



Everyone can Shop! Anyone can Join!

Bluff Country Co-op

Monthly Newsletter

Mission Statement

We strive to offer high quality natural foods at affordable prices to members and customers in the Winona area and work to provide a sense of community for citizens committed to building a stronger, and more sustainable, local culture.

Co-op Principles

We operate according to the Internationally Accepted Cooperative Principles: open membership; one member, one vote; limited return on investment; earnings distributed according to patronage; continuous education about cooperatives; cooperation among cooperatives, and concern for community.

We serve our members and the Winona Community by offering the best available natural and high quality foods at affordable prices. We support sustainable, organic and local agriculture.

We cultivate member, board and worker participation and cooperation in all endeavors of our cooperative. We maintain and aim at a high level of member sales and member ownership to ensure the social and economic well-being of our organization. We educate members and our community about cooperative principles and effective

BCC pilots local fair trade label

liz haywood bcc general manager

On the heels of the 2nd Annual Local Foods Expo, some ground-breaking work is happening in our region. Bluff Country Co-op has been chosen as one of the co-ops to pilot a domestic fair trade label. This label will allow family-scale farms, in their partnerships with Bluff Country Co-op (or any co-op), to distinguish their products from industrialized organic products. The standards for this label are based on the principles of fair pricing for the farmer and just working conditions for farm and co-op workers resulting in a win/win/win scenario in which workers, farmers, retailers and ultimately consumers all benefit.

This labeling project has come out of the partnership with the Local Fair Trade Network (www.localfairtrade.org) and the Agriculture Justice Project. The AJP is a working group of four people: Micheal Slighof the Rural Advancement Foundation International in North Carolina, Richard Mandelbaum of CATA/Farmworker Support Committee in New Jersey, Elizabeth Henderson of Peaceworks Organic Farm in New York and Mary Mesh of Florida Organic Growers/Quality Certification Services. AJP is part of The Rural Advancement Foundation International, which designs activities the strengthen biodiversity and food security, as well as models that support fairness,

justice and equity-based means in food production. In Minneapolis, the Local Fair Trade Network is headed by Eric Esse.

Implementation of this project will require a long-term commitment from farm workers, farmers and co-op staff. In this scenario, the farmer can count on a fair agreement or contract with pricing that covers the cost of production plus a living wage, and a well-trained and consistent work force. The workers on the farms and in the stores can count on stable, dignified work, and respectful and just treatment. The retailers can rely on getting high quality food products with added value. And the consumer will be able to digest food free from guilt at eating the products of an unjust and unecological system.

That Bluff Country Co-op can be part of testing the Local Fair Trade Label is an exciting and appropriate opportunity. We will be working with a few farms that are familiar to BCC shoppers, and may be able to introduce some new farms from the area as well. As the project develops this year, we will be able to share the importance of the standards with our community, and develop relationships that will model, for the whole country, the fairness and justice that can be built into food systems.

new management

carol meyer new bcc refrigerated/frozen/bakery manager

Some changes in management at BCC have created a space for me to come in and serve you in the frozen, refrigerated and bakery departments. I'm excited to be on board at such a team-spirited co-op. You can find Tahira Darling (former refrigerated/frozen/bakery manager) here now managing the Body Care Department.

One of the first interesting things I learned is why our Organic Valley 1/2 gallon cartons of

milk expire before those at our local grocery stores. So what's the story? The Organic Valley 1/2 gallons we offer are pasteurized. Pasteurized milk is less processed than the ultra pasteurized milks found in other stores. Ultra pasteurized milks have less flavor because of the extra processing. Less processing is what our customers prefer.

Don't forget local hams, lamb and eggs are all stocked up and ready for your holiday table!

The strongest principle of growth lies in human choice.

George Eliot (1819-1880)

Membership Benefits

Ownership

Participate in building a business that meets your needs.

Save Money

Get special discounts and ordering privileges.

Information

Receive the Co-op newsletter filled with nutrition and health tips, recipes, and information about sales, services and new products.

Voting Power

Vote on all major decisions at annual membership meetings and elect the new board of directors.

Seasonal Potlucks

Meet fellow members, share tasty food, and become part of a diverse community.

Support Local Farmers, Growers and Suppliers

We sell locally grown vegetables and meat and offer the largest selection of organic produce in Winona.

Membership investment is \$125 per household. Your stock will be refunded should you move or wish to discontinue your membership.

Ask any one of our staff members for a membership application and join today!

Board of Directors

Scott Miller - president

puravida@hbc.com

Cherie Hales - vice president

chales@hbc.com

Hans Madland - treasurer

hans_madland@yahoo.com

Bruno Borsari co-secretary

bborsari@winona.edu

Ramona Redig - co-secretary

rredig@gmail.com

Chris Dahlke

cdahlke@winona.edu

Carol Jensen

bizwhiz@hotmail.com

Quinoa Tabouli

2 cups quinoa

4 cups water

-cook together like rice until water is absorbed and the quinoa is fluffy

-cool in refrigerator while preparing other ingredients.

1½ cups finely chopped parsley

¾ cup or 1 bunch green onion

1 medium white onion, diced

3 medium tomatoes, seeded and diced

¾ cup olive oil

¾ cup lemon juice

½ tsp. cinnamon

1 tsp. salt

¼ tsp. black pepper

1. Cook quinoa, let it cool while preparing other ingredients.
2. Prepare vegetables and dressing separately.
3. Combine quinoa and vegetables and toss with dressing.
4. Enjoy!

Quinoa can be found in Bluff Country's bulk department next to the rice flours. Quinoa is a gluten-free grain as well as a complete protein. According to Wikipedia, quinoa has been classified by the United Nations as a super crop for its high protein content (12%-18%) and contains a balanced set of essential amino acids, making it an unusually complete foodstuff. Quinoa is also kosher for Passover. The Incas called it "chisaya mama" or "mother of all grains".

Start a healthy hobby: Sprouting seeds

dennis zenk bcc bulk foods manager

Hello! Spring is my favorite season. Everything seems so hopeful. Small tulips, daffodils and crocus begin to peek up through the warm soil close to house foundations. People start running about in gardening clogs, exposing blindingly white skin. Fleshy men fiddle with gas operated lawn tools in their driveways. It's all part of the magic. All part of sprouting into a new season.

Speaking of sprouting, is why I'm writing. Here at BCC we have sprouting seeds which can be found in the bulk section of the store. They are wonderful additions to salads and sandwiches or just to grab a handful to munch. Sprouted seeds are considered live foods and highly nutritious. We have alfalfa, fenugreek, radish and sprout spree mix.

They are very easy to prepare. All you need is a glass canning jar and a sprouting screen which we sell here at the co-op, or a piece of cheesecloth for the top. Seeds are put in the jar, covered with

water to soak and then later drained. The seeds are then rinsed and drained in the jar a couple of times per day for a few days and magically they become sprouts.

Once sprouts, they can be stored in the fridge for about a week. They store better in glass than in plastic. We have a sprouting chart here at the store which indicates how much seed to use and how long to soak the different seeds, etc. Printed copies are available to take home. A quick Google search gives over 5.8 million sprouting links. For those whom sprouting will become an intense hobby there many books and other information to be had. Although, not as exciting as raising and domesticating guinea pigs, sprouting is a fun healthy activity. So go ahead sprout up some springtime goodness.

Enjoy!



natural egg dyeing for spring celebrations

source: marthastewartliving.com

Did you know that the tradition of dyeing eggs goes back to medieval times when people made eggs to celebrate spring and Pasch, the original name given to Easter or Passover.

The ingredients for dyeing eggs naturally can likely be found in your kitchen. Red cabbage, turmeric, onion-skin, beets and coffee can all be used to color your eggs. Choose your dyeing agent and place it in a 3-quart pot using the amounts listed below. Add 1 quart and 2 tbs. white vinegar to the pot. Add more water if necessary to cover the ingredients. Bring to a boil, then lower heat.

Allow the ingredients to simmer for 30 minutes. Strain dye into a bowl.

Red-cabbage dye: 4 cups chopped cabbage

Turmeric dye: 3 tablespoons turmeric

Onion-skin dye: 4 cups onion skins (skins of about 12 onions)

Beet dye: 4 cups chopped beets

Coffee dye: 1 quart strong black coffee

Boil the eggs with the prepared dye, the heat allows the dye to saturate the shells, resulting in intense, more uniform color. Set the raw eggs in a pot of strained dye; bring to a boil. Remove eggs with a spoon and pat dry with a paper towel and let dry on a wire rack.

try it ewe'll like it!

brian britten bcc cheese manager

Sheep cheese can be recognized by many names. The French call it brebis, in Spanish it's called oveja and in Italian it is pecora. Generally, sheep cheese has a less ripe flavor than goat cheese, making sheep cheese a friendly alternative to the riper goat cheeses we tend to find. Sheep's cheese typically comes in firm styles of cheese. This is because sheep's milk has a high level of casein which causes the cheese to come together faster. Not to mention that it often has a higher fat content than other types of cheese.

Sheep's cheese comes in many forms - soft or hard, strong or mild - and it is delicious. It has high calcium content and is often suitable for those who suffer from bovine dairy intolerance. Unlike cow's milk cheeses and much like goat cheese, sheep cheese is easier to digest. Nowadays sheep dairy products (cheese, yogurt, ice cream) are particularly in demand because of their rich flavor and their exceptional nutritive value.

Anyone who has tasted the famous Roquefort, the hard Pecorino Romano, the softer Pecorino Sardo, the melting Manchego, the tender Ossau-Iraty or the salty Feta, wants to have more than just a taste. BCC carries several sheep cheeses, including Pecorino Romano and Manchego.

Whatever your cheese preference, give sheep cheese a try today. It's a great alternative to cow or goat milk cheese for eating and cooking with, too.

Wellness

	Size	Regular Price	Save	Sale
Renew Life				
First Cleanse	15 day	\$24.99	20%	\$19.99
Cleanse Smart	30 day	\$31.99	20%	\$25.59
100% Organic Cleanse	14 day	\$30.99	20%	\$24.79
Rapid Cleanse	7 day	\$26.99	20%	\$21.59
Nordic Naturals				
Omega 3 Fish Oil Liquid lemon	8 oz.	\$24.95	20%	\$19.99
Omega 3 Fish Oil lemon	60 gels	\$14.95	20%	\$21.59
Cod liver Oil Liquid peach, orange	8 oz.	\$21.95	20%	\$17.55
Cod Liver Oil Liquid strawberry	16 oz.	\$39.95	20%	\$31.95
DHA Adult Formula strawberry chewable	90 gels	\$26.95	20%	\$21.59
DHA for Children strawberry chewable	180 gels	\$21.95	20%	\$17.59
PreNatal DHA	90 gels	\$26.95	20%	\$21.55
Barlean's				
Clear Flax Oil lemon, cinnamon	12 oz.	\$13.35	25%	\$9.99
BCC				
Hi Potency B-Stress w/herbs for relaxation	60 tabs	\$9.99	30%	\$6.99
Concentrated Omega 3 molecularly distilled fish oil	120 gels	\$22.49	20%	\$17.99
Soy Isoflavones supports bone loss prevention	50 mg.	\$10.25	40%	\$6.15
Ostivone Ipriflavone supports bone repair & rebuilding	200 mg.	\$8.15	40%	\$4.89

Body Care

	Size	Regular Price	Save	Sale
Crystl				
Twist-Up Stick Deodorant	4.25 oz.	\$6.99	15%	\$5.89
Tender Care				
Baby Wipes Refill	50 wipes	\$3.19	15%	\$2.69
Jason				
Sea Kelp Shampoo & Conditioner	16 oz.	\$7.19	20%	\$5.75
Lavender Satin Soap	16 oz.	\$6.25	15%	\$5.29
Tom's				
Whole Care Toothpaste	5.2 oz.	\$6.19	10%	\$5.55

Frozen

	Size	Regular Price	Save	Sale
French Meadow				
Hemp Bread	24 oz.	\$5.75	15%	\$4.69
Morningstar Farms				
Meatless Corn Dogs	10 oz.	\$5.59	15%	\$4.75
Quorn				
Meatless Nuggets	10.6 oz.	\$5.19	15%	\$4.49
Soy Delicious				
Non Dairy Frozen Dessert	pint	\$3.75	20%	\$3.05

Grocery

	Size	Regular Price	Save	Sale
Bionaturea				
<i>NEW!</i> Organic Canned Tomato Products				
paste	7 oz.	\$2.29	20%	\$1.79
crushed	28.2 oz.	\$2.69	20%	\$2.19
diced	14.1 oz.	\$1.99	20%	\$1.59
diced	28.2 oz.	\$2.69	20%	\$2.19
whole peeled	14.1 oz.	\$1.99	20%	\$1.59
whole peeled	28.2 oz.	\$2.69	20%	\$2.19
Blue Diamond				
Thin Nut Crackers almond, hazelnut, pecan	4.25 oz.	\$2.89	15%	\$2.49
Imagine				
Broths vegetable, no chicken, free range chicken	32 oz.	\$3.79	15%	\$3.19
Seeds of Change				
Pasta Sauces				
3 cheese, balsamic onion, porcini mushroom, tomato & garlic, traditional marinara	24 oz.	\$7.25	15%	\$6.19
Spring Tree				
Maple Syrup	12.5 oz.	\$9.95	12%	\$8.79
Hint				
Flavored Water apple, pear, peppermint, pomegranate tangerine	15 oz.	\$1.89	15%	\$1.59
Montebaldo				
Grapeseed Oil	33.75 oz.	\$10.35	15%	\$8.69
Citra-Solv				
Natural Cleaners				
spray formula	22 oz.	\$4.49	15%	\$3.79
citra-spot	22 oz.	\$6.19	15%	\$5.25
Ecover				
Natural Household Products				
non-chlorine bleach	64 oz.	\$5.69	20%	\$4.49
cream cleaner	16 oz.	\$5.89	20%	\$2.29
floor soap	32 oz.	\$4.29	20%	\$3.39
Green Forest				
Paper Products				
bath tissue	4 pack	\$2.39	15%	\$1.99
bath tissue	12 pack	\$6.79	15%	\$5.79
paper towels		\$1.89	15%	\$1.59

Bulk Foods

	Size	Regular Price	Save	Sale
Eddie's				
Organic Orzo Pasta		\$3.49/lb.	20%	\$2.79/lb.
Organic Bowtie Pasta		\$3.49/lb.	20%	\$2.79/lb.
Golden Temple				
Organic Wild Blueberry Granola		\$3.79/lb.	20%	\$2.99/lb.

General Merchandise

	Size	Regular Price	Save	Sale
All Peppermills				
		\$8.99-	20%	\$7.19-
		\$29.99		\$23.99
Ozone				
Titanium Dioxide Odor Neutralizer Light Bulb	23 watt	\$37.99	15%	\$32.29
Norpro				
Kitchen Accessories		\$4.39-	10%	\$3.95-
		\$12.69		\$11.39

Spring cleaning

emily copeland bcc wellness manager

With the Spring Equinox, Nature brings a renewed sense of balance with equal day and night. Spring is a time of rebirth and new beginnings. It is a good time to clean house or start new projects. We spend time everyday cleaning the outsides of our bodies: bathing, showering, brushing our teeth, washing our hair, etc. We could also do some internal cleansing enabling us to both look and feel like new! Bluff Country Co-op is featuring several cleansing kits by RenewLife on sale in April for just this purpose.

According to Brenda Watson, N.D., of RenewLife on her DVD "Essential Cleansing" and in her book of the same title, detoxification involves the 7 channels of elimination: the liver, lungs, lymphatic system, kidneys, blood, skin, and bowel or colon. If these channels are not working properly, toxins are retained and the body itself does not work properly.

Toxins can be poisons produced by bacteria and can cause disease. A toxin has come to mean any substance of a chemical or organic nature foreign to the human body which will eventually cause disease or harm. Anything that does not naturally become a part of the cells and tissues of the human body needs to be eliminated. There are two main types of toxins: 1) Internal Toxins, or those produced from within the body, as digestive toxins produced from the metabolic breakdown of our foods, and 2) External Toxins, or those generated outside the body and entering from the environment through air, water, or food. Examples of these are: industrial chemicals, pesticides, insecticides, herbicides, toxic metals like mercury, cadmium, lead, or arsenic, tap water, solvents, food additives, dyes, drugs, household chemicals or cleaning products, alcohol, personal care products, and air pollution.

With proper digestion, food is broken down, nutrients are used, and a small amount of waste and toxin is left. Otherwise, with impaired digestion, fermentation occurs and more toxins than normal are absorbed into the bloodstream and stored in the tissues. Other results might be gas, bloating, constipation, weight gain, skin disorders, brain fog, chronic fatigue, headaches, irritable bowel, inflammation, joint and muscle pain, overgrowth of Candida leading to auto-immune disease, intestinal parasites leading to intestinal permeability or "leaky gut".

Some reasons for impaired digestion are:

- 1) Stress
- 2) Inadequate chewing
- 3) Processed food consumption
- 4) Lack of HCL and enzymes

Since poor digestion and intestinal toxemia lead to chronic disease and, inflammation, an herbal cleansing program can be extremely beneficial to support your body's detoxification pathways.

There are also "tips" for a better cleansing lifestyle:

- 1) Drink plenty of clean purified water (half your weight in ounces per day)
- 2) Avoid tap water.
- 3) Choose organic food whenever possible
- 4) Eat plenty of dark green, leafy vegetables or try juicing them
- 5) Exercise frequently. Try a mini-trampoline for lymphatic circulation
- 6) Experience a sauna frequently
- 7) Choose natural household cleansing and personal care products
- 8) Avoid artificial sweeteners (aspartame, nutrasweet, etc)
- 9) Avoid cooking with aluminum, copper or teflon-coated cookware
- 10) Avoid processed and packaged foods with food additives, dyes, or chemicals
- 11) Perform cleansing and detoxification programs regularly

If cleansing is new to you and you want a gentle approach, the RenewLife First Cleanse (15 days) is a good choice. This is still a total body detoxification program that addresses the 7 channels of elimination which is recommended by Brenda Watson, ND for beginning cleansers. Later for a deeper effect, there is the RenewLife CleanseSmart Advanced 30-day program. Two new ones are the 100% Organic Cleanse (14 day) and the 7 Day Rapid Cleanse. All four of these cleansing program boxed kits are on sale for 20% off in April to assist you with your own personal Spring Cleaning.

Here's to a happier, healthier, new you!

Refrigerated	Size	Regular Price	Save	Sale
Cascade Fresh				
All Flavors of Yogurt	6 oz.	89¢	15%	75¢
Bubbie's				
Bread & Butter Pickle Chips	33 oz.	\$5.99	15%	\$5.09
Sauerkraut	25 oz.	\$5.19	15%	\$4.39
Earth Balance				
Non-Dairy Shortening	15 oz.	\$3.15	25%	\$2.49
Stoneyfield Farms				
All Flavors Yogurt Smoothies	10 oz.	\$1.89	10%	\$1.69
Rudi's				
Whole Spelt Tortillas	12 oz.	\$4.09	15%	\$3.49

All Sales Good April 5th through May 4th

The big Interview: Keewaydin Farms of viola, wisconsin

interrogated by erin brandmeier bcc produce manager responded to by rufus hauke keewaydin farms

Who is Keewaydin Farms?

Keewaydin Farms is a family owned and operated business started by Richard and Mary Hauke back in 1976. Today the farming is carried on by their children Jessica, Rufus, and Jacob Hauke. Jessica, Jacob and I have been farming four years now.

I imagine that working with your family has led to some pretty interesting moments - care to divulge any?

Indeed, working with family is both challenging and fun. I remember one time as kid we had to get the barn ready so our parents could milk, and Jake was trying to get out of helping with the chores by hiding under his bed. It turned out to be not only a good hiding spot but also a great place to catch a nap. After looking for an hour or so we found him snoring away, peaceful as can be.

Hey, wait a minute, If your last name is Hauke, what is the name "Keewaydin" all about?

Keewaydin is an Ojibaway word with many meanings, depending on translation. It can represent the God of the North, or the North Winds, or the Home Winds. You can find it used in the Poem of Hiawatha.

Do you see the glass as half empty or half full?

Definitely half full. With so much support for quality local, organic food its hard to see it any other way. And besides spring is starting, the glass is always half full this time of year.

What got you interested in farming besides the family business?

I would say it was mostly my stomach. Actually after being out in the "real world" for awhile I began to miss that, "so fresh you can

taste the sunshine" food. I knew I was destined to farm when I started reading organic gardening books in the top shack of the ski lift I was operating in Winter Park Colorado.

What kind of farming does the farm do - is it animals or crops or both?

As of October of last year we are a dairy farm, with 5 acres of market garden and fresh or frozen meat birds.

Are you farming organically?

Yes.

Are you certified organic?

Yes.

When and why did you decide that organic was what you wanted to promote?

We have been certified for four years now. It was pretty easy choice for us because our farm was already certifiable when we started. But it also represents our beliefs that there is a more holistic way to farm than how conventional farms are run. We don't think it's right to subject our children to agricultural pesticides or our animals or community.

What's your favorite color?

I have two, blue and green.

.What will BCC customers see in the store from your farm?

Lettuce, Scallions, Cilantro, & Cabbage, Carrots, the list goes on.....

What better answer to the "why eat local" question than "so fresh you can taste sunshine" food!

Keewaydin Farms says a mouthful!

clean your environment

juanita sawyer bcc grocery manager

Spring cleaning all depends on your definition of 'clean'. Most mainstream cleaning products including disinfectants, bleaches, ammonia-based cleaners, polishes etc. contain harmful chemicals that could have serious repercussions in the current and long term health of your home. Watch for substances like sodium hypochlorite, petroleum distillates, ammonia, formaldehyde, phenol, and hydrochloric acid to name a few. Up until WWII when what's been coined the Chemical Age came into play, simple substances like borax, vinegar, cornstarch and alcohol were used to keep the house clean. These substances didn't become less

effective but were instead pushed aside for what was seen as more powerful chemicals.

Your entire supply of cleaning product needs can be met with far less physical and environmental harm. Companies like Ecover, Citra-solve, Seventh Generation and Re-store have formulated easy to use cleaning products that offer freedom from potential health distress associated with harmful chemicals. These products are gentle on the outside environment while tough on dirt and grime for your inside environment. Check out BCC's cleaning supply area to prepare for your homes a Spring clean-up.

think globally, eat locally

juanita sawyer bcc grocery manager

How many of us can point to the source of the food on our dinner table? How many of us are at all cognizant of the continent where our sustenance originates? And those of us who do have a heightened awareness of where our food comes from are often times left frustrated by the vast web that is the food industry.

The Local Foods Movement has recently been on the rise and its supporters are looking for guidance. One plentiful resource for the local foods devotee as well as community organizations, producers and buyers is Winona's annual Local Foods Expo hosted by Signatures restaurant and created by the Winona County Economic Development Authority. The Expo provides opportunity for the community to celebrate and promote local goods via displays, speakers, question and answer sessions, good food and the ever vital face time that drives our local market. March couldn't be a better time for such an event with the snow covered bluffs as back drop promising the on coming Spring, change and new growth. Aside from the display booths and savory local lunch, the expo featured a wide range of voices each with rich perspectives that serve as encouragement in regards to making our community more reliant on local foods and subsequently more sustainable.

A community's health care institutions are a direct reflection of its overall well-being. The first speaker of the day Jamie Harvey is a representative of Health Care Without Harm, a global coalition working to change the pollution practices of health care organizations. Jamie's message was a holistic one; one that brought about very important connections between the health of the environment and the overall health of our local foods. His point was to reinforce the importance of health care institutions' commitment to the better good of the whole community via pollution reduction and support of local, healthy, on campus hospital food options. We don't want the state of our hospitals to further

reflect symptoms of an overall failed food system.

All hope is not lost, however; Jamie brought with him tidings of good hospital food (believe it or not). St. Luke's hospital in Duluth, MN has taken huge strides to set contracts with local farmers and avoid factory farm produced food. The hospital is also committed to rBGH free dairy products and fair traded coffee. It's good to have reminders that this kind of change is possible.

Michael Nash and Solveig Hanson from GROWN (Grown Regionally With Nature) Locally, a farmer's cooperative based in Northeast Iowa, brought with them refreshing and heartening news of a working local foods distribution project. The focus of GROWN locally is a deepening of their local market versus broadening and expanding which might ultimately defeat the purpose of the local foods movement. In this way the cooperative helps to connect farmers to their market and works to develop a market for local foods where none was previously. Representatives from the cooperative spend time making new business connections with regional institutions such as nursing homes, schools etc. This cooperative is an exceptional model for other emerging farmer cooperatives and the local foods movement as a whole.

These and other speakers made the local foods expo an invaluable venue for expansive conversation and movement towards sustainable change. Question and answer sessions with local producers, buyers, community professionals and curious participants served to help build the very bridges on which our community will travel to a new sense of health. The road to a more sustainable localized food supply and economy is certainly not shy of difficulties but with more events and sentiment like that expressed at the Local Foods Expo, Winonans will soon be able to say that the meal table is a place where personal and global health is celebrated.

from the board

scott miller bcc board of directors president

One of our jobs as a board is to LEAD by communicating with our members. Our board is committed to LEAD: Linking with members, Enacting policy, Assuring performance, and Dreaming the future (Lein, Bentley. (2006). How Visioning Becomes Real. *Cooperative Grocer*, May-June, 124, p36).

We vision, daydream, and converse of what our store might look like in 5 or 10 years. We are here to serve in your best interest as member/owners. In February an open meeting was held and all our members were invited to talk about visions of the future. The

first of a series of planned meetings, it was focused almost solely on increasing our local food supply.

To prepare for the next meeting, think about the role that BCC should play in the food system in the next few years. How will our members be part of this crucial expansion of our economic system?

Think on these things while enjoying the warmth of the spring sun. For feedback with a board member, contact us at the email addresses on page two. Four positions will be open in the fall - prepare now to be a BCC board member.

PRSR STD
U.S. Postage
PAID
Winona, MN
55987
Permit #137

1 2 1 W e s t 2 n d S t r e e t
W i n o n a , M N 5 5 9 8 7

tel. 507-452-1815 web www.bluff.coop
fax 507-457-0511 email bccoop@bluff.coop

Address service Requested

H o u r s o f B u s i n e s s

Monday - Saturday 8:00 a.m. - 8:00 p.m.

Sunday 9:00 a.m. - 5:00 p.m.

Great news for chocolate lovers!

tahira darling new bcc body care manager adapted from real chocolate by chantal

Another chocolate holiday is upon us. Some of us are still recovering from Valentines Day and not to mention other candy intensive holidays earlier this winter. But fear not! Chocolate is actually good for you - yeah, I said "good"! Here are some delicious new products and helpful tips to help you celebrate Spring. The purpose of this article is to make you feel really good about eating chocolate!

Chocolate is one of the most nutritious and easily digested foods known to man. In addition to its multitude of vitamins and minerals, and flavinoids, real chocolate is low in sugar and has a low glycemic index, meaning it keeps you feeling full longer and keeps your blood glucose levels steady. There is strong evidence that replacing desserts with good chocolate can help with weight loss and diabetes. There is a naturally occurring antidepressant in chocolate called phenyl ethylamine (PEA) which increases serotonin levels in the brain. They can induce a euphoric state, as well as boosting energy levels and alertness. High PEA levels are found in "love addicted" women while low PEA levels are found in depressed people. Chocolate effects hormones in the brain in a similar way to morphine, and some have found it to relieve pain in the same manner. Even the smell is known to have a calming affect on the brain. Chocolate also contains theobromine and valeric acid. It stimulates the brain muscles, and central nervous system, and has been known to lower blood pressure. Chocolate has been used as a homeopathic remedy, indicated for feelings of hostility,

especially when mothers feel anger and frustration toward their offspring. The effect is to restore the nurturing mother side and to promote a feeling of well being.

Looking for real chocolate is just a question of learning to read and interpret the wrappers. Look for a high cocoa content usually between 50 and 70 percent. Look for chocolate made with real vanilla, not vanillin. Look for actual cocoa butter as an ingredient, and not cheaper oils. The chocolate should never leave a greasy coat in your mouth, and should never be made with hydrogenated oils, which are linked with serious health problems.

Chocolate lovers rejoice! New in the refrigerated department, and back by popular demand, are Legacy Chocolates! Also new in the refrigerated department are Chocolate Nut Butters by Rejuvenative Foods. Rejuvenative Foods offer Chocolate Spreads that satisfy our passion for luscious flavor and our uncompromising desire for the highest quality ingredients. The Rejuvenative Foods cocoa nut butters have fresh, raw nuts such as almond, sesame, sunflower and hemp. They use the freshest, most unrefined organic oils of sunflower and extra virgin olive oil and flax oil. The finest organic cocoa powder, and organic honey. Rejuvenative Foods Chocolate Nut Butters are freshness-dated and raw and the organic Chocolate Spreads are special because they are unheated and still have life energy, vitamins and minerals.

Enjoy your chocolate!