



August 2004

# Views from Bluff Country

## Season of Plenty

### Board of Directors

President:

Hans Madland  
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Vice-President:

Mike McMullin  
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Secretary &

Outreach Committee:

Leslie Foote leslie.  
foote@winona  
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Treasurer:

Pat Bailey  
pbailey@hbc.com

Local Producer & Food

Systems Committee:

Vicki English  
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Emilie Falc efalc@winona.  
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Education Committee:

Diane Petz  
dpetz@hbc.com

Assistant Secretary:

Ramona Redig  
ramonaredig@hotmail.com

Loan Committee:

Larisa Walk  
boxeldergrove@yahoo.com

### Board Meeting

August 3rd

6:30 p.m. at A-2 Pizza

### New Board Members Needed!

2 Year Term.

Contact a current  
board member for  
more info.

As summer winds down, the co-op has reached the final month of its fiscal year, a very successful one that probably will be the first with a net profit in more than a decade.

Our improved cash flow has enabled us to increase savings and employee wages, to secure training and to pay ahead on some high-interest loans. New investments by members have made more manageable the repayments to members who helped finance our store's relocation in 2000.

It's been a banner year by other measures, too. We've added more than 30 new member households and have served many more first-time visitors. We continue to add to our long list of local and regional suppliers, thereby strengthening local economies while offering fresh, high quality products.

Our alliance with six other rural co-ops in our region (Central Circle Cooperative Grocers Association) has improved our professional knowledge and efficiency. We have joined these colleagues for store audits and co-op trainings, and are working together to revive cooperative distribution in this area.

These efforts have become more important as our main wholesale supplier, United Natural Foods, changes in ways that narrow our options. As we predicted at the time of the Blooming Prairie sale,

UNFI is pursuing its own corporate agenda, over which we have little influence.

This month, BCC had to adapt to a completely new pricing system instituted by UNFI. All price tags were changed and our database was updated. We've tried hard to make the changes nearly invisible to our customers, but the success of the large conversion was uncertain at this writing. Let us know how we're doing.

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Woody Mason, cashier, and Ryan Lynch, cashier and produce assistant, recently left BCC, taking with them our gratitude for their fine service and best wishes for their future projects. Woody took a teaching position in Arizona and Ryan will be student teaching in the Twin Cities.

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BCC is nearing a decision on revision of our member discount policy. Most member respondents have favored replacing the 2% every-time discount with a higher discount available once a month at the shopper's discretion. Some members have urged us to keep the current structure in place. Help us to make an informed decision. State your preference on the survey enclosed and return it to the co-op. Thanks!

Bob Copeland  
General Manager

## The Scoop on Fruit

It's hot, it's muggy, and it feels like time for some fruit - lots of fruit - maybe cases of fruit! In previous years, BCC's Produce Department has handled large case shipments of conventionally-grown, non-organic blueberries and peaches from Michigan. And this year we've gotten several phone calls asking when they'll be in and where to sign up. Well, friends, this year it just won't happen that way. The reasons are many:

- ◆ BCC's commitment to support sustainable and organic farming.
- ◆ Last year's half-rotten shipment of peaches (50-75% over-ripe).
- ◆ Last year's last-minute doubling of blueberry prices that we didn't feel was fair to pass on to our customers, causing BCC to lose money on the shipment.
- ◆ Lots of extra labor organizing and handling this special shipment.

What's the good news? Members can get a 15% case discount on fruit AT ANY TIME, subject of course to the availability of what's in season. And you can get certified organic fruit. Or, if your liver can handle it but your wallet can't, you can still order conventional produce. You're still never guaranteed top-quality, fresh fruit. That's only assured if you grow your own.

But anyone can order cases of produce. Just call ahead, pick it up the day it comes in, and let us know by the next day if you're dissatisfied and we'll cheerfully refund your money.

## Reaping What You Sow

In 1998, 11,305,527 pounds of pesticides were sold in Minnesota that are acutely toxic to wildlife, according to the Minnesota Project Seminar on Pesticides in Minnesota, presented in April 2002 by Bob Eleff. Also, 26,589,942 pounds of pesticides with human health effects were sold in Minnesota in 1998. These effects included known probable carcinogens (7,402,279 pounds), possible carcinogens (12,852,695), reproductive toxins (3,438,380), endocrine disruptors (11,812,453), high acute toxicity (2,737,018), and nerve toxins (2,720,185). And while eating and growing organic foods will reduce your exposure, no one is entirely safe from these poisons. According to testing of rainwater samples from around the state, including the Whitewater area, minute amounts of pesticides were detected in the majority of samples (as high as 86% of samples in the Whitewater area in 1994).



## Discount Policy Survey

*Please fill out and return to the co-op.*

\_\_\_\_\_ Keep the current system (2% discount on each purchase)

\_\_\_\_\_ Higher discount once a month (your choice of which day you wish to use the discount - a 5% discount is being proposed)

\_\_\_\_\_ Try something different (please describe)

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# August Specials

## GROCERY

	Size	Regular Price	Save	Sale
→ Annie's Homegrown				
<b>NEW Deluxe Mac N Cheese</b>				
	Elbows & 4 Cheese 12 oz.		15%	
	Rotini & White Cheddar 10.3 oz.			
<b>Bunnie Snack Crackers</b>				
	Cheddar, Whole Wheat, Ranch, BBQ 7.5 oz.		15%	
<b>All Natural Mac N Cheese</b>				
	Alfredo Shells & Barden Basil, Bunny Shape & Yummy Cheese, Mild (Arthur), Shells & Cheddar 6-7 oz.		15%	
→ Clif Bar				
<b>Regular Clif Bars</b>	8	2.4 oz.	20%	
Flavors				
<b>Luna Bars</b>	7	1.69 oz.	20%	
Flavors				
→ Mrs. Leeper's				
<b>WF/GF Dinner Mixes</b>				
	Alfredo, Cheeseburger, NEW! Creamy Tuna, NEW! Lasagna 6.42 oz.		15%	
				8.32 oz.
<b>WF/GF Pastas</b>				
	Veggie Twists, Corn Spaghetti, Elbows 12 oz.		15%	
→ Que Pasa				
<b>Tortilla Chips</b>				
	Blue, Red, White or Yellow 21 oz.		15%	
→ Honest Tea				
<b>Single-Serve Bottled Tea</b>				
	Black Forest Berry, Community Green, Kashmiri Chai, Green Dragon 16 oz.		15%	
→ Kavli				
<b>Crispbread 6 NEW Flavors!</b>				
	Hearty Thick, Crispy Pesto, Crispy Thin, Golden Rye, SW Chili Garlic, Garlic, Onion 5.29 oz.		15%	
				5.64 oz.

## BAKERY

→ Food for Life					
<b>Brown Rice Bread</b>	WF/GF	24 oz.	3.89	15%	<b>\$3.29</b>
<b>Ezekiel 4:9 Tortillas</b>		12 oz.	2.25	15%	<b>\$1.89</b>
→ French Meadow Bakery					
<b>Organic Yeast-Free Bagels</b>					
		Sprouted Cinnamon Raisin 17.5 oz.	3.75	15%	<b>\$3.19</b>
		Sprouted Ezekiel	3.25		<b>\$2.75</b>
→ Rudi's Organic Bakery					
<b>Burger Buns</b>	White or Wheat	pak	3.85	15%	<b>\$3.25</b>
<b>Hot Dog Buns</b>	White or Wheat	pak	2.89	15%	<b>\$2.45</b>

## FROZEN

	Size	Regular Price	Save	Sale	
→ Boca Foods					
<b>Garden Veggie Burger</b>	10 oz.	4.65	10%	<b>\$4.19</b>	
<b>Original Veg Chik'n Pattie</b>	10 oz.	4.35	10%	<b>\$3.89</b>	
<b>Veggie Bratwurst</b>	10 oz.	4.79	10%	<b>\$4.29</b>	
All 3 Boca Products are Great on the Grill!					
→ Julie's Organic Ice Cream					
<b>Organic Ice Cream Bar</b>					
	Chocolate or Vanilla	each	2.29	15%	<b>\$1.95</b>
→ Lifestream					
<b>Waffle Fest!</b>					
	Buckwheat Wildberry, Flax Plus, Hemp Plus, Mesa Sunrise 11 oz.	3.45	15%	<b>\$2.95</b>	
→ Rising Moon Organics					
<b>Ravioli Fest!</b>					
	8 Gourmet Varieties 8 oz.	4.19	15%	<b>\$3.55</b>	
→ Soy Delicious					
<b>Purely Decadent Pint Fest!</b>					
	Anna Banana, Cherry Nirvana, Chocolate Brownie Almond, Chunky Mint Madness, Turtle Tracks pint	3.25	15%	<b>\$2.75</b>	

## REFRIGERATED

→ Earth Balance				
<b>Buttery Spread</b>				
	Dairy-Free, Non-Hydrogenated or GMO 16 oz.	2.79	15%	<b>\$2.39</b>
→ Lightlife				
<b>Veggie Smart Bacon</b>				
	Low Fat, Cholesterol-Free, Great BLT! 5 oz.	3.75	15%	<b>\$3.19</b>
→ Spectrum Naturals				
<b>Essential Omega Spread</b>	10 oz.	3.19	15%	<b>\$2.69</b>
→ Tofutti				
<b>Soy Cheese Slices</b>				
	Mozzarella or American Style 8 oz.	3.09	15%	<b>\$2.59</b>
→ Wildwood				
<b>Organic Soy Smoothie</b>				
	Blueberry or Peach 6 oz.	1.05	15%	<b>\$.89</b>



# August Specials

## WELLNESS

	Size	Regular Price	Save	Sale
→ BCC				
<b>Co-Q-10</b>	60 mg	30 cap 17.39	20%	<b>\$13.89</b>
		60 cap 31.25		<b>\$24.99</b>
<b>Ultra Citro Cee</b>	1000 mg	50 tab 8.39	25%	<b>\$6.29</b>
<b>No-Flush Niacin</b>	500 mg	100 V-caps 14.89	25%	<b>\$11.15</b>
<b>MSM</b>		60 cap 9.45	20%	<b>\$7.55</b>
→ UAS Labs				
<b>DDS-Plus Acidophilus Bifidus with FOS</b>		100 caps 19.99	20%	<b>\$15.99</b>
→ Renew Life				
<b>Cleanse Smart Kit</b>	2/60 V-Caps	29.95	20%	<b>\$23.95</b>
<b>IBS Kit</b>				
Intestinal Bowel Soother for Irritable Bowel Syndrome	2/60 V-Caps	29.95	20%	<b>\$23.95</b>
<b>Candizyme</b>				
Candida & Yeast Management Formula	45 V-caps	25.95	20%	<b>\$20.75</b>

## HOUSEHOLD

→ Green Forest				
<b>Facial Tissue</b>	175 sheet	1.69	15%	<b>\$1.39</b>
→ Orange Mate				
<b>Air Freshener</b>				
Non Aerosol, Essential Oil in Grapefruit, Orange, Lemon or Lime	3.5 oz. 7 oz.	4.59 7.15	15%	<b>\$3.89</b>
→ Halo				
<b>All Halo Pet Products</b>			10%	
Cloud Nine Shampoo, Dream Coat, Vita-Mineral Mix, Vita-Dreams Greens, Derma Dream Salve, Herbal Ear Wash				
→ O-Zone				
<b>Compact Fluorescent Light Bulbs</b>				
with Titanium Dioxide Coating that Reduces Room Odor while killing Airborne Bacteria & Mold - 100 watt equivalent brightness	23 watt	39.95	10%	<b>\$35.95</b>
→ 7th Generation 100% Recycled				
<b>Paper Plates</b>	40 ct.	4.35	10%	<b>\$3.89</b>
→ Earthware				
<b>Wheat-Based Tableware</b>				
Non-Petroleum - Recyclable, Reusable, Biodegradable- Fork, Spoon & Knife	8 sets	4.95	10%	<b>\$4.45</b>

## DELI WEEKLY

	Regular Price	Save	Sale
→ August 3-9			
<b>Bagelwich</b>	2.99	10%	<b>\$2.69</b>
→ August 10-16			
<b>I Can't Believe it's Soy Pesto Dip</b>	5.99/#	10%	<b>\$5.39/#</b>
→ August 17-23			
<b>Organic Garden Salad</b>	2.49	10%	<b>\$2.19</b>
→ August 24-31			
<b>Dolmas</b>	6.79/#	10%	<b>\$6.09/#</b>

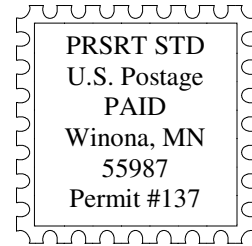
## BODY CARE

→ Duide				
<b>Shampoo</b>	5 Varieties	1.49	15%	<b>\$8.59</b>
→ Duide				
<b>Shower Gel</b>	5 Varieties	11.45	15%	<b>\$9.69</b>
→ Duide				
<b>Pur Pure Line</b>				
Fragrance-Free Products	13.35-22.85	15%	<b>\$11.29-19.39</b>	
→ Giovanni				
<b>50/50 Balanced Shampoo</b>	6.65	15%	<b>\$5.65</b>	

## BULK

→ Anderson's				
<b>Maple Syrup</b>	3.95/#	20#		<b>\$3.15/#</b>
→ Breadshop				
<b>Vanilla Animal Cookies</b>	3.35/#	30%		<b>\$2.35/#</b>
→ Our Family Farm				
<b>Baked Cheese Crackers</b>	5.85/#	10%		<b>\$5.25/#</b>
→ Cafe Fair Organic				
<b>French Roast Coffee</b>	7.49/#	\$1		<b>\$6.49/#</b>
→ Equal Exchange Organic				
<b>French Roast Coffee</b>	8.55/#	\$1		<b>\$7.55/#</b>





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**ADDRESS SERVICE REQUESTED**

## *Rural Addresses*

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We still haven't heard from most of our rural members - we need to have your new addresses updated or you will no longer be receiving a newsletter in a couple of months. Don't forget to let us know as soon as possible!!!

### **Co-op Hours**

<b>Monday - Wednesday</b>	<b>8:30 a.m. - 7:00 p.m.</b>
<b>Thursday &amp; Friday</b>	<b>8:30 a.m. - 8:00 p.m.</b>
<b>Saturday</b>	<b>8:30 a.m. - 7:00 p.m.</b>
<b>Sunday</b>	<b>11:00 a.m. - 5:00 p.m.</b>

## *SE MN Rural Education & Resource Center*

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Our featured organization for the August 1% Sunday is the Southeast Minnesota Rural Education and Resource Center of St. Charles. Opened in 1986, its mission is to positively impact farm families by offering services that help them deal with the changing economy of a changing world. They offer services to small family farms such as consultation and education in areas beyond the actual farm production, including financial analysis and professional accounting information. In addition, they operate a food shelf, dispersing over 48,837 pounds of food in 2003, and a recycled clothing shop which helps fund their programs. Family farms impact our local economy. Six non-ag businesses in St. Charles were surveyed. On average, 47% of their income dollars come from farmers.

You can help the Resource Center's efforts to keep the local economy strong and prosperous by shopping at the co-op on Sunday, August 29th

when 1% of sales will be donated to the Center. Also, donation cans will be at the registers during the month.

For more info, contact: SE MN Rural Education and Resource Center, 106 East 11th Street, St. Charles, MN 55972, phone 507-932-5203.

## *Business Directory*

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Response has been very slow to the proposed BCC member business directory. I know that there are many of our members who would probably like to have a FREE listing of their service or business, but we haven't heard from most of you yet! The forms are at the customer service desk at the co-op and only take a couple of minutes to fill out. Don't miss out on this member benefit - FREE advertising for your business and a handy way for members to find the service they are seeking. Let's get this up and running!!!