



July 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.

I would feel more optimistic about a bright future for man if he spent less time proving that he can outwit Nature and more time tasting her sweetness and respecting her seniority.  
E. B. White  
(1899-1985)

## Summer sun smarts & insistent insect intelligence

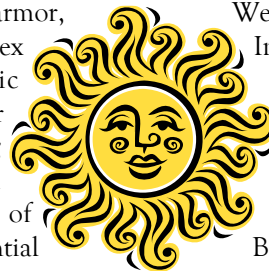
Jylian Sjurseth & Emily Copeland body care manager & wellness manager

Cumulus clouds, bright blue skies, redolent breezes, and spectacular foliage—the brilliance of summer surrounds, and being outside is the joy of the season, a chance to be part of all of the splendor. To enjoy it fully, however, one must be prepared. Many of your summer survival essentials can be found in BCC's Wellness and Body Care departments.

For the displeasing company of mosquitoes, flies, and other invasive insects, check out our selection of natural insect repellents, as well as essential oils of lemon eucalyptus, citronella, lemongrass, and Arbor eucalyptus oil. For an added layer of aromatic armor, internal use of a B-Vitamin complex that contains B-1, and garlic supplements will weaken your appeal to summer pests. Reducing your consumption of processed sugar will prevent an elevation of blood sugar and the consequential lowering of the body's supply of B-Vitamins.

Seeking out the sun? The star of the summer show is wonderful for the spirit as long warm days allow time and comfort for labor and play. The sun also brings well-being to the body by providing the ultraviolet (UV) rays that are used by our bodies to produce Vitamin D. According to the American Cancer Society's chief epidemiologist, Dr. Michael Thun, there is mounting evidence that Vitamin D may have a role in the prevention, as well as treatment, of certain cancers, including those of the prostate, lungs, colon, skin, and lymph glands (St. Paul Pioneer Press, May 22, 2005). Dr. Michael Holick of Boston University's Medical Center says that exposure to direct sunshine without sunscreen for 15 minutes

three times a week lets the skin produce enough Vitamin D to help ward off those cancers. Dr. Holick, whose research 30 years ago helped discover how Vitamin D works, recently wrote a book, **The UV Advantage**. Many scientists think that those who are not able to get enough sunshine should take a vitamin D-3 supplement. Although there is disagreement over the dosage needed, the research of Dr. Edward Giovannucci, a Harvard University professor of medicine and nutrition, suggests 1500 I.U.s a day might be needed to significantly curb cancer (op. cit.).



We all need and benefit from sunlight. Individual skin types vary, though, so care should be taken in exposure. Some individuals may need added sun protection, especially during initial exposures as the body adapts to the season's stronger UV rays. Beta Carotene and Astaxanthin are two antioxidants that have been documented to protect skin from the damaging effects of sun exposure. BCC's body care department carries SPF 4 (Sun Protection Factor) to SPF 30+ sunscreens to accommodate a wide range of needs. Aloe vera and other after-sun moisturizers also are available and highly recommended. The medicinal properties of the aloe plant relieve burns and speed healing, protecting against further sun damage as well as improving collagen in the skin—an excellent regenerative aid for overexposure. The co-op carries very pure aloe vera preparations in juice, spray or gel forms. Hyaluronic acid, MSM, and l-carnosine are also nutrients helpful in reclaiming skin's moisture and elastin levels, as well as rebuilding collagen.

## 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**

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Vice-President **Ramona Redig**

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Secretary **Emilie Falc**

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## eats needs for entertainment

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Many workers with the Great River Shakespeare Festival have become regular shoppers at the co-op and BCC has cooperated with GRSF in several endeavors. Members are encouraged to take in the plays and many other activities offered by the festival this year.

Co-op member Debi Niebuhr has helped to create an opportunity for the BCC community to host the festival folk (about 60 people) at a feast of the natural foods and camaraderie that bring us together here on Saturday July 23. The acting company has two performances on that day and would greatly appreciate some healthy food to sustain them throughout the evening.

There will be a sign up sheet at the co-op about three weeks before the event for members to contribute their culinary talents for this meal. There will be a menu and set categories to sign up for probably along the lines of a variety of salads (greens, fruit, bean, pasta), main dish salads (ie, with protein-chicken, tuna, seafood, tofu, tempeh, etc), wonderful breads and spreads, great cheeses, and of course, gourmet desserts.

Contact Debi Niebuhr with any suggestions or questions at 452-5215 or email [dniebuhr@hbci.com](mailto:dniebuhr@hbci.com)

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## Financial Report

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Bob Copeland general manager

Since we moved to our new store in the fall of 2000, the spring months of March, April and May have been the busiest of the co-op's fiscal year. This year was no exception, with our spring quarter gross sales of \$344,550 representing an 8.4% increase over that same period in the previous year.

The quarter's financial statement was incomplete at this writing, so our realized gross margin and consequent net profit or loss are not known yet. Our cash flow improved during those months, though, indicating at least positive movement toward profitability.

Summer's blessings are mixed, with the delights brought by longer days and warmer air counter-pointed by the challenges of proliferating pests and sudden storms. Our good business and high customer satisfaction were punctuated through May by persistent equipment problems, culminating in the replacement of the large compressor for our display freezer.

Local professionals Rich Harris and Bernie Frisch devoted valiant efforts to identifying, fixing the problems, and giving the co-op price breaks, but the total bill still exceeded \$4,000. Our reserve savings account of proceeds from the sale of Blooming Prairie will help absorb the shock.

# Get Local: Great river organic Milling co.

Nadine Bayer bluff country co-op member



## If the millstones at Great River could talk

they would grind out a long history. The original Meadows Mills, with their granite stones, were set up in a granary on a farm in Yaeger Valley outside of Cochrane, Wisconsin. (The farm itself has a long history. Descendants of the present land owners were given the land upon returning from fighting in the Civil War). In the late 1970's, Little Bear Trading Co. owned the mill and turned out only wheat flour, which went to a bakery in Minneapolis by pick-up truck. These were the days of the "organic industry" in its infancy. Little Bear grew the product line to include a wide variety of flours and value-added products and made improvements to the small granary, making room for growth but, as we know, things change and in 1992, the millstones were put to rest for a short time when Little Bear closed its doors.

Three employees of Little Bear could see an ongoing business and pulled things together to purchase the equipment and begin again under the name of Great River Organic Milling. Grinding away

again, the mills turned out a dozen different grain flours, four cereals and added four pancake mixes. The product line would remain simpler, but changes were in order for the physical plant. A warehouse was added to the original building and slowly equipment was upgraded to increase efficiency and require less muscle power. The human forces behind the mills changed little over the years. (It is interesting, but not surprising to note, that a high percentage of the millers and packers have been Bluff Country Co-op members).

After twelve years, Great River owners saw an opportunity to turn the company over to a new owner who had the energy and interest to turn the mill into something of which the 21st Century could be proud. The product line is now placed in a wider geographic area and if one listens carefully one might hear, "Bob's Red Mill move over, here we come!" Growth is a plan and locals can count on watching as positive changes become visible in the near future.

As stated, change is a sure thing. The entire organic food industry has grown immensely while the humble stone mills have been whirling. In the Little Bear days, producers of grain were organic by affidavit. Essentially, they promised that they would not use chemical fertilizers, herbicides and pesticides. Slowly a group of certifiers appeared and began to verify that producers were doing what they said they were doing. As most co-op shoppers are aware, the federal government became involved and the organic standards we have today were formed. Further change is likely in that arena, but hopefully, the constant will be that consumers will continue to appreciate good, certified organic, stone-milled flour. The mills will grind away for a long time and the output will find its way into the bins at Bluff Country Co-op.

Co-op gratitude and congratulations are extended to **Laurel Ogren**, who has left her cashier post for post-graduation adventures in St. Paul. We'll give a fond farewell later this month, too, to cashier **Megan Gjersvig**, who will move to La Crosse. Thank you both and Good Luck!

If you haven't yet, please introduce yourself to new co-op workers **Ginger Fride** and **Nick Lowery**, both cashiers, and to deli assistant **Jesse Pollock-Foote**, grocery assistant **Joey Lorenz** and **Ron Luchau**, assistant in the bulk, frozen, refrigerated and bakery departments. Welcome aboard!

BCC's Summer Samples Day and joint potluck with the Winona Farmer's Market were pleasant successes, thanks to the good work of members, directors and staff. Special thanks to all of the musicians who lent their talents to our samples day festivities and to distributors and local producers who helped make our event a success!

## Wellness

	Size	Regular Price	Save	Sale
BCC				
Acidophilus & Bifidus	50 caps	\$14.95	20%	\$8.39
	100 caps	\$11.95	20%	\$6.69
Chelated Cal-Mag	100 tabs	\$7.95	20%	\$6.35
Food Rich	180 tabs	\$31.95	20%	\$25.55
Men's Multi-Vitamin				
Pure Fruit Technologies				
Mango-Xan	24 oz.	\$24.95	20%	19.95
RenewLife				
Organic Bowel Cleanse	30-day	\$16.99	12%	\$14.99
Now				
MSM Powder	1 lb.	\$19.99	20%	\$15.99

## Frozen

	Size	Regular Price	Save	Sale
Applegate Farms				
Ready-to-Grill Turkey				
turkey burgers	16 oz.	\$5.29	15%	\$4.49
turkey hot dogs	12 oz.	\$4.39	15%	\$3.69
Garden Burger				
Veggie Burgers	10 oz.	\$4.39	15%	\$3.69
savory mushroom, original				
Morning Star Farms				
Veggie Okara Patties	9 oz.	\$4.39	20%	\$3.49
Natural Choice				
Whole Fruit Bars	6-pack	\$5.29	15%	\$4.49
coconut, strawberry, raspberry, orange				
Fruit Sorbets	1 pint	\$3.85	15%	\$3.25
blueberry, mango, lemon, strawberry				
Quorn				
Veggie Chicken Cutlets	9.7 oz.	\$4.69	15%	\$3.99

## Bakery

	Size	Regular Price	Save	Sale
Food for Life				
Sprouted Buns				
ezeikel 4:9 sesame burger buns	16 oz.	\$3.75	15%	\$3.19
hot dog buns	13 oz.	\$3.39	15%	\$2.89
French Meadow				
Organic Rye & Flax Bread	16 oz.	\$2.99	15%	\$2.49
wheat & yeast free				

## Bulk Foods

	Size	Regular Price	Save	Sale
Roasted & Salted		\$2.89/lb	10%	\$2.59/lb
Sunflower Seeds				
Plain Sesame Sticks		\$1.95/lb	10%	\$1.75/lb
Whole Wheat Rotini Pasta		\$1.95/lb	10%	\$1.79/lb
Green Split Peas		\$1.19/lb	10%	\$1.05/lb

## Grocery

	Size	Regular Price	Save	Sale
Tazo				
All In-Stock Tazo Teas		\$5.29- \$5.79	10%	10% off
Celebration Herbals				
All Celebration Teas		\$3.59- \$10.99	20%	20% off

## Household

	Size	Regular Price	Save	Sale
Earth Friendly Products				
Shower Kleener	22 oz.	\$6.49	20%	\$5.19
with tea tree oil				
ECOS Liquid	128 oz.	\$17.49	20%	\$13.99
Laundry Detergent	128 loads			
"free & clear" (no perfumes/dyes)				
7th Generation				
Automatic Dish	45 oz.	\$5.65	20%	\$4.49
Detergent Powder				
"free & clear" (no perfumes/dyes)				
Dishwashing Liquid	28 oz.	\$3.99	20%	\$3.19
"free & clear" (no perfumes/dyes)				
Toilet Tissue	500 sheet	\$1.29	20%	99¢
100% recycled	2-ply			
80% post-consumer				
Newman's Own				
Organic	5.5 oz.	\$1.49	20%	\$1.19
Canned Cat Food				

## Refrigerated

	Size	Regular Price	Save	Sale
Organic Valley				
Organic Sliced Cheese				
cheddar, monterey jack	6 oz.	\$3.49	20%	\$2.79

## Local In-Season Products

### \*Great River Organic Milling\*

Winona, MN

Organic bulk and bagged flours, grains, cook cereals, pancake mixes, as well as maple syrup

### \*Nancy's Honey\*

Stoddard, WI

Raw & creamed honey, bee pollen, and a variety of beeswax products such as soaps, candles and creams

### \*Smith Gardens\*

Cochrane, WI

Seasonal salad greens, strawberries, raspberries, and vegetables all grown without chemicals

New product line!



New product line!

The Just Tomatoes, etc.! specialty food company sits amidst the Cox family farm in Westley, California, the fertile growing area of California's Central Valley. The operation is surrounded by rows of tomatoes and beans, orchards filled with almonds, walnuts and apricots and breathtaking views of the golden hills of western Stanislaus County.

Just Tomatoes, etc.! began in Karen and Bill Cox's garage in 1985. Bill Cox is a fourth generation farmer whose family has been farming for more than 80 years in the westley area. Bill and Karen combined their knowledge of farming, desire to eat natural and nutritious foods and Karen's art skills to form the Just Tomatoes Company. Tomatoes grown right on the farm are vine-ripened, hand-picked and sliced by hand before going through the drying process. The drying operation has evolved from running 100 home dehydrators to a 6000 square foot facility housing eight commercial dehydrating lines. A new 2500 square foot warehouse was built in the fall of 2000 for shipping and consolidation. Bill engineered and custom built the dehydrating lines ensuring the product was dried to Just Tomatoes specifications. Karen drew upon her art background to illustrate the Just Tomatoes product packaging with light-hearted cartoon designs. This graphic approach appealed to customers young and old.

Although dried tomatoes were the first venture for the company, the product line quickly expanded. "Because our drying technique maintains the integrity of the product—tomatoes rich in flavor, color and nutrition—the customer response was tremendous. Our mission to provide high-quality, distinctive tasting foods to those who care about the same, inspired us to offer other products," Karen Cox said. Granny Smith apples, persimmons and bell peppers from neighboring farms were added to the line. Thus, Just Tomatoes, etc.! was born.

Just Tomatoes, etc.!, in an effort to keep up with the growing trend towards more healthful eating, again increased their product offerings to include freeze-dried fruits and vegetables. Today consumers have myriad choices from Just Tomatoes, etc.!—with tastes to please all palates. They can pick from sweet-tart combinations of crunchy pineapple, mango, sour cherries, blueberries, raspberries, apples and raisins to guiltless treats that can be eaten like popcorn of peas, carrots, tomatoes, corn and bell pepper. Soy nuts, one of the most nutritious and beneficial foods a person can eat, joined the family in 1997. Recent additions to the family in the spring of 2002 include Organic Just Strawberries, Organic Just Raspberries, Organic Just Corn and Organic Just Peas.

Just Tomatoes, etc.! foods are of the highest quality and grade.

They are all natural and absolutely nothing is added during the dehydrating and freeze-drying processes: No salt. No sweeteners. No fat. No Preservatives. No sulfur. All items are just what they say they are, with only the water removed. Just tomatoes, etc.! specialty foods allow food lovers to easily reach the daily recommended 5-9 fruits and vegetables. "Just Tomatoes, etc.! provides consumers an all natural product and a great eating experience, while at the same furnishing nutritional value," said Cox. The intense flavor and unique textures of Just Tomatoes, etc.! products satisfy taste buds when eaten alone or added to other food preparations. Novice and experienced cooks alike soon learn the addition of these products adds zing to old dishes and extra nutrition, or creates new family favorites.

The vision of Karen and Bill Cox to provide nutritious and fun specialty foods is not slowing down. Just Tomatoes, etc.! continues to grow and expand its product line. "Being a farming family, food is a commodity that Bill and I have a deep respect for. We appreciate that our customers feel the same way, which is why we enjoy producing foods that make people smile," said Karen.

Look for Just Tomatoes, etc.! products in the produce department this month! We will be starting with just a few varieties to see how customers respond to the product. Several members of the BCC staff found them quite good, convenient for hiking/camping or travel and suprisingly filling! Let us know what you think and let us know if there is something else you are interested in trying! Here is a list of the full line:

Organic

Conventional

- |                   |                     |                      |
|-------------------|---------------------|----------------------|
| Just Carrot Bits  | Just Bell Peppers   | Just Cherries        |
| Just Corn         | Just Carrots        | Just Cranberries     |
| Just Peas         | Just Corn           | Just Fruit Munchies  |
| Just Soynuts      | Just Roasted Garlic | Just Fruit Snacks    |
| Just Tofu         | Just Mushrooms      | Just Crunchy Onion   |
| Just Tomato Bits  | Just Mango          | Just Peaches         |
| Just Veggies      | Just Green Onion    | Just Persimmons      |
| Just Blueberries  | Just Tomatoes       | Just Pineapple       |
| Just Cherry       | Just Veggies        | Just Raisins         |
| Just Mango        | Just Hot Veggies    | Just Raspberries     |
| Just Peach        | Just Peas           | Just Strawberries    |
| Just Raspberries  | Just Apples         | Just Straw/Banana    |
| Just Strawberries | Just Apricots       | Just Tropical Treats |
|                   | Just Blackberries   | Just Blueberries     |
|                   |                     | Just Bananas         |



# Demand for organic dairy products in USA exceeds supply-new farmers needed

Cheese Market News may 20, 2005

Consumer demand for organic dairy products has eclipsed industry expectations growth predictions that once seemed overly optimistic are lower than actual growth. Yet, despite the market potential, organic companies are failing to cash in on the demand. There simply is not enough organic milk to keep the shelves fully stocked.

Steve Pechacek, president and general manager of Organic Family LLC, which does business as Organic Choice, says he is short approximately 384,000 pounds of milk this week.

"We're doing the best we can, but it's hard," says Pechacek. "This week I had orders for eight additional loads that I don't have." Headquartered in Prescott, Wis., Organic Family works with 12 milk processing plants and primarily ships its milk to the East Coast. Pechacek says he easily could sell an additional 720,000 pounds of organic milk per week.

Teresa Marquez, chief marketing executive for Organic Valley Family of Farms, LaFarge, Wis., says her company expected sales to increase by 20 percent in 2004. Instead, it had a 36 percent increase in sales.

"It really has taken us by surprise," says Marquez. "We really felt that the 20 to 30 percent growth would kind of slow down. The whole sector is meeting maybe 85 percent of the demand." Marquez says companies are focusing on filling basic demand for fluid milk, cheese and yogurt, but because of low supply are missing out on the opportunity to diversify their organic products. For example, Marquez says demand for organic infant formula is high.

Bruce Ellis, CEO of Wisconsin Organics, says his company is dealing with the shortage of organic milk by limiting company growth. If supply were unlimited, Ellis says his company could "certainly grow several hundred times." In addition to capping company growth, Ellis says Wisconsin Organics is exploring buyout options of existing organic dairy companies and looking for traditional farms willing to transition to organic. However, despite the promise of a higher and more stable premium for organic milk, farmers are hesitant to go organic.

The problem seems to be in the transition period. Transitioning to organic production is an expensive process and farmers do not begin receiving a higher premium until their milk is certified organic.

Ellis says organic feed costs 40 to 50 percent more than conventional feed. Federal law requires that cows be fed organic feed for a year before their milk will be considered organic.

In addition, farmers who save money by growing feed on their own land are subject to a longer certification process. Stephen Walker, certification program manager, Midwest Organic

Services Association (MOSA), says 95 percent of the farms he works with grow feed on their own land. If they have used prohibited substances such as herbicides or pesticides, the land will not be certified organic for an additional three years. The cows must be fed the organic feed for an additional year.

Pechacek says that for many of the farmers he talks to, four years is too long to wait for a higher premium.

"Unfortunately conventional farming has left so many in dire straits that they have a real hard time getting through transition," says Pechacek. "I've known farmers that even though they made the transition it was too late. Financially they couldn't hold on due to debt load." Ellis adds that small farms may not be able to cash in on the organic market because they may not have the cash reserves or the option to take out a loan to pay for the transition period.

"Anybody with 200 cows or under is going to have a heck of a time when it comes down to expense," says Ellis. "Smaller dairy farms will not be able to afford it and once again the family farmer is on the outside looking in." Faye Jones, executive director, Midwest Organic Sustainable Education Service Inc. (MOSES), Spring Valley, Wis., educates farmers about going organic and says the transition period is a "big problem." "But a farmer will know the price he's going to be getting and know it's going to be stable and that's a big incentive," adds Jones.

Marquez says the challenge now is to convince farmers that going organic is a good business decision. She notes that the farmers who had an ideological motivation to produce organic milk have already transitioned, leaving farmers who "don't know how to do it and don't see the value in it." "But they look at the premiums, especially in dairy, and they think about it," adds Marquez.

Organic Valley recently started a "Transition to Organic Fund" which supplies financial assistance to farmers who transition to organic. The company hopes that offering assistance will convince dairy farmers that are unsure about organic to sign on.

But as good as the organic market is now, farmers are rightfully concerned about how the market will perform one to three years from now.

"For everybody that's the No. 1 question, 'how long is this going to last?'" says Pechacek. "I think all indicators point to the position that it is going to continue to grow." Ellis says he expects organic dairy products to transcend the classification as niche or specialty products and become a commodity in the dairy sector.

"I can see where organic dairy could easily become 25 percent of the dairy industry," says Ellis.

## get local: smith gardens

Heather Smith smith gardens

Smith Gardens, located in Yaeger Valley outside of Cochrane, WI, is a small 15 acre farm run by Jeremy and Heather Smith. Beginning in 2004, the couple began planting roughly 2 acres of annual vegetables, berries, and asparagus. They pride themselves in working with the land in a biologically sound manner and do not use any herbicides or insecticides on the land. Their vision of a diversified farm consisting of perennial and annual vegetables, salad greens, berries, fruit, pastured poultry, meat goats, and flowers is slowly in the making. They continue to think "outside the box" and explore various ways of weed and pest management as their farm evolves.

The Smiths are excited to see their sales continually increase this season with local small grocery stores, cafes, restaurants, and of course the Bluff Country Coop. Their seasonal mix of salad greens, which is often topped with a delightful array of edible

flowers, is one of their best selling items. Jeremy and Heather also operate a roadside stand at the Pier 4 Café in Alma, WI, Wednesday afternoons from 3-5:30pm and Saturday mornings from 8am-11:30am throughout the growing season. Smith Garden farming members who have prepaid for a season's vegetable subscription service use the roadside stand to pick up their weekly farm shares. It is the Smith's first season operating the vegetable subscription, but all seems to be going well.

As the farm expands and grows into a sustainable operation, the Smiths family has also grown. Their first son, Ashlan Arthur, was born to the Smiths on April 22nd. He is a delightful little guy and has already gotten dirty in the gardens! So, life is busy but Jeremy and Heather are excited to see their enterprise grow and are thrilled to see the local communities demanding more local, clean food options.

## if you can't take the heat, get out of the kitchen -And Grill!

Brian Britten deli manager

During the hot summer months, I try to avoid using the oven as much as possible. The extra heat just adds to the feeling of overall discomfort. I really enjoy the grill as a way to beat warming up the house. But I love homemade pizza with fresh vegetables. Therefore, I recommend grilling pizza as an option rather than heating up the oven.

Grilling pizza is easy and fun. Simply prepare basic pizza dough or buy dough from your favorite pizzeria. The less work involved the better when it comes to grilling pizza.

First thing to do is to individual portion the dough into small rounds, which weigh about 3 to 4 ounce or just a nice free form individual size, would be just as fun. Cut up your favorite fresh ingredients and some wonderful fresh mozzarella or a nice goat cheese. Remember that the key to great grilled pizza is fresh and flavorful.

When grilling pizza, make sure that the grill is really hot. Flatten and brush your dough with olive oil. Place the dough on the hot grill for about 3-5 minutes or until grill marks appear. Turn the crust and place your ingredients on the pizza, but remember to put the cheese on first. This will help to keep your veggies on the pizza. The pizza will take about 3-5 minutes more or until the cheese melts. To finish the pizza sprinkle some more olive oil over the top or some fresh grated Parmesan cheese or herbs, and enjoy.

I hope you enjoy this idea for fun summer entertaining. It is a great grill option instead of brats, veggie hot dogs and hamburgers.

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or Offer a Service?**

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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.