

# HOW WE REDUCED OUR ELECTRICAL USAGE BY 9% IN ONE YEAR



A business that promotes environmental and financial sustainability.

By: David Lester, General Manager

*"A business that promotes environmental and financial sustainability."*

This End statement, or ongoing goal of the Co-op, is one that has had our particular attention this past year. In the Fall of 2013 we began working with Decorah Electric on our solar roof project and other in-store energy saving enhancements. With a \$25,000 rebate from Alliant Energy, Federal and State of Iowa tax credits and a generous gift from Co-op members George and JoAnn Hagen, this project had a zero-year payback. In other words, our 20,000 watt solar array began paying for itself right away.

Grocery stores are big users of electricity, because we have a lot of refrigeration and freezer needs to keep our products from spoiling. Also, it takes a lot of energy to maintain a comfortable atmosphere in our 9,000 square-foot store for our customers. A nine percent reduction in electrical costs for us equals over \$4,000 in annual energy savings.

Here are a few other major energy savings measures we've implemented in 2014:

continued on page 3

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



## Wellness through the Season



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

By: Gretchen Fox Schempp, Wellness Manager

Tis the season of get-togethers, travel, delicious food, family, friends and unfortunately unwanted illnesses. As we venture over the river and through the woods it may be advantageous to think of ways to keep ourselves healthy and happy through this beautiful and busy season.

An estimated increase of 54% and 23% of travelers will hit the road for the Thanksgiving holiday and Christmas/New Year's holiday, respectively. Via planes, trains and automobiles. All this movement increases the spread of viruses and illnesses inevitably. What are some ways we can ramp up our immune systems and stay well through the hustle and bustle of it all? Because you know, even if you are not the one traveling, you are still going to be exposed to more people, more germs and more opportunities to catch the latest of whatever is going around.

One simple immune boosting idea is staying active. Do not give up your regular exercise routine just because it is the holiday season. I know, I know, you're super busy and you've got a to-do list a mile long. But you know, we can't take care of all that business, all those people and all that stress, if we don't take care of ourselves. Our immune systems LOVE exercise, movement and activity. And this is a great way to take time for yourself and take care of yourself.

As much fun as it can be to hit every holiday bash and have drinks with friends and family, alcohol can depress

the immune system when overused. Some things to think about when imbibing are:

### Hydration

In the wintertime it is just as easy to get dehydrated as it is in the summer, possibly more so. We are not as inclined to drink tall glasses of water when we're cold. The dry winter air also can contribute to dehydration. And that seasonal dry skin will love you staying hydrated.

Drink a glass of water for each alcoholic beverage you consume. This will slow you down a bit, fill you up some (maybe helping you to not overeat or drink) and keep you hydrated.

Start your evening with a nice refreshing glass of coconut water before you even leave home. This will give you some extra electrolytes and send you to your party already hydrated. If you forget this, have some when you get home to rehydrate after your partaking. Either way, after the party, hydrate before bed and maybe pop a few milk thistle to be kind to your liver and get all that jazz moving out of your system so you feel ready to work out in the morning (wink, wink).

### Nutrition

First off, don't forget to eat. Some of the holidays' more delicious drinks are heavy and laden with sugars and calories, thus making it easy to forget to eat because the drinks can be filling.

Start your evening with a healthy snack at home. Often you will be offered a drink upon arrival at a party, so best to have something in there to soak it up a little, and often

the snacks available are sweet, heavy and otherwise not the healthiest, albeit delicious. If you "oops, overdid it," at the party, have a banana before bed to replace the potassium and electrolytes in your system.

Our immune systems need to be hydrated. They also need all kinds of

vitamins and minerals to function at optimum. Alcohol consumption depletes many nutrients in our system. If you regularly imbibe or tend to more around the holidays, some supplemental vitamins and minerals could be supportive. Some specific ones to keep in mind are as follows:

Vitamin C, Magnesium, Calcium, Zinc, Iron, Manganese, Potassium and B vitamins. I like a good high-energy food-based multivitamin/mineral, such as Super Nutrition's Women's One Daily, to get me through more stressful seasons.

continued on page 3



## Holiday Hours

Wednesday, December 24.....8:00am - 4:00pm

Thursday, December 25.....CLOSED

Wednesday, December 31.....8:00am - 4:00pm

Thursday, January 1.....CLOSED





# FROM WAUKON TO UTAH'S WILDERNESS & BACK AGAIN:

How the Betz-Wadsworth Family Came to Be and Why They Call Decorah's Co-op Their Community

By: Cerrisa Snethen, Co-op Member/Owner

Co-op member/employee Heidi Betz and her husband David Wadsworth and their girls Amelia (8) and Iris (3), make their home in the rural stretch between Decorah and Waukon. This family seems so definitively rooted in their community these days that it's hard to imagine a time when they weren't a part of the Decorah patchwork. But it was David's Waukon roots, along with the couple's youthful shared sense of adventure and sustainability-related goals that landed them here in the first place.

Originally hailing from Missouri, it was 1994 when Heidi trekked to Utah's Zion National Park for work. There, Heidi began connecting with like-minded others and becoming interested in healthier food options, joining a food-buying club and beginning to learn much of what would go on to shape her current food philosophy. More life-shaping change would be in store, however, and eventually, she would meet David in 1997. Wadsworth was himself working in the park at the time, doing wildlife research post-college.

Heidi and David would then spend two years living in New Mexico, followed by four in Indiana, all the while making many visits back to the Midwest to visit David's family in Waukon. Later, approximately six months before making the leap from Indiana to Iowa, they would make the fateful decision to marry back in Heidi's hometown in Missouri.

At the same time, they purchased a house ten miles east of Decorah (the same one they still live in today), setting up shop in the Driftless Region. It was at this time that Heidi and David also became



◀end 6

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

members of the Co-op, thanks in part to then employee Liz Rog, who the couple describe as having been "very welcoming." Liz also encouraged Heidi to potentially seek employment at the Co-op when the couple finally settled in the area.

Though they might have gotten married before they moved to Iowa, Heidi and David would wait to have a quintessentially Decorahan wedding reception at the Decorah Elks Club, including local music staple "The Footnotes," local caterer Ruth Hampton, and easing into the Co-op community, which by then seemed an obvious extension of their evolving passion and interest in local/sustainable food systems. It was a natural fit. Having grown up visiting his family's local organic dairy farm, the non-conventional, more natural food production model was ingrained in David from a young age.

Having travelled around, Heidi and David were well aware of how difficult finding local and organic food could be. When the couple finally settled, Heidi very quickly began her employment with the Co-op, as David began his current business, Wadsworth Construction. And while David initially thought he'd spend months trying to introduce Heidi to new people and help her feel at home here, it was actually her own rapid Co-op connections that began to define their social culture to a large degree. Before long, Heidi was the one introducing David to many of the folks he'd go on to know and include as friends/community members in the days to come. The couple says that the Co-op became their community "just like that."

At first Betz signed on at the store's previous location just down the street, as a cashier and produce staff member. For a time she served as the first front end manager at that location, and helped run the expanding cheese department. Then, with the birth of daughter Amelia, Heidi cut back to working part time, but has continued on ever since, even as they've welcomed second daughter Iris. Heidi reflected with a grin, on several occasions

where she "wore" baby Amelia to work for a couple of hours at a time, toting her wee one in a sling while helping the Co-op to hum. Daughter Iris was also welcomed in the store even in the midst of Heidi's shifts when nursing was needed, something new Co-op working moms are still encouraged to do today.

To say the Co-op shapes the lives of the Betz-Wadsworth kids is more than fair. The store was the first place Amelia ever walked to herself, from her elementary school. While she's officially expanded her ventures to the Decorah Public Library, the Co-op still serves as a hub and home away from home. "We're fortunate that this can be a home base for us," says Heidi. "Especially living out of town. We have access to the Cafe, and the girls feel at home here. They know almost everyone."

Their Co-op connection overlaps into other areas of life as well, such as when the Betz-Wadsworths participate in Contra and Footnotes dances, where they join in with a myriad of other Co-op families, in addition to their membership in local organization Pleasant Valley, which serves as a community resource for dozens of area families. Their Co-op ideals additionally extend to their own homesteading. The Betz-Wadsworth clan grows a pretty sizeable garden each year, which David says "Sort of waxes and wanes from one year to the next. One year we'll have an excellent crop of potatoes and eat them all winter until we're sick of them. And then the next year, we'll barely plant any." Daughter Iris chimes in enthusiastically when Heidi points out how her girls love their garden kale. "Kale, kale, kale!" Iris chirps. An important note: The Betz-Wadsworths loved kale before kale was cool. And it's still a garden-to-kitchen staple. Iris and Amelia love their greens sauteed in Co-op purchased pasture butter, a family favorite. Additional family must-haves include Organic Valley cheese sticks, Bubbies Sauerkraut, Prairie Breeze cheese, Nordic Naturals Cod Liver Oil, Kalona Organics yogurt,

Julie's Vanilla ice cream, sweet potatoes, Grass Run Farm meat sticks, lots of fresh local veggies, and Kickapoo Coffee. Their now longtime Decorah homestead also includes bees kept by David, and a bit of livestock.

I asked Heidi and David what they'd like to see as they watch the Co-op grow. As it turns out, they're both incredibly excited about the purchase of next door's building to aid in the expansion of the Co-op classroom area and beyond. David's glad firstly, that the Co-op is in a solid financial position to make the purchase, and also because of the potential for this expansion to widen and broaden the Co-op's community reach. Heidi continues to be inspired by the way out-of-town visitors always get so excited by the sheer existence of the Co-op in a town like Decorah, and enjoys hearing them express their desires to have one like it in their own city. And speaking of other towns, the Betz-Wadsworth clan is never remiss to check out other Co-ops in the places they visit, naming stores in Dubuque, Winona, Iowa City, Rochester, and the Twin Cities as places they've made it a point to visit. They have to admit, however, "It's still hard to find one as great as this."

These two hope that the Co-op will continue to maintain and even expand on bringing in as much locally grown food as possible, even if that means potentially enlarging departments like produce, meat, and cheese. They continue to support the Co-op and its missions in all of the ways that they can, and express heartfelt happiness at being able to lend that support and be a part of Co-op culture. "We're just really blessed to have the Co-op in our community," says Heidi. "We're so lucky to have this place for our kids, where they get to grow up. It definitely defines our community, if not the community itself."



# HOW WE REDUCED OUR ELECTRICAL USAGE BY 9% IN ONE YEAR

continued from page 1

- Converted all freezer and refrigerated cases to LED lights.
- Installed night shades on several open coolers.
- Began converting open coolers to super high efficient glass-door cases with LED lights.
- Installed occupancy sensors in offices and basement rooms.
- Increased efficiency in our tunnel heat recovery system to reduce heating costs.

We became an Energy Star certified building with the E.P.A. in 2011 and we have maintained a 96 out of 99 rating since we received this status.

That 96 rating is very high and we are the highest Energy Star rated grocery store in the state of Iowa. And, in the next few months, we will be featured as a model small-business on the E.P.A's Energy Star website...woo hoo!

It is rewarding to work at a business that has as one of its goals “environmental and financial sustainability.” It is definitely a group effort here at the Co-op with members, board members and staff engaging and challenging each other to be better stewards to the world in which we do business. We do not take our resources for granted, and we are always searching for ways to improve our business practices and sell products from growers with this same goal.



## Wellness through the Season

continued from page 1

Some herbs to consider when consuming alcohol or more rich and fatty foods: Milk thistle supports the liver and the cleansing process; dandelion as well.

When traveling or hosting, or even just going out in public during the cold/flu season it is advantageous to have your system as strong as possible. Aside from exercising, staying hydrated and eating nutritious foods full of vitamins, minerals and antioxidants, there are a few supplements that can support a healthy immune function when the threat of being compromised is high.

**Elderberry**  
Hippocrates called Elder his “medicine chest.” Wild elderberry plants grow wild along roadsides, forest edges and abandoned fields. Juice and cordials are made from the flowers and berries and are both delicious to drink to boost the immune system. Next to the Aronia berry, Elderberry has the highest total ORAC (Oxygen Radical Absorption Capacity) value. Elderberries contain more vitamin C than oranges and are an amazing source of antioxidants and quercetin, which is a cellular anti-inflammatory. Traditionally this fruit was used to combat stress, treat stomach ailments, high cholesterol and congestion, and fight the flu.

“A 1995 study published by the Journal of Alternative and Complementary Medicine found that nearly 90% of flu patients given elderberry extract were completely free of symptoms within two to three days, as compared to 7.1 days for those given a placebo.”

We handle River Hills Harvest Elderberry Juice and Elderberry Throat Cordial. These products are made from pesticide-free, Midwest-grown elderberries. I make myself a morning “cocktail” everyday including:

- 1 Tbsp River Hills Harvest Elderberry Juice
- 1 Tbsp Bragg’s Apple Cider Vinegar
- 10 Drops of Stevia Clear
- 8 oz purified water

This is a tasty morning beverage or for any time of the day. Apple Cider Vinegar (ACV) boasts benefits all over the spectrum. I find that ACV gives me a boost of energy, helps with sore joints, minimizes mucus in the system and supports my digestive system. Elderberry benefits are said to include: anti-inflammatory, immune boosting, digestive support and brain health. Common uses of Elderberry are

colds, flu, sore throat, cough, bacterial and viral infections, inflammation of the urinary tract and bladder infections.

**Astragalus**  
This herb is commonly included in immune boosting blends. It can also be used on its own as a tonic to support immune function. Considered nourishing to “chi” in Traditional Chinese Medicine, this herb is often used consistently over a period of time to rebuild immune function after illness or to support prevention of colds and flu. Astragalus is specific to lung/respiratory health. Astragalus should not be taken when fever is present.

**Medicinal Mushrooms**  
Mushrooms are considered a super food in Eastern cultures. They are easily digested, assimilated and utilized with macro and micro nutrients offering many benefits. All medicinal mushrooms offer support to the immune system. Other benefits specific to certain mushrooms are said to include cerebral support, memory and clarity (Lion’s Mane), energy and vitality (Cordyceps), healthy blood sugar metabolism (Maitake), antioxidant support (Chaga), and adaptogen for stress (Reishi).

When hiking around the woods with Christopher Hobbs this Autumn at the Mid America Herbal Symposium, I came to find out that our woods are FULL of medicinal and edible mushrooms. Of course, please be advised to never eat a mushroom without positive identification! All mushrooms are full of nutrients such as trace minerals (magnesium, copper, phosphorus, etc), vitamins, proteins and fiber. And they are low-fat and low-carb. They all contain macromolecules called beta glucans which stimulate the local immune response. I personally love mushrooms and eat them all the time. The Co-op sells a nice variety of dried mushrooms in our bulk department if you like to eat them. If you don’t care for mushrooms you can find supplemental medicinal mushrooms in liquids and capsules to take.

As you forge your way through the holiday season, with all the places to go and people to see, remember to slow down for a moment. Not everyone has somewhere to go or too many places to be. Be grateful. Take a breath and make a cup of tea for yourself. Remember the season is about joy and love and giving some of that to your own beautiful self. Be well.

CO-OP

cheese club

THEMES

January - Sheep Milk

February - French

March - Taste of Italy

April - Cave Aged

May - Farmstead

June - Wisconsin

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."

REAL,  
NUTRITIOUS,  
MUSIC.

KDEC

fm 100.5

for people who love music

LOCALLY OWNED. INDEPENDENT RADIO.



# REFLECTIONS ON THE WISCONSIN CHEESE TRAIL

By: Beth Rotto, Cheese and Chill Buyer

Recently I was aboard a bus with cheese buyers from other co-ops in Minnesota and Iowa as guests of the Wisconsin Milk Marketing Board and Classic Provisions, one of our cheese distributors from Plymouth, Minnesota. Twenty-two of us traveled to creameries and farms in southern and central Wisconsin, including Nordic Creamery, Widmer's Cheese Cellars and LaClare Farms, as well as four other award-winning cheese producers and a successful dairy farm. I traveled over 1,200 miles in 4 days. During that time I was able to confer with other cheese buyers, comparing notes and swapping ideas, as well as having time to think about milk, cheese, farming, and my job at Oneota Co-op. It was an epic trip with lots of cheese sampling.

More than ever before, this tour made it absolutely clear to me that the quality of milk makes all the difference in the resulting cheese, and the quality of milk depends on the care of the animals, the land, and the handling of the milk. Milk's flavor depends on what the animals eat and what they eat depends on the soil, the plants, the climate, and the time of year. Milk on the farm will taste different than milk hauled in cans to a neighboring creamery, or than milk transported in a tanker to a distant plant. Milk from animals grazing on the hills of Winnebago County will taste different than milk from animals that forage on high mountain pastures; will taste different than those on a feedlot, and so on. What type of milk do we want our cheese made from? Quality milk needs to be fresh and not tainted by its atmosphere, by unhealthy bacteria, by chemicals, or by hormones. Cheese making condenses and intensifies all these things.

There is an upsurge of farmstead cheese producers (that is cheese made on the farm) - like Nordic Creamery, located outside of Westby, Wisconsin. Started especially for butter production, the Bekkum family has branched into cheese-making in their small creamery. The work is arduous and unending, the hours long and demanding, and all members of the family need to contribute. This cheese is a labor of love and I am happy to offer handmade products from family businesses like theirs.

There are regional cheese producers who are descended from cheese makers in Switzerland, as is the case at Widmer's Cheese Cellars in Theresa, Wisconsin. "Cellars" describe the production and aging rooms dug into the earth and supported by log beams. These spaces, "grandfathered in", give the distinct feeling of stepping back in time. Here chees-makers use time-honored recipes handed down along with traditional methods and equipment, like the bricks used to press liquid from the cheese to make the original "Brick." This cheese carries on a tradition of excellence and of ethnic heritage and I'm happy to offer cheese from companies like theirs.

There are energetic, savvy, young cheese-makers like Katie Hedrich at LaClare Farms outside Chilton, Wisconsin who are optimistically jumping into the business. Still in her 20s and off to a great start in a field dominated by men, Katie makes cheese with milk from the family's goat dairy. Their facility, just one year old, is state-of-the-art with a restaurant, gift

store, and glass viewing milking parlor and the Katie is an innovator creativity to make award-originals. This company shows that of artisan cheese-making is bright happy to offer cheese from companies like this.

Americans eat phenomenal amounts of cheese and much of that is produced by large companies with milk produced on large-scale farms. It's a fact that the dairy business is a difficult business to be profitable in and many small farms have been squeezed out. We visited a farm that is considered mid-size, although they milk 300 cows, 3 times a day, day and night. Productivity is a big concern for these farmers who are at the cutting edge of genomics, a discipline of genetics using DNA sequencing to determine the potential of their animals. By sending a hair from a newborn calf to be tested, the farmers can find out how much each animal will produce compared to its peers. Animals with high scores can be sold to buyers around the world for phenomenal amounts of money. It is simply mind-boggling. Although caring for their animals deeply, I am concerned that animals on farms like these will become stressed and burned out. The cows who are milked remain indoors, which means closer quarters for the animals and, I would expect, more injury and illness. I am still processing all that I've seen. It feels like the more I know, the more I know I don't know.

In the coming weeks I plan to reevaluate some of the cheeses that we sell, and in some cases I will be looking for alternatives. Come take a look at the variety, abundance and opportunities available to you at Oneota Community Food Co-op, and give a new cheese a try. It's a great time to be alive and experience cheese.

End 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.



We enjoyed a Wisconsin themed meal at a restaurant in Madison with a view of the State Capital. I had a delicious bowl of Beer Cheese Soup, so now I'm inspired to perfect my own recipe. I'll be sharing my best recipe (or two) on Thursday, January 29th in the Co-op Kitchen Classroom. Sign up to give it a try and join the fun (see class information on page 6).



WIDMER'S CHEESE CELLARS



## LaRana Bistro

**Creative Midwest Fare • Local Seasonal Menus**

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

## the goodfoot

FOOTWEAR

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





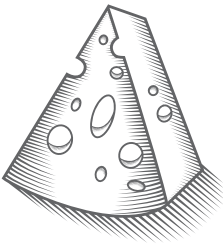
# NORDIC CREAMERY

Some interesting facts about Wisconsin dairies:  
In 1950 the typical herd size was 15 cows, today it is 105.  
Over 99% of dairy farms in Wisconsin are still family owned and operated, although they may look quite different than those of previous generations.  
Wisconsin cheese-makers produce over 600 different varieties of cheese.  
American consumption of cheese has doubled in the last 30 years. (We still are far behind the consumption in many European countries.)  
When respondents were asked which food gift they would like to receive, more people said cheese than candy. Cheese makes a great gift and we can help you put together a special cheese gift basket!



# LECLARE FARMS

“Cheese is milk’s leap toward immortality.” -Clifton Fadiman



# KINDERHAUS COOKS — AND YOU CAN TOO.

By: Rachel Breitenback-Dirks, Co-op Member/Owner

Walk into Kinderhaus preschool during snack time on a Monday morning and you’ll find Miss Mika stirring a pot of applesauce made with organic apples the children helped pick from the trees this fall. You’ll smell the toasty warmth as she pulls the pan of homemade granola from the oven. You’ll hear the chatter and laughter as the children find their seats and set the table. And if you stick around, you’ll hear them ask for seconds and sometimes thirds, before they wash their dishes and go back to their play.

Preschoolers are often known for their picky palates. But at Kinderhaus, a Waldorf-inspired preschool nestled in the driftless hills of Decorah, the snacks are homemade and wholesome, and the children are healthy and happy. For years, parents have asked for our recipes, amazed that their children were not only eating foods like kale and whole wheat bread with chevre, they were loving it. And so we are delighted to finally announce the creation of “The Kinderhaus Cookbook.”

Families and friends of Kinderhaus have been collaborating for months to create a community cookbook featuring recipes that are nutritious and delicious. The cookbook features Kinderhaus classroom snacks through the years, as well as our families’ favorite recipes, including soups, salads, main dishes and desserts. There is a wide variety of food inspiration within the book including many vegetarian, vegan, and gluten-free items. Our community has offered up their tried-and-true favorite recipes of foods that are not just delicious, but good for our bodies and good for the earth.

Befitting the collaborative spirit of this book, “The Kinderhaus Cookbook” also features artwork on every page, contributed by dozens of local artists, students and friends. In addition to food, the collection includes Kinderhaus verses, stories, and even craft recipes that share the spirit of our little school. We’ve even included a section of recipes and artwork created by our preschool children that is sure to delight your imagination.

We are so grateful for the community and the support it’s given to Kinderhaus through the years. All proceeds from the sale of “The Kinderhaus Cookbook” will directly benefit Kinderhaus and ensure its sustainability as the only outdoor-based preschool in the area.

“The Kinderhaus Cookbook” will be available starting December 13th at the Oneota Co-op, as well as orders and pre-orders through Alicia Trout at [aliciajwtrout@gmail.com](mailto:aliciajwtrout@gmail.com) or 563-419-7454. Cost is \$15 per copy.

Stop by the Co-op on Saturday, December 20th from 11-2 and sample some great recipes at our table. We know this cookbook will make an excellent holiday gift for family, friends, and neighbors.

Bon appetit! It’s time to eat!

# Artisan Bread Care

By Tammy Michels, Bakery Buyer

We are fortunate to have a few types of artisan bread offered at the Co-op. They include both European and Rye Sourdough from Waving Grains Bakery, and Boule from Lynn Staley. These breads come into the store fresh and in perforated bags to allow the bread to “breathe”. What bread doesn’t sell immediately that day, is put into a non-perforated plastic bag to better preserve the delightful texture of these artisan-style loaves.

When buying a loaf of one of these particular breads, we invite you to take an empty plastic bag located on the bottom of the bread shelves. When you get the bread home, you can leave it in the perforated bag if you are going to eat it that day. But be sure to put the solid

plastic bag over leftover artisan bread at night.  
With this system, your Sourdough or Boule should remain texturally grand even after a couple of days.



# 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 no charge for attending.  
Free-will offerings are appreciated.

Decorah Zen Center, 309 West Broadway | [decorahzencenter@gmail.com](mailto:decorahzencenter@gmail.com)



# Tai Chi of Decorah

Movement for Health and Well-Being

Contact Diane Sondrol for class times and more information:  
563.419.5420 or [taichigrandmadi@msn.com](mailto:taichigrandmadi@msn.com)





# CO-OP EVENTS & CLASSES

oneotacoop.com/classes-and-events



## CLASS KEY

**GF** Gluten Free    **HO** Hands-on and Let's Eat

**VG** Vegetarian    **DM** Demonstration and Let's Eat

**VN** Vegan    **L** Lecture

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

★

Events held in the Co-op Kitchen Classroom at 308 W. Water St. unless otherwise noted.

★

JANUARY

**Frugal Gourmet: Featuring Green Lentils**  
**Tuesday, January 6, 6:00 - 7:30 pm**

HO

Are you in search of real food that is affordable and practical to prepare? Then this is the class for you. Eating well and cooking wholesome, all while being on a budget, is the challenge accepted in each Frugal Gourmet class. Co-op instructors will stretch your kitchen skills as we focus on a single ingredient, preparing multiple dishes featuring this ingredient. Class participants will dive into food preparation as well as eating and enjoying all of the dishes prepared in class.

FREE, Pre-registration required as space is limited

**Welcome to the Co-op! Member/Owner Orientation Tour**  
**Thursday, January 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

**Be'Tween Cooking: Asian Cuisine**  
**Monday, January 12, 10:00 - 12:00 pm**

GF HO

The Co-op Kitchen Classroom is an excellent place for Tween's to gather, cook and eat. Designed for the 3-8 grades, this class will center on creating food with Asian influences. The menu is open to creative input from participants and will include a rainbow of colors and flavors. Think spring rolls and stir fry! Participants will prepare a full meal and dine together.

\$12 Co-op Member/\$15 Community Members

**Juicing in a New Year**  
**Wednesday, January 14, 5:30 - 7:00 pm**

DM VN GF

Join juicing genius, Lindsey, in the Co-op Kitchen Classroom to jumpstart your new year by filling your life with fruits and vegetables. Class will focus on an infusion of juice into your diet in this new year. A juice in the a.m. can be the new start to your day by maximizing nutrition absorption while enjoying the natural sweetness juice brings to your life. From green to purple...new juicing recipes will be shared. As always, your taste buds will be excited by several juices throughout class. Find your new favorite juice today.

Class Instructor: Lindsey Harman

\$12 Co-op Members/\$15 Community Members

**Reset Your Whole Day...With Breakfast**  
**Thursday, January 8, 3:00 - 4:00 pm**

DM VG GF

Daily diet decisions start first thing in the morning with what goes in your breakfast bowl, plate or cup.

Class Instructor: Johanna Bergan

\$12 Co-op Member/\$15 Community Members

**Fish Cookery That Won't Flounder**  
**Tuesday, January 20, 5:00 - 7:30 pm**

DM HO

Join Chef Tom Skold of Hotel Winneshiek's "Restauration" for an evening of cooking with fresh seafood. The evening's experience will include demonstrations and lessons from Chef Skold as he walks you through the steps to prepare several varieties of fresh fish. In addition, there will be hands-on exploration for preparing dishes yourself featuring delicious seafood ingredients. Be prepared to absorb expert knowledge, the process of preparing, and the joy of eating fresh fish - prepared correctly. Head home with recipes to impress your family and without fear of floundering.

Class Instructor: Chef Tom Skold

\$25 Co-op Members/\$30 Community Members

**Toward Better Birth: Natural Techniques for Managing the Intensity of Birth**  
**Wednesday, January 21, 6:00 - 7:30 pm**

L

Join Lindsey and other mommas and papas-to-be for a fun evening of exploring alternatives to pharmaceutical use in your upcoming birth. We'll cover a variety of physical, mental, educational and spiritual ways to prepare yourself for labor and delivery. You'll learn techniques for each stage of your journey that will provide you with a solid foundation for your birth. Bring your questions and a yoga ball if you have one.

Class Instructor: Lindsey Harman

\$3 Co-op Members/\$5 Community Members

**Kale: Your New Best Friend**  
**Thursday, January 22. 6:00-7:00 pm**

GF DM

Kale has been all over the web lately, but this green can sometimes be intimidating. Come and learn some of the many different ways that you can use kale in your kitchen. You'll never fear kale again! Recipes will include massaged kale salad, how to freeze kale and use it later, kale smoothies and a recipe for kale chips you can try at home.

Class Instructor: Johanna Bergan

\$12 Co-op Members/\$15 Community Members

**How Ethical is Your Diet? A Coffee Hour Discussion**  
**Monday, January 26, 1:00 pm**

L

Ethical eating is a central topic to the work of the Oneota Co-op and frequently engages community partners. Join the Green Iowa AmeriCorps team in a lively discussion of how ethical eating is a part of your life and how local foods, energy and more plays into your food choices. Ethical eating is far more than 'isms,' and we'll focus on the role of compassion in our dietary choices, which are far from black and white. Enjoy locally roasted, fair trade coffee and delicious organic, fair trade chocolate throughout the discussion.

Discussants: Rachel Wrolstad and Nick Chill

FREE

# E.A.T.

*Experience. Ambiance. Taste.*

DM

**in the Co-op Kitchen Classroom:**

**Chicken Piccata, Risotto, and Beet Salad**  
**Wednesday, January 28, 6:00 - 7:30 pm**

Have you ever watched your favorite cooking show, only to salivate over what is being prepared and then proceed to your own kitchen to eat leftovers for dinner? Ever wish you could watch a cooking show and then be able to dine with the chef and enjoy what was just made? Join Kristen Underwood, former Oneota Co-op cook (and avid home cook) as she prepares a delightful dinner that leaves you un-intimidated and planning a meal for your own guests. Let Kristen walk you through the process from start to finish and then enjoy the meal together. Think live kitchen show meets private dining in the beautiful Co-op Kitchen Classroom. A great evening for you and a friend – or two!

Class Instructor: Kristen Underwood

\$20 Co-op Members/\$25 Community Members

**A Touchdown Dance: Cheesy Beer Soup**  
**Thursday, January 29, 3:00 - 4:30 pm**

DM

Foodie fans have one favorite game in common, no matter what team ends up playing the Super Bowl - and that game is filling their plate. We know nothing beats homemade soup on a chilly winter evening in Iowa. Please join OCC's Cheese Buyer, Beth Rotto, in learning to craft and enjoy a soup worthy of a place on your Super Bowl table. This class blends excellent cheese and beer from the Co-op into a touchdown-worthy dish. Beth wants you to go home with a recipe you'll love!

Instructor: Beth Rotto, Co-op Cheese Buyer

\$12 Co-op Members/\$15 Community Members

## REGISTRATION INFORMATION

**Co-op Members:** Pay at the time of registration, either by phone and charge class fees to your Co-op account which you pay when you come in to shop, in person at the Customer Service Desk or online at [www.oneotacoop.com/education-events](http://www.oneotacoop.com/education-events).

**Non-Members:** To register you will need to either pay at the store when you register, give us a credit card number when you call in your registration or pay when you register online at [www.oneotacoop.com/education-events](http://www.oneotacoop.com/education-events).

Classes 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, please 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.)

FEBRUARY

**Just Happens to Be... Gluten Free!**  
**Monday, February 2, 6:00 - 7:30 pm**  
Eating a healthy diet and avoiding gluten does not have to be a pain. Recipes abound with options that are naturally gluten free. From rice to beans to chicken - so much of our diet does not need to include gluten. Food does taste good, even without bread. Dishes sampled in this class will show you just that. Join an experienced instructor in the ways of cooking and eating a gluten-free diet and be sure to go home with tested recipes and approaches to eating a diet that is best for you.  
Class Instructor: Johanna Bergan  
\$12 Co-op Members/\$15 Community Members

GF DM VG

**Smoothies with a Purpose: From Frivolous to Fortifying**  
**Wednesday, February 4, 4:00 - 5:30 pm**  
It may be cold and white outside, but a rainbow of color has overtaken the Co-op Kitchen Classroom. Join in a class that is sure to satisfy your taste buds and fill you up. Smoothies are so much more than breakfast and can be used for afternoon pick-me-ups, healthy cocktails worthy of sharing and protein-packed meal replacements. This class will include tested recipes and lots of samples to help you find the smoothie that has been missing from your diet. Infuse whole foods into your diet.  
Class Instructor: Johanna Bergan  
\$12 Co-op Members/\$15 Community Members

GF VG DM

**Almonds, Pecans, Walnuts... Oh My!**  
**Monday, February 9, 4:00 - 5:00 pm**  
Looking for dairy alternatives and stumped by all of the options....almond, soy, coconut, hemp? Claudia takes the mystery out of the choice by guiding you through the process of making your own nut milks. Learn about nutrients, protein contents and benefits of whole foods while learning that homemade nut milks are a breeze to make. Not to mention you can make nut flours along the way. You will enjoy samples of multiple nut milks and learn how to really show off the milk in a Chia Breakfast Pudding. These milks are so delicious even the dairy drinker will want to partake.  
Class Instructor: Claudia Kriemelmeyer  
\$12 Co-op Members/\$15 Community Members

GF VG HO

**Beer and Cheese Tasting**  
**Tuesday, February 10, 6:30 - 7:30 pm**  
**Location: The Cellar, 421 W. Water St, Decorah**  
What better way to enjoy this winter evening than with the wide palate of the OCC cheese selection and cold beer. Join the experienced beer connoisseur, Kevin Roberts, in an evening of carefully paired beer and cheese flights. This tasting will feature beers from Abu Nawas' eclectic portfolio, frequently enjoyed at The Courtyard and Cellar and found in the beer cooler at the Co-op.  
Instructor: Kevin Roberts  
\$20 Co-op Members/\$25 Community Members

L

**E.A.T.***Experience. Ambiance. Taste.*

**in the Co-op Kitchen Classroom:**  
**Roasted Vegetables, Orzo, and Your Own House Salad**  
**Wednesday, February 11, 6:00 - 7:30 pm**  
Have you ever watched your favorite cooking show, only to salivate over what is being prepared and then proceed to your own kitchen to eat leftovers for dinner? Ever wish you could watch a cooking show and then be able to dine with the chef and enjoy what was just made? Join Kristen Underwood, former Oneota Co-op cook (and avid home cook) as she prepares a delightful dinner that leaves you un-intimidated and planning a meal for your own guests. Let Kristen walk you through the process from start to finish and then enjoy the meal together. Think live kitchen show meets private dining in the beautiful Co-op Kitchen Classroom. A great evening for you and a friend – or two!  
Class Instructor: Kristen Underwood  
\$20 Co-op Members/\$25 Community Members

DM

**Cheese Fondue Party**  
**Thursday, February 12, 5:00 - 6:30 pm**  
Join OCC's Cheese Buyer, Beth Rotto, as she demystifies cheese fondue. A perfect party offering or a dish to share with friends on a cold winter evening. Fondue doesn't have to be complicated. Beth will guide you through the steps to make two different types of cheese fondue, including ideas on ways to serve. The best part is you don't have to have a fondue pot. Come hungry - it wouldn't be a party without enjoying the fondue!  
Instructor: Beth Rotto, Co-op Cheese Buyer  
\$15 Co-op Members/\$20 Community Members

DM


**Welcome to the Co-op! Member/Owner Orientation Tour**  
**Thursday, February 12, 6:00 pm**  
Tour led by Co-op Staff  
Enjoy a stroll through the Co-op with educated staff members and learn about products on our shelves, our store labeling system, how to shop our bulk section, member/owner benefits and more. This is also a great chance to sample products as we tour through the store. Receive a \$5 store coupon for each owner household that completes the tour. FREE

HO

**Be'Tween Cooking: Italian Cuisine**  
**Friday, February 13, 10:00 am - 12:00 pm**  
The Co-op Kitchen Classroom is an excellent place for Tween's to gather, cook and eat! Designed for grades 3-8, this class will center on creating food with Italian influences. The menu is open to creative input from participants and will include a rainbow of colors and flavors. Think red, white and green sauces, salads and more. Participants will prepare a full meal and dine together.  
\$12 Co-op Members/\$15 Community Members

HO

**Member/Owner Orientation Tour**  
**2nd Thursday of each month 6:00 pm**  
Enjoy a stroll thurgh the Co-op with educated staff members and learn about products on our shelves, out 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 coupon for each owner household who completes the tour!



**BE'TWEEN COOKING**  
The Co-op Kitchen Classroom is an excellent place for Tween's to gather, cook and eat! These classes are designed for 3rd - 8th grades and the menu is open to creative input from participants and will include a rainbow of colors and flavors. Participants will prepare a full meal and dine together. Classes are held in the Co-op Kitchen Classroom. Each class is \$12 for Members, \$15 for Community Members.

**Monday, January 12**  
**10:00 am - 12:00 pm**  
**Asian Cuisine**

This class will center on creating food with Asian influences. Think spring rolls and stir fry!

**Friday, February 13**  
**10:00 am - 12:00 pm**  
**Italian Cuisine**

This class will center on creating food with Italian influences. Think red, white and green sauces, salads and more.

**OUR FUTURE BEGINS WITH YOU. HELP US THRIVE!**  
**2014 Member & Customer Survey**

The Oneota Community Food Co-op is conducting its biennial survey December 8th through the 31st. We greatly appreciate your feedback through your response to the survey which can be found **online at**

**<https://www.surveymonkey.com/s/occsurvey2014>.**

We are excited to hear about what you think we are doing right, what we can do better and what you would like to see happening at the Co-op. Your answers will help guide us to make decisions on product selection, daily store operations and strategic planning for the future.

**Not only will you be helping us to better serve you and the community, you will also be entered to win one of four \$100 Co-op gift cards.**

Everyone (member-owners and community-members alike) is welcome and invited to take the survey. **No membership is required to do so.** Your opinion is a vital part of our business.

*Thank you!*





# CO-OP EVENTS & CLASSES

oneotacoop.com/classes-and-events



## CLASS KEY

**GF** Gluten Free

**VG** Vegetarian

**VN** Vegan

**HO** Hands-on and Let's Eat

**DM** Demonstration and Let's Eat

**L** Lecture

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

★ **Events held in the Co-op Kitchen Classroom at 308 W. Water St. unless otherwise noted.** ★

## FEBRUARY CONTINUED

**Frugal Gourmet: Featuring Potatoes**

**Tuesday, February 17, 6:00 - 7:30 pm**

Are you in search of real food that is affordable and practical to prepare? Then this is the class for you. Eating well and cooking wholesome, all while being on a budget, is the challenge accepted in each Frugal Gourmet class. Co-op instructors will stretch your kitchen skills as we focus on a single ingredient, preparing multiple dishes featuring this ingredient. Class participants will dive into food preparation as well as eating and enjoying all of the dishes prepared in class.  
FREE, Pre-registration required as space is limited

HO

**Slow and Low: Crockpot Cooking**

**Wednesday, February 18 6:00 - 7:30 pm**

Connecting the dots between our busy lifestyles and our search for good food, the Green Iowa AmeriCorps team brings slow cooking to the Co-op Kitchen Classroom. Join us for an evening of recipe demonstration and learn the many merits of slow-cooking - from easy preparation to lower energy usage to increased local food consumption. Each class participant will enjoy samples, receive recipes and prepare a freezer bag to take home and prepare your own slow-cooked meal. Class Instructor: Rachel Wrolstad and Nick Chill  
\$12 Co-op Members/\$15 Community Members

HO VG

**Cooking for Friends or Families: A Group Food Preparation Class**

**Thursday, February 19, 4:00 - 7:00 pm**

Come for a few hours of cooking and community in the Co-op Kitchen Classroom and leave with a work-weeks' worth of entrees for storing in your home freezer. Cooking in groups makes for more fun, a lighter workload and delicious food with a great story. Several recipes will be provided from an experienced instructor with room for personalization to meet your families' preferences. Entrees will be designed with a family of four in mind and will include vegetarian and meat dishes. Instructor: Johanna Bergan  
\$65 Co-op Members, \$70 Community Members

HO

**Release the Pressure - of Cooking**

*(Repeat class due to popular demand)*

**Monday, February 23, 6:00 - 7:30 pm**

Preparing wholesome food for your family can feel overwhelming and even impossible at times. Learning the tricks of the trade from a busy mom, can help demystify how other families pull it off. One of our favorite kitchen tools to demystify is the pressure cooker. Welcoming a pressure cooker into your life makes healthy, vegetarian or meat, dishes come to life - in minutes. Cut cooking and prep time in half or more with recipes from this class, with a focus on one-pot meals.  
Instructor: Johanna Bergan  
\$12 Co-op Members/\$15 Community Members

GF DM



Photo courtesy of Luther College/Aaron Zauner

## REGISTRATION INFORMATION

**Co-op Members:** Pay at the time of registration, either by phone and charge class fees to your Co-op account which you pay when you come in to shop, in person at the Customer Service Desk, or online at [www.oneotacoop.com/education-events](http://www.oneotacoop.com/education-events).

**Non-Members:** To register you will need to either pay at the store when you register, give us a credit card number when you call in your registration, or pay when you register online at [www.oneotacoop.com/education-events](http://www.oneotacoop.com/education-events).

Classes 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, please 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.)

# EXPLORING FOODS

## 3:15 pm - 4:15 pm

January 6

January 13

January 20

January 27

February 3

February 10

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. Classes focus on trying new foods, food preparation and how to safely work in the kitchen, and choosing healthy foods. Children will prepare their own snacks each day. Let that process start here at the Oneota Community Co-op.  
Walking School Bus: Option to have children walk (supervised) from John Cline to the Co-op classroom.  
Instructor: Megan Woodward

**These classes designed for kindergarten - 2nd grades.** Please inquire about additional ages. One session (six classes) is \$50.00.  
Registering siblings? There is a \$10 discount on the second registration in the same family.

# WELLKID WEDNESDAY

## 7:45 am - 8:45 am

January 7

January 14

January 21

January 28

February 4

February 11

Join us for mornings of food and fun all before the school day has begun. Classes will be varied in theme, but will always provide breakfast, activities for students, and a walking school bus to John Cline School. Activities include engaging children in science, math, physical movement, and more - all connected back to the nutritious food we eat together in class.  
Instructor: Megan Woodward

**These classes designed for kindergarten - 2nd grades.** Please inquire about additional ages. One session (six classes) is \$40.00.  
Registering siblings? There is a \$10 discount on the second registration in the same family. Registration fees a challenge?  
Scholarships are available by emailing [johanna@oneotacoop.com](mailto:johanna@oneotacoop.com).



# A Story of a Decorah Transplant

## To the Top of the World

By: Brett Steelman, Grocery Stocker

End 5

About to work the garden, I'm riding to the ridge top on the tailgate of the truck while the sun comes up before me. The swelling horizon. A young color of orange. The sun's crown about to breach. It's summer, trees've bloomed green, the morning's fog rivers through the valley below, and it's my first day and the farmer and the farmhand are driving while I'm on the tailgate observing the road to the garden unspool, and wondering: Where in the world.

Employment in a work place that provides the personal satisfaction of collaborative work directed toward common goals and provides extraordinary customer service

I am from a city; I am from Ames, Iowa, a gray town concreted and sprawling and unfit for me. Luckily—I think it's lucky—I am from a family of farmers. I grew under the care of a mother and a brother and two grandparents—and aunts and uncles, too—all of whom spoke fondly of the farm and its pleasures and spells. My family gathers around the kitchen table, books of crossword puzzles splayed open in the middle, our Styrofoam coffee cups up and down in our hands, sloshing, as stories escalate of barn dances and sweat-slick nights, of Scoop Shovel Scotty and the rasp of his dragging artifact behind him and of Grandpa's brother drowning in Honey Creek. The table grows hot with stories, and, to me, the Farm—capital F—has only ever existed in stories, and I listen to the stories—to the hymns, the anthems, like being coaxed out of the house—and I admire the Farm and am spellbound.

That first day in the garden, my hands began to bleed (because I was without gloves), my feet became swallowed by mud (because I hadn't great footwear), my forehead reddened (even though I wore a hat), thistles stabbed my butt (through my jeans) and my back cringed from the weight of the work. Yet, somehow, I looked out from the top of the bluff, sweat pearling from the tip of my nose, farmer Erik Sessions and fellow farmhand Connor Murphy singing their songs of world news and politics in my background, the veins of gravel roads below us, and I felt good company and good place.

I had gotten to Decorah because of school. In 2010, as a freshman, I moved into Brandt Hall to begin my first year at Luther College. Before long, I was walking to the cafeteria for brunch in my slippers. In Ames lived my family; I loved my family—I missed my family—but I embraced a new place. I embraced the woods. I'd steal away from studies and classes to jungle-gym about the new landscape, its trails, trees and springs. I'd drink the adrenaline of having pilgrimaged through the forests, thickly-weaved and brambly as spider webs, felt good company with the insects and the critters, and caught their eyes catching me from behind and above and within a tree. The ridges, the woods, were unlike any habitat I'd experienced and inside them I was discovering what can be home.

Then, my grandpa's heart began to fail. The farmer—the farmer I am closest to, whose songs wake me up—my farmer, began to die, I realized. He's entered that season. It was September of my senior year, 2013, when I was notified. Ames became strange and impossible; college classes irrelevant; the woods confrontational. That October, I asked Erik if I could join the Patchwork Green Farm team. This past June, I began in the garden.

Our stories from the garden: Early in the season, one morning, we were in the north end of the garden harvesting snow peas when the clear day around us got walled out by sudden, torrential rain. Big, cold raindrops that wake you up. Peas in my bucket began to float. On sunny days, the grasses and flowers edging the garden shimmer in unison, and look glittered, a songbird on a fence post conducting. We've harvested eight-thousand heads of garlic. We've dug from the ground seven-thousand pounds of spuds—five of us, eight-hour days—the spuds bubbling from the earth. With Always-going Erik, whose secret is granola, and whose farm is a mantle of growth. Kindred Connor, who yowls and yips like a coyote at me, calling me out of my den, who inquires like the kid he is—these stories that we live, with these good folks are enough to last a lifetime.

Now, it's fall. The colors have come and soaked the landscape. Ancient oranges; reds red as embers. It's the time of the year the trees click. As I am finishing my first season in the garden, I've got a bucket of brussels sprouts almost full, my boots are swallowed by mud but my feet are dry. I'm atop a bluff, perched over the valley; I'm living stories with good company. Yes, my grandpa's dying—that's fact; I'm gone from those who raised me—a fact, too. Sure, I visit Ames and my family, and when I do, I am gladdened and informed. Although, here, in Decorah, in the garden, I dig into my history and why my family loved



Photo courtesy of Patchwork Farms/Jessica Rilling

the Farm; I discover kinship and cultivate it and expand it. I am growing, and am most importantly—embracingly—weathering on top of the world

Brett Steelman is a 2014 graduate of Luther College. He graduated with a BA in English, and works for the Oneota Co-op as a grocery stocker, and additionally was a farmhand at Patchwork Green Farm in Decorah.



Photo courtesy of Patchwork Farms/Parker Deen



Specializing in sustainable residential & light commercial construction

David J. Wadsworth • 563.419.0390 • wadsworthconstruction.com

Registering for Fall 2015 with tuition assistance available



Kinderhaus embraces students of all racial, national and ethnic origins in all rights, privileges, programs, policies, and scholarships



KINDERHAUS  
Preschool and kindergarten for ages 3-6  
KinderhausDecorah.com  
563.379.7303



# APPROVAL OF NEW GM CROP-HERBICIDE COMBO LEADS COUNTRY IN WRONG DIRECTION

By Harriet Behar, MOSES Organic Specialist

As organic farmers and supporters, we know instinctively and from experience that our method of agricultural production is the right direction for a healthy future. Organic can be a source of great optimism for those who produce and consume its products, but it seems there are always dark clouds on the horizon.

Our rivers, streams, and groundwater are being polluted with agricultural chemicals. The biological life in our soils—the source of nutrient transfer to our crops—has been damaged greatly by these chemicals. They’re impacting the pollinators and beneficial insects we rely on for growing food, too. Rather than recognizing the damage caused by these chemicals, the prevailing agricultural system in our country continues to pour money into developing more toxic herbicides and insecticides and genetically modifying crops to pair with them.

Just last month, Dow AgriScience received approval for its Enlist system—new genetically modified corn and soybeans and Enlist Duo, the partner herbicide that contains glyphosate (Roundup is one brand name) and 2,4-D. The EPA and USDA paid lip service to the environmental problems caused by GMOs in agriculture, but went ahead with granting approval.

This is a big blow to those of us who know that this type of technology does not build a strong foundation for a sustainable future. Everyone, including the companies that promote and sell these products and the government agencies that approve them, knows that this type of technology is inherently flawed. Weeds or insects will continually build resistance to any toxic material used to kill them. This is the way of nature.

GMO technology is like a hamster on a treadmill—no matter how fast the hamster runs, it doesn’t actually get anywhere. The GMO agricultural scientists are running as fast as they can to stay ahead of weed resistance, but they are going backwards instead of forwards. 2,4-D, a very toxic herbicide (a significant

component of Agent Orange), has been around since the 1940s. There are weeds that already are resistant to 2,4-D—they provided the genes needed to develop the 2,4-D-resistant corn and soybeans. This new product is doomed to fail from the start, with pre-existing resistant weeds and the likelihood that more weeds will develop resistance as farmers spray an increasing amount of 2,4-D and glyphosate on fields across the country.

EPA Deputy Administrator Jim Jones acknowledged this when he said, “EPA shares the concern of many farmers and environmental groups that the resistance to glyphosate experienced by growers will simply be repeated by 2,4-D, contributing to a pattern of increased herbicide use.” Dow, too, noted weed resistance when defending its reason for developing Enlist Duo, saying about 70 million acres of weeds are no longer controlled by glyphosate, double the amount identified in 2009.

In the USDA’s news release announcing the approval of these new genetically modified crops and the partner herbicide blend, Secretary Vilsack said, “We must continue to identify ways to encourage producers to adopt diverse tactics for weed management in addition to herbicide control.” The USDA is soliciting grant proposals for “conservation systems” that would address herbicide-resistant weeds, and developing Best Management Practices. While this acknowledges the problem, the mitigation proposals do not actually address it.

In granting approval last month, the EPA put restrictions in place it believes will help to avoid drift of this new herbicide blend. The restrictions limit application to ground-only and not when the wind speed is over 15 mph, and require a 30-foot in-field buffer zone around the application area. The EPA has also stated it is imposing a new, robust set of requirements on the registrant. These requirements include grower education, extensive surveying and reporting to the EPA, and remediation plans. The registration of this new herbicide will expire in six years to allow the EPA to revisit the issue of resistance. In the future, the agency intends to apply this approach to weed resistance

management for all existing and new herbicides used on herbicide-tolerant crops.

We will have to wait and see how this all plays out, but the track record is not good. Farmers who planted GM corn with Bt embedded in its DNA were supposed to plant 20% of their corn acres to non-GM corn as refuges. The USDA has admitted that there was not enough oversight and that the 20% requirement wasn’t done. Who will be doing the oversight on the EPA requirements? There are numerous pesticide drift incidents every year in every state, and wind-speed spraying requirements are not consistently followed now. Why should we assume the letter of the law will be followed for this new product? Plus, these restrictions do not address the many negative effects on human and environmental health caused by the heavy use of herbicides and insecticides in our ecosystems.

Just imagine if all of the money spent on developing these GMOs and accompanying herbicides was put toward understanding systems that avoid the use of toxic materials and instead work to mimic the processes already succeeding in nature. The minuscule percentage the U.S. spends on organic agricultural research compared to the overall agricultural research budget would need to be increased by a thousand times. If there truly were a commitment to change, we would be so much further along in developing a sustainable system of agriculture that can feed the world.

Dow has stated its profits will greatly increase due to this new herbicide and GMO approval. However, organic producers have shown that farming within the natural systems, rather than working to destroy them, can be profitable as well. Farming is a business, but it can be

done in both an economically viable and environmentally beneficial way.

As organic farmers, we can lead by example, promoting environmental health on all of our acres. Our farms are refuges, places where the milkweed can grow and provide food for the once-numerous and now-threatened monarch butterfly (whose numbers have plummeted 90% over the last 20 years). By not using toxic materials such as neonicotinoids and other insecticides, we promote clean water for waterfowl, fish and other aquatic species. By continually improving the organic matter and diversity of biological life in our soils, we increase the health and yields of our crops both now and for the future.

Organic farmers are environmental heroes. We deserve more positive recognition and financial support as we develop a long-term environmentally beneficial agricultural system. Our planet desperately needs the numbers of organic farms to exponentially grow and prosper.

It is time for everyone to recognize that we need to measure progress not only in monetary terms, but also in environmental impact. Environmentally damaging activities need to be replaced not with environmentally benign activities, but with environmentally beneficial ones. We need to turn the tide; the status quo is not acceptable.

Harriet Behar is an organic farmer and a MOSES Organic Specialist. She serves on state and national committees, providing the organic farmer perspective. This article was first printed in the Midwest Organic Sustainable Education Service (MOSES) Organic Broadcaster’s November/December issue, [www.mosesorganic.org](http://www.mosesorganic.org).

Made by Hand for You



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

[www.wildrosetimberworks.com](http://www.wildrosetimberworks.com)

 WILD ROSE TIMBERWORKS

563 382 6245 | Decorah Iowa

the COMM POST



ONEOTA COMMUNITY FOOD COOPERATIVE  
decorah, iowa



To sign up for weekly Oneota Co-op e-mails containing news, events, sales, the Café menu and catering menu, simply go online to any page of our website and enter your e-mail address at the bottom of the page.  
[www.oneotacoop.com](http://www.oneotacoop.com)

CORBIN GROUP



[info@tellyouramazingstory.com](mailto:info@tellyouramazingstory.com)

VIDEO ■ PHOTO ■ WEB  
TellYourAmazingStory.com



# WE ARE ALL GROWERS

**End 3** A business that promotes the development of cooperation and cooperative enterprise

By: David Lester, GM

I'm a lousy farmer. The fact that my family and I are raising four backyard chickens for egg production doesn't even come close to approaching the vocational term, "farmer." But, if it did, I would still be a lousy farmer. The amount of time and money we put into raising those four birds would make even the smallest of scale farmer laugh. If we were raising chickens for egg production on a much larger scale we would already be out of business and wondering why we named all 500 of them. We're in it more for the companionship, I guess, and the freshness of the eggs. There's something about eating scrambled eggs in the morning while watching the chickens scratch, finding insects and chasing each other in the run.



I'm an even lousier gardener. After taking the job of General Manager at the Co-op back in 2010, my partner, Amalia, and I went to work quickly creating our own vegetable garden. We were going to raise the most amazing tomatoes, peppers, zucchini, potatoes and greens. Two feet of weeds and several rotting tomatoes later, the garden thing didn't work out so well. Lucky for us, we had everything we needed at the Co-op, but needed to adjust the household budget a little bit.

Thankfully, the Co-op is a place I can belong, despite my failed attempts at production. One of the most valuable things for me about being a member of our Co-op is supporting a business that aligns with my values and core beliefs around food. And, as an organization, we publicly talk about these beliefs and report on our progress. These values and beliefs are what we call our organizational "Ends." A little over a year ago our Board decided to refine our Ends and create a new mission statement. This process resulted in six statements that guide our work here at the Co-op:

## MISSION STATEMENT

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.

## CONNECTING LANGUAGE

In pursuit of this Mission the Board of Directors has approved the following Ends statements:

## ORGANIZATIONAL ENDS

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.

As the General Manager of our store, I work with our team of managers and other staff to address these organizational Ends throughout the year, monitor our progress and report our work back to the Board in the form of an "Ends Report." Some areas that we have put a lot of effort and focus this past year have been in expanding our local products, education, environmental and financial sustainability and creating a better workplace for our employees. In a few months, you will receive or see this progress in the form of our Annual Report.

In addition to these six goals, our Co-op is a part of an even bigger organization and set of principles. Cooperatives around the world, whether it is a housing co-op, worker co-op, consumer co-op or credit union, generally operate according to the same core principles and values. These are the Seven Cooperative Principles:

# VOLUNTEER

## 1. VOLUNTARY AND OPEN MEMBERSHIP

Cooperatives are voluntary organizations, open to all people able to use its services and willing to accept the responsibilities of membership, without gender, social, racial, political or religious discrimination.

# DEMOCRATIC

## 2. DEMOCRATIC MEMBER CONTROL

Cooperatives are democratic organizations controlled by their members—those who buy the goods or use the services of the cooperative—who actively participate in setting policies and making decisions.

# ECONOMIC

## 3. MEMBERS' ECONOMIC PARTICIPATION

Members contribute equally to, and democratically control, the capital of the cooperative. This benefits members in proportion to the business they conduct with the cooperative rather than on the capital invested.

# INDEPENDENCE

## 4. AUTONOMY AND INDEPENDENCE

Cooperatives are autonomous, self-help organizations controlled by their members. If the co-op enters into agreements with other organizations or raises capital from external sources, it is done so based on terms that ensure democratic control by the members and maintains the cooperative's autonomy.

# EDUCATION

## 5. EDUCATION, TRAINING AND INFORMATION

Cooperatives provide education and training for members, elected representatives, managers and employees so they can contribute effectively to the development of their cooperative. Members also inform the general public about the nature and benefits of cooperatives.

# COOPERATION

## 6. COOPERATION AMONG COOPERATIVES

Cooperatives serve their members most effectively and strengthen the cooperative movement by working together through local, national, regional and international structures.

# COMMUNITY

## 7. CONCERN FOR COMMUNITY

While focusing on member needs, cooperatives work for the sustainable development of communities through policies and programs accepted by the members.

And, if that wasn't enough for the employees and me to focus on this past year, we also have a set of strategic priorities that were developed through a process that involved Board members and staff to identify four priorities to achieve in the next three to five years. These are:

continued on page 13

### Complete Printing & Graphics Services

563.735.5603 | [www.fostergraphsinc.com](http://www.fostergraphsinc.com)

## WHOLE EARTH & SEA™

Imagine getting the benefit of a whole growing season in one tablet

From our farms we harvest fresh organic, non-GMO ingredients that are used in these new Whole Earth & Sea products.

[wholeearthsea.com](http://wholeearthsea.com)

\*The free bar does not apply to the boxes of Greens Protein Bars.

**FREE \$3.49 VALUE**

Organic Vegan Greens Protein Bar

in every box of Whole Earth & Sea products.\*



Scoop Q&A:

End 6

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

CO-OP EMPLOYEE BETSY PEIRCE & HUSBAND KETEL PAULSEN

By: Cerrisa Snethen, Co-op Member/Owner

Can you tell us a little bit about where the two are you are from, how you met and how you landed in Decorah?

**Betsy:** I am originally from the Twin Cities. I went to Luther College and met Ketel there in the concerns groups. We were really just friendly acquaintances. The summer after I graduated, way back in 1992, I lived with locals Perry-O and David Sliwa. I was an intern of sorts, working to earn my room and board in the garden and cooking. It was the summer I fell in love with Decorah. After the summer was over, I moved to Minneapolis to do Lutheran Volunteer Corps, a volunteer program featuring inner city service, intentional community living and living off very little income. It was a great year, but I did not have a “plan” at the end of it. Through periodic visits to Decorah during my inner city year, I found I dreaded leaving Decorah to go back the city, so when I realized I could come here and live it was like something clicked. That was the right decision. Ketel and I reconnected periodically over the years that he was away, and when we eventually did get together it was because of Perry-O. She did the match-making. We got married on their farm.

**Ketel:** I’m from Mason City, not far away. I met Luther’s world through tennis camp a couple years in a row. Betsy and I were friends in the environmental and peace and justice groups. I lived abroad for eight years after college, first in the Peace Corps and then teaching English in Turkey and South Korea. Every year when I came home to visit, I would come back to Decorah and check if Betsy was still working at the Co-op. (Pretty cool woman!) I knew I wanted to come back to America after teaching in Turkey and a visit in 2000 cemented the idea. It flew from there.

You joined the Co-op approximately when? And when did you begin working there, Betsy?

**B:** I joined in 1993, when I moved back from Minneapolis. I did an Ethnography (a anthropological study of the culture) of the Co-op in college, so when I moved back I was very interested in working there. I got a job right away, which was not easy at the time, because there were so few employees hired. I can remember years and years where we did not have any job openings. At the time I was one of five or six employees. A good day at the store was \$1,000 in revenue! Nowadays, our biggest days can reach as much as \$55,000!

What’s your general food philosophy, and how did that guide you to the Co-op? Or did your more current views on food come after?

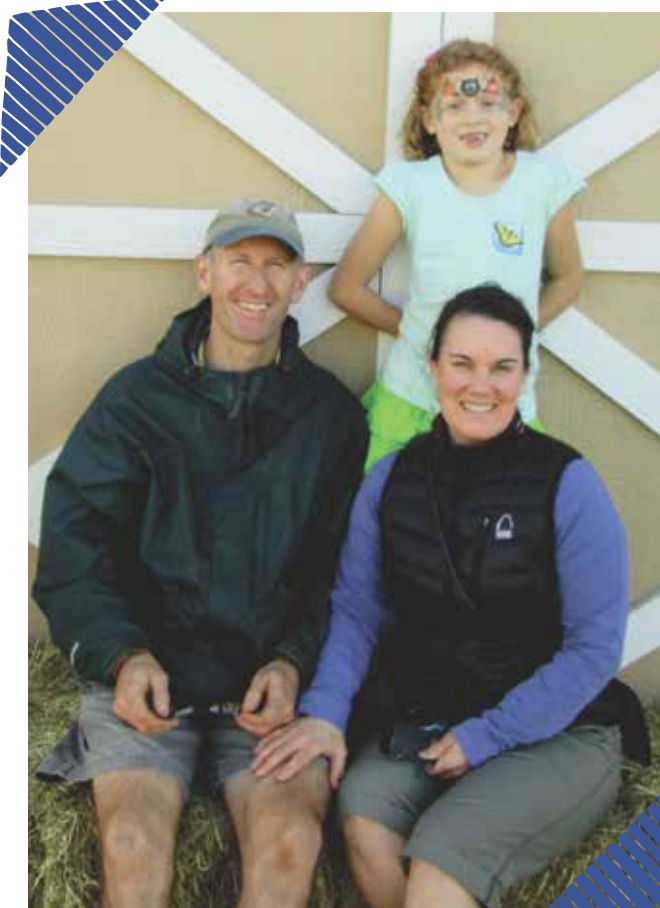
**B:** Food is such a personal thing for everyone. It’s intimately connected to who we are at our core. That said, I was raised eating whole foods: honey not sugar (my grandfather was a beekeeper), whole wheat flour and homemade bread and granola. We ate meat that my grandparents raised. I hated being different as a

kid with my weird lunches, but isn’t it funny how we often go back to our roots? I am passionate about eating well. I love food, and have always loved eating. I am an omnivore. I eat mostly whole foods. Ketel and I spend more time cooking than most other activities in our lives. I eat organic, mostly. When I first started at the Co-op, I was a frugal grocery shopper. I bought whole food at conventional stores, but thought I couldn’t afford to buy food at the Co-op. Plus, we had an abysmal produce section, so I was not inspired to buy it! Things shifted when I read a book in 1993 called Diet for a Poisoned Planet, by David Steinman. In it, he categorized food into three categories: red light, green light, and yellow light, based on their pesticide loads and safety relating to that. It rocked my world, and I began trying to spend what money I had on organic food. I have since come to a more rounded food philosophy. I choose to eat organic food based on many factors—the environment, the safety of the farm workers exposed to chemicals and the sustainability of a type of agriculture that is giving back as well as taking from the soil. I also believe it positively affects my health to eat fewer chemicals. I realize that not everyone is in the same place in their food journey, and lately I really just wish that people were able to have more time to cook and were curious about how to do it. That would solve so many of our nation’s health problems. There is a place for everyone to share knowledge, and that is the Co-op.

**K:** I was a vegetarian for nearly twenty years, and wanted to see the world in a light that honored less land use for the growing of grain for animals, a system that didn’t make sense for the efficient use of resources. I still mostly see it that way. At Luther one semester, a few friends and I worked with the cafeteria to use some of our “caf” money to experiment with preparing organic meals on Friday nights. That was a fun way to learn about this cool place downtown. The Co-op was always there with food that I needed to be grown and processed in a way that fit my friends’ and my earlier needs and views. It was, and remains, locally-focused in many ways. I started eating meat again two years ago to deal with some health issues. But the base of my food philosophy was always growing our own food as much as possible and then buying some extras from local growers. I believe that local meat production which raises animals with little or no grain is best for the base of it all, including the soil and long term viability of the local economy. The Co-op is still such an important part of our local economy.

How does your relationship with the Co-op shape your overall relationship with the Decorah community?

**B:** I have worked here for twenty-one years– not quite half my life! I have seen so many kids grow up and leave and then come back. It’s so special for people to have this place to come back to. We are so much more than a grocery store. I have formed many connections to the community via my local growers, customers, friends and



co-workers. Decorah is a special place and the Co-op makes it that much more so.

**K:** Most of the people we are good friends with also are long-time Co-op owners as well, often for similar reasons. We’re all in the same boat.

Can you tell us a little bit about raising a family in/ around the Co-op? How old is your daughter Olivia and how does the Co-op impact her life?

**B:** Olivia is seven and has grown up in the aisles. She loves coming early with me on mornings before school to help Joan put the money in the drawer, take the chairs down in the cafe and draw pictures in the cafe seating area with other morning kids and chat with customers there. She hears a lot about eating healthy local food these days. Not only from us, but from Co-op kids cooking classes, and from Megan Woodward the Food Corps Volunteer who works in local schools. She will have that healthy base that I did, at least.

**K:** Our vivacious daughter Olivia has known the Co-op building well her whole life, watching Mom come in early and start putting the produce out in the mornings before school, coming in for snacks there and especially taking Johanna’s wonderful classes that teach about other ways of seeing or making food she might not see at home. I sometimes worry she mimics what I say at home about eating good food, maybe even going overboard, but probably it’s just a good mirror for how much we think about all of this already.

continued on page 19

Tune into KPVL Community Radio

Community Radio

KPVL

fm

The VOICE to Build & Serve Community in Northeast Iowa

89.1

In-depth news, music, public affairs, talk, arts, numerous locally produced programs, & so much more

www.kpvlradio.org

Take the Digest Challenge!

14 Day

Improve overall digestive performance\*

- Soothe digestive distress\*
- Increase energy\*
- Promote regularity\*

Results or your money back!

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

ENZYMEDICA

The Enzyme Experts

www.enzymedica.com

Non-GMO

ENZYMEDICA

Digest Basic

90 capsules

Go to [www.Enzymedica.com](http://www.Enzymedica.com) for full Challenge details!



# EXPANSION UPDATE AND F.A.Q.S

By: Steve McCargar, Board of Directors President

Earlier this summer, the Co-op Board of Directors voted on a motion to authorize the purchase of the Cutting Building next door to our current storefront. The Board voted unanimously on this motion and the Co-op will be owners of this property at the beginning of 2015. The building will be purchased on contract with the option of a complete pay-off after 6 years of monthly payments. Member-owners have had legitimate questions about the rationale, wisdom, financial implications and the process the board used to evaluate this opportunity. We have received several emails and have spoken with some members about their concerns. Here is a summary of some of those questions and issues raised:

## BACKGROUND

Over its 40-year history, the Co-op has both rented (3 locations between 1974 and 1994) and owned its storefronts (current location from 2008-2014) and the Co-op has always met its debt obligations on time and has paid some loans off before they were due. For each building we have purchased, members have loaned substantial amounts to help finance the projects (almost \$500,000 in total for the two stores combined). We currently owe members about \$35,000 payable over the next three years. Buying the Cutting Building is qualitatively different from our first two purchases because it would not be a new primary site of our retail operations, but it would be key to our staying at the current location for the long-term.

## QUESTIONS WE'VE BEEN ASKED

### Why does the board think it's a good idea to buy this building?

The Co-op Board is committed to our current store location and will be for decades to come. Because the City of Decorah owns and maintains the parking lot next to and behind the Co-op, there is only one possible way to physically expand the current space, by purchasing the Cutting Building immediately to the east. The board sees this option as a one-time-only opportunity because the building might not be for sale again in the foreseeable future.

### What uses are envisioned for the building?

The building has the potential for several important uses. We expect the two buildings to be connected by opening the masonry walls between the two structures enabling us to expand several retail departments including meat and the deli, as well as the deli kitchen and seating area. It will also provide us with much needed office and meeting space as well as an enhanced classroom/kitchen. The basement has multi-use potential, including possible food production. Purchasing this building will also free up space in our current building for much needed walk-in refrigeration.

### Will the uses of the new building generate increased sales?

We believe that expanding our deli and meat departments will significantly boost sales, increase traffic, and strengthen our net margin. Additionally, our classes are a key factor in attracting and keeping new member-owners and connecting them with the food we sell.

### Can the Co-op afford to do this financially?

Yes, we can. The Co-op is in excellent financial condition and will finish paying off our secondary bank loan from our last expansion in March 2015. This will reduce our total monthly payment by about 60% and add \$6000 per month to available cash. Our monthly payment for the contract to purchase will be about \$1500.

### Why expand in this way instead of opening a satellite store in Lanesboro?

In 2014, the Co-op Board considered a serious expansion proposal to open a second storefront in Lanesboro, MN. After careful consideration and consultation with several other Co-ops that have opened second stores, and knowing that the Cutting Building might soon be available, the Board declined the opportunity. If Oneota Co-op were in a position to undertake a major expansion project, we felt purchasing the Cutting Building was the best long-term match for our needs, Ends and resources.

### How will we be able to afford the expansion renovation costs?

The Co-op is in a position to borrow up to \$350,000 from a combination of members and a local bank. Servicing a debt of that size for six years would cost a little less than our current secondary loan payment. Keep in mind that since 2009, the Co-op has saved \$200/day to build cash reserves to repay member loans. By continuing that practice we will retire the balance of our remaining member loans in three years and be in a position to pay off the building purchase in six years. We have the option of staging the renovation costs in such a way that rental income from 2 upstairs apartments can offset a portion of the total project cost.

### What about store prices and profitability? Will they suffer?

Steady sales growth has strengthened our margin and reduced our cost of goods from UNFI, our major supplier (the more we buy, the lower our unit price). Our General Manager sees the potential for future cost reductions as our purchases from UNFI continue to go up-therby protecting our shoppers from price increases due to expansion. Typically, in an expansion, profitability goes down in the first year or two. We do not expect our profitability in 2014 to be as high as last year, and there is a possibility we could lose money in the first year or two. Because we can stage renovation over time we'll have some control of our debt load and debt service pressure.

### Is it a good idea for the Co-op to be a landlord?

The Co-op does not intend to be a landlord in the long-term. Of the three rental spaces available, one will be vacated and available for us to use in July 2015. The other two (apartments upstairs) will be considered in the context of our space and financial needs.

### Is the Cutting Building in good shape and a good value?

Yes, it is solidly built (according to an engineer's report we commissioned), has

a relatively new roof and no major structural issues. The purchase price is comparable to other similar buildings in downtown Decorah.

### What could go wrong? Do we have contingency plans?

There are no sure things in the retail economy. Every business expansion proposal requires a balancing of potential risks and rewards. The board understands that the global, national, and local economies could collapse or suffer major crises. We believe that the Oneota Co-op weathered the economic turmoil of 2008 relatively well and could do so again. Losing our General Manager would be a major challenge for the Co-op, but we do have a succession plan in place with a capable replacement available. In addition, our General Manager has recently signed a five-year contract which gives us security. On balance we believe the potential rewards outweigh the potential risks.

### Why was the decision made without input from the member-owners?

Negotiating the purchase of a new building with public participation by the membership proved problematic in 1994. At one point, one of the four co-owners of the building we eventually bought threatened to stop the process because of all the public discussion. The board is fully authorized and empowered to negotiate and commit the Co-op to purchasing property. We act on behalf of the member-owners. The board felt that keeping the negotiations confidential protected the current owners (the Cuttings), their tenants and the Co-op's interests in the outcome of the process.

Look for future updates about the expansion project in this publication, COMPOST updates, and in the store. This is an exciting project and we look forward to receiving input from the membership as we move forward.



A business that promotes environmental and financial sustainability.



## WE ARE ALL GROWERS

continued from page 11

### “Assist in the development of local food hub/processing facility.”

The Co-op has been a partner in this project from the early stages and has seen the food hub grow and increase its reach to more markets in eastern Iowa. The Iowa Food Hub (IFH) is an innovative nonprofit working to connect farmers, families and food grown close to home. IFH unites the mission and vision of these partners by managing the aggregation, distribution and marketing of source-identified food products from local and regional producers to strengthen their ability to satisfy wholesale, retail and institutional demand. You can find out more at: <http://www.iowafoodhub.com/>  
“Expand facility with kitchen classroom.”

We have been pursuing and working towards making this priority happen sooner than later and I'm happy to report that this has become a reality! We will own the building next to the Co-op January 2, 2015 and we have already renovated half of the space to accommodate our beautiful and functional Co-op Kitchen Classroom. See our different class offerings available this winter in this publication or you can go online and sign up for classes via our website at: [oneotacoop.com/](http://oneotacoop.com/) education-events.

### “Increase Purchases from Local Vendors.”

This priority is never done. We have made substantial progress with more products from local producers on our shelves. In October we hit our highest percentage of local sales: 24%! This

translated into almost \$100,000 in sales for local items in the month of October and we are on track to sell approximately \$1.1 million of locally produced products in 2014.

### “Implement patronage dividend program – contingent upon profitability.”

If you were a member and spent more than \$1,058 at the Co-op in 2013, then you received a small portion of your purchases back in the form of a patronage dividend. This was the first patronage dividend paid to our members in our new store location. This has been a goal of many Board members since 2008 and it became a reality after the 2013 fiscal year. 2014 looks to be an even better year financially for the Co-op and we want our patronage dividend program to be a regular business practice.

I may not be a great farmer or even a slightly good one, but I do like to think that I am part of growing something because I am an Oneota Co-op member. As a member I am “growing” a business that is conscious of the products it sells and is trying to be the most sustainable business model that it can be. Members of our Co-op are growing more opportunities for local producers and farming families in this part of the world and are also using their purchasing power to support family farmers in other parts of the world who are growing Fair-Trade items. When you become a member at the Oneota Co-op, you are in a sense, becoming a grower. I'd be glad to answer any questions about the products on our shelves or the Co-op in general, but just don't ask me for advice on chickens or growing vegetables.



# A Call to Lead. A Chance to Give Back. RUN!

By: Brita Nelson, Oneota Co-op Board Vice President

Are you a Member/Owner of the Oneota Co-op? Are you a member/owner “in good standing,” meaning you are up-to-date in your share payments or paid-in-full? If so, these are the two basic criteria that qualify you to apply for election to the Board of Directors of the Oneota Co-op.

Do you have a passion for local food, organic food, and local business? Are you seeking a way to volunteer and add value to the community that you call home – or your home-away-from-home? Do you wish you could build your knowledge about business and cooperatives, as well as building your resume for the future? Maybe you already have a job you love,

but are looking for a way to give back with your time and talents? If so, then please don’t wait another moment to contact a Co-op board member for more information on what it means to be a member of this guiding force of your local Co-op.

After almost two years of serving on the OCC Board of Directors, I am so glad I ran and was elected. This is such an exciting time for the Co-op and I am grateful to be part of this fantastic organization. Between increasing our reliance on renewable energy, expanding offerings and outreach to the community, growing our physical space and setting increased benchmarks for local food and products in the store, there is much from which to build and celebrate.

The Oneota Co-op board is responsible

for watching over the Co-op’s financial condition, monitoring the policies that govern our Co-op, evaluating the performance of our General Manager, responding to shareholders’ concerns and making decisions that can only be made by the board. The board is also charged with assuring that the purpose, mission and principles of the Co-op are part of every decision. It’s important to understand that the board does not make operational decisions – we delegate operational matters to the General Manager.

The Board has gained much guidance and wisdom from past boards by way of our Board Policies and Ends statements. These, in combination with the Cooperative Principles, set our course for governance. We hope you’ll consider

joining us. Application packets can be found at the Customer Service Desk at the Co-op. They can also be obtained by emailing [oneotanelson@gmail.com](mailto:oneotanelson@gmail.com), or downloaded from the Co-op website – <http://oneotacoop.com/about-us/board-of-directors/>. If you have specific questions about the process or want to know more about what Co-op board service entails, email me, Brita Nelson, at [oneotanelson@gmail.com](mailto:oneotanelson@gmail.com). I’d love to schedule a time to chat with you. One more note: we have fun! Really, our board members get along very well, which helps us as we do the important work of the Co-op.

## My take on BOARD SERVICE

By: Deneb Woods, Board Secretary

In late 2012 when I was approached about serving on the board I was honored, excited, and a little apprehensive. Honored to know that the board members at the time were interested in seeking younger candidates and considered me to be a desirable choice; excited for the potential to serve the Co-op in a different role; and apprehensive because I had little experience serving in this type of leadership position. Everyone starts somewhere though, so I decided to run and found that the greater membership supported me as a choice as well. Over the past two years I have learned not only the inner workings of how a food co-op is run, I have also developed a much deeper appreciation for the vital role the Co-op plays as a center for healthy food and community. I feel more connected to, and invested in, the Co-op than I ever have.

Currently, I serve as Board Secretary and I am responsible for, among other duties, compiling the board meeting minutes. Preparing for meetings takes a few hours and generally our monthly meetings are finished in two hours or less. I look at this as a small investment on my part to help provide oversight and strategic guidance to this important organization.

BOARD ELECTION CALENDAR	
Candidate recruitment/self nomination	Ongoing
Candidate applications due (If you wish to be considered for board nomination)	At end of first week in January
Board interviews candidates	Early January
Board nomination	January Board Meeting
Board candidate statements published	Last week in January
Final deadline for getting name on ballot through self nomination	February 13
Meet the candidates event	TBA
Ballots & candidate statements mailed out	March 2
Balloting stops	April 1 - end of business
Ballots counted	April 2-7
Results announced	April General Membership Meeting Thursday, April 9th

## Member/Owners – The Foundation of the Co-op

 A business that promotes the development of cooperation and cooperative enterprise

By: Nate Furler, Marketing and Outreach Manager

The Oneota Community Food Co-op is a consumer cooperative that is owned by more than 4,000 people in and around our community of NE Iowa. Each owner purchased a share in the Co-op, or is in the process of making payments. This ownership structure is part of what makes co-ops unique businesses that are highly responsive to the needs of the community they serve.

The Bylaws of the Oneota Community Cooperative more deeply explain how ownership of the Co-op exists – with the issuing price of a member share of common stock being set at \$140. It outlines that this \$140 share may be purchased as a one-time payment, or in \$20 installment payments over the course of seven years.

The Articles of Incorporation for Oneota Co-op go on to explain that these yearly installment payments toward a share purchase must be made by March 1st of each year in order for the member/owner to be considered “in good standing.”

Owning a share of a vibrant, community-owned, local business is an opportunity in and of itself. However, in addition, the Co-op extends special member/owner benefits such as voting privileges, member discounts (monthly and product-specific), senior discounts (5% every Monday if you are 60 or older) and volunteer opportunities. These member benefits last a lifetime

when the full share of \$140 is purchased, as well as during the installment plan when payments are made by March 1st, each year- until the \$140 share is paid in its entirety and benefits become permanent. Each year, during our Board election process, all member share purchases at the Co-op are evaluated and the standing of each member/owner is brought up-to-date in our systems. At that time, any shares that are being paid in installments and have yet to receive payment for that year are removed from our ballot mailing list as well as have their discount privileges removed from their share number in our Point of Sale (POS) system. Once a share payment schedule becomes current or the full \$140 share investment has been reached, discounts, voting privileges and other member/owner benefits are reinstated. As has always been the practice of the Oneota Co-op, share purchases are fully refundable and “a member may withdraw membership from the Cooperative at any time and obtain a refund of the amount the member has paid on his/her share of common stock....” Membership notes you may be interested to know: -Deceased Member/Owners – The Oneota Co-op does its best to notify the estate of deceased member/owners about the refundable nature of Co-op shares. However, we do not search out the names of deceased member/owners on a routine basis as we feel it is the responsibility of the member/owner and their family to

contact the Co-op when seeking to refund a deceased member/owner’s share. -Member/owner numbers at the Co-op cannot simply be transferred to the secondary member on any particular account – even if they are partners of the primary member/owner in the legal sense. Shares must be refunded to the estate (likely the legal heir) and a new member/owner share in the Co-op must be purchased by the living spouse/heir. Additionally, due to our current computer system, it is not possible to re-use previously used member/owner numbers. -Only the primary member/owner listed on the official Member Share Purchase Agreement owns the share at the Co-op. Any secondary persons listed on the share agreement and in the computer system only have purchasing privileges due to their use of the same household kitchen space as the primary member/owner. For more information about member/ownership at the Oneota Co-op, our specific mission and Ends statements, a complete list of member/owner benefits, a list of current board members and specific buyers for each department, check out page 16 of this publication. You can also find us online at [www.oneotacoop.com](http://www.oneotacoop.com). Thank you for your continued support of this local cooperative business.



oneota community food co-op

MEMBER DEAL

EXAMPLE

KETTLE

Krinkle Cut Potato Chips

limit 2 bags per customer

\$3.89

Reg. Price \$4.69 SAVE \$0.80

EXAMPLE

sale valid 12/9/14 - 12/16/14

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 12/03/14 - 12/30/14

\* Regular prices subject to change

	SALE Price	Reg Price	Savings
Body Care			
Badger, Lip Balm - Vanilla, Unscented, Lavendar/Orange Highland Mint, Pink Grapefruit, Tangerine Breeze	\$1.99	\$2.99	\$1.00
Lip Balm - Creamy Cocoa, Cool Mint, Lime Rocket, Vanilla Bean, Mocha Cocoa, Poetic Pomegranate, Sweet Orange	\$3.39	\$4.99	\$1.60
Kiss My Face, Upper Management Styling Gel	\$5.99	\$8.99	\$3.00
Maggie's Organic			
Striped Socks	\$5.99	\$9.99	\$4.00
Crew Socks 3/PACK	\$11.99	\$16.49	\$4.50
9-11 Crew Socks	\$11.99	\$18.79	\$6.80
Black 9-11 Crew Socks	\$11.99	\$18.79	\$6.80
Crew Socks 3/PACK	\$11.99	\$18.79	\$6.80
Eggplant/Denim/ Teal Socks 3/PACK	\$11.99	\$18.79	\$6.80
Sun Beam, Cypress Fir Spruce & Pine Candle	\$9.99	\$13.99	\$4.00
SunLeaf, Amyris Bergamot Shampoo and Body Soap	\$4.99	\$5.99	\$1.00
Rosy Geranium Shampoo and Body Soap	\$4.99	\$5.99	\$1.00
Scent Free Shampoo and Body Soap	\$4.99	\$5.99	\$1.00
Candle - Cinnamon Cypress, Clary Sage Lavendar, Rosy Geranium, Lemon Vetiver, Orange Ginger	\$9.99	\$13.99	\$4.00
Cedar Mint Mini Reed Diffuser	\$9.99	\$11.99	\$2.00
Cedar Mint Shampoo and Body Soap	\$4.99	\$5.99	\$1.00
Clary Sage Lavendar Shampoo and Body Soap	\$4.99	\$5.99	\$1.00
Orange Ginger Shampoo and Body Soap	\$4.99	\$5.99	\$1.00
Green Bar Shave + Face Soap3.6 OZ	\$3.99	\$5.99	\$2.00
Nutritional Supplements			
Super Nutrition, Think Clearly, 90	\$19.99	\$26.99	\$7.00
Women's Blend Iron Free, 90	\$19.99	\$26.99	\$7.00
Calcium Blend, 90	\$15.99	\$21.19	\$5.20
Glucosamine and MSM, 120 TAB	\$20.99	\$24.59	\$3.60
Immune Kids, 90 TAB	\$11.99	\$15.99	\$4.00
50+ Women Multivitamin, 30 TAB	\$13.99	\$17.99	\$4.00
50+ Men Iron FMultivitamin, 30	\$13.99	\$18.79	\$4.80
Simply One Men Iron Free, 30	\$10.99	\$14.59	\$3.60
Simply One Men Iron Free, 90	\$24.99	\$33.99	\$9.00
Simply One Men, 30	\$10.99	\$14.99	\$4.00
Simply One Men, 90	\$24.99	\$33.99	\$9.00
Simply One PreNatal, 30	\$10.99	\$14.99	\$4.00
Simply One PreNatal, 90	\$25.99	\$35.99	\$10.00
Simply One Women 50+, 30	\$13.99	\$18.79	\$4.80
Simply One Women Iron Free, 30	\$10.99	\$14.59	\$3.60
Simply One Women Iron Free, 90	\$24.99	\$33.99	\$9.00
Simply One Women, 90	\$24.99	\$33.99	\$9.00
Simply One Women, 30	\$10.99	\$14.59	\$3.60
Super C Powder, 82G	\$10.99	\$13.99	\$3.00
Grocery			
Coconut Secret, Raw Coconut Aminos	\$4.99	\$6.59	\$1.60
Food For Life, Organic Ezekiel Sprouted Bread	\$4.69	\$5.49	\$0.80
Sprouted Whole Grain Flax Bread	\$4.69	\$4.99	\$0.30
Organic Ezekiel 4:9 Bread	\$4.69	\$4.99	\$0.30
Udi's, Gluten Free Fench Dinner Rolls	\$3.99	\$4.99	\$1.00
Yummy Earth, Holiday Gummy Bears	\$4.69	\$5.99	\$1.30
Holiday Lollipops	\$4.69	\$6.39	\$1.70
Lifeway, Farmer Cheese	\$3.69	\$4.49	\$0.80
Stacy's, Salted Caramel Pita Chips	\$2.39	\$2.99	\$0.60
Madecasse, Peppermint Dark Chocolate Bar	\$3.69	\$4.99	\$1.30
Winter Spice Dark Chocolate Bar	\$3.69	\$4.99	\$1.30
Henry & Lisa, Salmon with Marinade, 9 oz	\$6.99	\$8.99	\$2.00
Julie's Organic, Caramel Ice Cream, 1 pint	\$3.39	\$4.99	\$1.60
Mocha Java Ice Cream, 1 pint	\$3.39	\$4.99	\$1.60
Vanilla Ice Cream, 1 pint	\$3.39	\$4.99	\$1.60
Gluten Free Vanilla Ice Cream Sandwich	\$5.39	\$6.99	\$1.60
Vanilla Ice Cream Sandwich	\$4.69	\$5.99	\$1.30
Cookies & Cream Ice Cream	\$3.39	\$4.39	\$1.00
Helios, Organic Greek Coconut & Honey Kefir	\$3.69	\$4.29	\$0.60
Organic Greek Vanilla Kefir	\$3.69	\$4.29	\$0.60
Organic Greek Raspberry and Honey Kefir	\$3.69	\$4.29	\$0.60
Organic Greek Original Kefir	\$3.69	\$4.29	\$0.60
Organic Greek Pomegranate Blueberry Kefir	\$3.69	\$3.99	\$0.30
Organic Greek Strawberry Kefir, 32 oz	\$3.69	\$3.99	\$0.30
Simply Organic, Roasted Turkey Gravy Seasoning Mix	\$1.19	\$1.59	\$0.40
Emerald Cove, Organic Nori	\$4.99	\$6.99	\$2.00
Organic Sushi Nori	\$4.99	\$6.99	\$2.00
Daiya, Gluten-Free Dairy-Free Cheese Pizza	\$6.99	\$9.49	\$2.50
Gluten-Free Dairy-Free Mushroom Garlic Pizza	\$6.99	\$9.49	\$2.50
Gluten-Free Dairy-Free Roasted Veggie Pizza	\$6.99	\$9.49	\$2.50
Lotus Foods, Organic Forbidden Rice	\$2.99	\$4.29	\$1.30
Organic Jade Pearl Rice	\$3.99	\$4.99	\$1.00
Heirloom Bhutan Red Rice	\$2.99	\$4.29	\$1.30
Organic Volcano Rice	\$2.99	\$4.29	\$1.30
Emerald Cove, Arame	\$7.99	\$10.99	\$3.00
Kombu	\$3.99	\$5.49	\$1.50
Westsoy, Chicken-Style Seitan	\$4.39	\$4.99	\$0.60
Seitan	\$3.39	\$3.99	\$0.60
Seitan Stir Fry Strips	\$3.39	\$3.99	\$0.60
Five Grain Tempeh	\$1.99	\$2.29	\$0.30
Original Tempeh	\$1.99	\$2.49	\$0.50

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

USDA Organic

www.usda.gov

- 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

USDA ORGANIC

NON-GMO PROJECT

Verified

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.

NON GMO Project VERIFIED nongmoproject.org

CHECK YOUR LABELS

SOME PRODUCTS WILL BE CERTIFIED BY BOTH ORGANIZATIONS AND SOME BY JUST ONE.

Why would a product be labeled both?

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 ingredients.

★ Buy Non-GMO Project Verified products

Products have been labeled and independently verified for rigorous GMO avoidance.

★ Avoid non-organic foods on the GMO High Risk List

Corn, Soy, Canola, Cottonseed, Sugar Beets, Papaya (China or Hawaii), Zucchini and Yellow Squash



## Oneota Community Food Co-op

### Mission

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

### Ends Policy

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

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

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

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

1. A retail source for food and other products that, to the greatest extent possible, are organic, sustainably produced, locally grown and/or processed and affordable. 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 workplace 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 .....	deb@oneotacoop.com
IT Coordinator, Theresa Kleve.....	it@oneotacoop.com
Produce Manager, Betsy Peirce.....	produce@oneotacoop.com
Grocery Manager, Kristin Evenrud .....	grocery@oneotacoop.com
Cafe Manager, Leah King .....	deli@oneotacoop.com
Front End Manager, Melissa Clement .....	frontend@oneotacoop.com
Wellness Manager, Gretchen Schempp .....	gretchen@oneotacoop.com
Bulk Buyer, Carl Haakenstad .....	bulkfoods@oneotacoop.com
Grocery Buyer, Frances Kittleson .....	frances@oneotacoop.com
Freezer Buyer, Carrie Johanningmeier.....	carrie@oneotacoop.com
Merchandising Coordinator, Ruth Jenkins .....	ruth@oneotacoop.com
Education & Outreach Coordinator, Johanna Bergan.....	johanna@oneotacoop.com
Graphics Coordinator, Ingrid Baudler .....	ingrid@oneotacoop.com
Meat Buyer, Kristin Evenrud .....	meat@oneotacoop.com
Cheese & Dairy Buyer, Beth Rotto .....	beth@oneotacoop.com
Bakery Buyer, Tammy Michels .....	tammy@oneotacoop.com
Wine and Beer Buyer, Tammy Michels.....	tammy@oneotacoop.com
Member Volunteer Coordinator, Ruth Jenkins .....	membervolunteers@oneotacoop.com
Customer Service, general inquiries.....	customerservice@oneotacoop.com

## "The Scoop" Newsletter Staff

Editor .....	Nate Furler
Design/Layout .....	Ingrid Baudler
Proofing .....	Brett Steelman
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.	

## 2014-2015 Co-op Board of Directors

Mike Bollinger .....	oneotabollinger@gmail.com
Anne Dykstra .....	oneotadykstra@gmail.com
Lora Friest .....	oneotafriest@gmail.com
Alicia Trout .....	oneotatrout@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 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 - Aug/Sep/Oct

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.

Steve McCargar	Raymundo Rosales	Dennis Carter	Christine Gowdy-
Anne Dykstra	Michael Ehrecke	Cynthia Lantz	Jaehnig
Lora Friest	Rachel Breitenbach-Dirks	Wendy Stevens	Kristin Albertson
Deneb Woods	Toby Cain	Carol Bentley-Iverson	Karen Berland
Mike Bollinger	Lindsey Harman	Lee Zieke	Eric Petersen-Brant
Brita Nelson	Dan Sullivan	Dave Kester	Carolyn Corbin
Alicia Trout	Jon Hart	Charles Baldwin	Ashley Dress
Barb Dale	Mary Hart	Louise Hagen	Tara Woosley
Ellen Cutting	Onita Mohr	Emily Neal	Bruce Jordan
Arlys Adelmann	Heather Sage	Georgie Klevar	Allison Dwyer
Perry-O Sliwa	Dalton Little	Jake Geis	Elizabeth Rosales
Steffen Mirsky	Paige Wettach	Jerry Aulwes	Sarah Frydenlund
Nancy Eldridge	Megan Woodward	Brenda Burke	Bob Wilson
Randall Duvall	Carl Peterson	Mwaura Muiruri	

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

## The Statement of Cooperative Identity

A Cooperative is an autonomous association of persons united voluntarily to meet their common economic, social and cultural needs and aspirations through a jointly-owned and democratically-controlled enterprise.

Cooperatives are based on the values of self-help, self-responsibility, democracy, equality, equity and solidarity. In the Tradition of their founders, cooperative members believe in the ethical values of honesty, openness, social responsibility and caring for others.

The cooperative principles are guidelines by which Cooperatives put their values into practice.

1st Principle.....	Voluntary & Open Membership
2nd Principle.....	Democratic Member Control
3rd Principle.....	Member Economic Participation
4th Principle.....	Autonomy & Independence
5th Principle.....	Education, Training & Information
6th Principle.....	Cooperation Among Cooperatives
7th Principle.....	Concern For Community

Cooperative member/ownership benefits the business as well as its members. It provides us with equity to make major purchases (such as new equipment) or improvements (like our four expansions). Co-op owners gain many benefits as well as rights and responsibilities. Your participation and commitment enliven the Co-op and help to make it a true community organization. Patronage dividends will be given in profitable years at the discretion of the Board.

## MEMBER-OWNERSHIP

The Co-op is owned by its members. Member-owners help decide what the store carries and have a voice in planning the Co-op's future.

It's quick and simple to become an owner. You buy a refundable share for \$140, usually paying for it over seven years, on a payment plan that suits you. We invite you to become one of the owners of this thriving local business!

### As a Co-op member-owner, you can:

- Support a locally owned and operated business that is part of our community and puts money back into the local economy.
- Get additional discounts on specific "member deals" sale items.
- Receive a 5% discount on Mondays if you are 60 years of age or older.
- 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).
- 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).
- 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.

*everyone can shop. everyone welcome. no membership required*

## Welcome to these new member-owners:

Abbey Ambroson	Nora Felt	Brandon Marino	Kathryn Roets
Andrea Berkeland	Jenny Fitzpatrick	Margareta Maxon	Kalyn Roisum
Sherry Boe	Teresa Flinchbaugh	Shannon Meehan	Rebecca Rumsey
Sadie Botine	Margaret Freer	Carlee Meyer	Darlene Schlake
Jonathon Boyle	Bev Gardner	Ilse Meyer	Rebekah Schulz
David Brandt	Lizzie Garvin	Misty Rathbone	Jesse Seelinger
Megan Broadbent	Morgan Gealta	Kathi Mitchell	Robert Selness
Asia Brown	Anna Gudjonsdottir	Reece Moore	Janet Snider
Michelle Brown	Marcia Gullickson	Jodi Mork	Jean Sommer
Jerry Bublitz	Katharine Hale	Hannah Morris	Emily Stumpf
Cierra Buckner	Mary Hegg	Erik Muetherthies	Justin Tangen
Zach Busch	Justin Herrick	Alice Kay Murra	Amy Taylor
Chuck Bushman	Spencer Hodge	Rebecca Nelson	Brian Taylor
Claudia Calderon	Celia Hollmann	Travis Nietert	Kathryn S Thomp-
Ingrid Callaghan	Emily Hook	Sarah Nolte	son
Emily Chlapik	Barbara Jensen	Deb Olsgard	Lauren Thormods-
Colt churchill	Laura Johnson	Christie Owens	gard
William Cook	Kasja Jones	Anna Pearson	Janice Tyler
Heather Cote	Sarah King	Jayne Pearson	Rose Weigel
Jean Davis	Regina Kipp	Theresa Peters	Madeline Weiss
Lucia Decker	Adrienne Kulzer	Mary Ann Phalen	Dylan Winston
John Donovan	Keith Laken	Matthew Pleschourt	Shawn Wright
Dennis Droste	Jennifer S. LeDoux	Lynda Potratz	Annie Zylstra
Erik Dutcher	Craig Lee	Ellen Pritchard	
Leda Ebert	Catherine Lewis	Halina Pyzdrowski	
Terry Falck	Claire Lutter	Sarah Rattenborg	



# Catering

by the

Water Street Café



fresh . organic . local .

Specializing in fresh, local, natural and organic food.

### Cafe Hours

#### Monday-Saturday

Breakfast (sandwiches & burritos)  
8:00 am until sold out

Panini - grilled sandwiches - 11:00 am - 7:30 pm  
Hot Bar Buffet - 11:00 am - 7:30 pm  
Salad Bar and Soups - 11:00 am - 7:30 pm

Whole Roasted Amish Chickens  
3:00 until sold out

Espresso Bar & Italian Sodas - 8:00 am - 7:30 pm  
Coffee & Tea - 8:00 am - 8:30 pm

#### Sunday

Panini - grilled sandwiches - 10:00 am - 6:00 pm  
Hot Bar Buffet 10:00 am - 6:00 pm  
Salad Bar and Soups - 10:00 am - 6:00 pm

Whole Roasted Amish Chickens  
3:00 until sold out

Espresso Bar & Italian Sodas - 10:00 am - 6:00 pm  
Coffee & Tea - 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](http://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) and build-your-own cold 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@oneotacoop.com](mailto:deli@oneotacoop.com).

## SPECIAL EVENTS

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

## CATERING SERVICE OPTIONS

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, in-town 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 crackers.  
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, Udi’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 more!  
Small \$35/ Large \$49

**Fruit Platter:** Seasonal fresh fruit served with our delicious honey lime yogurt dip.  
Small \$45/ Large \$69

**Cold Cut Platter:** An assortment of Applegate deli meat displayed artfully including: smoked turkey, roast beef, ham, and Genoa salami.  
Small \$45/ Large \$59

**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 famous guacamole  
and many more - inquire with the staff

## CATERED BEVERAGES

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 GUIDELINES

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.  
Small \$19/ Large \$29  
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	• Orzo Pasta Salad
• Chickpea Chirmoula	• Pasta Primavera
• Currant Barley	• Quinoa Black Bean Salad
• Don Don Noodles	• Quinoa Tabouli
• Garbanzo Bean salad	• Quinoa Feta Salad
• Greek Pasta Salad	• Roasted Yam & Chili Salad
• Greek White Bean Salad	• Potato Salad with Lime
• Lemony Basil Pasta Salad	• Santa Fe Salad
• Marinated Beet Salad with Feta	• Savory Potato Salad
• Mediterranean Salad	• Thai Noodle Salad
• Mexican Potato 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 sauce. \$69

**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  
With Chicken: \$69

**Water Street Cheese Casserole:** A sophisticated twist on classic baked 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 fed beef and local clean pork served with creamy gluten free gravy and 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, or broccoli cheddar. Made with local organic eggs and gluten free crust! \$29

**Meat Quiche:** Choose from: Sausage and sweet peppers, ham & cheese, or quiche Lorraine. Made with local organic eggs and gluten free crust! \$39

## 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 it’s 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

**Cake sizes:**  
Small (¼ 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 LUNCHES

**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)



# HAPPY BIRTHDAY, MARGRET – FDA “GLUTEN FREE” LABELING STANDARDS

By Johanna Bergan, Education and Outreach Coordinator

Here's a big “thank you” to the U.S. Food and Drug Administration (FDA) for the best birthday present my daughter could have received this year. You may be wondering how the FDA could have provided anyone (let alone my daughter) with a great big birthday present as she turned 7 years old this year, so here is why we're celebrating. On August 5, 2014, the FDA began enforcement of a new set of food labeling standards that regulates the claim seen so frequently on packaging, 'gluten free.' “This final rule is intended to provide a uniform definition of the term “gluten free” so that consumers, particularly those who have Celiac Disease, will know what it means when they see it on the labeling of food.”

As of the date listed above, the rule defines “gluten-free” as a food that is either inherently gluten free or does not contain an ingredient that is:

1. A gluten-containing grain (e.g., spelt wheat, rye, barley, triticale)
2. Derived from a gluten-containing grain that has not been processed to remove gluten (e.g., wheat flour)
3. Derived from a gluten-containing grain that has been processed to remove gluten (e.g., wheat starch).

Foods labeled “gluten-free” also must not contain more than 20 parts per million (ppm) of gluten.

Food may only bear a "gluten-free" labeling claim if it meets all of the FDA requirements.

Do note that the FDA does not require

products bearing the "gluten-free" claim to be tested. However, products labeled "gluten-free" can and may be randomly tested and if found to exceed the 20 ppm maximum allowance, the producer may be held liable and fined for false or misleading labeling.

My daughter, Margret, has Celiac Disease. This is an autoimmune disease which occurs in genetically predisposed people, and leads to internal intestinal

Beer producers have additional gluten-free labeling guidelines to follow, especially those producers who remove gluten through the process of fermentation. These beers cannot be labeled “gluten free” and instead use the following label language.

“Product fermented from grains containing gluten and [processed or treated or crafted] to remove gluten. The gluten content of this product cannot be verified, and this product may contain gluten.”

“This product was distilled from grains containing gluten, which removed some or all of the gluten. The gluten content of this product cannot be verified, and this product may contain gluten.”

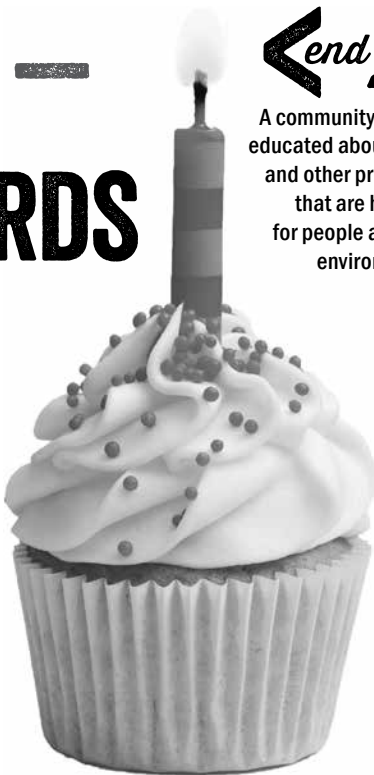
Gluten-Free Beer  
Bard's – The Original Sorghum Malt Beer  
Beer made with barley that is specially crafted to remove gluten:  
OMission Pale Ale, Omission Lager, and don't forget to check out the Cider selection!

damage when gluten is consumed. It is estimated that 1 in 100 individuals have Celiac Disease. The treatment for Celiac Disease is to eat a strict gluten-free diet, monitoring down to crumbs of the food eaten. Leaving Celiac Disease untreated can lead to additional serious health problems including Type 1 Diabetes, MS, anemia and intestinal cancer.

Our family lives in a home that is kept free of gluten, with almost all of us adopting a gluten-free diet in support of Margret. Eating outside of our home is always an experience, as we comb ingredient labels, question wait staff and bring our own dishes to potlucks. The new regulation of the gluten free label is supporting us in finding the freedom to eat on the go.

It should be noted that the new regulations are not perfect and come with their own challenges. Not all those who suffer from Celiac Disease or gluten sensitivity cease to react to products at the 20 ppm threshold set by the FDA. Advocates are still working towards an even lower 5 ppm standard for gluten free labeling. Individuals have been known to react to as little as 5 ppm and the best testing available today can only test for as little as 3 ppm. There simply isn't a test available to determine 0 ppm at this time.

The new FDA regulations have led to changes in our own Water Street Café labeling system. Foods previously labeled “gluten free” have lost that labeling – even though our processes of creating and assembling items has not changed. You will notice that we now use the terminology “made without gluten” on our labeling instead of “gluten free.” This is due to the



end 2  
A community that is educated about food and other products that are healthy for people and the environment.

fact that our Café is not a certified gluten-free facility and we also do not have our finished food items tested for adherence to the 20ppm standard set by the FDA. As always, please do not hesitate to reach out to us at the Co-op with any questions or concerns about our practices.

Gluten free remains a buzz term in health circles, and the discovery of different levels of gluten sensitivity affect the understanding and safety of those who suffer from Celiac Disease. This can blur the line of what exactly is necessary for each individual, in addition to it truly being different for each individual. There is no one-size-fits-all solution for those who suffer from the inability to digest gluten proteins – except the complete avoidance of it altogether.

As Margret turned 7, the food environment she lives in grew safer and more secure. For these measures, my family says thank you. And if that cake is gluten free, we'll both take a slice.

## Cleansing Basics

end 2

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

By: Carrie Johanningmeier, Wellness Assistant

Our bodies are amazingly well designed to keep us healthy. They have their own natural cleansing system. When in balance, naturally occurring metabolic wastes from air, food and water are successfully removed from the body through organs such as our lungs, colon, liver, kidneys and skin. This could be carbon dioxide from the lungs, bile from the liver or uric acid from the kidneys.

These organs can get out of balance because of environmental toxins, inappropriate intake of nutrients, stress, lack of exercise and poor digestion. When out of balance you may experience symptoms such as: chronic pain and inflammation, fatigue, poor mental clarity and concentration, anxiety, headaches, water retention, digestive problems, skin blemishes or frequent illness. Cleansing can ease your body's toxic burden by flushing built-up toxins and waste out of your body and minimize the absorption of new toxins. Many people cleanse for health, vitality and rejuvenation to reduce symptoms, prevent disease, to rest or heal our internal organs and allow them to catch up so we can feel more vital, creative and open to emotional and spiritual energies.

A diet of whole, organic natural foods gives the body the nutrients it needs to nourish cells and tissues and cleanse stored toxins from the colon and other organs. Avoiding chemicals from food, including refined sugar and flour products, caffeine, alcohol, tobacco and other drugs helps minimize the toxic load. Drinking extra water (purified) and increasing fiber by eating more fruits and vegetables are essential steps. There are many different levels of cleansing diets out there. General cleansing, juice or smoothie cleanses and fasting are just a few and each one of us is different.

Take into consideration your health, physiological balance, energy level and current lifestyle to figure out the right diet for you. Along with food, a person may benefit from the intake of probiotics and digestive aids (such as spices or bitters) before meals.

The Produce department here at the Oneota Co-op has a great selection of organic foods with natural cleansing abilities. Artichokes, asparagus, beets, broccoli, cabbage, grapefruit, kale, and lemons are just a few. There are also many herbs that may help encourage the body to do what it does naturally and stimulate toxin removal. Our Wellness department also offers an excellent selection of cleansing herbs available in many different forms. Here is a list of just a few:

Burdock Root - Excellent blood, lymph and skin purifier that promotes elimination of metabolic waste (especially to skin, mucous membranes and kidneys). Soothing and cleansing diuretic. Promotes and enhances immune system.

Cascara Sagrada - A colon cleanser and bowel tonic.

Cayenne Pepper - Warming stimulant to heart, blood circulation, nervous system and mucous membranes. Increases fluid elimination and sweat.

Dandelion Root - Mild acting cleanser and decongestant to liver and gallbladder, enhances bile flow, promotes regularity. Diuretic and kidney cleanser.

Echinacea - Excellent blood and lymph cleanser, immune supporter, and anti-inflammatory.

Garlic - Blood cleanser, natural antibiotic/antimicrobial for bacteria, yeasts, parasites and viral infections.

Ginger Root - Relieves indigestion, stimulates circulation and sweating, relieves congestion, helps with nausea, and is a cleansing agent to bowel, kidney and skin.

Goldenseal Root - Stimulating astringent, stomach tonic

and digestive bitter. Blood, liver, kidney and skin cleanser. Antibacterial and antifungal.

Milk Thistle - Protects liver from toxins and encourages liver cell renewal.

Parsley Leaf - Diuretic, flushes kidneys.

Sarsaparilla Root - A general blood cleanser and detoxifier of the kidneys and skin.

In a healthy person, the routes for excreting toxins can be stimulated with no ill effects. However, if the kidneys or other organs are not working properly to begin with, they should not be stimulated. If a person has any chronic disease that affects the organs of excretion, or on medication, speak to a doctor before adding herbs into your regimen.

If a person does not have the vital force to cleanse, then their energy will dwindle and may leave the person with weakened digestion, fuzzy thinking and possibly a compromised immune system. The exhausted person should focus more of their choices in food and lifestyle in order to rebuild their system. These basic choices are what create the basis from which herbal therapy can function. Many times when you begin to rebuild you will find that the bowels, sweat and urinary functions perk up and a natural cleansing begins. American Ginseng, Astragalus, Ashwagandha and Marshmallow Root are herbs that can help with rebuilding.

Remember water is crucial to any type of cleanse for diluting and eliminating toxin accumulations. Eight to ten glasses a day of clean, filtered water are suggested. Regular exercise is also very important as it stimulates sweating and encourages elimination through the skin. During a cleanse most commonly we have more energy and function better on less sleep than before but it is still important to make time for rest, relaxation and recharging.

Cheers to a healthy you.



# Salad Girl Organic Salad Dressings

By: Pam Powell, The Salad Girl

The origin of Salad Girl Organic Salad Dressings dates back to my teenage years when I was hired at Madden's Pine Beach Lodge in northern Minnesota as a dishwasher. All summer long, while tediously washing dishes, I watched in awe as the "Salad Girl" prepped fresh produce from local farms and blended delicious ingredients to make a variety of salad dressings for the resort. Oh, how I wished I could have that job.

By the end of the summer, my wish came true, and I became the Salad Girl. I didn't know at the time that this chance introduction to fresh food preparation would lead to a life-long love for fresh, organic produce and to a rewarding career in the natural foods catering industry and a company called Salad Girl.

Hand crafting unique salads with homemade, artisan vinaigrettes and fresh, seasonal, organic ingredients was definitely my forte. People ordered my vinaigrettes as gifts, and I often dreamed of bringing a fresher-tasting, organic salad dressing to market shelves.

In the summer of 2007, with loads of help and much encouragement from family and friends, my husband, Jim, son, Nick, his wife, Anna, and I decided to see if there really was a market for my fresh organic dressings. We decided on the name "Salad Girl" and registered it with our trademark attorney. We rented a small commercial kitchen space at our local armory and began sourcing ingredients at the local farmers market. Lastly, we bottled our yummy dressings, made by hand, to take them to sell at an artisan farmers market called: The Mill City Farmers Market in Downtown Minneapolis.

Four original flavors were started at the Mill City

Farmer's Market. They were the Crisp Apple Maple, Blueberry Basil, Pomegranate Pear and the Curry & Fig. In addition to those flavors, we now have our Lemony Herb and our 2 newest additions to the shelves, Chile Limon and the Toasted Sesame & Ginger -- amazing as marinades, too.

To our delight we sold out every weekend. We were given some gracious foodie reviews by Rick Nelson of the Minneapolis Tribune and Kathy Jenkins of the St. Paul Pioneer Press that really helped create a buzz around our little adventure. One good thing led to another, and we were invited onto the refrigerated shelves of 8 of the Kowalski Markets. By certifying all of our dressings as USDA organic, we were able to find a way to scale up production enabling us to fulfill larger orders. By the March of 2008 we tiptoed on the stepping stone from commercial kitchen to co-packer and were able to fill our first order for the Kowalskis Markets! Salad Girl actually became the first Certified Organic Fresh Dressing For Fresh Greens on the refrigerated shelves in Minnesota.

From Kowalski's Markets, we expanded to the Twin Cities Whole Foods Markets, Lunds & Byerly's, and almost all of our neighborhood co-ops in the Twin Cities. In the past few years, we have gained shelf space at all the Whole Foods Markets throughout the Midwest, including nineteen stores in Chicago and its surrounding suburbs, and have found our way into the West Coast Market Place in the beautiful Bristol Farms Stores.

Our lovely assortment of Salad Girl



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

Organic Salad Dressings are inspired by seasonal garden flavors and colors. These inventive and vibrant flavor combinations will not only complement fresh greens, vegetables, and fruits but will put an extra "Wow!" on your rice, couscous, quinoa, ramen noodles and pasta. Our dressings are also marvelous as a marinade and dipping sauce for grilled meats, poultry and fish. The Salad Girl Organic Salad Dressing Company believes that eating fresh, organic goodness benefits us individually, communally and environmentally. We are committed to bringing healthy, safe and tasty organic products to your table.

Enjoy with Salad Girl.  
Thank You,  
The Powells



## Scoop Q&A: CO-OP EMPLOYEE BETSY PEIRCE & HUSBAND KETEL PAULSEN

continued from page 12

**Betsy, can you tell us a little about your changing/evolving hats working for the Co-op over the years? And what makes you stay?**

**B:** I began as a cashier in 1993 and when we moved to our 415 W Water location, I was hired as the assistant produce manager and then quickly became the produce co-manager, and then the manager. I also was the coffee buyer and cooked in the deli. Why do I stay? That is a good question. The Co-op is still challenging me. It's exciting to work in a place that is so clearly thriving. I still like coming to work each day. I have been through so many evolutions of the Co-op, but they have all taught me something. Some of those things have been hard, and I keep persevering and making the best of it. Our awesome employees, co-workers, and our GM David Lester are good reasons to stick around. It's a very supportive environment. We all are constantly learning and growing as a business, as managers and as a work place. It's dynamic and I love that.

**K:** Betsy's roles have stayed grounded in the Produce department and I think she has built a very strong foundation for that side of the building. I'm constantly impressed with how she deals with staff and customers in a respectful way.

**What does Decorah life generally look like for the two of you now? Ketel, care to mention what you do and how the other areas of your life intersect with the Co-op?**

**B:** I am involved in raising a free-spirited daughter. I love to bike, do yoga, contra dance, hear live music and cook!

**K:** People know us as having a garden that I'm way into. We try to raise and put up as much for ourselves as we can for the long winter, bartering or trading with our food since we often have extra. We give a lot away, too. I am part owner of Hometown Taxi, another cooperatively-owned business in Decorah. I get to meet people from all walks that I wouldn't get the chance to if I wasn't driving them somewhere. Of course, in a taxi I talk about my family and how we look at food. People love to talk about what's coming out of the garden at the time, and what Olivia likes to help with (or not). We all talk about how fun it is to see the thriving Farmer's Market as we drive by. Plus, we pick stuff up for the passengers sometimes if they're unable. It's a nice cross-pollination job in Decorah.

**How has or does the Co-op serve(d) as a social extension for your family?**

**B:** Most of our friends, we have met here at the Co-op. It's amazing to think that, but it's true. We have so many community connections between our two jobs.

**K:** The Co-op is, as you say, a social extension to and for our family. It's like a home at times. It's like a family one doesn't have time to talk to at other times, but nearly always welcoming.

**Can you tell us a bit of what you're cooking/growing/preserving these days? Ketel, we hear you're quite the gardener.**

**K:** One of my passions is gardening, yes. It's a political and local action. It's so much.

I can see and affect the quality of food that comes into our family's home, and that feels wonderful. I grow a little of everything, but lots of kale, green beans and red peppers! I am doing less growing of potatoes and onions and trying to find more time to ride the bike. It's all a balance for our family. We fill up three freezers each fall to get us over winter, also growing for extended families in some part. Our raspberries are very good and plentiful. We make kimchi, fermented drinks, and keep carrots in the ground over winter for extra sweetness. We continually try different things.

**If you each had to recommend one favorite item from the Co-op to an out-of-town visitor, what would it be?**

**B:** Really? Only one item? The Waving Grains Sourdough bread and pizza crust dough. It's so good! First, I would try to sell them lots of produce!

**K:** Lily's sugar-free chocolate. Not that the taste is as good as dark chocolate, but I'm so happy there's something out there sweetened with something that will not rot my already bad teeth!

**Finally, can you tell us what you'd love to see (and/or not see) for the Co-op's future?**

**B:** More education and cooking classes!

**K:** I'd love to see a large pig painted on the outer wall next to Irene the cow. I'd like more stevia sweetened chocolate. I'm not good at seeing ahead to what could be good in the aisles. I just know it when I see or taste it.

# DANCE

with *Balanced Omega-3s*

- ✓ Skin\*
- ✓ Joints\*
- ✓ Immunity\*

Committed to Delivering the World's Safest, Most Effective Omega Oils™

Facebook | 800.662.2544 | nordicnaturals.com

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

ON SALE

Select Nordic Naturals Products

DEC 16<sup>th</sup>-29<sup>th</sup>, 2014



# a slice of sunshine

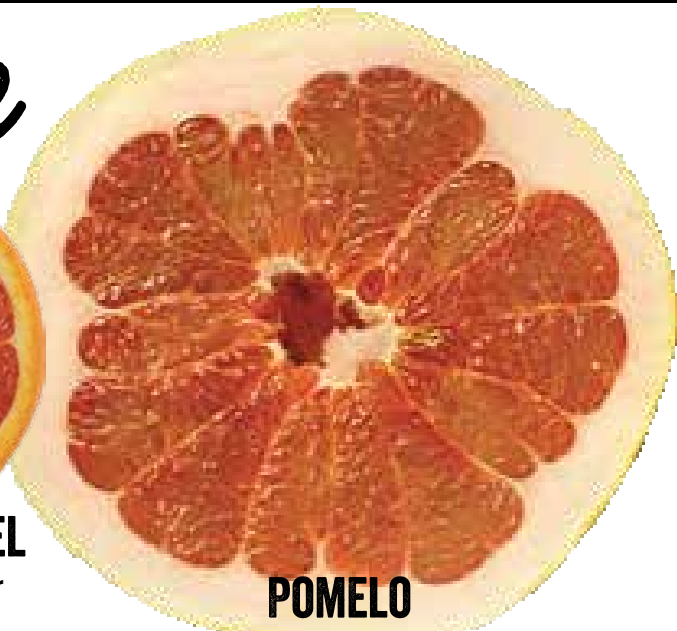
How fortunate that most citrus fruit – which seem to embody the summer sun more than any other produce – begin to ripen in late fall. Their lemon yellows, lime greens and endless oranges all arrive to light up our produce shelves and our lives during the darkest days of the year. The smell alone is often enough to uplift our spirits. And the taste, from sweet to tart, is a bright and cheerful gift sent direct from the warmest summer day. They are spot-on for marinades and salads, but best just peeled and eaten, a sparkling shot of vitamin C.



**MINNEOLA TANGELO**  
Cross between tangerine and pomelo. Very juicy, tender flesh, few seeds; quite tangy but with balancing floral sweetness.



**CARA CARA NAVEL**  
Distinctly pink interior with cherry overtones. Sweet. Seedless.



**POMELO**  
Tastes like a sweet, mild grapefruit. Hybrid of Citrus maxima and the orange. Much larger than grapefruit. Very little, if any, of the common grapefruit's bitterness.



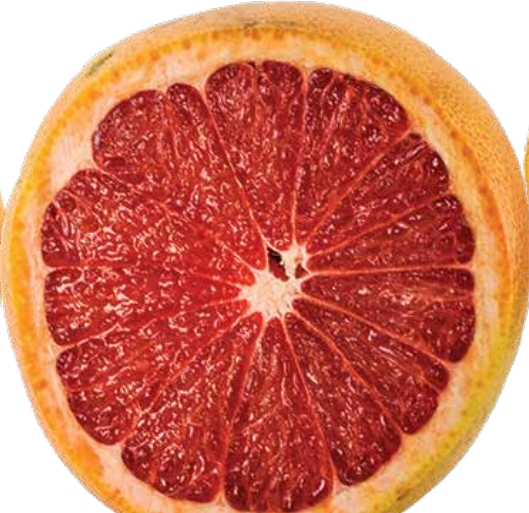
**SATSUMA**  
Seedless Mandarin. Easy peeling. Amazing flavor. A department favorite. Sweet and punchy.



**LIME**  
Tart and ubiquitous. Great for beverages. A must for ceviche.



**BLOOD ORANGE**  
Deep red color and lovely orange/raspberry flavor. Tangy & intense.



**TX RIO STAR GRAPEFRUIT**  
Dark red flesh and sweetest of all grapefruit varieties. Lovely red blush on the skin. Minimal bitterness. Complex flavor. Strongly recommended.

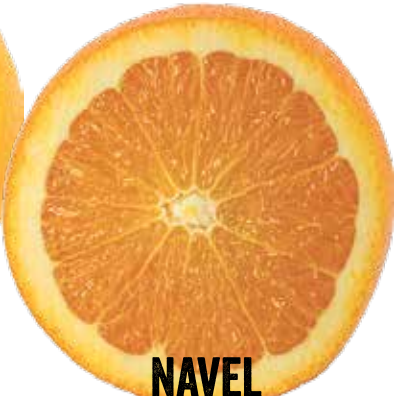


**CLEMENTINES**  
Hybrid between a mandarin and a sweet orange. Lightly seeded. Easy to peel. The exterior is a deep orange color. Very sweet.

Citrus content courtesy of Outpost Natural Foods Co-op  
Photos by Paul Sloth



**MEYER LEMON**  
A lemon-mandarin cross. Nice zesty lemon flavor. Good for desserts, beverages. Lower acid than standard lemon. Slightly sweeter.



**NAVEL**  
Seedless and sweet. Eat fresh. Not for juice or desserts. Best in Jan.-Mar.



**KUMQUAT**  
Tiny sour fruit with delicious oils in rind. Eat whole to get the maximum experience. Great accent for seafood.

NO VOC PAINTS  
NOW AVAILABLE

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

Valspar Optimus and Aspire interior paint combines paint and primer in a low odor, zero VOC formula.

**PLUS....** Ace has added No VOC computer paint tinting machine to ensure that all of these paints are completely No VOC



## FOOD ALLERGY STORE TOUR

Diet changes due to allergies and intolerances are hard. Ingredient labels are confusing and 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.

*January 10th  
10:30 am  
January 19th  
3:00 pm*

Tour and samples are free of charge!  
No need to register. Just stop by the Co-op!



Hot, fresh, delicious new films. And local, organic student films and submissions. It's going to be sweet! See the whole menu and choose your favorites on our website. And while you're there, renew or become a member.

Renew your annual membership!

**6th Annual  
Oneota Film Festival  
March 6 - 8, 2015 Decorah**

oneotafilmfestival.org

hosted by  
**LUTHER COLLEGE**

