



December 2005

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 cooperative citizenship.

Holiday Health Notes

Emily wellness manager

Along with the extra entertainment, the holidays can sometimes bring extra stress and possible discomfort.

For general tension, Newton Homeopathics has a liquid tincture called "Stress Relief". For the herbal route, we have two formulas by Nature's Answer: 1) "Rhodiola," also known as Arctic Root, with a long history of use as a tonic for stress support and energy enhancement, and 2) "Relora," a blend of Magnolia Officinalis and Phellodendron Amurense extracts in a capsule. This combination assists in the relief of anxiety, irritability, tension and frustration, and helps manage stress-related over-eating. It also promotes self-confident mood and cheerful outlook according to studies and the "educational panel" on the bottle. American Ginseng and Siberian Eleuthero are used as "adaptogens," helping to promote mental and physical calmness and to tone adrenal glands depleted by stress.

The holidays also include festive eating involving a variety of foods and drinks. For ease of digestion, I suggest a capsule of Bluff Country Coop's "Enzyme Complex," or any of our other "full-spectrum" basic digestive enzyme formulas, taken just prior, during, or after a meal. If one has forgotten to do this and symptoms of "heartburn" or

indigestion arise, try the Enzymedica formula called "Acid-Soothe." For another potential holiday discomfort, a product that "works wonders" is the Newton Labs homeopathic liquid spray formula called "Hangover Relief." It relieves symptoms of nausea, headache and dizziness—either before bed, in the morning, or both.

Sometimes exhaustion and stress lead to a weakened immune system leaving us vulnerable to the ever-dreaded "Flu." Once again, Newton Homeopathics has a great option in their liquid remedy #5 "Flu" taken to help prevent and relieve flu symptoms and the aches and pains that accompany the flu. At the first sign of the flu such as chills and achy feelings, simply take 3-6 drops on the tongue according to directions on the bottle. Take one dose daily during flu season or epidemics to assist with prevention. This year's remedy includes histaminum influenzae 1996, 1999, 2002, 2005, and Avian strains from the Center for Disease Control formulated homeopathically. For a tablet version that is similar, we have the Heel/BHI "FluPlus" formula.

Happy, Healthy Holidays
to you and yours!

The habit of giving
only enhances
the desire to give

Walt Whitman
(1819- 1892)

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

President **Mike McMullin**
mocmyc@hbc.com

Vice-President **Ramona Redig**
ramonaredig@hotmail.com

Secretary **Emilie Falc**
efalc@winona.edu

Treasurer **Scott Miller**
puravida@hbc.com

Assistant Secretary **Heather Secrist Smith**
smithgardens@wildmail.com

Vicki English
venglich@hbc.com

Liz Haywood
lizzycooks@yahoo.com

Cherie Hales
chales@hbc.com

Give the gift of sharing a ride

Martha Greenwald bcc member

In this holiday season, many of us feel stressed out about the material gifts we'd like to give. For those who are searching for other ways to express the spirit of giving, please consider posting a ride on the Co-op's new Rideshare Board.

Here's how it works. We have posted a Rideshare bulletin board at the co-op, with a regional map. At the bottom of the board there are two separate envelopes with small cards, one labeled "drivers," the other "riders." These ask for information about you and your trip plans. Fill out the form, and pin it on the map. When your trip is over, or you have made a ride match, take your card down. That's all there is to it! Riders may share costs, but the exact details are to be negotiated between drivers and riders.

So if you are going to visit Grandma in Chicago (or any other location) for the holidays, and have room for another person or two in your car, try making a match on the Rideshare Board. Or, if you are going to a conference in Minneapolis and would be willing to drop someone off at some nearby location, post your ride. Ridesharing promotes neighborliness and people-to-people connections. It is good for the environment, will help us save money on gas, and fills a real need in helping people make transportation connections. We hope people will use the Rideshare Board year-round, not just during the holiday season. Questions? email Martha Greenwald at imagine@hbc.com. This is a project of Sustain Winona, www.sustainwinona.org.

Happy Holi-Dates

Ann interim general manager

Greetings! I'd like to take the opportunity to introduce myself. I'm Ann Ward. I'm currently serving as interim general manager of the co-op. I first started volunteering at the co-op in the late 1990's, while in college at Winona State. My first paid job at the co-op was as a cashier in the "old store." I went back and forth between Winona and my hometown in Iowa after college, working alternately at the co-op in various capacities and learning to throw pots at Osborne, Iowa. I've seen many changes throughout my years with the co-op. I've worked with 6 different general managers, both interim and permanent, volunteering under Margaret Trott, cashiering under Greta Gilberg, working as produce manager under Dawn Butson, Loni Baumgartner, Liz Haywood, and Bob Copeland. Ultimately, I was working as a produce co-manager under myself as interim general manager.

All the managers I've worked with have had their own personalities, their own managing style. Each one brought unique professional knowledge and life experiences to the job and to their co-workers. I hope I have brought the best of what I learned from all of them to my current roll as interim general manager. Let me take this opportunity to thank them all for their time, their work, and their continued dedication to the co-op and cooperative principles. This is a very demanding job. I thank my predecessors for doing this work with such grace and dedication.

I don't know what my future roll with the co-op will be beyond member and customer, but I will happily pass the reins I have been given on to our next general manager. I look forward to the visions and experience they will bring to us all as we work together to continue Bluff Country Co-op's growth and presence in the community. I know whomever we welcome aboard in this position, they will grow as well from the experience of working with this wonderful, dedicated staff, the tirelessly committed board, and the active,

Erin produce manager

The holiday season brings on the sweet treats. If you are looking for a sweet alternative to baked goods, but unwilling to sacrifice indulging your sweet tooth, try dates! Dates contain only about 24 calories each, are high in fiber, low in fat, cholesterol and sodium, and contain more potassium than bananas! One serving of dates (5-6 dates or 1/4 cup of chopped dates) provides us with 3 grams of fiber and 31 grams of carbohydrates to give you quick energy. Potassium is used by the body for muscle contractions including heart beat. It also helps to maintain a healthy nervous system and balance our metabolisms. Dates also contain a variety of the B-complex vitamins (thiamin, riboflavin, niacin, vitamin B6 and pantothenic acid. These vitamins help the body metabolize carbohydrates and maintain blood glucose levels, fatty acids for energy, and help to make hemoglobin. Dates also contain magnesium for healthy bone development and iron, essential to red blood cell production. Dates are naturally fat and cholesterol free!

But enough about all that - what do they taste like? We have a variety of organic dates available in the produce department. Try fresh medjool dates for a caramel-like gooey treat or impress your guests with date rolls. Available in pecan, coconut and almond, date rolls are made up of a mixture of dates finely pruned and rolled in nuts and coconut. The taste closely resembles cookie dough! The date rolls also look like you spent all day in the kitchen! Dates are a great idea for holiday sweets, sure to be a unique confection at your holiday gathering, not to mention a healthy choice.

Wellness

	Size	Regular Price	Save	Sale
Nature's Secret Respiratory Cleanse	60 tabs	\$10.49	20%	\$8.39
BCC Cal-Mag Caps	250 caps	\$24.59	20%	\$16.99
Concentrated Omega 3 Fish Oil Caps	120 gels	\$21.89	20%	\$17.49
Plant-Based "Enzymes Complex"	90 caps	\$15.99	20%	\$12.79
Enzymedica Acid-Soothe	30 caps	\$7.95	15%	\$6.75
Now Foods AlliBiotic	60 gels	\$19.99	15%	\$16.99
Newton Homeopathics Hangover Relief Spray	1 oz.	\$10.85	10%	\$9.75

Refrigerated

	Size	Regular Price	Save	Sale
Stonyfield Farms Organic Yogurt low-fat & whole milk flavors	6 oz.	\$1.09	15%	89¢
Silk Organic Soy Creamer french vanilla, hazelnut plain	16 oz. 16 oz.	\$1.85 \$1.59	15% 15%	\$1.49 \$1.29

Bulk

	Size	Regular Price	Save	Sale
Organic Thick Oats		99¢/lb.	10%	89¢/oz.
Sliced Almonds		\$9.29/lb.	15%	\$7.89/lb.
Roasted & Salted Peanuts		\$1.99/lb.	10%	\$1.79/lb.
Roasted & Unsalted Peanuts		\$1.99/lb.	10%	\$1.79/lb.
Roasted & Salted Spanish Peanuts		\$1.95/lb.	10%	\$1.75/lb.
Roasted & Salted Cashews		\$7.29/lb.	10%	\$6.55/lb.
Raw Pecans		\$11.09/ lb.	10%	\$9.95/lb.
Raw Walnuts		\$7.15/lb.	10%	\$6.39/lb.
Roasted & Salted Pistachios		9.49/lb.	10%	\$8.49/lb.
Cafe Fair Organic Fireside Coffee				\$1/lb.

Grocery

	Size	Regular Price	Save	Sale
Hampstead Organic Fair Trade Teas entire line	20 bags	\$4.99	15%	\$4.25
Clipper Organic Fair Trade Teas entire line	20 bags	\$4.89	15%	\$4.15
Arrowhead Mills Flours whole wheat, stone ground	2 lbs.	\$2.59	10%	\$2.35
Organic Gluten-Free Pancake Mix	28 oz.	\$5.79	10%	\$5.19
Bisca Crackers cracked pepper, garlic & herb, sesame	5.3 oz.	\$2.69	10%	\$2.39
Doctor Kracker Crackers classic 3 seed, seeded spelt classic 3 seed seeded spelt	7 oz. 8 oz. 8 oz.	\$3.99 \$5.25 \$6.09	15% 15% 15%	\$3.39 \$4.45 \$5.15
Sonoma Sparkler Sparkling Juice peach, pear, raspberry, apple	750 ml.	\$4.69		\$4.25

Household

	Size	Regular Price	Save	Sale
Moo! Dog Chews free range	1 lb.	\$7.49	15%	\$6.35
Pet Guard Mr. Barky's vegetarian dog biscuits	26 oz.	\$4.79	\$1.00	\$3.79
Solid Gold Doggie Garlic Bagels vegetarian, human-grade ingredients		35¢ each		4 for \$1

Frozen

	Size	Regular Price	Save	Sale
Tofutti Cuties vanilla, mint chocolate chip	8-pack	\$3.85	20%	\$2.99
Vicolo Cornmeal Crust Pizzas	14 oz.	\$6.69	15%	\$5.65
Matthew's Burritos vegan veggie, smashed potato, black jack	8 oz.	\$2.69	15%	\$2.25
Rising Moon Organic Ravioli	8 oz.	\$4.19	30%	\$2.99

 *Happy Holidays* 

Great tasting holiday time savers

Joey grocery manager

I would like to take a little time to introduce myself to all of you. My name is Joey Lorenz and I am the new grocery manager. I was born and raised in Madison Wisconsin, I moved to Winona several years ago to attend Winona State University where I am currently a Marketing Major. I have worked in the grocery business since I was sixteen and am very excited to make the switch to Bluff Country Co-op. I started working for the co-op in May working as Chris Dalhke's grocery assistant. When Chris left the co-op to teach at Winona State I applied and was hired for the Grocery Manager position. I am very excited to be a part of this co-op, I truly enjoy working with the staff and members to try to make a difference in our community. If anyone has any questions, comments, or suggestions for the Grocery Department please let me know. I look forward to meeting everyone!

Well, I think it's safe to say that the holiday season has arrived! By the time this issue reaches you we may even have our first snow fall. With the holiday season, comes times of great joy and often also great stress. I invite you to relax and enjoy the holiday season and enjoy the opportunities it provides us all to catch up with family and friends. Many of us will find ourselves doing some entertaining this holiday season, which often leaves us running around trying to arrange food and entertainment. I would like to point out some of the items we currently feature in the grocery department that you may want to feature at your next gathering.

Baking from scratch is absolutely delicious, but sometimes we just run out of time, especially during the holiday season. One item you might be interested in serving at your next local gathering is the *Dr. Oetker* baking line. The *Dr. Oetker* baking line features a variety of baking mixes such as cakes, cookies, and brownies, all of which are Organic! The only thing you need to add to most of these mixes is an egg (local Timm's eggs taste great!) and some butter (how about another local product - butter from Westby, Wisconsin!). These time efficient and delicious treats can be found in Aisle number one.

Another quick, easy and organic item you might be interested in is our *Simply Organic* dip line. We currently carry a peppercorn ranch, black bean, jalapeno bac'un, southwest ranch, creamy dill, guacamole, French onion, and ranch dip mixes located in Aisle two. These are quick and easy items anyone can make and feel good about serving to their guests! These dips are great with an assortment of flavored potato chips from Kettle Chips and really compliment any of the corn chips we carry from Bearitos, Garden of Eatin or Que Pasa. Or couple these great dips with a veggie trays. Veggie trays make for a great healthy snack during this season of possible overindulgence. *Bubbies* pure kosher dills would make a great addition to any veggie tray and can be found in the cooler in the back of the store. I hope this suggestions help make this holiday season a little easier for everyone.

If you knew what I know about the power of giving, you would not let a single meal pass without sharing it in some way.

Buddah (563 BC - 483 BC)

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Address service Requested

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

Monday - Wednesday 8:30 a.m. - 7:00 p.m.

Thursday - Friday 8:30 a.m. - 8:00 p.m.

Saturday 8:30 a.m. - 7:00 p.m.

Sunday 11:00 a.m. - 5:00 p.m.

Coffee Farmers in Central America Hard Hit by Hurricane Stan

Equal Exchange organic fair trade coffee producers

In early October, Hurricane Stan has dumped unprecedented rainfall on northern Central America and southern Mexico, leaving approximately one thousand dead and hundreds of thousands homeless, in addition to causing billions of dollars of destruction. The entire country of El Salvador has been declared a national emergency; in southern Mexico, 464 counties in Veracruz, Oaxaca, and Chiapas were declared a state of emergency; in Guatemala, over 100,000 have been affected with mudslides burying entire communities in the Lake Atitlan area.

We have received personal letters from at least four of our trading partners located in these three countries asking for assistance - at this point for emergency food and medicine. As soon as the immediate crisis has passed, additional funds will be needed for longer term reconstruction efforts. A large part of this year's coffee harvest has been ruined, putting the livelihoods of farmers and their families in jeopardy.

At Equal Exchange, fair trade means having direct and long-term relationships with our trading partners. In

addition to buying the farmers' products at fair prices, we also try to accompany the cooperatives through whatever successes and challenges they face. Sometimes this means promoting their success at a cupping competition or celebrating the inauguration of a new processing plant. Unfortunately, right now accompaniment means supporting those cooperatives whose members have been devastated by Hurricane Stan.

If you'd like to make a tax-deductible contribution, please send your donations to Grassroots International, 179 Boylston Street, 4th floor, Boston MA 02130. Grassroots International is a non-profit organization working to advance political, economic and social rights and support development alternatives through grantmaking, education and advocacy. They have agreed to channel funds to Equal Exchange's affected partners free of all administrative charges. To place a donation on your charge card, go to the following link: <https://secure.campagne-online.com/registrant/startup.aspx?eventid=2775>. Please write HURRICANE STAN on your check.