



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.

Bluff country co-op has a new general manager!

bcc board or directors

Liz Haywood has been hired as the Co-op's new General Manager. The search began last September, and a number of likely candidates from several states were interviewed. Liz was a late entry in the application process, but applying the same criteria to all the applicants in the final interview round, the Search Committee felt Liz was the best person for the position. Liz was the Co-op's interim manager from August 1999 until we moved to our new store. She was the first Coordinator for the S.E. Minnesota Food Network, an organization that helps local sustainable growers connect with local markets. Most recently she has been the Maitre de at Signatures Restaurant. Liz brings a lot of skills, energy and vision to



this position. She and her husband Jamie Groth live in Winona.

We all look forward to this next phase in growing our Co-op. The Board would like to thank our terrific staff for all their extra efforts during this transition time. And thanks to our members as well for all your support.

Thank You Ann!

The Board would like to thank Ann Ward for her willingness to step in as interim manager during our recent transition time. It's a big job to undertake on short notice, and Ann has really done well with it. We appreciate her dedication and all she's given over these last few months. Thank you Ann.

Change is the constant, the signal for rebirth, the egg of the phoenix

Christina Baldwin

Open House

Meet Bluff Country's new General Manager at an Open House at the Co-op on Sunday, March 19 from 1:00 to 4:00. There will be refreshments. Watch for further details on a flyer at the store.

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 **Ramona Redig**

rredig@gmail.com

Vice-President **Chris Dahlke**

cdahlke@winona.edu

Co-Secretaries **Heather Secrist Smith**

smithgardens@wildmail.com

Cherie Hales

chaless@hbci.com

Treasurer **Scott Miller**

puravida@hbci.com

Assistant Secretary **Heather Secrist Smith**

smithgardens@wildmail.com

Bruno Borsari

bborsari@winona.edu

Carol Jensen

bizwhiz@hotmail.com

Mike McMullen

mocmyc@hbci.com

Meet the board

heather secrist smith
bcc board of directors assistant secretary

My name is Heather Secrist Smith and this is my 2nd year being on the Bluff Country Co-op Board of Directors. During my term, I have served as co-secretary. My fellow board members have had the opportunity to get to know my son, Ashlan, who grew within me and attended several board meetings as a baby. Perhaps he, too, will have the seed of cooperative passion.

My husband, Jeremy, and I operate Smith Gardens Community Farm in rural Cochrane, WI. We produce a variety of goods including salad greens, vegetables, berries, free-range chickens, chevon (goat meat), handcrafted goat milk soap, and other natural body care products.

I became associated with the co-op and its board through my passion for locally grown foods and products. I believe the co-op is a critical outlet for small sustainable farmers. The co-op provides a foundation for community interconnectedness and support. By volunteering my time on the board, I feel that I can help the co-op grow and become an even more integral part of the local community.

University's Southwest Research and Outreach Center leads with new organic agriculture coordinators

jim riddle bcc member

Lamberton, Minn. – The University of Minnesota's Southwest Research and Outreach Center (SWROC) has been a leader in the study of organic agriculture and ecology for over 15 years. Continuing in that role, SWROC will soon have two new staff members who will coordinate and support efforts to expand the University's statewide organics program in the areas of research and outreach.

Jim Riddle and Carmen Fernholz are joining the SWROC staff as organic agriculture coordinators. Fernholz, from Madison, Minn., will be the organic agriculture coordinator for research management; Riddle, who lives in Winona, Minn., will be the organic agriculture coordinator for outreach. Based out of SWROC, their duties will involve other organics-related activities throughout the University system and at other research and outreach centers.

"Both Jim and Carmen are recognized, well-connected and committed individuals who will make organic agriculture systems a priority," commented Pauline Nickel,

continued on back page

Girl meets hummus

margaret produce/deli assistant

When I first came to college I didn't know what hummus was. It was introduced to me slowly through a couple of friends who would buy it to put on sandwiches and as a dip, but I still didn't understand what it was and why anyone would want to eat it. To me it seemed like only vegetarians or vegans ate it and that they only ate it because they were eating a restricted diet. I wasn't at all about restricting my diet, so I wasn't interested.

It wasn't until I started working at the co-op, when I was able to sample hummus for free, that I really enjoyed the taste. It is a great substitute on sandwiches for vegetarians and vegans- but also for everyone who enjoys the taste and wants something a little more healthy between their bread. Hummus is made of primarily chick peas, (garbonzo beans) and the fat that's in it is from olive oil.

Hummus is a nice treat that you can buy at the co-op, but it's also very easy to make. Another fun thing about hummus is that when you are making your hummus at home, you can throw all kinds of crazy things in it. For example, if you really like garlic, add some extra!! You can even throw in veggies that are going to go bad soon, or whatever you have extra in your fridge, almost everything is guaranteed to taste good in a hummus.

There is almost an infinite amount of different kinds of hummus, so you can mix it up all the time too. The most common hummuses that we make at the co-op, are the garlic, spinach, black bean, black olive, and red bell pepper hummus. The garlic hummus is our best selling, so if you like garlic, you might want to start there. You can find a bunch on vegweb.com, or by googleing hummus recipes.

Make your own veggie wrap with hummus!!

One of our favorite sandwiches at the co-op is the veggie wrap. You can buy the Matthews red chile tortillas that we use for our veggies wraps. They are located to the right of the deli area in the deli cooler. You can buy your favorite veggies to put in the wrap. I would suggest crunchy ones like cucumbers and carrots, but the possibilities are endless.

Then you can buy one of the hummus' I mentioned earlier that we make in the deli. There is also hummus

mix in the bulk and grocery section, or make your own at home.

Roll it all together and you have a delicious wrap that will impress all your friends



Lynn Boston's World Famous Hummous

Ingredients

3 cans chickpeas, drained (or save a little juice and you don't have to use as much oil)
1/2 cucumber
1 small tomato
1 1/2 lemon, juice and pulp
a handful chopped parsley
salt to taste
fresh ground pepper to taste
1/4 cup olive oil (or add chickpea juice instead) you can add more oil if you like
3 cloves of garlic
1 tablespoon tahini

Directions:

Put all ingredients in a food processor and blend until smooth.

Use as a dip for fresh cut veggies, tortilla chips, stone ground vegan crackers, toasted or fresh syrian vegan bread.

My hummus has a fresh, flavorful taste. Try it and let me know what you think!

Serves: 15

Preparation time: 15 minutes

<http://vegweb.com/recipes/misc/946.shtml>

Wellness

	Size	Regular Price	Save	Sale
BCC				
Vitamin E 200 IU	90 gels	\$8.45	20%	\$6.75
Organic Flax Oil Caps	90 gels	\$10.15	20%	\$7.99
Joint Support Softgels	90 gels	\$31.99	20%	\$25.59
Fish Oil Omega 3's, Glucosamine, Chondroitin, Bromelain, Turmeric, etc				
Effective Natural Products				
Corti Crave Plus	32 oz.	\$34.95	20%	\$27.95
w/Hoodia, etc.				
Tropical Oasis				
Whole Body Detox	16 oz.	\$24.95	20%	\$19.95
for Immunity & Wellness (Essiac Plus)				
Now Foods				
Graviola 500 mg	100caps	\$12.99	20%	\$10.39
for Stress Reduction & Lower Blood Pressure				

Refrigerated

	Size	Regular Price	Save	Sale
Food for Life				
Sprouted Corn Tortillas	10 oz.	\$2.99	20%	\$2.39
Nancy's				
Organic	32 oz.	\$4.49	15%	\$3.99
Plain Whole Milk Yogurt				
Wildwood				
Organic Soy Smoothies	10 oz.	\$1.99	15%	\$1.69
vanilla, berry, apricot-mango				

Frozen

	Size	Regular Price	Save	Sale
Health is Wealth				
Vegetarian Munchees	6 oz.	\$3.29	15%	\$2.79
pizza, spinach tofu				
Omega Foods				
Salmon Burgers	4 burgers	\$6.35	10%	\$5.69
Soy Delicious				
Non-Dairy Desserts	32 oz.	\$4.99	15%	\$4.25
all flavors				

Bulk Foods

	Size	Regular Price	Save	Sale
Wasabi Peas		\$4.59/lb.	10%	\$4.09/lb.
Organic Quick Oats		89¢/lb.	10%	79¢/lb.
Equal Exchange				
Organic		\$9.15/lb.	\$1/lb.	\$8.15/lb.
French Roast Coffee				
Breadshop				
Honey Gone Nuts Granola		\$2.89/lb	10%	\$2.55/lb.
Sesmark				
Garlic Sesame Sticks		\$2.09/lb	10%	\$1.89/lb.
Peace				
Organic		\$9.49/lb	\$1/lb.	\$8.49/lb.
French Roast Coffee				

Bakery

	Size	Regular Price	Save	Sale
Rudi's Organic Bakery				
Organic	24 oz.	\$4.39	15%	\$3.75
Cinnamon Raisin Bread				

Grocery

	Size	Regular Price	Save	Sale
Choice				
Organic Teas				
black	16 bags	\$3.19	15%	\$2.69
irish breakfast	16 bags	\$3.19	15%	\$2.69
darjeeling	16 bags	\$3.19	15%	\$2.69
earl grey decaf	16 bags	\$4.29	15%	\$3.65
orange spice	16 bags	\$3.19	15%	\$2.69
Bisca				
Crackers	5.3 oz.	\$2.59	15%	\$2.19
all flavors				
Blue Sky				
Sodas	6 pack	\$3.99	15%	\$3.25
all non-organic flavors				
Boulder				
Potato Chips	5 oz.	\$1.99	15%	\$1.69
jalapeno cheddar, parmesan garlic, hickory bbq, cracked salt & pepper	12 oz.	\$3.79	15%	\$3.49
Country Choice				
Cookies				
vanilla, chocolate, ginger lemon				
Dagoba				
Chocolate Bars	2 oz.	\$2.89	15%	\$2.45
all flavors				
Eden				
Sauerkraut	32 oz.	\$4.29	20%	\$3.45
Annie's				
Pasta	6 oz.	\$1.99	10%	\$1.79
Arrowhead Mills				
Pancake Mixes	28 oz.	\$5.29	20%	\$4.25
apple cinnamon, chocolate chip				
Back to Nature				
Chocolate Chunk Cookies	9.3 oz.	\$3.89	15%	\$3.29
Crackers	4 oz.	\$3.19	10%	\$2.75
sesame ginger, white cheddar				
Bela				
Sardines	4.25 oz.	\$2.29	10%	\$2.09
all flavors				
Garden of Eatin'				
Red Hot Blues Corn Chips	16 oz.	\$4.29	15%	\$3.65
Kashi				
Cereal	various	\$4.79	10%	\$4.35
heart to heart, good friends, go lean slimming cereal				
Body Care	Size	Regular Price	Save	Sale
Bee & Flower				
Soaps	various	various	15%	15% off
EO				
Hand Sanitizer	2 oz.	\$3.49	20%	\$2.79
Shikai				
Hand & Body Lotion	8 oz.	\$6.29	20%	\$4.99
Kiss My Face				
Cold & Flu Bath Gel	16 oz.	\$8.95	20%	\$7.19
Foaming Soaps & Refills	various	various	20%	20% off

New study shows unborn babies could be harmed

Geoffrey Lean environment editor, the independent

The study - carried out by a leading scientist at the Russian Academy of Sciences - found that more than half of the offspring of rats fed on modified soya died in the first three weeks of life, six times as many as those born to mothers with normal diets. Six times as many were also severely underweight.

The research - which is being prepared for publication - is just one of a clutch of recent studies that are reviving fears that GM food damages human health. Italian research has found that modified soya affected the liver and pancreas of mice. Australia had to abandon a decade-long attempt to develop modified peas when an official study found they caused lung damage.

And last May this newspaper revealed a secret report by the biotech giant Monsanto, which showed that rats fed a diet rich in GM corn had smaller kidneys and higher blood cell counts, suggesting possible damage to their immune systems, than those that ate a similar conventional one.

The United Nation's Food and Agriculture Organisation held a workshop on the safety of genetically modified foods at its Rome headquarters late last year. The workshop was addressed by scientists whose research had raised concerns about health dangers. But the World Trade Organisation is expected next month to support a bid by the Bush administration to force European countries to accept GM foods.

The Russian research threatens to have an explosive effect on already hostile public opinion. Carried out by Dr Irina Ermakova at the Institute of Higher Nervous Activity and Neurophysiology of the Russian Academy of Sciences, it is believed to be the first to look at the effects of GM food on the unborn.

The scientist added flour from a GM soya bean - produced by Monsanto to be resistant to its pesticide, Roundup - to the food of female rats, starting two weeks before they conceived, continuing through pregnancy, birth and nursing. Others were given non-GM soya and a third group was given no soya at all.

She found that 36 per cent of the young of the rats fed the modified soya were severely underweight, compared to 6 per cent of the offspring of the other groups. More alarmingly, a staggering 55.6 per cent of those born to mothers on the GM diet perished within three weeks of birth, compared to 9 per cent of the offspring of those fed normal soya, and 6.8 per cent of the young of those given no soya at all.

"The morphology and biochemical structures of rats are very similar to those of humans, and this makes the results very disturbing" said Dr Ermakova. "They point to a risk for mothers and their babies."

Environmentalists say that - while the results are preliminary - they are potentially so serious that they must be followed up. The American Academy of Environmental Medicine has asked the US National Institute of Health to sponsor an immediate, independent follow-up.

The Monsanto soya is widely eaten by Americans. There is little of it, or any GM crop, in British foods though it is imported to feed animals farmed for meat.

Tony Coombes, director of corporate affairs for Monsanto UK, said: "The overwhelming weight of evidence from published, peer-reviewed, independently conducted scientific studies demonstrates that Roundup Ready soy can be safely consumed by rats, as well as all other animal species studied."

What the experiment found

Russian scientists added flour made from a GM soya to the diet of female rats two weeks before mating them, and continued feeding it to them during pregnancy, birth and nursing. Others were given non-GM soya or none at all. Six times as many of the offspring of those fed the modified soya were severely underweight compared to those born to the rats given normal diets. Within three weeks, 55.6 per cent of the young of the mothers given the modified soya died, against 9 per cent of the offspring of those fed the conventional soya.

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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.

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SWROC head. "They will invigorate research and educational efforts through strong partnerships within and external to the University of Minnesota."

Riddle's experience in the field of organic agriculture extends over 25 years. He began farming organically in 1980 and conducting organic inspections in 1987. In the early 1990s, he became involved with various government agencies and private organizations that establish organic standards and policy, including the International Federation of Organic Agriculture Movement.

Since 2001, Riddle has served on the National Organic Standards Board. From 2003 to 2004, he held an endowed chair position in agricultural systems for the University of Minnesota. He is a frequent speaker at organic farming conferences and field days.

"Jim brings a national and international reputation for his work on national organic standards to SWROC. He has a vast and valuable knowledge of the practical application of organic systems," said Nickel.

"I'm looking forward to the opportunity to bring more exposure to the good work that the University of Minnesota is doing in this field," commented Riddle. "It's an exciting time to be involved in the growth of the organic market."

Fernholz began farming organically in the early 1970s

and was certified as an organic producer in 1974. Between 1997 and 1998, he held a senior fellow position in agricultural systems for the University of Minnesota. Since 1985, he has participated in on-farm research with the University of Minnesota, North Dakota State University, the Rodale Institute and the United States Department of Agriculture.

Fernholz has been active in several associations and organizations, including the Organic Growers and Buyers Association, the Minnesota Institute for Sustainable Agriculture (MISA) and the Sustainable Farming Association of Minnesota. He is a co-founder of the Organic Farmers Agency for Relationship Marketing and started the Southwest Minnesota Poultry Coop in 2000. He currently is the chair of the West Central Regional Sustainable Development Partnership. He also does organic systems crop consulting and public speaking.

"Carmen is acknowledged and respected nationally for his long-time leadership in organic systems and years of on-farm research with University of Minnesota faculty," said Nickel.

"I'll be working hard to enhance connections between producers, researchers and the staff at the University," commented Fernholz. "There's lots of room for expanding what's going on in the field into the work that happens on campus. I believe we will really raise the awareness of what's going on with organics in Minnesota."