



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.

Buying local goes beyond fair prices

liz haywood general manager

The past weeks have been a time to affirm how much we value good food and sustainable farms. Prompted by debate over the permitting of a large hog farm in Winona County, community members have raised their voices in support of farms and farmers committed to long-term sustainability. We are raising our voice as well: Bluff Country Co-op is reaffirming our commitment to support sustainable, organic and local agriculture. We buy products from local farms whenever possible, paying fair prices to over two dozen area farms.

The affect is far-reaching. Buying local means that Bluff Country is participating in the economic development of our area, and in the development of products that our members want. Some of our producers have expanded operations and developed new products, knowing that they can count on our financial support. Co-op shoppers can be proud to buy food whose production has benefited the soil with nutrients, protected watersheds from erosion and pollution, and expanded the biodiversity of our region. When you are shopping, choose regionally-sourced items, and use your food dollars to support our area farm communities.

In May, Winona is kicking-off a shop-local program called SmartTown. This

program encourages shoppers to buy in Winona by offering discount incentives, cash-back rewards and financial support for your non-profit of choice. You can get your SmartTown card at Bluff Country, and extend your food dollars by using our SmartTown discount program. Every Sunday you can use your SmartTown card to get 5% off your bill (some exclusions apply). More information is forthcoming in the local papers, and our management staff is fully trained to help you use your card.

You will notice some changes in management when you are in the store. Tove Wiggs, a five-year co-op employee, is expanding the scope of our Customer Service Center. She supervises cashier staff, manages many member services, and facilitates a pleasant shopping experience for our customers. The Body Care area is now headed by Winona State grad Ginger Fride. Ginger has been a cashier at the co-op since June of 2005 and we are pleased that she has chosen Winona as her post-grad home.

I hope you'll have a chance to use our "Ask Us" service on the website. Our management staff has 46 years of collective experience with Bluff Country Co-op, and we can help you find the answers you need. Post your question at www.bluff.coop.

Spring is
when life's alive in
everything

Christina Rossetti
(1930-1894)

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

chales@hbci.com

Treasurer **Scott Miller**

puravida@hbci.com

Bruno Borsari

bborsari@winona.edu

Carol Jensen

bizwhiz@hotmail.com

Mike McMullen

mocmyc@hbci.com

Next Board Meeting

May 22nd, 2006

6:30 p.m. at BCC

Meet the board

mike mcmullin bcc board of directors

My wife Audrey and I have been living in the Winona area since 1997 and began shopping at BCC soon after moving here. I work as a physician assistant in Olmsted Medical Center's St. Charles Branch.

At the 2003 Annual meeting I decided it was time to "pay my dues" and to do something beyond paying the membership fee and shopping at BCC. I joined the board at that time and have had a rich and education experience since then. It has been great getting to know BCC staff, supporters, and other board members.

My work on the board has been rewarding and exciting. We serve the Winona community and surrounding areas in meaningful and important ways as we seek to promote healthy foods, products, and lifestyles.

bcc board's corner

ramona redig bcc board of directors president

It was a real pleasure to walk out my door this morning to hear the spring peepers, robins, our rooster and others giving their morning serenade. I am writing this fresh and enthusiastic from our board planning retreat this past Saturday. We completed the first steps toward articulating a long range vision for Bluff Country Co-op and creating a 3-5 year plan. We have successfully completed the goals set for the first five years in the new store this last year. Now, it's time to reset the bar to continue ongoing success. Upcoming events to watch for will include recruiting nominations for new board members prior to the General Membership Meeting this fall, planning outreach activities, and the design of a new financial community investment plan for BCC.

Happy Spring!

**424,000 trees would be saved
if every household in the U.S. replaced just one 500-sheet roll of virgin
toilet paper with one recycled roll.**

New studies back benefits of organic diet

submitted by james riddle bcc member

Published on Saturday, March 4, 2006 by the InterPress Service
by Stephen Leahy

TORONTO, Canada - Organic foods protect children from the toxins in pesticides, while foods grown using modern, intensive agricultural techniques contain fewer nutrients and minerals than they did 60 years ago, according to two new scientific studies.

A U.S. research team from Emory University in Atlanta analyzed urine samples from children ages three to 11 who ate only organic foods and found that they contained virtually no metabolites of two common pesticides, malathion and chlorpyrifos.

However, once the children returned to eating conventionally grown foods, concentrations of these pesticide metabolites quickly climbed as high as 263 parts per billion, says the study published Feb. 21. Organic crops are grown without the chemical pesticides and fertilizers that are common in intensive agriculture.

There was a "dramatic and immediate protective effect" against the pesticides while consuming organically grown foods, said Chensheng Lu, an assistant professor at the Rollins School of Public Health at Emory University.

These findings, in addition to the results of another study published in Britain earlier this month, have fueled the debate about the benefits of organically grown food as compared to conventional, mass-produced foods, involving academics, food and agro-industry executives and activists in the global arena.

According to the new British analysis of government nutrition data on meat and dairy products from the 1930s and from 2002, the mineral content of milk, cheese and beef declined as much as 70 percent in that period.

"These declines are alarming," Ian Tokelove, spokesman for The Food Commission that published the results of the study, told Tierramérica. The Commission is a British non-governmental organization advocating for healthier, safer food.

The research found that parmesan cheese had 70 percent less magnesium and calcium, beef steaks contained 55 percent less iron, chicken had 31 percent less calcium and 69 percent less iron, while milk also showed a large drop in iron along with a 21 percent decline in magnesium.

Copper, an important trace mineral (an essential nutrient that is consumed in tiny quantities), also declined 60 percent in meats and 90 percent in dairy products.

"It seems likely that intensive farming methods are responsible for this," Tokelove said from his office in London.

Although controversial, a number of other studies have also found differences between conventionally produced foods and foods grown organically or under more natural conditions.

Organic fruits and vegetables had significantly higher levels of cancer-fighting antioxidants, according to a 2003 study in *Journal of Agricultural and Food Chemistry*.

The organic plants produced these chemical compounds to help fight off insects and competing plants, researchers said.

A 2001 report by Britain's Soil Association looked at 400 nutritional research studies and came to similar conclusions: foods grown organically had more minerals and vitamins.

"Modern plant breeding for quick growth and high yields could also be affecting the nutritional quality," says Katherine Tucker, director of the nutritional epidemiology program at Tufts University in the northeastern U.S. city of Boston, Massachusetts.

Lower levels of minerals in food we eat is cause for concern, she says, stressing that "magnesium, calcium and other minerals are very important for proper nutrition."

Good nutrition and exercise are the major factors that can make a difference in the incidence of many diseases, including cancer, according to Tucker.

She recommends eating unprocessed foods, meat from free-range animals, and grains, fruits and vegetables grown organically or at least using more natural farming methods.

Farmers in other parts of the world should not adopt the intensive farming practices of North America or Europe, says Ken Warren, a spokesman with The Land Institute, based in the central U.S. state of Kansas.

"It's an unsustainable system that relies heavily on chemical fertilizers... to keep yields high and produces 'hollow food'," Warren told Tierramérica.

"Hollow food" contains insufficient nutrition and is suspected in playing a role in the rapid rise in obesity, as people may be eating more in order to get the nutrition they need, he said.

Crops take minerals, trace elements and other things from the soil every year. All that modern agriculture puts back into the land are some chemical fertilizers which do not replace all that has been lost, Warren said.

Moreover, herbicides and insecticides kill microorganisms in the soil that play an important role in maintaining soil fertility and helping plants grow.

Pesticide residues in modern agriculture are another cause for concern. A 2003 University of Washington study found that children eating organic fruits and vegetables had concentrations of pesticide six times lower than children eating conventional produce. The Land Institute advocates what it calls "natural systems agriculture." This involves the use of perennial crops in polycultures, that is, planting several different crops together as has been practiced in traditional gardens and farm plots in many parts of the world. "Farmers in other parts of the world should learn from American agriculture's mistakes. Looking to nature is a better model for farming," Warren said.

Stephen Leahy is a Tierramérica contributor. Originally published Feb. 24 by Latin American newspapers that are part of the Tierramérica network.

Tierramérica is a specialized news service produced by IPS with the backing of the United Nations Development Program and the United Nations Environment Program.

© Copyright 2006 IPS - Inter Press Service

Wellness

	Size	Regular Price	Save	Sale
BCC Ultimate Omega 3-6-9 Complex fish, flax, borage oils	90 gels	\$15.99	30%	\$10.99
Balanced B-100 b-complex	30 caps 60 caps	\$7.65 \$12.99	20% 20%	\$5.99 \$9.99
Super Fiber Tabs oat, guar, psyllium	100 tabs	\$8.55	30%	\$5.95
Now Foods CLA Extreme to support weight loss	90 gels	\$27.99	30%	\$19.59
Inositol Powder for cholesterol support	4 oz. 154 serv	\$19.99	30%	\$12.59
Body Pure Foot Detox Pads to help remove toxins & improve circulation	box of 10	\$27.99	\$5 off	\$22.99
Earth's Bounty ACAI Juice Blend amazon rainforest berry	33 oz.	\$29.95	\$5 off	\$24.95
GOJI Juice Blend himalayan lycium barbarum	33 oz.	\$29.95	\$5 off	\$24.95
Mangosteen Juice Blend thailand fruit w/ high antioxidants	33 oz.	\$29.95	\$5 off	\$24.95
ENP Calcium Magnesium	32 oz.	29.95	\$5 off	\$24.95

Frozen

	Size	Regular Price	Save	Sale
Morningstar Farms Meat-free Corn Dogs	10 oz.	\$5.65	15%	\$4.79
Food for Life Organic 8" Sprouted Grain Tortillas	12 oz.	\$2.89	15%	\$2.45
Lifestream Organic Toaster Waffles flax, wildberry	11 oz.	\$3.65	15%	\$3.09

Bulk Foods

	Size	Regular Price	Save	Sale
Organic Black Beans		\$1.15/lb.	15%	95¢/lb.
Cafe Fair Organic Cordilleran Coffee		\$8.15/lb.	\$1/lb.	\$7.15/lb.
BCC Maple Syrup	1 gallon	\$35.85	15%	\$30.45
Once Again Whole Roasted & Salted Cashews		\$7.99/lb.	10%	\$7.19/lb.

Grocery

	Size	Regular Price	Save	Sale
Hampstead Organic Fair Trade Teas earl grey, english breakfast, fennel & licorice, peppermint, rosehip hibiscus, royal chamomile	20-25 bags	\$4.99	15%	\$4.25
After the Fall Juice cran meets raspberry, georgia peach	32 oz.	\$3.49	25%	\$2.59
Health Valley Cereal cherry lemon orange blastems	7.5 oz.	\$3.89	20%	\$3.15
Terra Red Bliss Chips	5 oz.	\$3.49	15%	\$2.99
Amy's Salsas black bean & corn, medium, mild	14.7 oz.	\$4.19	20%	\$3.35
Salad Dressings all 17 flavors	8 oz.	\$3.39	25%	\$2.55
Barbara's Bakery Fig Bars	12 oz.	\$4.49	20%	\$3.59
R.W. Knudson Aseptic Pack Fruit Juice pear, organic apple, grape, lemon, tropical	3 pack	\$2.79	20%	\$2.25
Que Pasa Tortilla Chips yellow, blue, red or white corn	1.32 lbs.	\$6.19	10%	\$5.55
Garden of Eatin' Yellow Corn Taco Dinner Kit	9.4 oz.	\$4.89	10%	\$4.39
Mother's Cereals coco bumpers, peanut butter bumpers	10.6 oz & 14 oz.	\$4.29	5%	\$3.99

Refrigerated

	Size	Regular Price	Save	Sale
Yves Meatless "The Good Ground" ground beef style	12 oz.	\$3.95	20%	\$3.15
White Wave Baked Tofu tomato basil, teriyaki oriental, thai peanut	8 oz.	\$3.59	10%	\$3.19
Willow Run Margarine Soy Sticks	1 lb.	\$2.49	20%	\$1.99

May Specials

get fresh beef at bcc

megan sullivan bakery/frozen foods/ refrigerated manager

We are pleased to announce that **fresh beef** is now available in our refrigerated section! The fresh beef comes to BCC from the Thousand Hills Cattle Company, based in Cannon Falls, MN. Thousand Hills specializes in processing and marketing pasture-raised beef from upper Midwest farms (not more than eight hours away). Their 100% grass fed beef is certified by Food Alliance, one of the nation's leading certifying organizations for environmentally friendly, humane and socially responsible agricultural practices. The beef is all natural—not given any hormones, growth enhancers, or antibiotics—and is never fed any corn, grain, or animal byproducts. The meat is never irradiated.

Grass fed beef offers distinct advantages over feed lot beef, not the least of which is taste: it is tender and juicy, and has a delicious, “beefier” flavor. Grass fed beef is also considered healthier than other beef: it is higher in Omega-3 fatty acids, CLA, and Vitamin E than conventional grain fed beef. Grass fed cattle have been shown to be significantly less susceptible to E. coli bacteria than grain fed cattle. The cattle farmers associated with Thousand Hills adhere to strict health and environmental standards, and do not spray pastures with synthetic pesticides and herbicides. Thousand Hills Cattle Company proprietor, Todd Churchill, emphasizes the connection between premium quality beef and soil quality, saying, “Healthy cattle means having healthy pastures and healthy soil.”

It is important to note that the ideal preparation of grass fed beef may be different from conventionally raised beef. Thousand Hills explains: “Because our cattle are not fed corn and grains to speed growth, are not confined and get plenty of exercise, their meat has less fat marbling. But, the fats present are extremely nutritious when cooked “low and slow”. Happily, that’s also the best way to preserve the moistness and tenderness—in burgers, steaks and roasts. So, take a little more time to relax and enjoy—while cooking and eating our beef.”

Initially our selection of fresh meat will include ground beef as well as top sirloin steaks. We have an eye toward expanding our fresh meat selection—let us know what you think! We will continue to offer a variety of quality local meats in our frozen case.

CURRIED GRAINS AND APPLE SALAD

This great grain salad is the perfect accompaniment with grilled chicken or a bitter-greens salad with top-quality olive oil. Bon appetit!

¾ cup	non-fat yogurt, soy yogurt, or other substitute
¼ cup	fresh squeezed lemon juice from 2 large lemons
2	large garlic cloves, minced or pressed
1 T.	curry powder
½ tsp.	salt
1 tsp.	ground cumin
1 T.	fresh ginger, minced (or 1 tsp. powdered)
½ tsp.	chili powder (or crushed chili flakes for a spicy kick)
1 T.	Dijon mustard
1 cup	uncooked wheatberries
15 oz.	cooked garbanzo beans (1 can)
½ pound	fresh green beans, blanched or briefly steamed
1	cucumber, peeled, seeded and chopped
4-5	green onions, chopped
1	bell pepper, seeded and sliced
1	Granny Smith apple, chopped
4 T.	cilantro or parsley, chopped

Mix yogurt, mustard, lemon juice, garlic, and spices together well; set aside.

Cook the wheatberries (directions below), drain and cool.

Combine garbanzo beans, onion, green beans, cucumber, pepper, apple and fresh herbs in another bowl.

Let the flavors meld in the refrigerator while you make the rest of your dinner. If you don't care for wheatberries, you can substitute fresh corn off the cob instead.

To cook wheatberries: Soak for ½ hour in cool water. Drain water, then cover with new water in a saucepan, bring to a boil, lower the heat, and simmer gently for 30 minutes.

I-Really-Want-To-Use-The-Grill Bruschetta

8 slices	good farm bread
½ cup	shredded parmesan
1#	tomatoes, chopped
1 bunch	basil, chopped
3 cloves	garlic, chopped
1/8 tsp.	red pepper flakes
	salt and pepper to taste
	really good olive oil to taste

Stir together the tomatoes, basil, garlic and pepper flakes. Douse with a healthy 2-3 T. olive oil. Season to taste. Smear the bread on both sides with olive oil and grill each side until toasty. Sprinkle the hot grilled bread with parmesan, let it melt, then spoon the tomato mixture over each slice. Delicious! (Made even more decadent with a nice glass of Italian Pinot Grigio)

Kickapoo Country Fair
**Cultivating Rural Heritage
and the
Future of Farming**
July 29-30
LaFarge, Wisconsin

Organic Valley invites Vendors, Exhibitors,
Performers and Presenters on topics of
Rural Traditions, Sustainability, Environmentalism,
and Health, to participate.

Find more information at
organicvalley.coop
or contact us at
888-444-MILK ext.456, or kcf@organicvalley.coop

Independence Wine Tasting

From Cinco de Mayo to Syttende
Mai, the cheese is delicious!

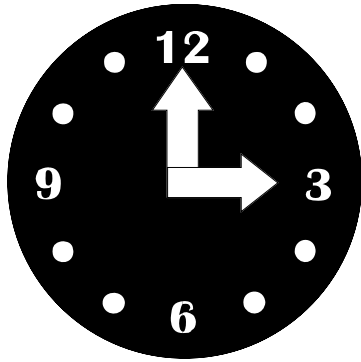
May 12th,

Join us from 5-7
for a

wine and cheese reception
with local wine expert
John Breitlow
and our cheese and deli manager
Brian Britten

Select cheeses will be on special
throughout the day, so stock up,

Watch for early-bird specials
in the first week of June!



**Set Your
Clocks!**

Bluff Country is expanding its hours to
meet your needs **starting June 1st!**

8 a.m. - 8 p.m. Monday - Saturday
9 a.m. - 5 p.m. Sunday

You are What You Wear

Worried about the effect of sunscreen
on sensitive skin?

- ⚙ Choose physical sunscreens over chemical ones. Chemical sunscreens undergo a chemical reaction on the skin when ultraviolet (UV) light is present. This prevents the UV light from penetrating the skin and causing damage. Physical sunscreens sit on the surface of the skin, posing a physical barrier. Look for sun-blocking ingredients such as titanium dioxide and zinc oxide.
- ⚙ Choose “broad-spectrum” sunscreens. These screen both types of UV radiation: UVA, which is responsible for skin aging, and UVB, which causes sunburn.
- ⚙ Cover up with clothing. Wear a wide-brimmed hat, long pants and long sleeves when out in the sun.
-Chicago Tribune

Treat your skin with Alba Sunscreens
20% off all Alba Sunscreen Products

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@chartermi.net

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.

Close-Out Sale

on

Simpler's Organic Herbal Bulk Extracts

Sale Price \$3.99/oz.

Regular Price \$5.99/oz.

Bottles provide in 1 oz., 2 oz., 4 oz., and 8 oz. If you need help dispensing them, feel free to ask a staff member to assist you. The following 12 selections are available:

Astragalus - immune tonic

Echinacea - immune booster

Echinacea Glycerinate - alcohol free, great for kids

Echinacea Goldenseal Compound - cold & flu fighter

Female Tonic Compound - includes dong quai, blessed thistle, licorice, chaste tree berry (vitex), black cohosh, ginger, angelica

Kava - nerve calming, anti-anxiety

Milk Thistle Compound - liver tonic includes milk thistle, dandelion, artichoke, oregon grape

Saw Palmetto Compound - bladder & prostate tonic includes saw palmetto, nettles, echinacea, marshmallow, couchgrass, hydrangea, sarsaparilla, licorice, yarrow, milky wild oats

Siberian Ginseng - now called eleutherococcus senticosus - adrenal gland tonic, energy

St. John's Wort - good mood tonic

Stress Relief Compound - includes passion flower, skullcap, chamomile, nettles, milky wild oats, lavender, bach flower rescue remedy

Valerian Root - sleep and relaxation aid