



SEPTEMBER 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.

Turn, turn, turn

Bluff Country Co-op Staff

The approach of autumn, though filled with beauty and the rich promise of harvest, always includes a bittersweet accent in its transitions. Academic schedules and winter preparations replace summer's carefree expanses. Shorter, cooler days shift the focus, quicken the pulse, alter the appetites.

We at BCC receive and convey the fruits of so many harvests and are a part of the cycle of change ourselves. Last month we gave a grateful farewell to long-time grocery manager Chris Dahlke, who has embarked on a new teaching career at Winona State University. Joey Lorenz, who was assisting Chris, is the new manager of the grocery department. Also having left us to head to different campuses were cashier Nick Lowery and deli assistant Jesse Pollock-Foote. We thank them for their season of service.

The rapid turning of the seasons was dramatically, and sweetly, evident during a July visit to the co-op by two erstwhile BCC managers. Dawn Butson, former

grocery manager, arrived from Asheville, N.C., with husband Stephen and seven-month-old daughter Esme. They were accompanied by former general manager Greta Gilberg, partner James and newborn daughter Veronica, from Stillwater.

Condolences and remembrances streamed from the co-op community to board member Vicki English and son Chris Yard after the death of husband and father Alex Yard. His moving memorial service was testimony to the positive effect he had on his community.

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We're sorry if the new signs in work areas of the co-op seem unwelcoming, but recent security lapses have compelled us to be more emphatic about restricting the public's access to areas beyond the retail floor. We actually had an intruder in an office last month. So, while we appreciate our members' feeling like owners when they walk through the store, we ask that you leave the kitchen, produce prep room, coolers, offices and back rooms to our paid staff only. We're busy working for you.

Love the moment,
and the energy of
that moment will
spread beyond all
boundaries

Corita Kent

Don't miss out!

Rainbow Light
20% off Entire Stock Sale

Check out Healthy Clippings coupon book for even more savings!

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@hbci.com

Vice-President **Ramona Redig**

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Secretary **Emilie Falc**

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Dried Fruits High in antioxidants

Dennis Zenk bulk foods manager

September is here! Summer is winding down and hopefully we will be floating into autumn with warm, sunny days, cool evenings and the eventual stunning leaf change. Deep harvest is coming with keeper potatoes, squash and pumpkins.

Here in granola world for the last couple of years, one of the major buzzwords is “antioxidants” with their great benefits. First was green tea, then white tea, and lastly the eating of dark unsweetened chocolate for antioxidant loading. But what exactly is an antioxidant? An antioxidant is a chemical compound that prevents the formation of or damage caused by free radicals. Your cells’ chemical compounds can become oxidized by inhaled or ingested pollutants which creates electrical charge that can damage cell walls and their contents. The consumption of antioxidants prevents the free radicals from forming, and “quenches” those that are already there, protecting you from environmental damage.

Recently added to the list of anti oxidants are dried fruits, all varieties including raisins, apricots, prunes, apples, currants, and particularly figs. In a recent study it was found that the sumptuous fig contains phenol antioxidants in higher quantities than fresh fruits. Dates have the highest concentrations of polyphenols among the dried fruits. Figs and plums have the best nutrient score among the dried fruits, and dates among the fresh fruits.

The findings suggest that dried fruits should be a greater part of the diet as they are dense in phenol antioxidants and nutrients, most notably fiber and minerals.

BCC’s bulk department has approximately 20 varieties of dried fruit loaded with antioxidants. Next time you are in the store, try a different variety and reap the health benefits!

Vinson JA, Zubik L, Bose P, SammanN, Proch J,
Chemistry Department of Scranton, Scranton, PA 18510,



Seven Reasons Why Kids Should Drink Organic Milk

Organic Valley Family of Farms www.organicvalley.com La Farge Wis, May 23

1 Produced without antibiotics. "Antibiotic overuse is a major public health problem. One of the main places where antibiotics are used today is in agriculture. Organic milk comes from organic cows that have not been treated with antibiotics, so it doesn't contribute to the growing problem of bacterial resistance."

2 Produced without synthetic hormones. "Hormones are powerful. Even trace amounts can cause dramatic changes in living beings. When you choose organic milk, you know that added synthetic hormones are not stimulating the cows' milk production."

3 Produced without harmful pesticides. "Agricultural pesticides are now widespread. They can even be measured in raindrops falling from the sky, fog rolling over the hills, 'fresh' snow, and in water we drink. Organic agriculture reduces pesticide exposure because it comes from organic cows that are fed food grown without chemical pesticides."

4 High in Conjugated Linoleic Acids (CLAs). "CLAs are important 'good fats' that have been linked to decreased heart disease and diabetes. In fact, in the May 9 issue of the Archives of Internal Medicine, researchers from Massachusetts General Hospital and the Harvard School of Public Health reported low-fat dairy products, including milk, might lower the risk of type 2 diabetes in men.

"Milk made from cows who pasture has higher CLA content. Since many organic farmers rely upon pasturing and give their cows fresh green grass whenever weather permits, organic milk often has a high CLA content."

5 Excellent source of calcium. "Most of America's school children are failing to get the calcium they need each day for their growing bodies. Kids 4-8 years old need 800 mg per day. Kids 9-18 need 1,300 mg of calcium per day. Organic milk contains about 300 mg per eight-ounce glass and is one great way to help kids get the calcium they need. Organically flavored milks, such as chocolate and strawberry, are popular options for kids, too"

6 Organic milk is wholesome. "Organic milk is a natural, whole food beverage - unlike most beverages promoted for kids that are packed full of artificial chemical ingredients. Many of them contain high fructose corn syrup, aspartame and/or artificial chemical dyes."

7 It's the right thing to do. "Unlike factory cows, organic cows must have access to open air. Organic cows from some dairy farms are allowed to graze freely in organic pasture when it is in season. This kind of farming is kind to animals, supportive of wildlife, healthy for rural communities, respectful of our air, water and soil, and healthy for children."

"Parents need to practice the precautionary principle when it comes to the foods they feed their families," advised Greene. "This is especially true when it comes to eating higher on the food chain where pesticides and other toxins are stored in fatty tissue. By choosing organic milk, butter, and cheese, however, families can avoid this exposure."



Dr. Alan Greene, a practicing pediatrician, father of four, and spokesperson for Organic Valley Family of Farms, has devoted himself to freely giving real answers to parents' real questions. His answers combine cutting edge science and practical wisdom with warm empathy and a deep respect for parents, children and the environment. Dr. Greene's Web site, <http://www.DrGreene.com>, was selected in July 2004 by the Wall Street Journal as one of the best health sites. He is also the Pediatric Expert for Yahoo! and for ParentsAction.org. Dr. Greene teaches at the Stanford University School of Medicine, and is an attending pediatrician at Stanford's Lucile Packard Children's Hospital. He is a senior fellow at the University of California San Francisco's Center for the Health Profession and is a board member of the Organic Center for Education and Promotion, father of four and author of McGraw-Hill's "From First Kicks to First Steps."

Organic Valley is one of America's leading national organic brands and is the largest independent and farmer-owned organic dairy cooperative in the United States. Organized in 1988, the cooperative represents nearly 700 farmers in 20 states. It owes its success to staying independent and true to its mission: keeping small and mid-sized farmers farming.

Wellness

	Size	Regular Price	Save	Sale
BCC				
Chewable Calcium	120 tabs	\$14.25	20%	\$11.39
<i>NEW!</i> Olive Leaf Extract immune support	60 caps	\$14.99	27%	\$10.99
Show Me the Whey Protein Powder strawberry, chocolate, vanilla	16 oz.	\$20.45	22%	\$15.95
Ancient Sun				
Wild Blue Green Algae all in stock products			10%	10% off
Effective Natural Products				
Vegetable Glucosamine, MSM, etc.	32 oz.	\$23.95	20%	\$18.95
Rainbow Light				
Entire Line			20%	20% off

Frozen

	Size	Regular Price	Save	Sale
Applegate Farms				
Turkey Bacon	8 oz.	\$4.09	15%	\$3.45
Turkey Hot Dogs	12 oz.	\$4.39	15%	\$3.69
Food For Life				
Organic Sprouted Corn Tortillas	12 oz.	\$2.89	15%	\$2.45
Lifestream				
Toaster Waffles flax, hemp, wildberry	11 oz.	\$3.39	20%	\$2.69
 Rising Moon Organic Ravioli assorted flavors	8 oz.	\$4.19	20%	\$3.35
Nate's				
Meatless Meatballs classic, italian, mushroom	12 oz.	\$5.19	15%	\$4.39
Quorn				
Chicken Style Cutlet	10 oz.	\$4.69	15%	\$3.99
Chicken Style Tenders	12 oz.	\$4.69	15%	\$3.99
Shelton's				
Chicken Franks	12 oz.	\$3.19	15%	\$2.69
 Julie's Organic Ice Cream assorted flavors	16 oz.	\$3.99	25%	\$2.99
Van's				
Blueberry Toaster Waffles	8.5 oz.	\$3.09	15%	\$2.59

Bulk Foods

	Size	Regular Price	Save	Sale
Channa Dal Yellow Peas		\$1.49/lb.	15%	\$1.25/lb
Equal Exchange				
Organic Colombian Coffee		\$8.69/lb.	\$1/lb.	\$7.69/lb
Tree of Life				
Organic Raw Cashews		\$4.79/lb.	15%	\$4.05/lb.
Midwest Northern				
Roasted/Unsalted Peanuts		\$1.99/lb.	15%	\$1.69/lb.
Osem				
Israeli Cous Cous		\$1.99/lb.	10%	\$1.79/lb.

Household

	Size	Regular Price	Save	Sale
One Earth				
Peanut Butter Dog Biscuits	22 oz.	\$3.49	15%	\$2.95
7th Generation				
100% Recycled Unbleached Paper Towels	120 ct. 2-ply	\$2.39	15%	\$1.99
Auto Dishwasher Powder "free & clear" perfume & dye free	45 oz.	\$5.65	15%	\$4.79
Earth Friendly Products				
Shower Kleener w/ tea tree oil	22 oz.	\$6.49	15%	\$5.49
Dr. Bronner's				
Sal Suds concentrated biodegradable cleaner	32 oz.	\$9.59	15%	\$8.15
Bi-O-Kleen				
Laundry Liquid w/ grapefruit seed extract	64 oz.	\$11.39	15%	\$9.65

Refrigerated

	Size	Regular Price	Save	Sale
It's Pudding				
Organic Pudding chocolate, rice, vanilla, tapioca	4 oz.	\$4.59	15%	\$3.89
Lightlife				
Smart Deli Slices bologna, ham, turkey	6 oz.	\$2.59	15%	\$2.19
Lisanatti				
Soy Cheese cheddar, mozzarella, pepper jack	11 oz.	\$4.69	15%	\$3.99
Redwood Hill Farm				
Goat Yogurt blueberry, strawberry plain	8 oz. 32 oz.	\$1.99 \$6.49	15% 15%	\$1.69 \$5.49
Stonyfield Farm				
Organic Lowfat Yogurt	6 oz.	\$1.09	15%	89¢
Organic Whole Milk Yogurt	6 oz.	\$1.09	15%	89¢
Lowfat Yogurt Squeezers cherry berry	8-pack	\$3.35	15%	\$2.85

Grocery

	Size	Regular Price	Save	Sale
Annie's Homegrown				
Arthur Psggetti	15 oz.	\$2.65	15%	\$2.25
Pasta All Stars	15 oz.	\$2.65	15%	\$2.25
Ravioli Pasta w/ Cheese	15 oz.	\$2.65	15%	\$2.25
Bunny Grahms chocolate, honey, cinnamon	7.5 oz.	\$3.19	20%	\$2.55
Barbara's Bakery				
Cereal & Milk Bars blueberry yogurt, strawberry yogurt, peanut butter chocolate chip, french toast	7.8 oz.	\$4.89	20%	\$3.95

Bakery

	Size	Regular Price	Save	Sale
Food For Life				
Brown Rice Bread	24 oz.	\$4.79	15%	\$3.99
Sesame Bread	24 oz.	\$4.19	15%	\$3.55
French Meadow				
Hemp Bread	24 oz.	\$5.69	15%	\$4.79
Women's Bread	24 oz.	\$5.99	15%	\$4.99

Ancient Sun

Wild Blue green algae

Ancient Sun info@ancientsuninc.com, www.ancientsuninc.com

Help your body cope with the demands of living in the 21st century with nature's first food. *Aphanizomenon flos-aquae* (AFA), one of nature's original superfoods, contains a bounty of vital nutrients to help protect and nourish the body. The miracle of this unique wild food is the near-perfect proportions and balanced array in which its nutrients are found.

AFA belongs to one of the oldest known families of organisms on earth—cyanophyta—commonly known as blue-green algae. Completely free of artificial influences, AFA is one of the last remaining sources of wild nutrition available in commercially significant quantities. This superb whole food supplement:

- Is rich in nutrients that support normal joint and tissue health and flexibility
- May strengthen your body's own natural defenses
- Boosts your levels of energy, stamina, and mental clarity
- May support balance and homeostasis

Unlike spirulina, chlorella, and other micro-algae cultivated in artificial environments, AFA grows wild in its own native habitat—the spring-fed alkaline waters of Upper Klamath Lake in southern Oregon, known for its exceptional qualities. This mineral-rich natural freshwater lake is found in one of the most pristine ecosystems remaining in North America.

Numerous scientific and medical studies have documented the extraordinary effects of AFA to support the healthy function of:

- The immune system
- Joints and tissues
- Brain and nervous system
- A balanced metabolism and healthy digestive tract
- Liver, kidney and related organs

Commonly reported responses to the use of AFA are:

- Increased energy, stamina, attention, focus, and mental clarity
- Maintenance of a healthy blood sugar level
- improved circulation
- Promotion and maintenance of physical and mental well-being

The USDA reports that our food supply today contains only a fraction of the essential nutrients required by the human body. As a whole food, AFA contains a rich complement of amino acids and balanced nutrients, including:

- Vitamins
- Amino Acids
- Proteins
- Minerals
- Rare trace elements
- Essential Fatty Acids
- Active Enzymes
- Antioxidants
- Complex Carbohydrates
- Chlorophyll (green pigment)
- Carotenoid family (red/orange pigment)

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a Business, Sell an Item
or Offer a Service?**

Advertise With Us!

Bluff Country Co-op publishes a monthly newsletter. Our current circulation is 475. This newsletter is mailed to our members and available at our Customer Service Desk for anyone, it is also available online at www.bluff.coop.

Camera-ready ads begin at just \$14 for members and \$15 for non-members.

Connecticut may become first state to pass strict ban on junk food in schools

Noreen Gillepsie published monday may 23, 2005 associated press

Lawmakers want to make sure Connecticut students aren't part of the Pepsi Generation. Connecticut is on the verge of adopting the most far-reaching ban in the country on soda and junk food in public schools, in an effort to curb rising rates of childhood obesity.

Similar but weaker proposals have been introduced in at least 17 states this year, according to the National Conference of State Legislatures. Policies are on the books in a few states, such as Arkansas and California. Advocates say Connecticut's ban would be the strongest because it is so broad, applying to all grades and all school sites where food is sold. "Connecticut would be the first state to apply those standards to high schools," said Margo Wootan, director of nutritional policy for the Center for Science in the Public Interest. "Most of the recently passed policies are limited in that they only apply to elementary and middle schools."

Last week, lawmakers in the House voted 88-55 after an eight-hour debate to pass a law banning soda and junk food in cafeterias, vending machines and school stores. It also requires 20 minutes of physical activity outside of gym for children in kindergarten through fifth grade.

The bill heads to the Senate this week where leaders expect it to pass.

"By no stretch of the imagination does it solve all the problems, but it's very important that we provide the right models in our schools," said Senate President Pro Tem Donald E. Williams Jr.

The topic was one of the most contested issues of the session. The lengthy debate outlasted discussions about the death penalty and a bill that allowed Connecticut to grant same-sex civil unions. Lawmakers confessed their personal weight problems and many lawmakers openly drank soda during the debate.

Soft drink companies lobbied fiercely against the bill, and many high schools worried they would lose money if sodas disappeared. In the end, weary legislators allowed a compromise that permits high school sales of diet soda and sports drinks on a limited basis.

"Diet sodas, while not particularly good for children, have zero sugar content and therefore do not contribute to the weight problem that we're trying to address," said Rep. Andrew Fleischmann, D-West Hartford.

Opponents argue that the legislation crossed a line, implementing a "Big Brother"-style mandate better handled by local school districts. Rep. Lawrence Cafero, R-Norwalk, said the legislation wouldn't affect the obesity crisis when school menus offer selections such as cheeseburgers, pizza, chicken nuggets and nachos.

"How many of you will stand there and say, 'If you have your share of sloppy joes and quesadillas, you're not going to put on a few pounds?'" Cafero said.

Many state schools have already taken steps on their own. Last year, New Haven Public Schools decided to make Nathan Hale Elementary School junk-free, taking soda out of vending machines and serving baked versions of french fries and tater tots. The initiative expanded this year.

Some are unconvinced the initiative is the right way to approach the obesity problem. Rep. Konstantinos Diamantis, D-Bristol, said he weighed 240 pounds as an eighth-grader and couldn't play sports because of weight limits. He lost the weight through willpower.

"There's a host of things that go into it," he said. "Banning a particular food isn't going to teach a child a proper form of nutrition."

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Higher learning meets higher eating

More colleges supporting local, organic farmers

Jeannette J. Lee, Associated Press san jose mercury news jan. 27, 2005

MERIDEN, Conn. - Mealy apples, boxed mashed potatoes, frozen veggie mixes and suspicious meats drive many a college student to the cereal and bagel bins. But dining halls from Bates College in Maine to the University of California at Santa Cruz are improving their food and helping their local agricultural economies by going straight to the farm.

They're seeking out small and medium-sized farmers near campus for fresh produce, meat and dairy products. Most of the farmers grow organic crops or use pesticides sparingly and practice methods of sustainable agriculture, such as crop rotation. About 200 colleges nationwide purchase at least one product from a small farm in their community or state, according to Kristen Markley, National Farm to College Program Manager of the Community Food Security Coalition.

The hook, many say, is that locally grown food just tastes better. "Produce that's meant to be transported is grown for durability," Markley said. "Local farmers grow varieties that are delicious, but not as durable." Last year, Yale undergraduates would often doctor their school-issued ID cards to get into the one dining hall that regularly cooked with farm-fresh ingredients.

"It's not as much of a problem this year since we spread the menu to all the college dining halls," said Melina Shannon-Dipietro, Associate Director of the Yale Sustainable Food Project. Buying locally also helps satisfy student demand for vegetarian, vegan and organic options, and reduces or eliminates the fuel, packaging and refrigeration needed to transport perishable foods.

And replacing hardy but spiritless produce with local varieties - luscious heirloom tomatoes and sweet Rome apples - encourages students to munch on more fruits and vegetables. "This is the time to show students healthy choices so they can develop food habits that are good and long-lasting," said Jennifer Wilkins, Director of Cornell University's Farm to School Program.

As sales of organic produce have skyrocketed and restaurants have turned to local farms for haute cuisine, Shannon-Dipietro even sees the move as a recruiting tool. "Twenty years ago it was important how good academically a college was. Now it's overall quality of life that's also important and food is right up there," she said. Advocates of buying locally, many of whom are students, also hope to sustain the ever-shrinking population of small to medium-sized farms. "Colleges are lucrative customers for farmers because they buy

in bulk on a regular basis and have good credit," said Jack Duff of Blackberry Meadows Farm, an organic vegetable farm in Natrona Heights, Pa. Last fall, Meriden farmer Wayne Young sold almost 4,000 pounds of apples and pears per week to Yale. "It helps," Young said.

Interest in farm to college programs perked up three or four years ago, said Gary Valen, director of operations for Glynwood Center, a sustainable agriculture organization in Cold Spring, N.Y. Valen co-founded the first university-based local food project in 1986 at Hendrix College in Arkansas. When the program started, only 6 percent of the school's food came from Arkansas despite its heavy farming, he said. By 1989, it was 30 percent. "Now it's a movement that's sweeping the country," Valen said.

This fall, at the urging of students, the University of California at Santa Cruz started a new contract to source at least 2 percent of its produce from small farmers operating within a 250 mile radius of the campus. Kenyon College began supplying its two dining halls with apples, potatoes, squash, lettuce, berries and other produce from small farmers in Ohio.

Tufts University, Cornell University, Vassar College, Middlebury College, the University of Wisconsin at Madison and Ohio University are among other colleges committed to buying as much as they can from local farmers.

Christine Schwartz, dining services director at Bates College in Maine, said buying from Maine farmers costs about the same as buying exclusively through a major food supplier. Twenty percent to 30 percent of Bates' food budget goes to products produced in Maine. Bates' dining hall staff is accustomed to chopping lettuce and peeling potatoes, rather than ripping open prepackaged salads and boxes of dehydrated spud flakes. Schools with fledgling programs must consider additional labor costs involved, but many say it's worth it. "The staff say the work is turning their job back into a profession. They missed really cooking," said Shannon-Dipietro.

Supporters say buying fresh local food isn't just another culinary flash in the pan. "I think this represents a shift in how we think about health, school meals, food service and the food system," Wilkins said.

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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.