. Free-will offerings are appreciated.

Decorah Zen Center, 309 West Broadway | decorahzencenter@gmail.com

DECORAH HIGH SCHOOL STUDENTS ARE HAVING A

F.E.E.S.T!

FOOD EMPOWERMENT EDUCATION SUSTAINABILITY TEAMS

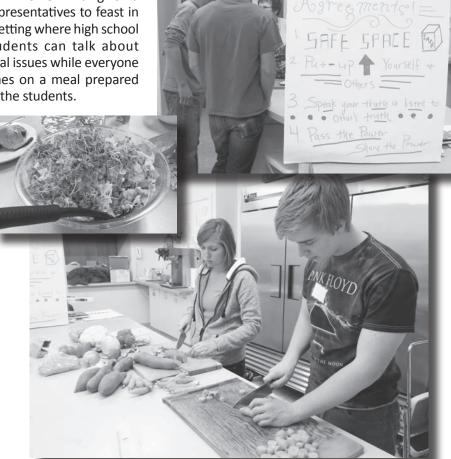
Written by Sam Iverson, Decorah F.E.E.S.T. Intern

The Northeast Iowa Food and Fitness Initiative (FFI) brought the Seattle based program, F.E.E.S.T., and adapted it for Decorah, West Union, and Postville high school students. F.E.E.S.T. stands for Food Empowerment Education Sustainability Teams. In F.E.E.S.T., youth teams create a food menu without using recipes, and then prepare the food focusing on learning knife and cooking skills. Then the team feasts on the meal they prepared together. The F.E.E.S.T. program focuses on youth advocacy and leadership.

F.E.E.S.T. is a wonderful opportunity for high school students to learn valuable cooking, communication, and leadership skills while still having fun and being able to enjoy a great meal in a safe environment. The Decorah F.E.E.S.T. team has had three meals this school year, held on Sundays at First Lutheran Church. The Oneota Community Coop supplies the ingredients used for F.E.E.S.T. with financial support from FFI.

Each F.E.E.S.T. is unique because the food prepared is always different. This year the Decorah F.E.E.S.T. team has learned skills used in making a wide variety of dishes including how to clean a chicken, roast vegetables, make (from scratch) salad dressings, soups, and homemade pizza. January's meal brought the three area F.E.E.S.T. teams together in Decorah for a combined meal of multiple varieties of pizza and smoothies. Chef Chad Elliott, Decorah Schools Culinary Director, offers his culinary expertise to the team during meal planning and preparation.

The Decorah F.E.E.S.T. team has three more meals coming up this school year. The finale will involve inviting lowa Representatives to feast in a setting where high school students can talk about local issues while everyone dines on a meal prepared by the students.









C.S.A.

Community Supported Agriculture



★ How does a C.S.A. work?

A farmer offers a certain number of "shares" to the public. Typically the share consists of a box of vegetables, but other farm products may be included. Interested consumers purchase a share (aka a "membership" or a "subscription") and in return receive a box (bag, basket) of seasonal produce each week or two weeks throughout the farming season.

Advantages for farmers.

- Get to spend time marketing the food early in the year, before their 16-hour days in the field begin.
- Receive payment early in the season, which helps with the farm's cash flow.

Advantages for consumers.

- Eat ultra-fresh food, with all the flavor and vitamin benefits.
- Get exposed to new vegetables and new ways of cooking.
- Develop a relationship with the farmer who grows their food and learn more about how food is grown.
- It's a simple enough idea, but its impact has been profound. Tens of thousands of families have joined CSAs, and in some areas of the country there is more demand than there are CSA farms to fill it.

http://www.localharvest.org/csa/

Choose your farmer:

t Atkinson

Annie's Gardens and Greens - Fort Atkinson Ann Bushman

www.anniesgardensandgreens.com

Canoe Creek Produce - Decorah

Barb Kraus

Check out Canoe Creek Produce on Facebook for CSA details. Other information about the farm - www.canoecreekproduce.com

G It's Fresh - Ridgeway

Glen and Beth Elsbernd www.gitsfresh.com

Kitchen Table CSA - Dorchester

Jeff and Mary Abbas

www.kitchentablecsa.com

Patchwork Green Farm - Decorah

Erik Sessions and Sara Peterson www.patchworkgreen.com

River Root Farm - Decorah

Katie Prochaska and Mike Bollinger www.riverrootfarm.com

Sweet Earth Farm - Decorah

Anne Bohl and Meghan Spees www.sweetearthfarmdecorah.com



OH SO EDIBLE, INCREDIBLY CONVENIENT, OUICK BREADS (end 2) A community that is educated about food and other products that are healthy for people and the environment.

By: Carl Haakenstad, Bulk Buyer

We Americans have loved quick breads for as long as there has been an America. Some of the most famous quick breads are closely associated with American cuisine, especially in the southern United States. It is hard to imagine a proper Southern meal without some cornbread or baking powder biscuits to pass around the table. It is almost as hard to imagine a Midwestern summer without zucchini bread made from that prolific, little green squash. And who could forget that quick, sweet staple of the American kitchen, banana bread? I don't know about you, but I ate plenty of both of those sweet quick breads growing up and I loved it.

Part of the reason they are so popular is because they are so versatile and quick. Yeasted breads are wonderful, but not everyone has the time or skill to knead, tend, and bake them at home. Quick breads allow the home cook to have a fresh baked loaf of bread with very little prep time and using basic pantry ingredients.

The designation, "quick bread", can cover a lot of culinary territory from cornbread to beer bread to banana bread. Quick breads can be sweet or savory, flavored or plain, but they all use chemical leavening agents. This simply means that quick breads are made to rise by the action of baking powder and baking soda. Baking powder contains an alkaline and acidic component and when mixed together along with a liquid, they react and give off gases which then cause the batter to rise in the oven. What this all means is that you don't have to plan ahead when making quick breads. Yeasted breads need hours to rise properly, but quick breads start rising when you stir the liquid into the batter and finish rising in the oven. If you just found out you are having friends over for dinner you can make a quick loaf of beer bread with approximately 15 minutes of prep time and an hour for baking and cooling. I believe this is why quick breads have been popular with generations of Americans - they are quick, hearty, and delicious.

Below you will find a recipe for an easy-to-make beer bread. Plain beer bread can be as simple as four ingredients but it is also a great starting point to experiment with many different flavors or flours. This recipe includes dill and cheddar cheese but the same website, farmgirlfare.com, included many different variations like rye, onion and caraway, rosemary, feta, and whole wheat. The addition of whole wheat flour, or whole spelt or rye flour, will make the beer bread heartier and more nutritious, though farmgirl Susan does suggest adding an extra ¼ cup of water or beer to the batter when using whole wheat flour.

Beyond Easy Dill And Cheddar Beer Bread

Makes one loaf

The optional egg glaze gives the top a beautiful, dark golden color. As always, I encourage you to use local and organic ingredients whenever possible. They really do make a difference.

Basic Beer Bread Mix:

- 3 c organic all-purpose flour
- 1 Tbsp granulated sugar
- 1 tsp salt
- 1 Tbsp baking powder (make sure it's fresh!)
- 2 Tbsp chopped fresh dill (or 2 teaspoons dried)
- 1 c finely grated sharp cheddar cheese
- 12 ounces beer



Optional glaze: 1 egg & 2 teaspoons water, beaten. Heat oven to 375°. Combine the flour, sugar, salt, baking powder, dill, and cheddar in a large mixing bowl. Slowly stir in the beer and mix just until combined. The batter will be thick.

Spread the batter in a greased 8-inch loaf pan, brush with the egg glaze if desired, and bake until golden brown and a toothpick stuck in the center comes out clean, about 45

Cool in the pan on a wire rack for 10 minutes. Remove from the pan and cool 10 more minutes. Serve warm or at room temperature.

Special thanks to farmgirlfare.com

Sesame Asparagus

Serves 4

Ingredients:

- 1 pound fresh asparagus, ends trimmed, each stalk cut diagonally into thirds
- 1/2 teaspoon vegetable oil
- 1/2 cup finely diced red bell pepper
- 1 tablespoon low-sodium soy sauce
- 1/2 teaspoon oriental sesame oil
- 2 teaspoons sesame seeds, toasted

Directions:

Cook asparagus in large pot of boiling salted water until crisp-tender, about 3 minutes. Drain. Rinse asparagus under cold water. Drain well. (Can be made 1 day ahead. Wrap in paper towels and chill.)

Heat vegetable oil in large nonstick skillet over medium-high heat. Add bell pepper and stir 1 minute. Add asparagus and sauté until heated through, about 2 minutes. Add soy sauce and sesame oil; toss until asparagus and bell pepper are coated, about 1 minute. Transfer to platter. Sprinkle with sesame seeds. www.epicurious.com

I also wanted to include a recipe for that American classic: cornbread. Almost any cookbook that covers the classics will include a standard recipe for cornbread. According to Mark Twain, that quick witted sometimes culinary writer, we Northerners may need a little help with our cornbread, "The North thinks it knows how to make corn bread, but this is gross superstition. Perhaps no bread in the world is quite as good as Southern corn bread, and perhaps no bread in the world is quite so bad as the Northern imitation of it." Now, the recipe below is not your standard cornbread and when properly prepared hopefully it could show Mr. Twain that we Northerners now do know a thing or two about cornbread.

Cornbread

Ingredients:

4 slices bacon, finely chopped (optional)

1 c milk

1/3 c unsalted butter

1 c yellow cornmeal

3/4 c all-purpose flour

1/3 c grated Canadian cheddar

2 Tbsp packed dark brown sugar 2 tsp baking powder

1 tsp dried thyme leaves (or 2 tsp fresh)

1/2 tsp baking soda

1/2 tsp salt

1 c cooked sweet potato mash* (from two 6" long sweet potatoes)

2 large eggs

1 tbsp white vinegar

Directions:

Preheat oven to 400°F. Butter an 8" x 8" glass or ceramic baking dish. Cook the chopped bacon in a frying pan over medium heat until just beginning to brown, but not crispy. Set aside. Put milk and butter in glass measuring cup, microwave on medium-high heat for approximately 30 seconds to melt butter and heat milk. Stir cornmeal into milk mixture. Set aside to soak - this helps soften the cornmeal for baking.

In large bowl, mix flour, cheese, brown sugar, baking powder, thyme, baking soda and salt. In another bowl, mix mashed sweet potato with eggs. Stir in cornmeal mixture. Pour into dry ingredients. Add vinegar and cooked bacon, if using, scraping pan drippings into batter. Mix until just combined. Spread in buttered baking dish. Bake 25-28 minutes or until center springs back when gently pressed. Do not over bake. Let stand a few minutes before slicing.



2 1/2 tablespoons strawberry vinegar (see recipe below)

3 tablespoons olive oil

5 ounces baby spinach (8 cups)

1/2 pound strawberries, cut lengthwise into thick slices (1 1/2 cups)

1/2 cup pecan halves (3 1/2 ounces), toasted and cooled

Directions:

Whisk together vinegar, a rounded 1/4 teaspoon salt, and 1/8 teaspoon pepper in a small bowl, then add oil in a slow stream, whisking well. Put spinach, strawberries, and pecans in a large bowl and toss with just enough vinaigrette to lightly coat.

www.epicurious.com

Strawberry Vinegar

Commercial fruit vinegars usually employ cooked fruit, resulting in a heavy, jammy, and not-so-nuanced flavor. We made our vinegar with uncooked berries, so it retains that fresh-from-the-patch essence.

1 pound strawberries, trimmed (3 cups)

2 tablespoons sugar - if berries are not sweet

2 cups white balsamic vinegar

Directions:

Pulse berries with sugar (if using) in a food processor until finely chopped and very juicy. Transfer to a bowl and add vinegar. Let stand 1 hour. Strain vinegar through a fine-mesh sieve into a bowl, discarding solids.

Cooks' note: Vinegar keeps, covered and chilled, 1 week. www.epicurious.com

BREAKING BAD IN 10WA-

By Kamyar Enshayan

The TV series "Breaking Bad" has ended but the real thing goes on right here in lowa just as bad or much worse, depending on your point of view. And I am not referring to meth business in lowa, which we know is unfortunately thriving. The Waterloo Courier reported earlier that 78 meth labs were investigated in 2012 in the tri-county area alone.

This is "a large-scale social ill" as Nick Reading put it in Methland, a book published in 2009 based on actual stories, court records, interviews with judges, physicians, sheriffs, recovering addicts and their families, all taking place in Northeast Iowa as one specific example of this national epidemic. He writes, "In truth, all drug epidemics are only in part about the drug. Meth is indeed uniquely suited to Middle America, though this is only tangentially related to the idea that it can be made in the sink. Meth's basic components lie equally in the action of government lobbyists, long-term trends in agricultural and pharmaceutical industries, and the effects of globalization and free trade."

During a conversation over coffee, I asked several friends what enterprise in Iowa would parallel the tragedy portrayed in "Breaking Bad"? To my surprise, without missing a beat, several people independently nominated commodity agriculture and the vast network of global corporations behind it

Industrial commodity agriculture is entirely based on acres. It does not need stable communities. All is needed are land, machinery, and chemical inputs to produce one or two products for distant markets. Civic organizations, schools, churches, libraries, rural businesses are all unnecessary to "feed the world" or ethanol plants. Long term anthropological studies (1) in many rural communities in the U.S. have confirmed these realities. As we have seen all over lowa, in oncethriving towns a gas station and if you are lucky a bar are all that's left.

Think of coffee or banana plantations. The markets are not local, the benefits go elsewhere, farmers receive very little, which means rural poverty. Same in Iowa. Sociologists and economists report (2,3) that markets in nearly every agricultural sector (corn, bean, beef, hog, corn processing, milling, etc.) are all controlled by a handful of global corporations, leaving farmers as price takers while production expenses rise. Add soil erosion, water pollution, and below-poverty wages for food sector workers (4,5), and the result is rural decline and desperate situations which are the habitat for the meth enterprise.

Among key ideas so masterfully brought to life in Breaking Bad were the fact that extraordinary and tragic things go on in ordinary days, in ordinary neighborhoods. Dead bodies in the garage as neighbors jog by. In an ordinary day in lowa, there is pesticide drift from an aerial sprayer into your kitchen, a giant fishkill from a manure spill, respiratory illnesses among rural residents living near confinement hog operations (6), atrazine and nitrate in

your rural well water, salmonella poisonings from factory chicken farms (7) with proven records of evading public health laws, and flash floods downstream due to degraded soils and impaired watersheds upstream. You are looking at breaking bad in lowa.

The TV series made it abundantly clear that the waves of tragedy emanating from the meth enterprise reach far and wide and manifest their violence in ways not clearly traceable to meth. One example was the father who has a hard time dealing with the loss of his daughter who had died of meth overdose; he works as an air traffic controller and, in moment of weakness, he neglects to warn the two passenger planes approaching one another in time; two plans collide with hundreds dead

In lowa, more than 6 million pounds of weed killer atrazine are spread all over lowa (8). This hormone disrupting chemical is banned in Europe because of its possible connection to breast cancer and other chronic illnesses.

The rate of Parkinson's in the Midwest is twice the national rate and pesticides used on corn and beans are a key suspect (9).

The City of Des Moines struggles at high costs with off-the-chart levels of corn fertilizer in its drinking water source. The livelihood of hundreds of fishermen in the Gulf of Mexico has been diminished due to excessive corn

fertilizer run-off from the Midwest down the Mississippi.

That's what breaking bad in Iowa looks like.

Unlike meth, commodity agriculture is legal, legitimized by USDA and land grant colleges of agriculture, and financed by tax dollars, laundered through corn subsidies and ethanol plants (carwash in Breaking Bad). And unlike the TV series, this has been going on for decades.

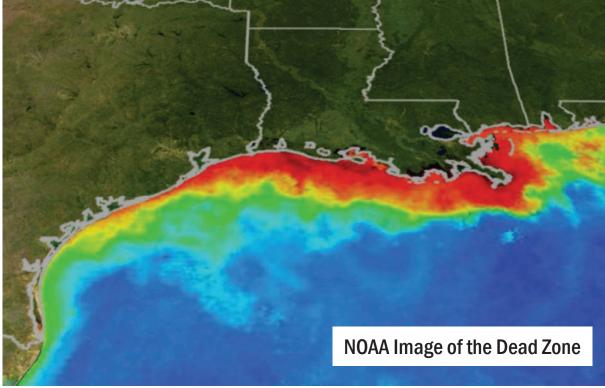
The Waterloo Courier reported in November 2013 that the "Tri-County Drug Enforcement Task Force seized nearly \$2 million of methamphetamine in the last three months, including \$1 million worth in the first two weeks of October alone." Meanwhile, the National Oceanic and Atmospheric Administration (NOAA) reported that in 2013 the size of the Dead Zone in the Gulf of Mexico (due to corn fertilizer) was twice as 2012. This is a typical season of breaking bad in lowa.

Many lowans are striving to change all this; they include many farmers who are practicing good agronomy based on ecological understanding of the land, integrating crops and livestock, grass-based production, long term crop rotations; they include food ser-

vice directors and restaurant owners who support these farms; they include ordinary lowans who value the way these farmers are growing their food and are making a point of supporting them and the land stewardship they practice. They include Practical Farmers of lowa, an organization that is proving every day that a sane, productive, profitable, community-building system of food and agriculture is possible and practical. Please join us.

Kamyar Enshayan is the Director of the Center for Energy and Environmental Education at the University of Northern Iowa. He is an engineer with graduate degrees in thermodynamics, solar energy, Climatology, and agriculture. He launched the UNI Local Food Program in 1997 and often consults with communities on strengthening their local food economy. In 2008, he received the Practical Farmers of Iowa's Sustainable Agriculture Achievement Award. Kamyar served on the board of FoodRoutes Network, the Iowa Association for Energy Efficiency, and the National Farm to School Network. He has served as a member of the technical review committee for USDA North Central Region for Sustainable Agricultural Research and Education. He teaches environmental studies at UNI. Kamyar Enshayan lives in Cedar Falls, Iowa. He can be reached at kenshayan@gmail.com.

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THE WONDERFUL WORLD OF TRANSPLANTS AND SEEDS

Instructor: Mike Bollinger and Katie Prochaska, River Root Farm

Date/Time: Monday, March 17th, 12:15-1:15pm

Location: River Root Farm, Decorah (1007 Locust Rd., Decorah, IA 52101)

Class Description: River Root Farm is owned and operated by Luther grads, Mike Bollinger and Katie Prochaska who returned to the Decorah area to farm after gaining experience at a world-famous farm in Maine, farming with youth in urban Chicago and serving in the Peace Corps in Mali. If you've visited the Oneota Coop, perhaps you've noticed such items as River Root Farm microgreens and heirloom cherry tomatoes (sometimes as early as May). Mike and Katie are experts in growing food in the winter (yes, even in Iowa) and over the past few years have significantly expanded their greenhouse space to allow for the production of more transplants. River Root Farm produces the majority of transplants for Seed Savers Exchange and also sells transplants at the Oneota Co-op once weather allows. This class will provide participants with information about transplants and seeds, as well as basic information about growing your own transplants at home. It can sometimes be tricky to figure out which vegetables can grow from seeds planted directly in the ground and which need to be transplanted into the garden as plants. On this lunch-break long trip we will make the trek up to River Root Farm, which is located one mile from campus to learn the ropes.

ORCHARD BASICS

Instructor: David Sliwa, Meadow Farm Date/Time: Monday, April 14th, 12:15-1:15pm

Location: Luther College, Valders Hall of Science, Room #362

Spring is the perfect time to plant an orchard...or a single fruit tree. Planting trees is an investment in the future and this class is designed to give you the information you need to plant a fruit tree today. David and Perry-O Sliwa own and operate Meadow Farm, which is located northeast of Decorah. In the Fall you are likely to see David at the Winneshiek County Farmer's Market selling the delicious apples and pears that have come from their orchard. David has spent years developing his knowledge as an orchardist and will give a brief presentation on what to consider when selecting a site and fruit tree variety to plant. He will also give insights into fruit tree maintenance and other key considerations, such as pests and pollination. Those interested in this class may also want to check out the apple-grafting and tree care workshops at Seed Savers Exchange on April 5th and 12th.

Farmer's Market CSA shares available for 2014.

Choose from a wide variety of fresh organic vegetables, herbs and flowers.

Also available: Food to Celebrate monthly themed boxes of produce.

For sign-up and more details, find us on Facebook.



Canoe Creek Produce CSA

2912 Manawa Trail Road, Decorah, IA (563) 382-4899 canoecreekproduce.com

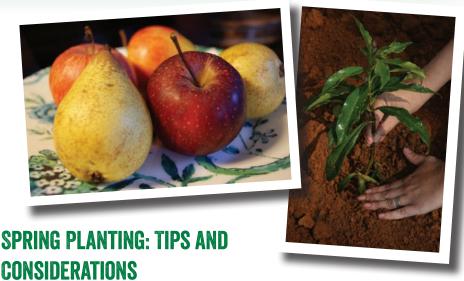


A community that is educated about food and other products that are healthy for people and the environment.

Luther College is excited to invite community members to take part in a series of gardening classes to be offered on campus throughout the 2014 season. Whether you are thinking about starting your first garden or you've been gardening for years, these classes are for you. Gardening is all about trying new things in order to learn what works, as well as sharing ideas and techniques with others. The goal of this class series is to provide basic information for beginning gardeners, as well as a forum for more seasoned gardeners to share information and ask questions. Join us for all or part of this series as we glean information from some of the many experienced gardeners in our community. Classes are open to all faculty, staff, students and community members. Pre-registration is required.

Cost: Luther's Center for Sustainable Communities is offering this series of gardening classes free of charge to all participants.

Registration: There is no charge for the classes, but registration is required. We anticipate classes filling up quickly so please sign-up early to secure your spot. Visit http://www.luther.edu/sustainability/food/education/gardens/ or e-mail sustainability@luther.edu for more information or to register.



CONSIDERATIONS Instructor: David Cavagnaro, Pepperfield Project

Date/Time: Monday, May 5th, 12:15-1:15pm

Location: Luther College, Valders Hall of Science, Room #362

Class Description: David Cavagnaro is known nationwide for his gorgeous vegetable photos and extensive gardening knowledge. In the late 1980s, David managed the gardens at Seed Savers Exchange and he continues his commitment to the organization by serving on their board. Today, David grows hundreds of varieties each year, from which he saves seed and generously donates to K-12 schools in the region. David operates the Pepperfield Project, a local non-profit dedicated to renewing food traditions through education about seeds, gardening, cooking and food history. In this class, participants will learn about key planting techniques, crop spacing, pest and disease management, the importance of paying attention to the garden and recognizing spring weeds (and which ones are edible).

EATING YOUR YARD: INCORPORATING EDIBLES INTO THE LANDSCAPE

Instructor: Jeff Scott, Driftless Gardens Date/Time: Monday, June 2nd, 12:15-1:15pm Location: Luther College, Location TBA

Class Description: Maybe you are looking for a way to grow some of your own food, but aren't crazy about the idea of tilling up your lawn. Edible landscaping is becoming popular across the country and world as people realize the benefits of eating more fresh food and try to find spaces to grow it. Jeff Scott has worked with many clients in





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plop a parsley plant in with your petunias, this class is for you. Edible plants can be perennial (persist year to year) such as blueberries, raspberries, strawberries or annual (need to be replanted each year) such as kale, parsley, basil. You likely already spend a lot of time maintaining your yard. Why not add in a few things you can eat? Edible landscaping is especially fun for children. Come learn how to get started.

IT'S NOT TOO LATE! THINGS YOU CAN STILL PLANT THIS SEASON

Instructor: Seed Savers Exchange

Date/Time: Monday, July 7th, 12:15-1:15pm Location: Luther College, Location TBA

Class Description: So, maybe your ambitious plans to plant your first garden have gone by the wayside due to a busy May and June. Not to worry. Just because it's July doesn't mean it's too late to get started. This class is for anyone looking to learn what can still be planted this season. Maybe you already planted your garden, but have a little extra space. Perfect! You can fill it with vegetables that will be ready to harvest in a few months as it starts to get cold. Spinach, mixed greens, rutabaga, carrots, cilantro and broccoli are just a few of the vegetables that you can still plant. Planting in the middle of summer can be challenging, but this class will provide you with the tips you need to be successful.

COMPOSTING 101

Instructor: Rachel Sandhorst, Environmental Educator Date/Time: Monday, July 21st, 12:15-1:15pm Location: Luther College, Location TBA

Class Description: Are you interested in composting, but not sure where to start? Food scraps have the potential to create amazing soil for your gardens or methane gas in the landfill (21 times more potent of a greenhouse gas than CO2). Not only do food scraps in the trash bin lead to methane in a landfill, they also make our trash cans and kitchens smell. Whether your goal is simply to divert food scraps from the landfill or to produce rich compost that you can use in flower or vegetable gardens, you will find

the information you need in this class. Rachel Sandhorst will provide ideas for simple





ways to compost at home, including tips on how to incorporate composting into your everyday life. Diverting food scraps from the trash can require a slight behavior change, but it doesn't have to be difficult (or smelly). Participants in this class will have the opportunity to see two composting systems located behind the sustainability house that are suitable for home use.

TECHNIQUES FOR EXTENDING THE SEASON

Instructor: Collin Thompson, River Root Farm Date/Time: Monday, August 11th, 12:15-1:15pm

Location: Luther College, Location TBA

Class Description: Did you know that it's possible to harvest crops from your garden after the frost? Some things like spinach, cilantro, kale, swiss chard, carrots and rutabaga actually get sweeter after the temperatures drop below freezing. Luther graduate Collin Thompson has been the assistant garden manager at River Root Farm for the past three seasons and in that time has gained significant knowledge on how to grow food in cold weather. He will provide participants with tips for how to properly cover cold-hardy crops so that you can enjoy them well into October or even November. Did you know that all you might need to extend the seasons on your crops are some coat hangers or electrical conduit and fabric crop cover? In some cases, the season can be extended simply by digging up herbs and putting them in pots that can go on a sunny windowsill inside. Collin will be on hand to walk participants through multiple methods for seasonal extension, as well as to provide information on where to purchase the necessary materials.

SAVING SEEDS

Instructor: Seed Savers Exchange

Date/Time: Monday, September 15th, 12:15-1:15pm

Location: Luther College, Location TBA

Class Description: Seeds can be expensive. Have you ever thought about saving your own? It's not as difficult or intimidating as it might sound. Join Seed Savers staff for an hour-long session on how to save your own seeds. Participants will learn which varieties are easiest to save and the best methods for properly processing and storing seed. Keep in mind that some varieties cross-pollinate in the field and in order to remain 'true to type" need to be grown in isolation gardens that are ¼-½ mile away from other varieties. Seed Savers staff will provide an overview of which seeds you should attempt to save from your own garden. Whether you intend to save seeds this year or are just interested in learning more about the process, we invite you to join us.

CLEANING UP AND PREPARING FOR SPRING

Instructor: David Cavagnaro, Pepperfield Project Date/Time: Monday, October 6th, 12:15-1:15pm

Location: Luther College, Location TBA

Class Description: Clean-up, clean-up, everybody, everywhere! Properly cleaning up your garden in the fall will make your life a million times easier in the spring. Join David Cavagnaro for an informative session about how to clean-up your fall garden and best prepare for spring. Fall may seem like an odd time to till, but it's actually the best time to work up any new areas that you are hoping to plant in the spring. If you had a successful gardening season and are hoping to expand your garden in the spring, come to this class for tips on what you can do now to make sure the ground is ready for spring planting.





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New Favorites in the Grocery Aisles

By: Kristin Evenrud, Grocery Manager

Our favorite new breakfast: MILK & HONEY GRANOLA

"Born in Chicago's eclectic Wicker Park neighborhood, Milk & Honey Granola has started what we like to call a granolalution - a shore-to-shore flavor revolution that's wound its way from the menu of a boutique café to the stands of gourmet markets and the shelves of national grocers. Wherever you find the Milk and Honey label, you can rest assured there are some things you won't find with it. No preservatives. No trans-fats. None of the fake, soundslike-science ingredients you might find on other shelves. These all-natural blends are naturally high in fiber and antioxidants that lay a foundation for

health, happiness and the pursuit of deliciousness. Dig in and discover what real granola tastes like." www. milkandhoneygranola.com

7 Flavors: Pumpkin Spice Mix Vegan Papaya Cashew Mix Original Cafe Mix Blueberry Pecan Mix Rick Bayless Mexican Mix

Reduced Fat Cinnamon Raisin Mix

Chocolate Banana Mix

1# bags provide a great value for \$7.69



GRANOLA - WHITE CHOCOLATE COOKIES

www.milkandhoneygranola.com

Ingredients:

- 4 cups flour
- 4 cups of granola (no cherries)
- 2 teaspoons baking soda
- 1 teapoons salt
- 1 lbs. butter (room-temp)
- 1 ¼ cups sugar
- 1 ½ cups brown sugar
- 4 eggs
- 2 teaspoons vanilla
- 2 cups white chips

Directions: Pre-heat oven to 350 degrees. Whisk first five ingredients in a bowl. Beat the butter and both sugars together in a mixer until light and fluffy. Add the eggs and vanilla to butter mixture. Add dry ingredients until just blended. Add chocolate. Bake 8-10 minutes, or until golden. Cool and enjoy.

Curious about the Lo-op? Take the tour!

Welcome to the Co-op! Member/Owner Orientation Tour Second Thursday of every month - starting at 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

Our favorite New Non-profit: TEA TIBET

The first not-for profit tea company. All profits benefit Tibet. The idea for the 100% non-profit tea company, Tea Tibet, was conceived as a means to benefit existing charitable organizations helping to educate Tibetan students. **Initial Benefiting Organizations:**

Tibetan Children's Village http://www.tcv.org.in/

Tibetan Home of Hope http://www.tibetanhomeofhope.org/

5 flavors:

Compassion - Darjeeling **Happiness-Oolong** Harmony-Spiced Tea

Kindness- Green Tea Peace- Herbal Infusion (My Favorite)









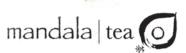
16 sealed tea bags per box - \$5.99

Our Favorite New Local product: MANDALA TEA

Rochester MN

Matcha- Organic Green Tea Powder Matcha is a superfine green tea powder used in Japenese and Buddist tea ceremonies for centuries and now through modern technology we can see that it is also loaded with antioxidants. Using the testing method known as ORAC (oxygen radical absorbance capacity), experts at Tufts University discovered that matcha possesses an amazing twenty times more ORAC than pomegranates or blueberries.





Matcha's ORAC rating is a mighty 1300 units per gram, compared to 105 units per gram for pomegranates or 91 units for blueberries.

Matcha tea has been touted on the Dr. Oz show as a weight loss tool as it supposedly increases one's metabolism and yet is calming. Also on Dr. Weil's website as a tool in the fight against cancer. 1 oz- \$7.99

LOOK FOR THESE SHELF SIGNS WHEN YOU SHOP!

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MEMBER-ONLY SALES

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GLUTEN FREE ITEMS

LOCAL ITEMS

At the Oneota Co-op, we define local as any product grown, produced, roasted, processed, or packaged within approximately a 100 mile radius of the Co-op.

Free 3-yr old tuition for income qualifying families as funding remains available

Ongoing registrations accepted for current and future terms













River Root Farm

By: Betsy Peirce, Produce Manager

If you have traveled along Locust Road lately, you may have noticed new agricultural development going up in the form of greenhouses. The old Mel Faldet farm is the new home of River Root Farm operated by Mike Bollinger and Katie Prochaska and their children Oliver and Addie. They settled on relocating their farm from a hilly, forested piece of land on River Road once they realized how quickly they were growing beyond the capacity of the tillable land available. The new location offers a long term rental agreement, instant organic certification, more tillable land to farm on as well as a desirable proximity to their markets in Decorah and the kids' schools.

Mike and Katie have not come by their farming endeavor lightly. Each step in their lives and careers has earned them the experience and knowledge necessary to be strategic and entrepreneurial in their field. Mike and Katie are both graduates of Luther College. Post college, Katie traveled to Mali West Africa to volunteer in the Peace Corps as an Agriculture and Natural resource Management Volunteer. She had her first gardening experiences there where she was responsible for facilitating a school garden and a tree nursery, both designed to teach valuable skills as well as to raise money for the school through sales. Mike joined Katie in Mali to learn the language and to assist Katie in her work. After Peace Corps they returned to home base, Decorah, to further their produce and gardening related skills. Mike worked in the Produce department at the Oneota Co-op and they both worked on the garden crew at Seed Savers Exchange.

Feeling the need to find a path to somewhere, they applied, and were chosen for a much sought after Nearing Residency at the Helen and Scott Nearing Good Life Center (http://goodlife.org/) in Harborside, Maine. Their official title was "Resident Stewards," which meant that they became caretakers of the self sufficiency display gardens on the farm, as well as guiding tours for the hundreds of visitors who came to the farm each year. They also taught about self sufficiency through the land. They gained valuable work and farming

experience at the Good Life Center as well as serendipitously becoming acquainted with their neighbors, Elliot Coleman and Barbara Damrosch. The Coleman/ Damrosch's are accomplished extended season gardeners as well as having authored several bestselling titles about organic gardening. (The New Organic Grower and The Winter Harvest Manual – Coleman, and The Garden Primer by Damrosch). Elliot was impressed with their work ethic and needed a farm manager. Mike and Katie saw an opportunity and they seized it.

Upon completion of the residency at the Good Life Center, Mike and Katie moved to Elliot and Barbara's farm into a small cabin built by Elliot, where they would spend the next two years as farm managers. Mike and Katie credit Coleman and Damrosch for introducing them to season extension by using greenhouses. The couple is renowned for their success with year-round food production accomplished through the use of high tunnels which are metal hoops covered in a thick plastic which traps more heat, but still allows light in. Of their time at Four Season Farm. Katie speaks highly and says "Our time working there was always about learning more – gardening is so fun and he [Coleman] was so experimental about it all. He was constantly having us recording temps and dates. We definitely learned from him that it's never going to be perfect – and that is the essence of it [farming]. There will always be next year."

When it was time to move on to the "next thing," Katie got a job working for the Chicago Botanic Garden as Manager of the fruit and vegetable garden. Mike also worked for the Botanic Garden as the farm manager for the Green Youth Farm, a summer job program for high school kids. Soon after they found they were pregnant with Oliver and decided that the city life was not what they wanted for their family. They were hired for the next chapter in "farming 102" by Heritage Prairie Farm (HPF), an urban farm and CSA 30 miles outside Chicago with an on-site market. The job at HPF proved to be yet another excellent opportunity to add to their growing body of knowledge. While they were there,

Lend 1

A retail source for food and other products that, to the greatest extent possible, are organic, sustainably produced, local grown and/or processed, and affordable. A business that encourages the expansion of sustainably grown local food sources.

they set up 4 moveable Elliot Coleman system greenhouses. It was at HPF that they learned how to grow and market one of their future market niches: Micro greens. (Micro greens are nutrient dense very young plants. They are harvested after only 14 days and are extremely rich in vitamins and phytonutrients. According to new research by US department of Agriculture and sponsored by the University of Maryland, almost all varieties of micro greens have four to six times more nutrients than the mature leaves of the same plant). Mike

St. Paul. We also do seed production (garlic and Cucurbits) for Seed Savers and another associate." As Katie said "We want to continue to do what we love to do: grow fresh organic food; build great soil (right in town!); cultivate new gardeners through our seedling sales; serve as a community resource for new growers (and eaters) of great food; and lastly incorporate the principles of community involvement, education, innovation, and ecological stewardship."

The expansion of River Root Farm will consist of a 96-foot-long heated



and Katie remained at HPF for 1 ½ years until they felt they were ready to make a go of it on their own. We are so lucky that Decorah is the place they chose to put down those River Roots!

On their new farm they are hopeful for the opportunities offered by this community. One of Mike and Katie's strengths is that they have taken time to research the market and the richness that is Northeast Iowa, and then determine what holes needed filling. "We have been exploring ways we can improve the richness of this community and what it offers in terms of local food," says Mike. "We have found that [niche] through the sales of our high quality organic transplants sold at Oneota Community Co-op and Seed Savers Exchange. Our Micro greens are sold locally at the Co-op and are on the menu at a few area restaurants, as well as in LaCrosse, Viroqua, Minneapolis and greenhouse (1/3 longer than their previous one), and 4 high tunnel greenhouses. They will take time to build the soils in each high tunnel gradually by ramping up production as the season goes along. They will have one tunnel planted for spring, 2 for summer production and all 4 going for the fall and late winter.

This Year River Root farm will be selling their transplants again at the Co-op. They are expanding the mix. This year they will be adding bedding plants and expanding the herb selection and flower annuals selection. Also, look for a new tub for recycling the pots and trays once you are finished with them.

Micro green season should start back up sometime in March. Look for seedlings in April and NEW this year a late fall/winter CSA from River Root Farm!

4 & o-op Retrospective: Warren Palm

continued from page 3

come back in pools on the plates of pancakes. He's heartened that the local food movement and local ingredients are beginning to make people take another look at what's for breakfast.

Happily, Palm's food journey at Luther also took him (and the student body) to new culinary heights, thanks to the college's increasingly diverse student population. Warren began integrating dishes submitted by students from other countries, giving rise to international cuisine and helping to put on the first "Ethnic Arts Festival."

He remembers going to prepare a dish called Tandori Chicken one year and having to hunt down an obscure ingredient called saffron, something so many of us now regularly use and take for granted. He remembers great menus and involving the students in the preparation. "There were maybe twenty of them in the kitchen, making meatballs, peeling plantains," he smiled. Yes, Warren's grateful for the exposure to so many diverse ingredients, many of which he special ordered via the Co-op!

Now, having retired and been married

for thirty-one years, Palm's living life away from the heat of the kitchen. Things are quiet. Living on the Upper Iowa River between the Upper and Lower Dam, Palm and wife Bunny maintain a love for good company and good food. While their kitchen is not entirely organic, and Bunny does most of the cooking, the couple love the Farmer's Market and grow their own potted tomatoes. On their property, they've planted Fireside apple trees that actually hailed from the Co-op decades ago. They still grow their own eggplant and Palm continues to feel wholeheartedly supportive of the Co-op, its mission and operation. He remembers fondly when current Co-op GM, David

Lester, once ran Marty's Cafe at Luther and gave countless students and staff an education on "really, really good coffee." He thinks our Coop is lucky to have him.

When Warren summarizes the intersection of his life with the Co-op, and how he feels about where we're headed, "I couldn't be more pleased. It's nice to see more locally grown and organic food around like this. I used to visit the LaCrosse Co-op and think 'I wish ours was that nice.' And now it is." When Palm comes to the store now, he makes room for the important things-- Middle Eastern spices reminiscent of days cooking up culture at Luther, chocolate for Bunny, and a root beer for the road.

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Oneota Community Food Co-op

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, local grown and/or processed, and affordable. A business that encourages the expansion of sustainably grown local food sources.
- 2. A community that is educated about food and other products that are healthy for people and the environment.
- 3. A business that promotes the development of cooperation and cooperative enterprise.
- 4. A business that promotes environmental and financial sustainability.
- 5. Employment in a work place that provides the personal satisfaction of collaborative work directed toward common goals and provides extraordinary customer service.
- 6. A diverse, local community whose fabric is strengthened through caring, and sharing gifts of time, energy and resources.





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	
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	
Front End Manager, Ruth Jenkins	frontend@oneotacoop.com
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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	
Bakery Buyer, Tammy Michels	tammy@oneotacoop.com
Wine and Beer Buyer, Tammy Michels	
Member Volunteer Coordinator, Ruth Jenkins	
Customer Service, general inquiries	customerservice@oneotacoop.com

"The Scoop" Newsletter Staff

Editor	Nate Furler
Editor	
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 -November/December/January

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 Steve McCargar Anne Dykstra Lora Friest **Deneb Woods** Mike Bollinger Brita Nelson Kristin Albertson Arllys Adelmann Barb Dale Randall Duvall Steffen Mirsky

Onita Mohr

Kris Klennert

Louise Hagen

Nancy Eldridge

Dennis Carter

Shannon Dorbin Jon Hart Mary Hart Dalton Little Wendy Stevens Annette Schweinefus Christine Gowdy-Jaehnig David Kester Ellen Cutting Georgie Klevar Perry-O Sliwa Jerry Skoda Cynthia Lantz

Megan Woodward

Neil Martinsen-Burrell

Jake Geis

Dan Sullivan

Marti Runyan LeAnn Popenhagen Jerry Aulwes Paige Wettach Ashley Turk Bill Pardee Carol Bentley-Iverson Mike Vermace Lvle Otte Sue Otte Shodi Moris Conor Murphy Raymundo Rosales

Brenda Burke

Quinn Van Tyn

Phil Schmidt

Mwawa Muiruri

Lyle Luzum Sue Luzum Vanessa Courtney Tom Courtney Bruce Jordan Jim Stevens Bekah Schulz Pat Brockett Lara Martinsen-Burrell Rita Lyngaas Andrew Ellingsen Megen Kabele Ed Huinker Jan Heikes Lee Zook

Scott Williams

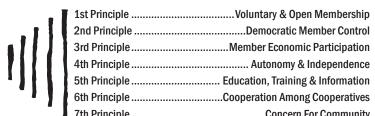
If you are interested in learning about the member volunter program at the Co-op, please contact us at membervolunteers@oneotacoop.com.

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 democraticallycontrolled 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.





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 Coop 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.)
- ullet 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:

Pablo Alonso Cheryl L. Lewison **Sharon Hovey-Thiele Libby Logsden** Leah McCrea **Quinn Shanahan Ervn Jennings** Sonja Ecklund **Sheleen Pfingsten Tom Henning Buck Kerndt** David DeCov GoodBlogs **Pam Bronner Elise Harless Donald Ellison Peggy Sivesind Mary Sawin** Leslie Benson **Dave Clark David Sollien** Sarah Theiler **Connie White Delaney Patty Terpkosh Jason Hanson Kevin Rockwell Amy Lyons Keri Fountain Karen Bristle Jason Loper Nick Mabe Darcy Birch** Vicki Rowland



Akua Sarpomaa, cleaning fruit for Dr. Bronner's sister company Serendipalm in Asuom, Ghana.

May 10 is World Fair Trade Day

Between April 30 and May 20, 1%* of your purchase of **Alaffia**, **Equal Exchange**, and **Dr. Bronner's Magic Soaps** products at this cooperative will be donated to Root Capital. These companies are strong supporters of Fair Trade principles, including stable and fair prices for farmers, organic and sustainable agriculture practices, and community-led development projects.

Root Capital is a nonprofit social investment fund that grows rural prosperity in poor, environmentally vulnerable places in Africa and Latin America by lending capital, delivering financial training, and strengthening market connections for small and growing agricultural businesses.

Learn more about Root Capital at www.rootcapital.org.







Check out Decorah Bicycles & the Oneota Community Co-op on Facebook and our websites during the week of

May 12th through the 16th

and register to win one of five prizes listed below.

This registration is separate from the in-store registration for the bicycle and these prizes are only available through online sign-up.

- One free standard bicycle tune-up (labor only), \$55 value
- Two free 4hr. bike rentals of any style, hybrid, mtb, or fatbike, valued up to \$50
 - **♦** One free \$40 gift certificate to Decorah Bicycles
 - One free new helmet, valued of \$40
 - One free pair of cycling gloves valued up to \$40

Register online at our Facebook pages or websites:

Decorah Bicycles



Oneota Community Food Co-op

No purchase necessary. Drawing help Friday, May 16, 2014.

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There is a season...for fish. <~1

Our produce department does a great job of keeping as much variety in-stock as possible at any given time. Seasons vary throughout the world due to the difference in hemispherical location. It is fairly common knowledge that the strawberries we are getting are not grown anywhere close to Iowa in January. But, have you stopped to think about the seasonality of fish?

Let's look at salmon in particular. The commercial Alaskan salmon season runs primarily May-September with different types of salmon (Pink, Coho or Silver, Keta, Sockeye or Red, Chinook, King, and Sake) running throughout the season. My personal favorites, based on flavor and price, happen to be Coho and Sockeye. During the spring and summer months when fish are "running" in abundance, I tend to eat as much fresh fish as I can. But in the winter, when the salmon are not running, flash-frozen salmon is a much more sustainable option - and just as delicious.

You aren't allowed to turn up your nose to frozen salmon until you experience what we have at the Coop. We'll tell you how to cook it in a minute. First, however, we'll treat you to the story behind the fish.

The salmon that we carry in the freezer, and fresh when in season, is from the Loki Fish Company based out of West Seattle, WA. Loki was founded by Pete Knutsen and Hing Lau Ng in 1979 when boat fishing Southeast Alaska (Ketchikan) and Puget Sound. Flash forward to 2014. The company now has two boats of their own, as well as two more they contract with, and their children have joined the business with them. Older son Jonah captains the original boat named the Loki, while younger son Dylan manages the business.

Their family is personally involved in every step, from harvest to processing and direct sales. This ensures their high quality standards are adhered to every step of the way. They harvest the salmon with care and concern, while also being internationally certified by the Marine Stewardship Council. Their practice of immediately chilling the fish to below freezing

– while still on the boat – ensure the optimal taste is secured for the consumer.

Loki participates in local farmers markets in the Seattle area and can be found on food co-op shelves throughout the United States. Some photos of their operation and farmers market stands can be found with this article.

As you can imagine, the Knutsens are acutely aware of the concern about radiation in seafood due to the recent Fukishima incident in Japan. They recently conducted independent testing for radiation on the five different species of fish they catch. These tests came back clean as a whistle and show that Alaskan Salmon are safe to consume.

You might say, "Well, that's salmon, what about the other fish?" In response, I have to say the discussion amounts to a whole other can of worms. Factors such as farmed versus wild-caught, country of origin, and how the fish were caught all come into play. Not to mention that it is imperative to stay on top of where a particular larger supplier is sourcing a kind of fish on the day you talk to them to place your order.

When researching the types of fish to carry at the Co-op, we enlist the knowledge of entities such as the Monterey Bay Aquarium Seafood Watch, Marine Stewardship Council, Environmental Defense Fund's Seafood Selector, and Marine Conservation Society – two of which (Monterey Bay and Marine Conservation Society) currently have smartphone apps for easy use by consumers. We remain as diligent as possible in our sourcing in order to bring you what we consider to be the safest, most sustainable, flavorful and cost effective fish on the market.

Make sure to try the frozen salmon from Loki, and fresh when in season. To help you out, we recommend these great recipes when serving up salmon for two or for twenty, on the grill, in the oven, or on the stove. You will be pleasantly surprised how wonderful frozen fish can be.



Do you have questions, concerns, suggestions or recommendations relating to the fish stocked and sold by the Oneota Co-op? You won't find anyone happier to discuss this with you than our Meat Buyer, Kristin Evenrud. You can reach her via email at meat@oneotacoop.com, or call the Co-op at 563-382-4666.

Methods and Gear used to Catch Seafood.

Bottom Trawl – Drags a net and gear across the ocean floor, lots of bycatch and damage to the ecosystem.

Dredge - Drags a large metal basket across the ocean floor primarily to catch scallops, oysters, and clams, lots of bycatch and damage to the ecosystem.

Gillnetting - Large curtains of net are hung suspended by floats and weights, fish swim in and get stuck. The desired catch is sardines, salmon and cod but often also entangle shark and sea turtles.

Harpooning - A tradition method for large fish still used today by skilled fisherman. Bluefin Tuna and swordfish may be caught by this method, bycatch is not an issue.

Jig - This is another way to hand-catch fish. Usually used at night with a light to attract the fish, a grappling hook is used to snag the fish. This is considered an environmentally friendly method with low bycatch.

Longlining - Employs a central fishing line strung with smaller lines of bait. When used at the surface for tuna and swordfish bycatch can be a problem, when the line is sunk to the floor for halibut and cod bycatch is much less of a problem.

Midwater Trawl - A very large net is used to catch entire schools of fish at one time, using streamers to scare away seabirds and other species of fish - bycatch becomes less of a problem. The trawl also is kept above the ocean floor and has little to no impact on the environment.

Pole/Troll - Poles and line are used to target a variety of fish like tuna, mahi-mahi, and cod. This method creates low bycatch since fish are caught one by one.

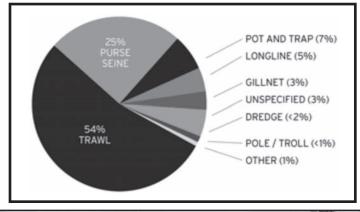
Purse Seining - A wall of netting is drawn up around a school of fish. This can inadvertently result in bycatch and is sometimes used to catch pods of dolphins.

Seine Net - A small-meshed net suspended vertically in the ocean and is dragged over the soft floor in shallow water by hand. It can also be a bigger net powered by vessels.

Traps and Pots - Cages that are dropped to the ocean bottom to catch lobsters, crabs, shrimp, sablefish and Pacific cod. Generally there is less bycatch and seafloor impact than with mobile gear like trawls.

Trolling - A hook and line method of fishing tow lines behind or alongside a boat. Intended catch may be salmon, mahi mahi and albacore tuna. This selective method results in very low bycatch.

Types of fishing gear used in U.S. fisheries



Most seafood in the U.S. is caught using nets dragged behind boats, such as purse seines, trawls and dredges (National Marine Fisheries Service, 2009).



KRISTIN'S FAVORITE SUPER-SIMPLE SALMON RECIPE

Drizzle fish with olive oil and sprinkle with salt and pepper. Place on parchment paper and bake at 350 degrees for 10-15 minutes. Or grill starting skin side down and flip it at halfway mark if you want the grill marks.

SLOW COOKED SALMON + MEYER LEMON RELISH

yummysupper.com - serves 4

Both of these wonderful recipes come from Alice Waters' Chez Panisse Cafe Cookbook. An extremely low oven along with gentle moisture (provided by a little pan of water at the bottom of the oven) makes for the most tender and succulent fish imaginable! The heavenly Meyer lemon relish is fresh, tangy, and slightly sweet thanks to the the natural sugars in Meyer lemons. I think the relish would be great with all sorts of seafood and its bright flavors make it a perfect companion to the buttery rich slow cooked salmon.

SALMON:

1 center cut salmon fillet (1.25-1.5 pounds)

olive oil

freshly ground black pepper

MEYER LEMON RELISH:

1 large shallot, minced

1 tablespoon white wine vinegar or lemon juice

sea salt

1 large Meyer lemon

1/4 cup olive oil (the original recipe calls for 1/2 cup, but 1/4 cup seemed like more than enough to me)

2 tablespoons chopped parsley

freshly ground black pepper

Preheat your oven to 200 degrees. Place a baking dish filled half way with water on the lowest rack of your oven, making for a nice moist environment for the salmon to cook.

Lay the intact salmon fillet on a lightly oiled baking sheet. Brush the salmon with a little more olive oil. Salt generously and sprinkle with freshly ground black pepper. Transfer salmon to the warm oven. It should take between 45 minutes to 1 hour for the salmon to cook, depending on the size and thickness of your fillet. You can tell the salmon is done when the fish feels just firm to the touch and the juices are starting to break through the surface. Alice says you can serve the salmon right away or let it rest for up to 3 hours before serving. (Doesn't that sound helpful for a dinner party you want to prep in advance?)

While the salmon is cooking, make your Meyer lemon relish: first, in a small bowl, macerate shallot for 10-15 minutes in vinegar or lemon juice and a pinch of sea salt. Next, (leaving the skin on) cut lemon into 8 wedges. Remove seeds and cut out the core. Cut wedges in half again and slice very thin. Add the slivers of lemon to the macerated shallots. Add olive oil, pars-

and serve with the Meyer lemon relish.

BASIC BAKED BREADED SALMON

By Kate Ramos

Difficulty: Easy | Total Time: 25 mins | Makes: 4 servings

An assertive fish like salmon can handle mustard's bold flavor. Top the fish with parsley for freshness and breadcrumbs for crunch. For a fast, healthy dinner, we suggest serving it with a shaved vegetable salad.

What to buy: Panko is coarse Japanese-style breadcrumbs. It's available in the international section of most supermarkets.

INGREDIENTS

2 teaspoons olive oil, plus more for coating the foil

4 teaspoons Dijon mustard

1 tablespoon finely chopped fresh parsley

1 (20-ounce) skin-on salmon fillet (1 1/4 pounds)

Kosher salt

Freshly ground black pepper

3 tablespoons panko

INSTRUCTIONS

Heat the oven to 425°F and arrange a rack in the middle. Line a baking sheet with aluminum foil and coat an area about the size of the fish with olive oil; set aside.

Place the measured oil, mustard, and parsley in a small bowl and whisk to combine. Lay the salmon on the foil, skin side down, and season it generously with salt and pepper. Evenly spread the mustard mixture all over the top. Sprinkle the breadcrumbs over the mustard mixture until it's completely covered, then gently pat to get the panko to adhere.

Bake the fish for 12 to 15 minutes, then check for doneness. The center should spring back to the touch and the breadcrumbs should be golden brown. If it's not ready, return the fish to the oven for a few minutes more. If the fish is ready but the breadcrumbs aren't browned, broil about 2 minutes more or until golden brown.

http://www.chow.com/recipes/29341-basic-baked-breaded-salmon



Has your bike been gathering dust in the garage this winter? It will soon be time to tune it up and shift into gear. Bike to Work Week, sponsored by the Winneshiek Energy District and Green Iowa AmeriCorps will be back in 2014. During the week of May 12th, strap on your helmet and pedal to work to enjoy events and giveaways at downtown businesses like the Oneota Community Co-op and Decorah Bicycles. There will also be postwork fun - stay tuned for events like a Bike-in movie, a Full Moon Night Ride, and more. Are you already feeling Spring Fever? Bike to Work Week 2014 is on the way!



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WHEN IT COMES TO GMOS WHAT'S THE LABEL MEAN?



- Products must contain (excluding water and salt) only organically produced ingredients and processing aids.
- Items you won't find used to make or included:
- o Genetically Modified Organisms (GMOs)
- o Growth hormones
- o Antibiotics
- o Pesticides
- o Irradiation
- o Animal confinement
- o Sewage sludge

NON-GMO PROJECT Verilied



www.nongmoproject.org

Product has been produced according to rigorous best practices for GMO avoidance, including testing of risk ingredients.

Use of seal requires:

- At least one post-harvest test of each batch of at-risk ingredients
- Rigorous traceability and segregation practices
- Annual audit to ensure best practices
- Action threshold of 0.9% (products containing more than 0.9% GMOs cannot use this label)

NO GMO'S BUT NO REQUIREMENT TO BE ORGANIC*

* Seals do not guarantee 100% GMO Free. "GMO Free" is not legally or scientifically defensible. More information about potential for contamination is available on both organizations' websites.

CHECK YOUR LABELS SOME PRODUCTS WILL BE CERTIFIED BY **BOTH ORGANIZATIONS AND SOME BY JUST ONE.**

\cdot Why would a product be labeled both? \cdot

A company may choose to have certified organic products tested and approved by the Non-GMO Project for a variety of reasons. These reasons may include support of the Non-GMO Project's efforts, desire from consumer base to support and label GMO-free products, or to maintain additional oversight over supply chain.

The Non-GMO Project label is an important deferential in the conventional marketplace. When organic isn't an option, choose the Non-GMO labeled product when attempting to avoid GMO ingredients.

3 WAYS TO AVOID GMOS



* Buy Organic

Products certified organic by the USDA cannot contain genetically modified

- Buy Non-GMO Project Verified products Products have been labeled and independently verified for rigorous GMO avoidance.
- lacktriangle Avoid non-organic foods on the GMO High Risk List Corn, Soy, Canola, Cottonseed, Sugar Beets, Papaya (China or Hawaii), **Zucchini and Yellow Squash**

member deals FOOD

EXAMPLE Kettle Krinkle Cut Potato Chips

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

MEMBER DEALS 03/05/14 - 04/01/14

* Regular prices subject to change			
	SALE Price	Reg Price	Saving
Grocery			
BAKERY ON MAIN Gluten Free Nutty Cranberry Granola, 10.5 oz	\$4.99	\$5.99	\$1.0
COOK SIMPLE Skillet Lasagna Dinner Mix, 6.7 oz	\$3.69	\$4.59	\$0.9
White Bean Chili Dinner Mix, 6.7 oz	\$3.69	\$4.59	\$0.9
Punjabi Curry Dinner Mix, 6.7 oz	\$3.69	\$4.59	\$0.9
GINGER PEOPLE Ginger Spread, 12.8 oz	\$2.99	\$3.99	\$1.0
GLUTENFREE PANTRY Gluten Free Sandwich Bread Mix, 22 oz	\$3.99	\$5.29	\$1.3
Gluten Free Pie Crust Mix, 16 oz	\$3.39	\$4.79	\$1.4
LIVE LOVE Jalapeno Cheddar Kale Chip, 3 oz	\$2.39	\$3.99	\$1.6
Sea Salt Kale Chip, 3 oz	\$2.39	\$3.99	\$1.6
NAPA Grapeseed Oil, 25.4 oz	\$7.69	\$9.99	\$2.3
Organic Sunflower Oil, 25.4 oz	\$7.69	\$9.99	\$2.3
Organic Balsamic Vinegar, 12.7 oz	\$4.99	\$6.59	\$1.6
Champagne Vinegar, 12.7 oz	\$4.39	\$5.99	\$1.6
Sherry Vinegar, 12.7 oz	\$4.99	\$6.99	\$2.0
POCONO Cream of Buckwheat Cereal, 13.oz	\$2.99	\$3.79	\$0.8
WOODSTOCK Organic Bread & Butter Pickles, 24 oz	\$4.99	\$5.99	\$1.0
Organic Baby Dill Pickles, 24 oz	\$4.99	\$5.99	\$1.0
Organic Slice Dill Pickles, 24 oz	\$4.99	\$5.99	\$1.0
Organic Whole Dill Pickles, 24 oz	\$4.99	\$5.99	\$1.0
Organic Sugar, 24 oz	\$3.69	\$4.99	\$1.3
Organic Sugar, 4.4 pounds	\$8.99	\$12.59	\$3.6
Organic Powdered Sugar, 16 oz	\$3.39	\$4.79	\$1.4
Frozen JUILIES Organic Ice Cream - Vanilla, 32 oz	\$5.99	\$6.99	\$1.0
Organic Ice Cream - Chocolate, 32 oz	\$5.99	\$6.99	\$1.0
Organic Ice Cream Sandwich,	\$4.99	\$5.99	\$1.0
TALENTI Sea Salt Caramel Gelato, 32 oz	\$7.99	\$9.99	\$2.0
Butter Pecan Gelato, 32 oz	\$7.99	\$9.99	\$2.0
HENRY & LISA Wild Salmon, 4 oz	\$3.99	\$4.69	\$0.7
Chill ORGANIC VALLEY Organic Prairie Ground Beef, 16 oz	\$7.99	\$9.99	\$1.0
Organic Prairie Ground Beef, 16 oz	\$7.99	\$9.99	\$1.8
LIFEWAY Pomegranate Blueberry Kefit, 32 oz	\$2.99	\$3.69	\$0.
Vanilla Kefir, 32 oz	\$2.99	\$3.49	\$0.
NANCY'S Organic Cottage Cheese, 8 oz	\$4.39	\$4.99	\$0.0
ORGANIC VALLEY Organic Cream Cheese, 8 oz	\$2.69	\$2.99	\$0.3
Organic 2% Milk, 64 oz	\$4.59	\$4.99	\$0.4
Organic Omega Whole Milk, 64 oz	\$4.99	\$4.99	\$0.0
Organic Neufchatel Cheese, 8 oz	\$2.69	\$2.99	\$0.3
Chill	*** *** ***	* 4 00 (II	44.00
Fantastic Foods Falafel Mix	\$3.39/lb	\$4.99/lb	\$1.60/
Hummus Mix	\$3.99/lb	\$6.29/lb	\$2.30/
Instant Black Beans	\$3.99/lb	\$6.99/lb	\$2.00/
Instant Pinto Beans Grandy Oats Classic Wheat-Free, Salt-Free Granola	\$3.99/lb \$4.69/lb	\$6.99/lb \$6.39/lb	\$2.00/ \$1.70/
Wellness	\$4.03/ IU	Φ0.39/ ID	Φ1.70 /
LIDDELL Anxiety and Tension Spray, 1 oz	\$12.99	\$15.99	\$3.0
Overwhelmed, Postpartum Blues Spray, 1 oz	\$12.99	\$15.99	\$3.0
ACURE Cell Stimulating Body Wash, 8 oz	\$7.99	\$9.99	\$2.0
Exfoliating Body Wash, 8 oz	\$7.99	\$9.99	\$2.0
Lemongrass Firming Lotion, 8 oz	\$7.99	\$10.99	\$3.0
Argan Orange Lotion, 8 oz	\$7.99	\$10.99	\$3.0
AURA CACIA Lavender, Patchouli Orange Aroma Mist, 4 oz	\$5.99	\$7.99	\$2.0
Cinnamon Ylang Ylang, Tangerine Aroma Mist, 4 oz	\$5.99	\$7.99	\$2.0
Lavender Harvest Body Oil , 4 oz	\$5.99	\$8.99	\$3.0
Car Diffuser	\$7.99	\$11.99	\$4.0
Sensual, Crown Chakra, Empowering Roll On, .31 oz	\$10.99	\$15.99	\$5.0
Grounding, Heart Chakra, Third Eye Chakra Roll On, .31 oz	\$10.99	\$15.99	\$5.0
Throat Chakra Roll On, .31 oz	\$10.99	\$15.99	\$5.0
Chill Pill, Eucalyptus, Pillow Potion Mist, 2 oz	\$5.99	\$7.99	\$2.0
Tranquility Massage Oil, 4 oz	\$5.99	\$8.99	\$3.0
Floatria Doom Diffusor			
Electric Room Diffuser, NATURES GATE Aqua Block SPF 50, 4 oz	\$10.99 \$11.69	\$14.89 \$12.99	\$3. \$1.

Customer Comments * * *

Customer Question: I'm confused about Organic Valley milk. They have come out with a Grassmilk line. Aren't all their cows supposed to be grass fed? **Response:** Organic Valley is a producer co-op that believes pasturing is the cornerstone of an organic dairy. They distinguish between grass-fed and pasture-raised like this:

Pasture-raised animals graze and roam on certified organic pasture whenever weather permits, but they can also receive supplemental

100% grass-fed animals receive only fresh pasture and dried forages like hay and mineral supplements but receive no grain or soybean rations.

For a complete description of Organic Valley's pasture policy, please refer to their website at http://www.organicvalley.coop/why-organic/pasture/pasture-

The new Grassmilk line is the only Organic Valley milk that is non-homogenized. Beth Rotto - Chill Buyer

Catering

Specializing in fresh, local, natural and organic food.

Cafe Hours

Monday-Saturday

Breakfast (sandwiches & burritos) - 8:00 am - 12:30 pm Panini - grilled sandwiches - 11:00 am - 7:30 pm Hot Bar Lunch Buffet - 11:00 am - 3:00 pm Whole Roasted Amish Chickens - 3:00 until sold out Salad Bar and Soups - 11:00 am - 7:30 pm Gourmet Organic Espresso Bar - 8:00 am - 7:30 pm Coffee, Tea & Cocoa - 8:00 am - 8:00 pm Italian Sodas - 8:00 am - 8:00 pm

Sunday

Brunch Buffet 11:00 am - 3:00 pm Whole Roasted Amish Chickens - 3:00 until sold out Panini - grilled sandwiches - 11:00 am - 6:00 pm Salad Bar and Soups - 11:00 am - 6:00 pm Gourmet Organic Espresso Bar - 10:00 am - 7:00 pm Coffee, Tea & Cocoa - 10:00 am - 7:00 pm Italian Sodas - 10:00 am - 7:00 pm

IN-HOUSE CAFE

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.

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.

If you are looking for a lunch filled with variety, you've come to the right place. 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. For a list of upcoming hot bar themes, check out our menu online at www. oneotacoop.com.

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).

Our grab-n-go cooler is always stocked with fresh cold sandwiches, dips, spreads, and salads for anyone in a hurry. Our pastry case has an assorted supply of treats made just blocks from the Co-op by local Waving Grains Bakery.

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

OUR INGREDIENTS

The Water Street Café is committed to providing the best, highest quality ingredients possible. We use primarily certified organic ingredients in all of our products. Our meats are sourced from local farmers that pass our standards for humane, clean, and sustainable and are not all "certified" organic. We source our vegetables from local farmers when the season permits. If you have any questions about our products please feel free to call and talk to our café manager or email at deli@

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 or call 563-382-4666 and ask for Mattias.

CATERING SERVICE

Our catering service is primarily "take away" style meaning you pick it up. Other services can be arranged if possible.

Delivery: For orders over \$500 we do take considerations for local, intown deliveries. We charge a 15% delivery/gratuity charge for delivery and set up. We reserve the right to refuse this service depending on the situation. Please consult with the café manager for this special service. Equipment Rental: We can provide some items such as food warmers, drink dispensers, coolers, etc. All equipment must be returned to the coop the day after use. Each day item is out there will be a per day charge added. Please inquire early to reserve equipment for your event.

- Food warmers- full hotel pan size commercial electric warmer
- \$15 per day
- 5 gallon hot/cold drink dispensers \$10 per day
- Coolers large \$10 per day

PLATTERS

PLATTER SIZES:

Small 12" (serves 10-15), Large 16" (serves 15-25)

CHEESE PLATTERS

Classic Cheese Platter: Organic Cheddar, Smoked Provolone, Swiss, and Pepper jack Cheese. Arranged artfully and garnished with parsley and cherry tomatoes. Small \$30/ Large \$45

Artisan Cheese Platter: An amazing blend of complimentary cheeses from local and international cheese masters. Belavitano, May Tag Bleu cheese, Prairie Breeze (Iowa), Jarlsberg, and Brie. Served with water

Small \$39/ Large \$59

Cheese and Fruit Platter: A variety of cubed cheeses paired with seasonal fresh fruits.

Small \$39/ Large \$59

SANDWICH PLATTERS

Wrap Platter: Tasty wraps cut into bite size pieces and arranged on a platter. Choose from: Thai Chicken Salad Wrap, Almond Tarragon Chicken Wrap, Turkey Mango Wrap, Mexican Tofu Wrap, Green Goddess Wrap, Vegan Hummus Wrap.

Small 12" (serves 10-15) choice of two wraps- \$39 Large 16" (serves 15-25) choice of three wraps- \$59

Sandwich Platter: Your choice of sandwiches cut into bite sized pieces and arranged beautifully on a 12 or 16 inch platter. All sandwiches come with protein, cheese, tomato, lettuce, mayo, brown mustard, and your choice of bread. Other toppings can be substituted if needed. Proteins: Smoked Turkey, Ham, Roast Beef, Salami, Cajun Tofu, Marinated Tempeh

Cheeses: Cheddar, Smoked Provolone, Pepper Jack, Swiss, Mozzarella Bread: Rudi's Sourdough, Sprouted Wheat, Sandwich Rye, Rudi's Gluten-free Multigrain

Small 12" (serves 10-15) choice of two sandwiches- \$39 Large 16" (serves 15-25) choice of three sandwiches-\$59

SPECIALTY PLATTERS

Veggies & Dip Platter: Carrots, celery, broccoli, cauliflower, cucumbers, and cherry tomatoes served with a choice of any of our delicious dips including: hummus, ranch, dill dip, or spinach artichoke dip and

Small \$35/ Large \$49

Fruit Platter: Seasonal fresh fruit served with our delicious honey lime

Small \$45/ Large \$69

Mediterranean Platter: Stuffed grape leaves, dates, olives, hummus, fresh cucumbers and toasted whole wheat pita wedges. Beautifully arranged and garnished with fresh parsley.

Small \$40/ Large \$59

Antipasto Platter: Marinated artichoke hearts and roasted red peppers, Roasted zucchini, tomato & fresh basil salad, olives, babaganouj, and toasted French bread crustini. Sure to be a hit at your party! Small \$40/ Large \$59

Caprese Platter: Sliced fresh tomatoes, fresh basil, and house made fresh mozzarella cheese arranged artfully served with balsamic reduction. Delicious! Seasonally available. Small \$45/ Large \$59

South of the Border Platter: Water Street Guacamole, salsa fresca, spicy black bean dip, quinoa black bean salad, Santa Fe salad, served with corn tortilla chips.

Available in Large only \$55

Somosa Platter: Traditional Indian Potato Somosas served hot or cold with sweet and spicy mango chutney. Small \$35 / Large \$50

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 tamous guacamoie and many more - inquire with the staff

Coffee Pot: Fresh brewed, organic and fair trade, our pot serves ten 8 oz. cups. \$10

With "the Works" (cups, sugar, and a pint of organic half & half or coconut creamer) \$15

Hot Chocolate Pot: Our house recipe hot chocolate pot serves ten 8 oz. cups. \$10

Blue Sky Soda: \$6 / per 6 pack or \$1 each. *For other beverage requests please call for pricing

ORDERING GUIDELINE

All orders must be placed a minimum of 3-5 days in advance. Some exceptions can be made for simpler orders. Large orders may require more advance notice.

All orders can be picked up at the café counter.

Menu items and prices are subject to change.

A 50% down payment is required for orders exceeding \$300. A minimum 24 hour notice is required for refunds on cancelled orders. *Allergen Note: All Water Street Café products are produced in a

kitchen that uses common allergens (nuts, soy, dairy, wheat, and eggs). Please feel free to ask us about our ingredients or production practices.

SALADS

Tossed Salads - Small serves 10-15, Large serves 15-25

Garden Salad: Mixed greens, cherry tomatoes, carrots, beets, cucumbers, and red onions. Served with choice of dressings, homemade ranch, sesame ginger, bleu cheese, or balsamic vinaigrette. Small \$19 / Large \$29

Caesar Salad: Romaine lettuce, homemade croutons, Parmesan cheese, and cherry tomatoes, served with Caesar dressing. Add chicken for an extra charge!

Small \$19 / Large \$29

With roasted chicken breast: Small \$29 / Large \$45

Greek Salad: Romaine lettuce, cherry tomatoes, red onions, cucumbers, feta cheese, and kalamata olives, served with a Greek Vinaigrette.

With roasted chicken breast: Small \$29/ Large \$45

Composed Salads \$6.99/lb. - Prepared fresh salads by the pound. Here's a few of our options.

- Apple Cranberry Cabbage
- · Chickpea Chirmoula Current Barley
- Don Don Noodles
- · Garbanzo Bean salad
- Greek Pasta Salad
- Greek White Bean Salad
- Lemony Basil Pasta Salad
- Marinated Beet Salad with Feta
- Mediterranean Salad
- Mexican Potato Salad

Orzo Pasta Salad

- · Pasta Primavera
- Ouinoa Black Bean Salad
- Quinoa Tabouli
- Quinoa Feta Salad
- Roasted Yam & Chili Salad
- . Potato Salad with Lime
- Santa Fe Salad
- Savory Potato Salad
- Thai Noodle Salad
- Tzatziki Potato Salad
- · Zorba's Pasta Salad

ENTREES

All entrees come in a 9x13 pan and serves 12

Spinach Artichoke Lasagna: Ricotta, parmesan, mozzarella, and cottage cheese filling layered with noodles, spinach, artichokes, and marinara sauce. \$59

Beef Lasagna: Ricotta, parmesan, mozzarella, and cottage cheese filling layered with noodles, local grass fed ground beef, and marinara

Chili Verde Enchilada Pie: Yams, sweet corn, and other veggies are spiced and cooked to perfection then layered with chili Verde sauce and corn tortillas and topped with a three cheese blend and baked. \$59

Mac & cheese. 3 cheeses make up our cheese sauce mixed with fusili pasta or gluten free elbows. We top it with herbs, crushed croutons, and parmesan cheese. \$45 Signature Swedish Meatballs: Our authentic recipe using local grass

Water Street Cheese Casserole: A sophisticated twist on classic baked

accompanied by lingonberry preserves. Serves 20-25 as an appetizer or 10-12 as a main course, \$69 Vegetarian Quiche: Choose from: Spinach artichoke, mushroom Swiss,

fed beef and local clean pork served with creamy gluten free gravy and

or broccoli cheddar. Made with local organic eggs and gluten free crust! Meat Quiche: Choose from: Sausage and sweet peppers, ham &

cheese, or quiche Lorraine. Made with local organic eggs and gluten

BAKERY & PASTRY

Muffins: Choose from an array of different flavors including: blueberry, raisin date bran, lemon raspberry, and banana chip just to name a few. \$1.79/each or \$21/dozen

Scones: Choose from delicious flavors like: lemon blueberry, lemon poppy seed, chocolate chip pecan, and more. \$1.79/each or \$21/dozen

Cookies: flavors include: Chocolate chip, chocolate chip peanut, sea salt chocolate chunk, Cocoa chip, spicy molasses, and snicker doodle and more. \$1.25/each or \$13.99/dozen

Dessert Tray: Assorted mini bars and cakes.

Small (serves 10-15) \$ 29 Large (serves 15-25) \$49

Gluten Free Pecan Pie Bars: Our recipe is packed with pecans and contains no high fructose corn syrup! And you can't tell its' gluten free. 9x13 pan (serves 12-15) \$29

Water Street Cakes

Cake flavors: super moist chocolate, Water Street vanilla, Water Street carrot, marble, Vegan Mexican chocolate, & vegan Vanilla

Frosting Flavors: Chocolate butter cream, vanilla butter cream, cream cheese, vegan vanilla, vegan chocolate

Small (1/4 sheet) (9x13) serves 20 - \$39 Large (1/2 sheet)(12x18) serves 48 - \$69

Flourless Chocolate Torte: This cake stands alone, four ingredients combine to make the richest, most satisfying chocolate experience. Eggs, chocolate, butter, and coffee. Coffee is optional. Dusted with confectioner's sugar and topped with fresh raspberries. 10 inch cake serves 12-16. \$35

Box Includes: a sandwich, pickle, composed salad, and choice of cookie or organic fresh fruit.

Vegetarian or Vegan: \$7.50

Meat: \$8.50 (meat choices include smoked turkey, roast beef, ham, or Genoa salami)

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A Return on Community: Decorah-Based Blogs Host Local Voices

By: Cerrisa Snethen, Co-op Member/Owner

Decorah's clearly a far cry from Silicon Valley. Land-locked and boasting a strong and dynamic sense of community connection, most of us breathe easy, living amongst all of this charm and quiet, despite some - let's say less than ideal climatic conditions.

But that doesn't mean that awesomely innovative and technological things aren't going on right here in our own backyard. As it turns out, certain Midwestern entrepreneurial geeks are afoot. And they're launching businesses that incorporate Silicon cool, with lowa-style community. Enter local startup owners Jason Trout and Peter Awad and their up-and-coming startup, GoodBlogs.com.

A few years ago, Trout and Awad landed together in office space on Water Street and brainstormed an idea for a single online community that would host bloggers on a range of topics. The plan has morphed into their own content marketing brand, and GoodBlogs has recently expanded its physical space, moving into the Open Decorah Co-Working Space just down the street from the Co-op. The GoodBlogs platform hosts blogs on a variety of topics and is actually a licensed software that organizations use to promote their business, brand, or product. GoodBlogs has in turn launched two blogs that are particularly exciting and relevant for the Co-op community. The blogs are entirely participatory and fueled by folks just like you. Given the company's love of all things Decorah, they have a simple philosophy regarding local writers: the more, the better! They consider homegrown content to be invaluable, a thorough return on community, and they love hearing what our region's got to say. Here's the low down:

Imagine Northeast Iowa.com:

Love life up yonder? You can profit from your passion or read what your friends and neighbors are up to by hopping on over to ImagineNortheastIowa.com. Viral hits on the site have included pieces like "Not Just Iowa: The Northeast Corner's Particular Sense of Community," "Northeast Iowa: The Land That Time Forgot," and "Black Bear Sighted in Yellow River State Forest," amongst countless others. Owned by Northeast Iowa Business Network and managed by GoodBlogs, everyone is welcome to create a free account and blog to their heart's content. Every day, a certain blogger gets voted up to the site's homepage. That blogger receives a cool \$15. That money is then circulated throughout the region keeping the creativity and the cash, local. Imagine Northeast Iowa pays out thousands of dollars a year to Northeast Iowans, and helps contribute to the success of a local blogger's post by sharing it via social media and other channels. Blog topics include:

- The Great Outdoors
- Food & Drink
- People

- Cultural Activities
- Events
- Places

If you've got something to say about life in the northeast corner, Imagine Northeast Iowa is the place. Their Facebook page can be found at www.facebook/imaginenortheastiowa. Like us, and watch all kinds of incredible "regional" roll into your newsfeed.

The Flaming Vegan.com:

New York's got nothing on Decorah. A blogging extravaganza for vegetarians, vegans, and the v-curious, The Flaming Vegan is rooted right here in our own awesome little community. While most tend to think you've got to hit up one of the coasts to find organizations like TFV, The Flaming Vegan is relishing in its identity as Decorah native. Maybe you're a veggie yourself, or you're just interested in finding out more about how to cook for the plant-based people in your life. Looking for killer veggie burger recipes or great gardening tips? Interested in traveling as a foodie or health food enthusiast? Gluten free? We've got a blog post for that. (Or, you could write one!) Perhaps you just want to incorporate more produce into your daily routine or get inspired toward some healthier lifestyle changes. You're welcome to join in. Come sign up in seconds and get started blogging on TFV. Once again, we pay you a cool \$15 when your post gets voted to the homepage, and we're very likely to share your work across our social channels. Or, just come enjoy all of the thousands of fantastic articles submitted by folks just like you. Blog topics on TFV include:

- Organic Gardening
- Green Travel
- Vegan Recipes
- Vegan Family
- Vegan Lifestyle
- Vegan Clothing + Shoes
- Vegan Beauty
- Animal Rights
- Vegan Books

The Flaming Vegan's growing rapidly. After attending The Twin Cities Veg Fest last year, we were thrilled at the Midwestern interest and support for this thriving online community, and can't wait to see what's next. Collaboration with the Co-op via cooking classes and other Decorah organizations are exciting elements of what's in the mix for TFV this year. Stay tuned. Like us on Facebook at www.facebook.com/theflamingvegan for fantastic recipes and other stories in your newsfeed.

The views and opinions expressed on these sites do not necessarily reflect those of the Oneota Co-op and its member/owners.



A diverse, local community whose fabric is strengthened through caring, and sharing gifts of time, energy and resources.

CO-OP cheese club

THEMES

March - Goat Cheese April - Italian Cheese May - Mixed Milk Cheese June - Wisconsin Cheese July - New England Cheese August - West Coast Cheese September - Midwest Specialties

6-month subscription - \$150 1-month subscription - \$30

Sign-up today 563-382-4666

SPECIAL ARTISAN CHEESES - EVERY MONTH

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.



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."

"Another home run for the cheese club! Thanks so much."

Spring Plant Sales at the Co-op

Featuring Certified Organic Vegetable, Herb and Flower Seedlings

Grown right here in Decorah by River Root Farm.

www.riverrootfarm.com











KEEP
CALM
AND
COOPERATE

Employment in a work place that provides

Sweat Equity - Lend 5

15 STAFF MEMBERS: 261 YEARS OF CO-OP SERVICE

It goes without saying that it took many pairs of hands to build the Oneota Community Food Co-op that we see today at 312 West Water Street in Decorah. From volunteers to dedicated shoppers, through these doors have walked many a devoted supporter of the Co-op's mission, values and efforts. To every person who has given of their time and talents for the betterment of the Co-op and the community of Northeast Iowa, we wish you thanks for your generosity.

Over 180 people have been employed by the Co-op in one way, shape or form over its 40-year history. Of these 180 staff members, 15 - some past and some current - have dedicated over 10 years of their professional life to the efforts of the Oneota Co-op. Combined, these 15 individuals equate to 261 years of employment and service to the Oneota Co-op. We will be thanking these individuals specifically at our Annual Meeting of Co-op Membership on the evening of Thursday, April 10th.

Thank you to each and every member, volunteer, shopper, supporter, and staff member that has believed in this organization, its mission, and its survival for the betterment of Decorah and Northeast Iowa.

Staff Members with 10 years or more of employment at the Oneota Community Food Co-op include:

Beth Rotto - 31 years Steve McCargar - 27 years Sue Otte - 22 years Liz Rog - 22 years Laura Olson - 20 years Frances Kittleson - 20 years Jana Klosterboer - 20 years Betsy Peirce - 20 years Ruth Hampton - 14 years Hannah McCargar - 12 years Cathy Baldner - 12 years Elyse Hawthorn - 11 years Lana Oyloe - 10 years Heidi Betz - 10 years Karina Klug - 10 years







Canoe Creek Produce U-Pick Local Organic Flowers

Weddings, family reunions, graduations, club activities, fund raising and more! Make it an event—it's so fun!

Call or email for questions or to schedule a time:







Check out the selection of Certified B Corp products at the Co-op this April!

PURCHASE FWITHAT · PURPOSE ·



Take a deeper look into the products you buy. There are over 800 companies that are Certified B Corporations. These companies have met rigorous standards of transparency as well as social and environmental performance. Every product they sell increases their positive impact on the world. Join them and become part of the B the Change Team, people using business as a force for good.

More information at BTHECHANGE.COM



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WATER STREET CAFÉ NOW HAS FRESH BAKED COOKIE

By: Mattias Kriemelmeyer, Café Manager and Executive Chef

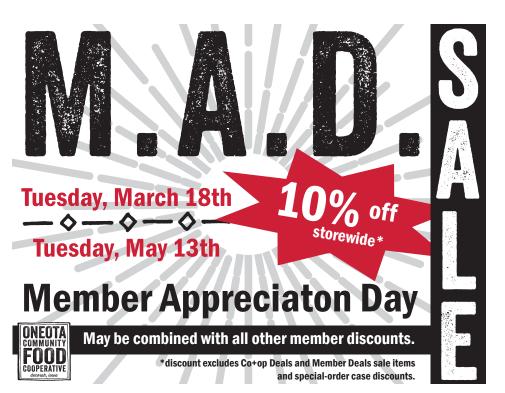
Yes, you read that correctly! The Oneota Co-op's Water Street Café is now featuring fresh-baked cookies on a daily basis. You never truly know a cookie until you've experienced its fresh-baked flavor. Waving Grains Bakery is still making their timetested cookie dough from scratch just a block down from the Co-op. Our most popular selection of cookies will be baked fresh each morning. These cookie varieties include Chocolate Chip, Peanut Butter Chocolate Chip, Cocoa Chip, Snickerdoodle, Spicy Molasses and Sea Salt Chocolate Chunk. Come in early for the freshest most delicious cookies in Decorah. Plus, you can special order fresh cookies by the dozen for your events – just call the Café to place an order. Remember we also have fresh cinnamon rolls, scones, and/or muffins daily as well.

SOUP: ALWAYS IN SEASON

Nothing beats a hot bowl of soup on a frigid day. The Water Street Café is a great place to find a delicious soup any time of the day. We feature two types of soup daily on our hot bar as well as various chilled packaged house-made soups from our grab and go cooler. These chilled soups can easily be heated on the stove top or in your microwave oven at your convenience. (Remember not to microwave them in the plastic container either.) My mother always said a good stock is the secret to a good soup. Our chicken and vegetable stocks are made from scratch using the best organic produce and our oven-roasted Amish chickens. Come kick the cold with a hearty soup from the Water Street Café.







end 1

eating

planting

creating

blending

A retail source for food and other products that, to the greatest extent possible, are organic, sustainably produced, local grown and/or processed, and affordable. A business that encourages the expansion of put this possible grown local food sources.





5:00 to 7:00 pm featuring the music of

dancing Absolute Hoot

Fresh-grilled burgers, brats and veggie burgers for sale outside the Co-op.

Join Seed Savers Exchange in planting seeds to sprout into seedlings just in time for garden planting.

Join Greenlowa AmeriCorps service members from the Winn Energy District as they help the kiddos repurpose hardto-recycle materials into art projects.

Food and Fitness AmeriCorps and FoodCorps service members will be on site to show off their blender bike!

Powered by your pedaling, smoothies will be made for the tasting.

Take your turn pedaling, or eating!

CELEBRATE THE PLANET



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