

Views from Bluff Country

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

Vicki English

venglich@hbc.com

Cherie Hales

chales@hbc.com

Liz Haywood

lizzycooks@yahoo.com

Assistant Secretary:

Heather Secrist Smith

smithgardens@wildmail.com

Larisa Walk

boxeldergrrove@yahoo.com

Board Meeting

Monday, January 3rd

6:30 at BCC

**Board Meetings are Open
to All Members**

No Wonder We're Fat!

The top 9 foods eaten by Americans are whole cow's milk, 2% milk, processed American cheese, white bread, white flour, white rolls, refined sugar, colas, and ground beef.

Alternative Therapies
July/Aug 2004

Clean Slates, Fresh Starts

What use do you make of the lull in the wake of the holiday season's climactic celebrations, travel and gatherings? Traditionally a time for reflection, reassessment and new resolve, the New Year can afford occasion for creating and seizing opportunities, defining new directions.

At the co-op, we're trying to keep the shelves stocked and shoppers well served while continuing to improve at the many different aspects of coordinating a natural foods store and community nexus.

Our board of directors, infused with the enthusiastic energy of four new members, have been busy, distilling the good ideas supplied at the annual meeting, and working in committees to research health care options for staff and improve how the co-op interacts with the wider community.

If better health and nutrition

are among your goals for 2005, remember that the co-op can be your ally. Our aisles are filled with a dazzling variety of wholesome foods. Our staff are very knowledgeable about how to prepare and use the foods we offer and we're committed to getting you the answers we don't have.

Our wellness department features high quality vitamins and supplements that provide nutritional support for maintaining well-being as well as meeting health challenges. We keep informative literature and reference materials on hand for research and education.

Positive, progressive changes afford a way to steady one's course through seas of chaos. At BCC, we're working individually and collectively to make a difference in constructive ways. We're proud to partner with you in this endeavor.

*Bob Copeland
General Manager*

Save Those Holiday Meal Leftovers

A recent study of food waste in the U.S. shows that Americans throw out nearly half of their food. All of those discarded table scraps and rotted food in the back of the fridge add up to an average of \$590 in wasted food per family per year, or roughly \$43 billion on a national level. According to United Nations' figures, America's wasted food would feed over 10% of the world's 835 million starving people. Researchers point out that reducing this colossal waste (by freezing,

canning or eating leftovers) would also reduce the amount of land under chemically-intensive cultivation, reduce landfill input, reduce methane (a potent greenhouse gas), and of course save money for consumers.

Editor's Note: The vast majority of Americans are removed from the growing of their food and are ignorant of the work involved in putting food in the kitchen and on the table. We need to get in touch!

New Products in Bakery, Frozen & Refrigerated for 2005

New Year's Greetings! There are many new and exciting perishable food items that have arrived in recent weeks. I would encourage everyone to try some and let us know what you think. In addition, if there are other items you would like to see here, please let us know and we will try to accommodate your requests.

Bakery

Rudi's Organic Bakery introduced a new sliced sandwich bread, the 7 Grain with Flax loaf, which has been popular. The most recent addition to our bakery department has been the arrival of local *Loaves & Fishes Bakery* bread, specializing in sprouted grain loaves and buns from Eagan, Minnesota. Like many of our excellent local bread choices, Loaves and Fishes arrives fresh every Friday. In the freezer, *Food for Life* premiered three new varieties of tasty sprouted English muffins, Ezekiel 4:9, Genesis 1:29, and Ezekiel Cinnamon Raisin. *Enjoy Life!* now offers a wheat-free/gluten-free rye-style bread to complement their wheat-free/gluten-free bagels. And lastly, *French Meadow* introduced spelt pizza crusts, located next to their popular sourdough pizza crusts.

Frozen

Celebration Field Roast offers a fine veggie alternative to the typical holiday feast, with a 1 pound grain roast stuffed with squash, apples, and mushrooms, similar to the *Now & Zen* Unturkey, but more affordably priced. Our vegetarian ethnic food offerings have expanded with *Amy's* and *Deep Foods* Indian appetizers and entrees, now on the shelf. On the other end of the freezer, our seafood options have grown with squid, stuffed clams, whole cooked lobster and an impressive array of *Natural Sea* offerings, like salad shrimp, bay scallops, crab cakes, and clam strips. The sustainably harvested fish fillets from *EcoFish*, including halibut, mahi mahi, salmon, and tuna are now available in random weight, vacuum-sealed packages. And for your poultry needs, we've always got an ample supply of local *Earth-Be-Glad Farm* chickens and *Hoiland Mill Farm* turkeys.

Refrigerated

You may have noticed a shift in our cheese case. For customer ease and access, we have separated all non-dairy cheese and veggie meat substitutes to one side, and dairy-based cheese and deli meat to the other side. Our hope is to continually expand each respective side by providing more choices for our customers. On the veggie side, we have added *Soy Moon*, soy cheese feta and provolone options to the mix. Also, *Tofurkey* and the delicious *Original Field Roast* veggie deli slices have been introduced, and are sale-priced through January. Several new varieties of soy and grain-based tempeh from *Lightlife* and *White Wave* are now available too! *Organic Valley* has introduced a local refrigerated soymilk now in 1/2 gallon sizes, featuring plain, vanilla, and chocolate varieties.

On the cheese and meat front, we now offer *Applegate Farms* organic sliced roast beef and sliced roast turkey breast, and uncured Genoa salami and pepperoni, all in convenient shingle packs. Local additions to our cheese case are two new goat cheese varieties from *Mt. Sterling Cheese Co-op*, a fresh jack and raw-milk sharp cheddar. From *Great Midwest* comes an interesting wild morel and leek jack! And new imports are a manchego cheese from Spain, a piave cheese from Italy, and a Danish herb butter. *Organic Valley* has introduced local buttermilk in quarts.

New arrivals are making their way onto our shelves every week and your feedback is crucial as to whether or not those items will remain there. Please let us know how we're doing. Thanks for supporting local producers and your local food cooperative!

Samuel Pixley
Bakery/Frozen/Refrigerated Manager

In Honor of Soup Season - Miso - A Culinary Treasure

Miso, a fermented soyfood, is one of the world's most delicious, versatile, and medicinal foods. In addition to its great flavor and versatility, the daily use of miso is credited with numerous health benefits, including lowering cholesterol, alkalinizing the blood and canceling the effects of some carcinogens.

Miso is a unique and vital food which, like yogurt, contains lactic acid bacteria and enzymes that aid digestion and food assimilation.

Touted for centuries as a folk remedy for weak digestion, cancer, radiation sickness, tobacco poisoning, acid conditions, low libido, and intestinal infections, miso's reputation as one of nature's most healing foods has been confirmed by modern medical science. These studies show what folk healers have known for centuries. It is not any one particular component of miso that makes it such an effective healing food, but rather a complex combination of ingredients and a unique double fermentation process that transforms soybeans and grains into a potent medicine.

- ✓ Miso helps protect the body against atomic radiation and heavy metal poisoning. Researchers have discovered that miso contains dipicolonic acid, an alkaloid that chelates heavy metals and discharges them from the body.
- ✓ Early population studies show miso is a potent medicine. A study of over a quarter of a million Japanese men and women showed that those who ate miso soup every day had fewer cases of certain types of cancer. Researchers at Japan's National

Cancer Center found that women who had three or more bowls of miso soup daily reduced their risk of getting breast cancer by about 40% compared with those who had only one bowl, while women who had two bowls daily cut their risk by 26%.

- ✓ Miso has a high concentration of a potent anti-cancer agent called genistein, a plant biochemical belonging to a group called isoflavones. It is rich in high quality soy protein and research has shown it to have 25 times as much beneficial genistein isoflavones per gram of soy protein as unfermented soyfoods such as soy milk and tofu.
- ✓ Miso reduces the risk of coronary heart disease.
- ✓ Miso protects cells from free radicals and aging. Miso is a powerful antioxidant aggressively scavenging damaging free radicals from tissues.
- ✓ Miso is effective in reducing chronic pain. Unpublished clinical studies at John Hopkins University Medical School have shown that miso soup can reduce chronic pain and help promote calmness and tranquillity.

Check out our selection of unpasteurized misos in the refrigerated section and make yourself a nice, warm bowl of soup today (and everyday)!

Excerpts from The Miso Book by John & Jan Belleme and the Journal of the National Cancer Institute, Volume 95, Issue #12, pages 906-913.

Garden Seed Available Soon

In the previous two years, BCC has featured garden seeds from the Seed Savers Exchange (SSE) in Decorah, Iowa. This was partly because they are a local seed source, partly because they use sustainable and/or organic methods, partly because the varieties they preserve are heirlooms instead of corporate favorites, and partly because they are open-pollinated (if you follow directions on the packet you can save seed for next year).

We'll continue to handle SSE's seed but we're adding another non-corporately-owned,

organic supplier for varieties that have been requested but unavailable from SSE. High Mowing Seeds focuses less on endangered heirlooms and more on those time-tested, open-pollinated favorites whose superb qualities and regional adaptability have made them the choice of generations. We'll be carrying a selection based on the needs of those with smaller, kitchen gardens and with limited space for starting transplants indoors. Look for them soon.

*Bob Dahse
General Merchandise Manager*

Wellness	Size	Regular Price	Save	Sale
-----------------	-------------	----------------------	-------------	-------------

Whether your New Year's Resolutions include quitting tobacco or caffeine, achieving weight-loss or improving overall health, our wellness department can help you succeed!

Pure Essence Labs

4-Way Stress Support System	60 tabs	\$29.99	20%	\$23.99
------------------------------------	---------	---------	-----	----------------

Mother & Child Master Postnatal Formula	180 tabs	\$49.99	20%	\$39.99
--	----------	---------	-----	----------------

Mother to Be Master Prenatal Formula	180 tabs	\$49.99	20%	\$39.99
---	----------	---------	-----	----------------

Natra Bio

Homeopathic Flu Relief Nasal Spray	24 ml.	\$9.99	30%	\$6.99
---	--------	--------	-----	---------------

Nordic Naturals

Children's DHA Strawberry	90 gels	\$12.95	20%	\$10.35
----------------------------------	---------	---------	-----	----------------

Newton Homeopathics

Jump-Start Your Health Kit	3-1 oz. bottles	\$28.99	20%	\$22.99
-----------------------------------	-----------------	---------	-----	----------------

Remedies for Adults	1 oz.	\$10.85	20%	\$8.65
----------------------------	-------	---------	-----	---------------

Fatigue Fighter, The Blues, Exhaustion, Stress Relief, Flu, Appetite Control, Caffeine Addiction, Tobacco Addiction

Newton 4 Kids

Homeopathic Remedies	1 oz.	\$11.69	20%	\$9.35
-----------------------------	-------	---------	-----	---------------

Fever Aid, Tummy Upset, Earache, Sniffles

Rainbow Light

Echinacea Jr. Orange Flavor	2 oz.	\$13.55	20%	\$10.85
------------------------------------	-------	---------	-----	----------------

BCC

Basic Multi	90 tabs	\$11.89	20%	\$9.49
--------------------	---------	---------	-----	---------------

Cal-Mag-Citrate	100 tabs	\$13.89	20%	\$10.99
------------------------	----------	---------	-----	----------------

Bakery	Size	Regular Price	Save	Sale
---------------	-------------	----------------------	-------------	-------------

Food For Life

Sprouted English Muffins		\$13.55	20%	\$10.85
---------------------------------	--	---------	-----	----------------

3 Varieties

Member Special	16 oz.	\$3.65	20%	\$2.89
-----------------------	--------	--------	-----	---------------

Rudi's

Sliced Sandwich Breads	20-22 oz.	\$3.95-\$4.19	10%	\$3.55-\$3.75
-------------------------------	-----------	---------------	-----	----------------------

5 Varieties

Refrigerated	Size	Regular Price	Save	Sale
---------------------	-------------	----------------------	-------------	-------------

Stonyfield Farm

Nonfat Yogurt	6 oz.	\$0.99	15%	\$0.85
----------------------	-------	--------	-----	---------------

Blackberry, Blueberry, Black Cherry

White Wave

Cultured Soy Yogurt	6 oz.	\$0.99	15%	\$0.85
----------------------------	-------	--------	-----	---------------

Apricot Mango, Raspberry, Black Cherry,

Co-op

Soybean Margarine	1 lb.	\$1.49	15%	\$1.25
--------------------------	-------	--------	-----	---------------

Cascade Fresh

Nonfat Yogurt				
Member Special	6 oz.	\$0.89	20%	\$0.69

4 Varieties

Tofurkey

Veggie Deli Slices	5.5 oz.	\$2.99	15%	\$2.55
---------------------------	---------	--------	-----	---------------

Philly Steak Style, Peppered Style

Wildwood Harvest

Organic Cultured Soy Yogurt	6 oz.	\$1.09	15%	\$0.89
------------------------------------	-------	--------	-----	---------------

Blueberry, Peach

Body Care	Size	Regular Price	Save	Sale
------------------	-------------	----------------------	-------------	-------------

Avalon

Shampoo & Conditioner	11 oz.	\$7.65	15%	\$6.49
----------------------------------	--------	--------	-----	---------------

Lavender, Lemon, Rosemary, Ylang Ylang

Lotion	12 oz.	\$9.49	15%	\$8.05
---------------	--------	--------	-----	---------------

Lavender, Lemon, Rosemary, Ylang Ylang

Common Sense

Olive Lanolin Lotion	8.5 oz.	\$12.35	15%	\$10.49
-----------------------------	---------	---------	-----	----------------

EO

Hand Soap	12 oz.	\$7.99	15%	\$6.79
------------------	--------	--------	-----	---------------

Lavender, Tea Tree, Chamomile

Druide

Shampoo & Conditioner	8.4 oz.	\$10.99	20%	\$8.79
----------------------------------	---------	---------	-----	---------------

Bulk	Size	Regular Price	Save	Sale
-------------	-------------	----------------------	-------------	-------------

Rice Cracker Mix		\$1.89/lb.	20%	\$1.49/lb.
-------------------------	--	------------	-----	-------------------

Organic Harvest Trail Mix		\$5.99/lb.	15%	\$5.09/lb.
----------------------------------	--	------------	-----	-------------------

Organic Pinto Beans		\$1.39/lb.	10%	\$1.25/lb.
----------------------------	--	------------	-----	-------------------

Organic Navy Beans		\$1.39/lb.	10%	\$1.25/lb.
---------------------------	--	------------	-----	-------------------

Nature's Path

Organic Flax Plus Granola \$2.99/lb. 20% **\$2.39/lb.**

Organic Ginger Zinger Granola \$3.29/lb. 20% **\$2.59/lb.**

Organic Soy Plus Granola \$3.55/lb. 20% **\$2.79/lb.**

Equal Exchange
Organic Coffee \$8.55/lb. \$1.00 **\$7.55/lb.**

Breakfast Blend

Grocery **Size** **Regular Price** **Save** **Sale**

Muir Glen
Organic Tomatoes 28 oz. **15%**
10 Varieties

RW Knudsen
Simply Nutritious Juice 32 oz. **15%**
Morning Blend, Ginger Echinacea, Mega Green, Lemon

Wyman's
Blueberry Juice 3-8.5oz. or 32oz. **15%**
Blueberry, Blueberry Cranberry

Golden Temple
Peace Cereals **15%**
9 Flavors

Household **Size** **Regular Price** **Save** **Sale**

Down To Earth
Beeswax \$1.85 15% **\$1.55**
Votive Candles
Red or Green Dyed

Organic Threads
Organic Cotton Crew Socks 3 pack sm.-xlg. \$11.95 10% **\$10.75**
Naturally-Grown Colors

O-Zone
Odor Neutralizing Light Bulbs 23-watt \$37.99 10% **\$34.19**
Removes Smoke, Kills Bacteria & Mold Spores

Water Safe
Drinking Water Test Kits \$13.55 10% **\$12.19**
Tests: Bacteria, Lead, Pesticides, Hardness, pH, Chlorine, Nitrates, Nitrites

Earth Friendly Products
Dishmate 25 oz. \$4.09 10% **\$3.65**
Dishwashing Liquid

Almond, Grapefruit, Lavender, Pear

January



Earth Friendly Products

Dishmate 25 oz. \$4.09 10% **\$3.65**

Dishwashing Liquid Almond, Grapefruit, Lavender, Pear

ECOS Free & Clear Laundry Detergent 1 gallon 64 load \$17.49 10% **\$15.69**
Dye & Perfume-Free

Frozen **Size** **Regular Price** **Save** **Sale**

Alexia
All Natural Frozen Potatoes 16 oz. \$2.59 15% **\$2.19**
Three Varieties

A.C. Larocco
Gourmet Frozen Pizzas 22 oz. \$8.09 15% **\$6.85**
Greek Sesame, Cheese & Garlic, Garden Gourmet

Applegate Farms
Organic Chicken Apple Sausage 8 oz. \$5.99 15% **\$5.09**

Oven Roasted Turkey Breast 7 oz. \$4.99 15% **\$4.25**

Organic Turkey Bacon 8 oz. \$4.09 15% **\$3.45**
Garden Burger

Veggie Burger 10 oz. \$4.39 12% **\$3.85**
Original, Portobella Mushroom

Nature's Bakery
Local Veggie Burgers Member Special 12 oz. \$5.19 20% **\$4.15**

Quorn
Veggie Chicken Options 12 oz. & 10 oz. \$4.69 15% **\$3.99**
Chicken Tenders & Naked Cutlets

Woodstock Farms
Organic Frozen Fruit 10 oz. \$3.85 20% **\$3.05**
Mangos, Blackberries, Peaches, Raspberries

Member Special

Poor Kids to be Used as Guinea Pigs in New Study on Pesticides

The Environmental Protection Agency (EPA), led by Bush appointees, plans to launch a new study in which participating low income families will have their children exposed to toxic pesticides over the course of two years. For taking part in these studies, each family will receive \$970, a free video camera, a T-shirt, and a framed certificate of appreciation. In October, the EPA received \$2 million to do the study from the American Chemistry Council, a chemical industry front group that includes members such as Dow, Exxon, and Monsanto. The EPA's Linda Sheldon says the study is vital, because so little is known about how small children's bodies absorb harmful chemicals. As of press time, none of the EPA's employees are offering to have their own children take part in this research project. The Organic Consumers Association called on the nation's citizens to demand the EPA forgo this project before its scheduled launch in early 2005.

Within the first 48 hours of the OCA's whistle blowing, over 50,000 people signed a petition asking the EPA to stop this study. The website server temporarily crashed and the EPA asked the OCA to stop the petition. They say that they "will not stop until the families are no longer targeted, and consumers learn the truth about these dangerous chemicals." The extreme toxicity of these chemicals is already known and many of them are already banned in Europe. If you haven't already done so, please sign the petition at <http://www.organicconsumers.org/epa-alert.htm>.

Organic Consumers Association

Editor's Note: This looked to be so unbelievable, I thought it must be a joke. Unfortunately, it isn't. Check out the Organic Consumer's Association website for more info and links on this topic.

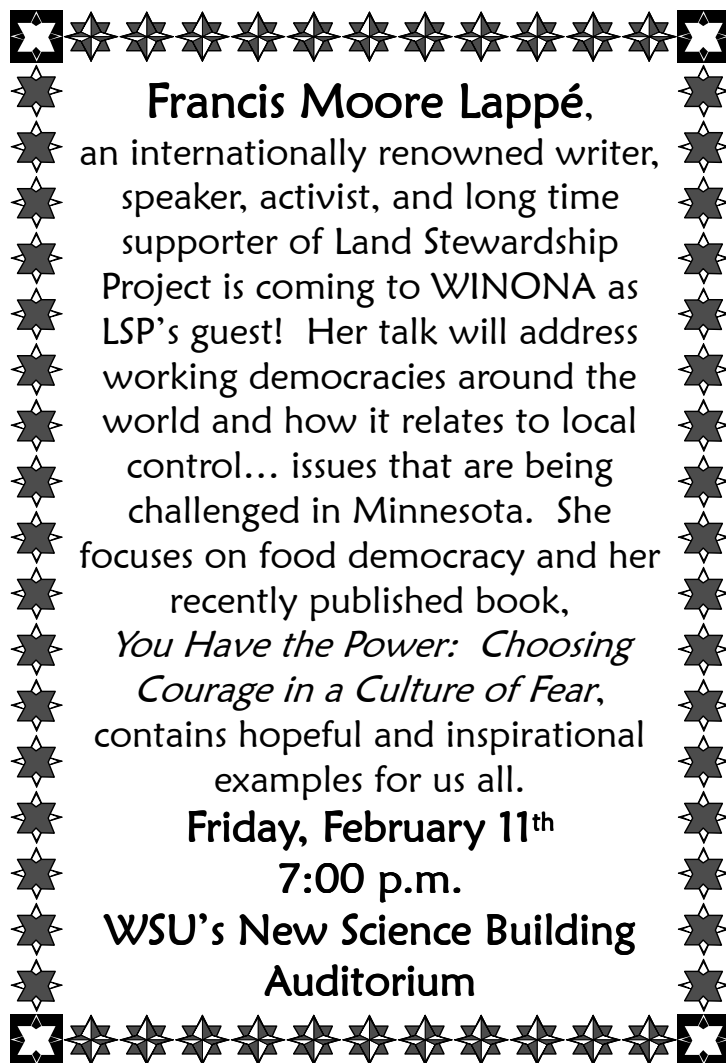
GE Crops News

✓ The city Council of Arcata, California has voted unanimously to ban the growing of genetically engineered crops within the city limits, following the lead of three Northern California counties who have also recently enacted bans - Mendocini, Trinity, and Marin. On the international front, the Bush Administration's threats against the EU to overturn its ban on certain genetically modified organisms have turned up dry, as European member states voted overwhelmingly recently to maintain the current bans.

✓ A thousand organic farmers in Saskatchewan have filed a class action lawsuit against biotech giants Monsanto and Bayer. The farmers are seeking compensation for organic canola fields being contaminated by genetically engineered canola seed. Monsanto argues that the case should be dismissed, claiming it's an "inappropriate" use of the court's time.

If I am not concerned for myself, who will be for me? But if I am only concerned for myself, what good am I? And if now is not the time to act, when will it be?

Hillel



Francis Moore Lappé,
an internationally renowned writer, speaker, activist, and long time supporter of Land Stewardship Project is coming to WINONA as LSP's guest! Her talk will address working democracies around the world and how it relates to local control... issues that are being challenged in Minnesota. She focuses on food democracy and her recently published book, *You Have the Power: Choosing Courage in a Culture of Fear*, contains hopeful and inspirational examples for us all.

Friday, February 11th
7:00 p.m.
WSU's New Science Building
Auditorium

Land Stewardship Project for 2% Sunday on January 30th

LSP shares Bluff Country Co-op's commitment to promoting nutritious, chemical-free, quality food from earth-friendly farms close to home.

The Land Stewardship Project is a grassroots membership organization made up of farmers and rural and urban residents who believe that we all have a stake in the future of our food system. We work with farmers to encourage stewardship and with consumers who want quality food. We train new and transitioning farmers to help them be successful on the land. We bring farmers and consumers together to fight for state and federal policies that support family farmers and promote environmental stewardship.

When you support the Land Stewardship Project you are supporting:

- democracy, local control, and policies that protect these key freedoms
- a local food system
- training and education opportunities for beginning farmers
- farm tours, fields days, and research focused on sustainable agriculture

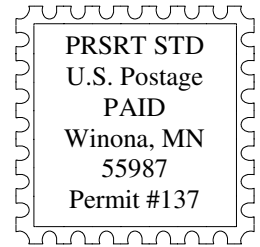
- speakers, book readings, and other special events
- work with farmers and lenders to improve financial opportunities
- piloting the Farm Beginnings™ model in other states

How you can get involved:

- Come to BCC and shop on Sunday, January 30th
- Become a member of LSP
- Gift an LSP membership
- Send an additional tax deductible donation to help us continue our work

See our Display Case (near the co-op's rear exit) which highlights events, farmers and good works. Our other efforts include:

- the film *Voices of Minnesota Farm Women*
- Slow Food Movement
- Seed and Bulb Exchange
- Pig Roast and Annual Meeting



**121 West 2nd Street
Winona, MN 55987**

Phone: 507-452-1815

Fax: 507-457-0511

E-Mail: bccoop@chartermi.net

Web Site: www.bluff.coop

Happy New Year!!!

ADDRESS SERVICE REQUESTED

Committees Seeking the Committed

Now that the Bluff Country Co-op staff have developed a preferential purchasing policy, the Local and Sustainable Food Committee is looking for members who are dedicated to the commitment to locally grown food and locally produced products. The purchasing guidelines emphasize the support of these products, and the committee would help the staff showcase and promote them. This could include newsletter articles, sampling days, local grower and local artisan profiles, for example. Supporting local farmers and the local economy is a priority for this committee, and we are looking for others who value fresh, locally grown produce and other products that are native to this area.

Please contact Vicki Englich, committee chair, at 454-1215 or by email at venglich@hbc.com.

The Education and Outreach Committee is looking for members of the co-op community to get involved with spreading the word about our store and sharing the knowledge of healthy living. Our next meeting is Tuesday, January 11th, at 6:30 at the Blue Heron Coffeehouse. Contact Ramona Redig, 687-8497 or ramonaredig@hotmail.com for more info.

News Flash - Soy Flash!

Snacking on soy nuts may help quash hot flashes, suggests a new study from Boston's Beth Israel deaconess Medical Center. For 8 weeks, 60 postmenopausal women followed a diet low in saturated fat, with half the participants eating 1/2 cup of roasted soy nuts daily. The soy nut snackers cut back their hot flashes by 27%, while those who ate soy nuts and exercised at least 4.5 hours per week saw hot flashes reduced by nearly half. *Natural Health, October*