



November 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.

To your health

Emily wellness manager

Now that we are entering what is typically known as the “cold and flu season”, we might want to boost our immune systems in preparation for the battle of the microbes. Bluff Country Co-op’s wellness department offers several products for this benefit. The herbs echinacea, astragalus, and pau d’arco are a few that come to mind for this purpose and are available in extract or capsule form singly or in combination. The Herbs, Etc. brand has an Echinacea/Astragalus complex available in liquid softgels that can be quite effective. Another combination for assisting the body’s defenses is the BCC brand’s “Be-Well Formula” with an extensive list of herbs, minerals, etc. Increasing our intake of vitamin C can be done easily with “Emergen-C” fizzing drink mix packets which come in many flavors, including one called mixed berry which also is a way to get calcium and vitamin D-3.

Something else that can be quite helpful for readying the body for the onset of microbial attack is to do an internal cleanse. The best one to start with is the “First Cleanse” by RenewLife, which gently prepares the liver, lungs, lymphatic system, kidneys, skin, blood, and bowel to operate more efficiently without the uncomfortable detoxification reactions that can occur if one begins cleansing too strongly. However, there is another product by Nature’s Secret called the “Ultimate Respiratory Cleanse” that would be fine to do by itself in order to specifically target that area at this time of year.

If one is beginning to feel an illness coming on, there are several things that can be done in an attempt to ward it off early. Taking a NutriBiotic GSE (Grapefruit Seed Extract)

tablet every other day ahead of time or a couple times a day in the beginning of onset is a good idea. However, the NutriBiotic GSE Defense Plus extra strength tabs (which include goldenseal, immune boosting medicinal mushrooms, astragalus, vitamin C, echinacea, etc.) are best once an illness has taken hold. Other health aids include the NutriBiotic GSE/Zinc Throat Spray or GSE Nasal Spray depending on which site is being targeted. An excellent sore throat fighting solution is the Hydrogen Peroxide Mouthwash by Heritage. For acute respiratory challenges, Herbs, Etc.’s Respiratonic Softgels quickly reduces chest congestion and inflammation. For the full-blown case of cold/flu there are natural antibiotics/anti-virals such as Now Foods’ “AlliBiotic”, which contains allicin (the active ingredient of garlic), olive leaf extract, elderberry and oregano oil, etc. Also available are the BCC brand’s NEW “Olive Leaf Extract” liquid-filled vegetarian capsules which provide immune support and are known to have anti-viral properties. The BCC brand now has the NEW “Oregano Oil “ capsules as well. Another great formula for short-term support to assist the body’s defenses in acute situations is the BCC “Echinacea-Goldenseal” combination which includes a long list of other immune system tools. There are several excellent cough syrups, homeopathic and herbal, including Herbs For Kids’ “Eldertussin”, but none quite as wonderful-tasting as the Han’s Honey Loquat Syrup.

Whatever you choose to include in your wellness arsenal, here’s hoping you win your health battles this season!

A harvest of peace is produced from a seed of contentment.

American Proverb

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@hbc.com

Vice-President **Ramona Redig**
ramonaredig@hotmail.com

Secretary **Emilie Falc**
efalc@winona.edu

Treasurer **Scott Miller**
puravida@hbc.com

Assistant Secretary **Heather Secrist Smith**
smithgardens@wildmail.com

Vicki English
venglich@hbc.com

Liz Haywood
lizzycooks@yahoo.com

Cherie Hales
chales@hbc.com

2% Sunday Recipient

Winona Area Peacemakers are this month's non-profit organization that we are spotlighting for 2% Sunday at Bluff Country Co-op. Your donations will be greatly appreciated.

The Mission Statement of the WAP is to promote peaceful, non-violent alternatives to the U.S. government's ongoing aggressive military involvement in Iraq.

The Vision Statement:

The Winona Area Peacemakers will:

- Promote non-violent resolutions to conflict.
- Be advocates for peace. A military victory will not bring the U.S. any closer to security at home or peace in the world.
- Strive to educate the community about decisions made and actions taken by the U.S. government in regard to the conflict in Iraq.
- Urge political leaders to use diplomacy to resolve conflict. The U.S. is part of an interdependent world community politically, economically and environmentally and must cooperate with other nations to maintain peace and security.
- Promote local dialogue about the U.S. military involvement in Iraq through community discussions, forums, letters to the

editors and other means available.

- Believe social and economic justice is the path to peace.
- Oppose all pre-emptive invasions and wars.
- Seek ways to support comprehensive disarmament worldwide.
- Advocate for the [Universal Declaration of Human Rights](#) (civil, political, economic, social and cultural) with concern for human dignity.
- Embrace diversity as a necessity for survival within local and global communities. We will promote the welfare of and encourage opportunities for all members of the human family.

You are welcome to join the Winona Area Peacemakers who hold a weekly vigil opposing the Iraq war on Thursdays, 4:00 – 5:00 pm at Broadway and Main. Monthly meetings are the 2nd Wednesday of the month at 7 pm, St. Paul's Church, Broadway and Lafayette. If you would like to be on the Winona Area Peacemakers' emailing list to receive notices of vigils and meetings, and other information, please send your request to wapm@hbc.com. For more information contact Polly Gower, 454-3322.

Hi I would like to introduce myself, as mine will be a new face to most of you who shop at BCC. My name is Megan, and I am filling the role of refrigerated-frozen-bakery manager. Samuel, whose expert shoes I am stepping into, has thoroughly and patiently oriented me to the many facets of the job, and I am eager to begin in earnest. I'm originally from SE Minnesota, and am excited to be back in the area after several years living, studying, working, and exploring in other parts of the country and world. I look forward to working at BCC and meeting more of you who shop here. If you have any questions, requests, or suggestions for me, please let me know!

local holiday turkeys

Megan refrigerated/frozen/bakery manager

The holiday season is rapidly approaching and it's time to start thinking about what you will prepare for the special meal. If a turkey will grace your table, look no further than Bluff Country Co-op for natural, free-range turkeys. As in previous years, the birds we offer are supplied by Hoiland Mill Turkeys, a local business based in Rushford, MN. In a recent interview, Hoiland Mill owner, Eric Hoiland, emphasized that his birds are raised free-range: outside and not in confinement.

Hoiland also explained that he administers no antibiotics in his operation-neither in the birds' feed nor water. The feed he uses is completely plant-based and contains no meat-derived products. These Grade A turkeys are processed at a local, USDA-inspected facility and include no additives. Hoiland Mill turkeys are not certified organic.

Turkeys for your holiday meals will be available at the Bluff Country Co-op starting the second week of November. All birds arrive at BCC packaged and frozen, and include the

neck and giblets. The turkeys are expected to range from 12 to 25 pounds, with most being less than 17 pounds. There is no need to sign up for a turkey in advance, as they will be sold on a first-come basis once they are delivered to the store. Since his birds do not come packaged with a pop-up timer, Hoiland suggests that a simple rule of thumb to know when a turkey is done cooking is to look for when the meat starts to fall off the bone.

Also, don't forget to dress your holiday meal with great compliments that can be found at BCC. Remember to include on your holiday shopping list yams, sweet potatoes, fresh green beans, cranberries, cranberry sauce, pumpkin pie ingredients, delicious breads and plenty of butter!

Enjoy your Holidays!

Wellness

	Size	Regular Price	Save	Sale
Nutrition Now				
Rhino Beanie Vites	70 ct.	\$9.99	20%	\$7.99
BCC				
Oil of Oregano	60 ct.	\$6.45	25%	\$13.49
Vitamin C 500 mg. w/ Rosehips	100 tabs	\$6.45	20%	\$5.15
Vita Fun Gum while supplies last	60 tabs.	\$13.75	20%	\$10.99
Boiron				
Chestal Cough Syrup for Adults	4 oz. 8 oz.	\$8.15 \$12.99	20% 20%	\$6.49 \$10.39
Chestal Cough Syrup for Children	4 oz. 8 oz.	\$5.99 \$10.99	20% 20%	\$4.79 \$8.79
PEL				
Virility for Men	60 tabs.	\$49.99	20%	\$32.49
Fearn				
Liquid Lecithin	32 oz.	\$7.49	30%	\$5.25

Frozen

	Size	Regular Price	Save	Sale
Van's				
Blueberry Waffles wheat-free, gluten-free & dairy-free	9.5 oz.	\$3.09	15%	\$2.59
Organic Valley				
Ground Chicken Chub	12 oz.	\$6.99	20%	\$5.59
French Meadow				
Pizza Crust sourdough	12 oz.	\$4.49	15%	\$5.59
Woodstock Farms				
Organic	10 oz.	\$2.99	20%	\$2.39
Mixed Mushrooms				

Bulk

	Size	Regular Price	Save	Sale
Frontier				
Poultry Seasoning		79¢/oz.	15%	65¢/oz.
Rubbed Sage		72¢/oz.	15%	59¢/oz.
Pumpkin Pie Spice		86¢/oz.	15%	69¢/oz.
Red Star				
Baking Yeast		\$3.49/lb.	10%	\$3.09/lb.
Cafe Fair				
Organic Vanilla Coffee		\$7.99/lb.	\$1/lb.	\$6.99/lb.
Equal Exchange				
Organic Mexican Coffee		\$9.15/lb.	\$1/lb.	\$8.15/lb.

Household

	Size	Regular Price	Save	Sale
Pet Guard				
Mr. Barky's vegetarian dog biscuits	26 oz.	\$4.79	15%	\$4.05
Moo! Dog Chews free range	1 lb.	\$7.49	15%	\$6.35

Refrigerated

	Size	Regular Price	Save	Sale
White Wave				
Silk Cultured Soy Yogurt black cherry, raspberry	6 oz.	99¢	15%	79¢
Organic Valley				
Organic Eggnog	32 oz.	\$3.99	20%	\$3.19
Lightlife				
Gimme Lean Sausage	14 oz.	\$3.89	15%	\$3.29
Nancy's				
Nonfat	8 oz.	\$1.06	15%	89¢
Fruit-on-Top Yogurt raspberry, blueberry, strawberry, peach				

Grocery

	Size	Regular Price	Save	Sale
Cascadian Farm				
Fruit Spreads grape, raspberry, strawberry	17 oz.	\$4.89	20%	\$3.89
Tree of Life				
Cranberry Sauce	16 oz.	\$2.49	20%	\$1.99
Pumpkin Puree	16 oz.	\$3.29	15%	\$2.79
Enrico's				
Pizza Sauce	15.5 oz.	\$2.29	15%	\$1.95

Bakery

	Size	Regular Price	Save	Sale
Rudi's				
Organic	19 oz.	\$4.39	20%	\$3.49
Artisan Loaves multigrain, country french, rosemary olive				

Body Care

	Size	Regular Price	Save	Sale
Dr. Hauschka				
New! Face Care Line biodynamic ingredients & rhythmically processed - one of the purest and most environmentally responsible lines of skin care available!				15% off!
Aubrey Organics				
New! Men's Stock Shaving & Facial Care Supplies northwoods & island spice				15% off!
Kiss My Face				
Organic Hair Care no parabens!				20% off!
Radiant Body Mositurizers, Soap, Body Scrub, Lotion & Massage Oil local organic high quality body care available in lavender, baby satin, citrus & unscented				25% off!



Bluff Country Co-op

Customer and Member-Owner Survey 2005

Please return this survey to the Co-op no later than **November 30th**. Thank you!

The Co-op strives to offer high quality natural foods at affordable prices to members and customers in the Winona area and works to provide a sense of community for citizens committed to building a stronger, and more sustainable, local culture.

We'd like to know how well you think we are serving our mission and your needs. We will compile your answers to this survey and tell you about them in an upcoming issue of our newsletter. The Board and Staff will use the information to make decisions about the Co-op's future. Your responses are strictly confidential. Thank you very much for participating in this important part of future planning for our Co-op.

Section I: Your satisfaction with the Co-op

The Shopping Experience

- 1. Store atmosphere** poor < > excellent
- a) cleanliness 1 2 3 4 5 na
- b) ease of finding desired products 1 2 3 4 5 na
- c) music played in the store 1 2 3 4 5 na
- d) ease at checkout counter 1 2 3 4 5 na

- 2. Staff**
- How often do you find the Co-op staff to be never < > always
- a) identifiable? 1 2 3 4 5 na
- b) helpful/ready to offer assistance? 1 2 3 4 5 na
- c) professional? 1 2 3 4 5 na
- d) knowledgeable? 1 2 3 4 5 na
- e) able to follow through with requests? 1 2 3 4 5 na
- f) polite and respectful? 1 2 3 4 5 na

- 3. Check-out**
- When you are checking out at the Co-op, how often never < > always
- a) do you have to stand in line for longer than you like? 1 2 3 4 5 na
- b) are you offered help in bagging your groceries? 1 2 3 4 5 na
- c) are you offered help in taking your groceries to your car? 1 2 3 4 5 na
- d) are you comfortable with the PLU number process for bulk and produce items? 1 2 3 4 5 na

- 4. Co-op products**
- How satisfied are you with the Co-op's selection and quality?
- | | Selection | Quality |
|------------------------|--------------------|--------------------|
| | poor < > excellent | poor < > excellent |
| a) Fresh produce | 1 2 3 4 5 na | 1 2 3 4 5 na |
| b) Dairy products | 1 2 3 4 5 na | 1 2 3 4 5 na |
| c) Frozen foods | 1 2 3 4 5 na | 1 2 3 4 5 na |
| d) Packaged foods | 1 2 3 4 5 na | 1 2 3 4 5 na |
| e) Bulk foods | 1 2 3 4 5 na | 1 2 3 4 5 na |
| f) Household items | 1 2 3 4 5 na | 1 2 3 4 5 na |
| g) Dietary supplements | 1 2 3 4 5 na | 1 2 3 4 5 na |
| h) Gifts and books | 1 2 3 4 5 na | 1 2 3 4 5 na |
| i) Candy | 1 2 3 4 5 na | 1 2 3 4 5 na |

- 5. Overall Pricing**
- For equivalent products, how do prices at the Co-op compare to lower same higher
- a) Other natural foods stores where you shop? 1 2 3 4 5 na
- b) Other general grocery stores where you shop? 1 2 3 4 5 na

- 6. Overall Satisfaction with the Co-op**
- To what extent do you agree with these statements? strongly disagree < > strongly agree
- a) the co-op meets my expectations 1 2 3 4 5 na
- b) the co-op serves my needs better now than a year ago 1 2 3 4 5 na
- c) the co-op serves my needs better now than 5 years ago 1 2 3 4 5 na
- d) Co-op membership is a good value 1 2 3 4 5 na

6. Overall Satisfaction with the Co-op

- To what extent do you agree with these statements? strongly disagree < > strongly agree
- a) the co-op meets my expectations 1 2 3 4 5 na
- b) the co-op serves my needs better now than a year ago 1 2 3 4 5 na
- c) the co-op serves my needs better now than 5 years ago 1 2 3 4 5 na
- d) Co-op membership is a good value 1 2 3 4 5 na

Tell us about your experience of the Co-op, positive or negative.

Section II: Help us Improve

8. Product Guidelines

In making your food choices, how important are the following features?

- 1. Utmost importance 2. Very important 3. Important 4. Somewhat important 5. Not important**

- | | |
|-------------------------------------------------------------------|--------------------------------------------|
| <input type="checkbox"/> locally grown/produced | <input type="checkbox"/> organically grown |
| <input type="checkbox"/> free of genetically modified ingredients | <input type="checkbox"/> lowest price |
| <input type="checkbox"/> from small producer | <input type="checkbox"/> healthfulness |
| <input type="checkbox"/> from local producer | <input type="checkbox"/> a brand I trust |
| <input type="checkbox"/> taste/flavor | <input type="checkbox"/> ready to eat |
| <input type="checkbox"/> free of antibiotics and growth hormones | <input type="checkbox"/> vegetarian |
| <input type="checkbox"/> foods with less packaging | <input type="checkbox"/> fair trade |
| <input type="checkbox"/> free of food allergens | <input type="checkbox"/> non-irradiated |
| <input type="checkbox"/> humane animal treatment | <input type="checkbox"/> product quality |
| <input type="checkbox"/> other _____ | |

9. What the Co-op means to you

- To what extent do you agree with these statements about the Co-op? Strongly disagree < > strongly agree
- a) It is an important part of the community 1 2 3 4 5 na
- b) It is responsive to member input 1 2 3 4 5 na
- c) It is environmentally responsible 1 2 3 4 5 na
- d) It is a good place to run into people you know 1 2 3 4 5 na
- e) It adapts to changes when needs arise 1 2 3 4 5 na
- f) It will still exist in Winona 30 years from now 1 2 3 4 5 na
- g) It is a place where people feel welcome 1 2 3 4 5 na
- h) It is a fun place to shop 1 2 3 4 5 na

10. Customer/Member Services

- How often do you use never < > always
- a) The store's reference materials 1 2 3 4 5 na
- b) Our informational brochures 1 2 3 4 5 na
- c) Our monthly newsletter 1 2 3 4 5 na
- d) Classes offered at the Co-op 1 2 3 4 5 na

11. What would the Co-op need to offer in order for you to shop here more?

- | | | |
|-----------------------------------------------------------|-----|----|
| Lower prices | yes | no |
| More selection | yes | no |
| More convenient parking | yes | no |
| Did you know there is parking available behind the store? | yes | no |

Continued on next page ⇨

12. Our monthly newsletter

Please rate each for its interest and usefulness

not helpful < > very helpful

Manager reports	1	2	3	4	5	na
Feature articles	1	2	3	4	5	na
Sale items	1	2	3	4	5	na
Advertising	1	2	3	4	5	na
Announcements of Co-op sponsored events	1	2	3	4	5	na

13. Community Involvement

- a) As a cooperative, one of our guiding principles is concern for the community. Which of the following would you consider good projects for the co-op to support?

Please rank at least your top 3 priorities (1 is the highest):

- local sustainable agriculture/land preservation issues
 cooperative enterprises
 hunger/food access
 nutrition education
 food safety concerns and politics
 supporting the arts
 general environmental issues
 peace issues
 affordable housing issues
 other(s) _____
- b) Does the Co-op's social activism, either through Co-op efforts like 2% Sunday or perceived, through the actions of individual Co-op staff in their personal lives affect your purchasing at the store?
yes no
- c) The Co-op would like to broaden its community presence. Are there events or activities in which you would like to see the Co-op participate? Please list them.
- _____
- _____

- d) Do you have suggestions for classes you'd like to see offered through the Co-op?
- _____
- _____

- e) Should the Co-op create a **Friends of the Bluff Country Co-op organization** to provide volunteer opportunities for members to for example organize social events like picnics and do local outreach?

Would you be interested in joining? yes no
yes no

14. Do you use the **Bluff County Co-op website** or would you make use of an expanded in any of the following ways? (Make a)

- to learn about current sale items
 to view a Co-op events calendar
 to view the newsletter online
 to check the soup offerings of the day
 to place special orders
 to access links to other natural food co-ops

15. Future Growth

Check any areas where you'd like to see expansion

- organic/fair trade clothing
 books
 education in schools and wider community
 deli
 fresh meats
 pet supplies
 other _____

16. Member-Owner Feedback

Please rank your top 3 preferred ways to offer input (1 is highest).

- email
 board and general meetings
 discussion groups
 phone calls
 in-store conversation
 written surveys (such as this one)
 other _____

17. The most important thing we could do to improve the Bluff Country Co-op is

Section III: About your Household

18. You and your household

- a) Number in your household ___#children ___#adults
- b) How have these numbers changed in the last
2 years? ___#children ___#adults
5 years? ___#children ___#adults
10 years? ___#children ___#adults
- c) How do you expect them to change in the next
2 years? ___#children ___#adult
5 years? ___#children ___#adults
10 years? ___#children ___#adults
- d) The ages of those in your household: _____
- e) Your zip code: _____
- f) Special dietary needs/practices of people you shop for:

- g) Household income (Check one)
- h) If you are a member of the co-op :
Approximately how many years have you been a member?
Optional: Your Member ID/name _____
- i) If you are not a member of the co-op, why haven't you joined?
(check all that apply)
 don't know how to join
 don't want to take time to fill out the form
 the member benefits don't appeal to me
 don't shop enough at the Co-op to make it worth it
 think it would require me to volunteer
 feel it costs too much
 I'm considering becoming a member
 other (please explain)

19. Your Grocery Shopping

- a) How often do you shop at the Co-op? (Check one)
 nearly every day
 two or three times a week
 about once a week
 a couple of times a month
 once a month or less
- b) Are you the primary shopper of your household? yes no
- c) About how much do you spend at the Co-op each visit?
 less than \$15
 \$15-\$30
 \$31-\$50
 \$51-\$75
 more than \$75
- d) Please estimate the percentage of your total weekly grocery expenditures that you make at the Co-op.
 less than 25%
 25%-50%
 50-75%
 more than 80%
- e) Please check the category (or categories) that best describe your Co-op shopping.
 convenience shopping to quickly pick up a few items
 buy lunch or a snack at the Co-op while already in the area to work or shop at other stores
 supplemental/complimentary shopping in addition to buying groceries elsewhere
 the Co-op is the primary place that you shop for groceries
 part of a round of shopping stops in Winona
- f) Compared to a year ago, do you shop at the Co-op
 less about the same more? (Check one)

Is there anything else you'd like to tell us?

Join us for a celebration at
Bluff Country Co-op's
Annual
Holiday Samples Day!

November 11th
enjoy samples from
Noon - 7 p.m.
throughout the store

Taste some of the holiday's best!
Get ideas for entertaining and
menu suggestions!

enjoy
Wine Tasting
hosted by
John Breitlow
from 5 - 7p.m.
and
Live Music by Local Artists

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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.

Inviting all members to the

Bluff Country Co-op Annual Member Meeting

Saturday November 19, 2005
9am-Noon
Lake Park Lodge

Brunch Buffet - bring a dish to share

Reflect on our growth and invision our future!

Meet members, voice your opinions!

Get elected to the Board of Directors!

(contact Mike McMullen mocmyc@hbc.com)

VOTE!

Door prizes, great food & lively discussion!