



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.

**Happiness depends
on ourselves.**

Aristotle

(384 BC-322 BC)

Education in cooperation

liz haywood bcc general manager

Traditionally a time of celebration in many spiritual traditions, spring has once again brought with it numerous occasions for reflection on creation. I enjoy this time a lot, especially when I have the chance to visit my family. What really has me thinking this season, however, is the ongoing work of building sustainability given the complex and chaotic circumstances of our world. Though it's difficult for many - especially young people - to reconcile the damage done to our planet so far, we can share in the responsibility to make positive changes wherever possible.

In the International Principles of Cooperation, the fifth principle is "Education, Training and Information." By this, cooperatives provide education and training for their members, elected representatives, managers and employees so they can contribute effectively to the development of their cooperatives (International Co-operative Alliance ICA). The

cooperative movement was born out of struggle, and our responsibility is to meet new challenges head on, with a good information and a clear vision.

This spring, challenge yourself, fellow co-op member, to share with a few others the benefits of shopping at your locally owned co-op. Visit the farmer's market, and take a neighbor with you. Make your voice heard in the legislature, as the 2007 Step-It-Uppers rang their voices through congress on April 14th. Get involved in Bluff Country Co-op, by getting on a board committee or volunteering to help at community events. Whatever you do this spring to build sustainability, be conscious that you are working with other co-op members, with non-member customers, with employees and their families, with local suppliers, with our local community and with the larger cooperative community to make this a better place to live.

Take action!

cornucopia institute www.cornucopia.org

Raw Foods: Small-scale farmers, retailers, and consumers are outraged over a new federal regulation that will require all almonds grown in California to be sterilized with various "pasteurization" techniques. The rule, which the USDA quietly developed in response to outbreaks of Salmonella in 2001 and 2004, traced to raw almonds, mandates that all almonds undergo a sterilization process that includes chemical and/or high-temperature treatments.

Although the final rule was just published in the *Federal Register*, The Cornucopia Institute, a Wisconsin-based farm policy research group,

is asking the USDA to reopen the proceeding for public comment. Cornucopia contends that the rule was never effectively announced to the public, and that the reasoning behind both the necessity and safety of the sterilization processes should be questioned before the rule goes into effect this September.

To read a comprehensive fact sheet on the almond issue, go to http://www.cornucopia.org/Almond_FactSheet.pdf. A sample letter for concerned individuals to send to the USDA has also been prepared by The Cornucopia Institute, and can be found at the Institute's website, or at Bluff Country Co-op's customer service counter.

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 and Suppliers

We sell locally grown vegetables, fruits 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 for a membership application and join today!

Board of Directors

Scott Miller - president
puravida@hbci.com

Cherie Hales - vice president
chales@hbci.com

Hans Madland - treasurer
hans_madland@yahoo.com

Bruno Borsari co-secretary
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Ramona Redig - co-secretary
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Management Team

Liz Haywood - general manager

Dennis Zenk - bulk foods manager

Emily Copeland - wellness manager

Erin Brandmeier - produce manager
/newsletter editor

Brian Britten - cheese manager

Juanita Sawyer - grocery manager

Tahira Darling - body care manager

Julie Reed - deli manager

Carol Meyer - refrigerated/frozen/
bakery manager

bccoop@bluff.coop

Newsletter Advertisements

rates are per month for camera-ready ads

full page	members \$60	non-members \$65
1/2 page	members \$32	non-members \$37
1/4 page	members \$18	non-members \$23
1/8 page	members \$11	non-members \$16

All ads are due by the 15th of the month preceding the published date. We currently print 700 newsletters per month. If you need help with ad design, our editor will set it up at a rate of \$20/hour, or we recommend Riverwise, Inc. or other professional services. All ads are subject to management and editor approval as are the total number of ads per issue.

Send ad submissions to bccnewsletter@bluff.coop
or leave printed items for the editor at the co-op



spring health care needs

emily copland wellness manager

With the advance of Spring and its ensuing pleasant weather, most of us want to get outside and experience it. Whether you are gardening, cleaning up and beautifying your yard, or enjoying your favorite recreational physical activity, you might need help minimizing your body's response to allergens in the air.

Bluff Country Co-op has several products to help with this problem, most of which you will find on sale this month in the wellness department. Enzymedica makes an enzyme-based formula that is to be taken on an empty stomach to eliminate the histamine reaction. Both Now Foods and Bluff Country Co-op's house brand have Quercetin, a type of bioflavonoid, which also acts like a natural anti-histamine. BioAllers are natural homeopathic tinctures that deal with various pollens such as the formula for Grass Pollen or the one for Tree Pollen, or also Hayfever, and finally Mold, Yeast, or Dust. An herbal product by Nature's Way is called H.A.S. Formula which stands for Hayfever, Allergy, and Sinus.

In the Homeopathy area we have several single remedies by Boiron in the blue tubes as well as a few combination remedies by Heel/BHI called: Allergy; Asthma; or Sinus. There are also two homeopathic nasal sprays to accompany these called Hayfever or Euphorbium Nasal Spray (for Sinus infections rather than allergies). NaturalCare makes a product called Sinufix which we have in capsules as well as a nasal spray which are a combination of herbs, vitamins, minerals and specialized nutraceuticals making up an effective sinus and allergy supplement. Also by Boiron, we have two homeopathic combination tablets called Sabadil (Allergy) and Sinusalia (Sinus Pain), both on sale this May as well.

Other areas of the body often in need of attention during the more active seasons are the joints, tendons, and bones. We have a few products on sale for this as well. Montmorency Cherry Flex softgels offer support for arthritis or gout. Heel/BHI's Bone formula is helpful for more rapid healing of broken bones, slow-healing fractures, and aches and pains in bones and teeth. The Heel combination remedy called Bleeding is for bleeding from minor injuries and nosebleeds as well as bleeding of the gums and excessive menstruation. Also by Heel, the Injury formula is for bruising and sprains, inflammation and to ease the symptoms of infection or minor bleeding. Heel's Zeel formula is excellent for osteoarthritis, articular stiffness, inflammation and mild or moderate pain in joints.

However you choose to spend
the merry, merry month of May,
we hope to be of assistance with your comfort!



earth fire miso is back

carol meyer refrigerated/frozen/bakery manager from earth fire miso brochure

Back by popular demand! We are re-introducing Earth Fire miso from Gays Mills, Wisconsin, as sampled during our Earth Day celebration. Earth Fire is a small business in a rural village on the Kickapoo River in Southwestern Wisconsin. They work on a small scale doing most of their production by hand, and are committed to using locally grown organic grains and beans to produce healthful foods which rest firmly at the bottom of the food chain. Come and see our new varieties and some of the old favorites!

Miso is a soybean paste similar to soy sauce in flavor which was developed in China and Japan during the seventh century. It became a vital part of their traditional grain based diets because of its easily digestible protein, richness in minerals, and its enzymes which aid the digestion of other foods (not to mention its delightful flavor).

Earth Fire miso uses whole grains to make their koji and misos. Their misos are not homogenized, so the ingredients which make

up the miso can be seen and the delicate interplay of flavors can be tasted. Mellow misos are aged 6 weeks and the long-term misos are aged at least 18 months (two summers).

Earth Fire misos are approximately 12% protein by weight and are complete proteins. They are rich in calcium, phosphorus, and B vitamins. The misos are unpasteurized living foods; their beneficial digestive enzymes are similar to those found in yogurt and other fermented foods. If possible, add miso at the end of cooking; boiling temperatures will kill the bacteria. It is not necessary to cook miso at all; you can use it right from the tub on bread or crackers, or in dips and spreads.

Enjoy these great recipes! Miso varieties can be interchanged. Use less brown rice miso than mellow white miso called for in the recipe. Try using miso in place of soy sauce in your favorite dish. Experiment!

Dairy Free Pesto

1 bunch fresh basil (4 cups loosely packed)
4 Tbs. olive oil
1-2 cloves crushed garlic
2 Tbs. mellow white (or 2 Tbs. brown rice miso)
1/2 cup walnuts or pinenuts chopped fine

Put nuts in a blender (or surabachi bowl) and blend one minute. Add all other ingredients and blend 2 minutes more. Serve on noodles approximately 1 Tbs. per serving.

Salad Dressing

1/2 cup tahini
1/2 - 1 cup water
1/2 - 1 lemon, juiced
1/4 tsp. garlic powder
1 Tbs. natto miso (Kickapoo Chutney miso)

Combine ingredients in blender or shake in a jar with a tight lid. Good on noodle salads, green salads, and raw vegetable salads.

Dill Dip

8 oz. tofu
3 Tbs. mellow white miso
1 Tbs. brown rice vinegar
1 Tbs. oil (canola or sesame)
1-2 cloves garlic crushed
4 Tbs. minced fresh dill

Put all ingredients in blender or surabachi. Blend until smooth.

Miso Spread

2 Tbs. white or natto miso (or 1 Tbs. brown rice miso)
5 Tbs. tahini or other nut or seed butter
3 Tbs. water

Toast tahini in saucepan for two minutes on low flame. Dilute miso in water, add to tahini, simmer while stirring until thick. Great on rice cakes.

Kickapoo Chutney Miso Marinade

2 Tbs. natto miso (Kickapoo Chutney)
1 tsp. oil (canola, sesame or safflower oil)
1/2 tsp. honey (optional)
1/4 to 1/3 clove garlic
2 Tbs. water

Combine all ingredients mixing well. Use as a marinade or basting sauce.

Brown Rice Miso Soup

1 cup cooked great northern beans or chickpeas
1 onion
1 stalk celery
1 cup shelled peas (optional)
6 cups bean cooking liquid or stock
1/8 cup brown rice miso

If cooking your own beans, boil or pressure cook until done (a little kombu or Atlantic kelp cooked with the beans will ensure tenderness). Saute onion and celery. Add beans and 5 cups liquid. Simmer until almost cooked, add peas and cook 5 minutes longer. Dilute miso in 1 cup liquid and add to soup just before serving. You may substitute a variety of your favorite vegetables; ie. sweet corn, cabbage, broccoli, bok choy or green beans.



Wellness

	Size	Regular Price	Save	Sale
Flavonoid Sciences				
Cherry Flex gout & arthritis support	60 gels	\$22.95	10%	\$19.99
BCC				
Cal-Mag-Citrate	100 tabs	\$14.19	20%	\$11.35
PreNatal Multi Tabs	120 tabs	\$15.59	20%	\$12.45
Tropical Oasis				
Green Tea Energy Drink	16 oz.	\$20.85	30%	\$14.59
Kid's Liquid Multi Vit/Mineral	16 oz.	\$11.69	20%	\$9.35
Nature's Way				
H.A.S. Formula hayfever, allergy, sinus	100 caps	\$7.89	20%	\$6.69
Enzymedica				
Allerage allergy assistance	60 caps	\$16.49	20%	\$13.29
Heel/BHI				
Homeopathic Remedies allergy, bone, bleeding, injury, asthma	100 tabs	\$11.95	25%	\$8.95
Zeel	100 tabs	\$17.95	25%	\$13.45
Natural Care				
Sinufix	60 caps	\$27.95	30%	\$19.59
Bioallers				
Grass Pollen	1 oz.	\$10.75	30%	\$7.55
Boiron				
Sabadil (allergy) & Sinusalia (sinus)	60 tabs	\$10.45	25%	\$7.85
Newton Homeopathics				
Remedies for Kids bangs & scrapes, asthma rescue, allergies	1 oz.	\$11.69	25%	\$8.75

Body Care

	Size	Regular Price	Save	Sale
Alba Botanica				
All Sunscreens	4 oz.	\$8.55- \$7.59	15%	\$7.29- \$6.49
Derma E				
NEW! All Products		\$9.99- \$21.99	15%	15% off
Boiron Labs				
Arnica Cream	2.5 oz.	\$5.89	15%	\$4.99
Arnica Gel		\$9.79	15%	\$8.29
Arnica Gel & Blue Tube		\$12.49	15%	\$10.65
Desert Essence				
Cleansing Pads aloe	50 pads	\$6.79	20%	\$5.45
green tea		\$6.49	20%	\$5.19
Giovanni				
Bar Soaps	5.3 oz.	\$4.99- \$5.69	15%	\$4.25- \$4.85
Dead Sea Salt Soap				
Dead Sea Salt Soap	3.75 oz.	\$4.85	15%	\$4.15

Frozen

	Size	Regular Price	Save	Sale
Eco Fish				
Tuna	4 oz.	\$6.15	15%	\$5.29
Mahamai	4 oz.	\$4.99	15%	\$3.99

Bakery

	Size	Regular Price	Save	Sale
Rudi's				
Organic Hamburger Buns	8 pack	\$4.19	15%	\$3.49
Organic Hot Dog Buns	6 pack	\$3.19	15%	\$2.69

Grocery

	Size	Regular Price	Save	Sale
R.W. Knudsen				
All Spritzers	6 pack	\$6.29	30%	\$4.29
Mountain Sun				
Pure Juice cranberry, pomegranate, black cherry	32 oz.	\$8.25	20%	\$6.49
Season's				
Rippled Potato Chips low salt, rippled plain, salt & pepper	8.5 oz.	\$3.79	25%	\$2.79
Drew's				
Salsa medium, mild	16 oz.	\$4.49	15%	\$3.79
Kettle				
NEW! Tortilla Chips black bean, blue corn, multi grain	8 oz.	\$3.19	25%	\$2.39
Thai Kitchen				
Organic Coconut Milk plain, lite	12 oz.	\$2.29	15%	\$1.95
Yogourmet				
Freeze Dried Kefir Starter	1 oz.	\$5.99	15%	\$4.79
Boomi Bar				
Snack Bar cashew almond, fruit & nut, perfect pumpkin, cranberry apple	1.7 oz.	\$1.89	20%	\$1.49
Bio Kleen				
Produce Wash	16 oz	\$4.99	15%	\$4.19
Newman's				
Canned Cat Food chicken & rice, turkey	3 oz.	\$1.59	30%	\$1.09
Dry Cat Food adult chicken & rice	4.75 lbs.	\$20.19	20%	\$16.19
advanced chicken & rice	4.75 lbs.	\$21.59	20%	\$17.35
World of Good				
All Dishes		\$9.95- \$24.95	10%	\$8.96- \$22.46

Bulk Foods

	Size	Regular Price	Save	Sale
Ancient Harvest				
Wheat-Free Quinoa Pagodas		\$3.45/lb.	15%	\$2.89/lb.
Golden Temple				
Granolas vanilla macaroon, organic blueberry, organic ginger zinger		\$3.79/lb.	15%	\$3.19/lb.
Kickapoo				
Organic French Roast Coffee		\$9.29lb.	\$1/lb.	\$8.29/lb.

Refrigerated

	Size	Regular Price	Save	Sale
Brown Cow				
Whole Milk Yogurt maple, cherry, raspberry, blueberry	6 oz.	\$1.19	15%	99¢
Greek Gods				
Greek Style Plain Yogurt	24 oz.	\$6.09	25%	\$4.59
Organic Valley				
NEW! Egg Whites	16 oz.		25%	\$5.59
Thousand Hills Cattle Co.				
Fresh Local Grass Fed Ground Beef	16 oz.	\$5.59/lb.	18%	\$4.59/lb.

All Sales Good May 5th through June 4th

Aquaculture

the cornucopia institute www.cornucopia.org

The farming of fish and seafood, often referred to as aquaculture, is the fastest growing sector of the world food production industry—and one of the fastest growing threats to our water environments and native species. More than 100 fresh and marine water species are farm-raised in open-water net pens, land-locked ponds and fully enclosed land-based systems. Rapidly increasing demand for fish and fish products has outpaced our regulatory agencies' ability to manage emerging environmental and human health threats from the burgeoning aquaculture industry. The exponential growth in the industry has created enormous pressure on fresh water and marine environments and native, non-farmed species. In the absence of minimal state and national regulatory standards, this country's 4,000 aquaculture facilities are largely left to their own designs.

The environmental problems arising from the industry are altering the biodiversity of entire ecosystems. Some of the impacts include the introduction of non-native farmed fish species that diminish or replace indigenous fish populations; the propagation of deadly fish diseases; and the over-fishing of vast quantities of non-commercial fish to feed carnivorous farmed fish, such as salmon. Yet fish are

not the only organisms affected—federally protected marine mammals and birds are continually harmed by entanglement in net pens and by the concentration of harmful wastes and industrial drugs and chemicals escaping into open waters.

Consumption of aquaculture-bred fish is raising serious human health and food safety concerns as well (almost all the catfish and trout, and close to half the salmon and shrimp sold in the U.S. are raised in aquaculture facilities). Farmed fish often receive large doses of antibiotics to protect them from disease and are exposed to a variety of pesticides used to kill parasites and body fungi—all of which accumulate in the fish's tissues.

Help protect seafood consumers and our water environments by dangerous aquaculture practices. Pick up postcards for legislators at the Bluff Country Co-op customer service counter, and pick up a seafood guide provided by the Monterey Bay Aquarium. This regional guide contains the latest information on sustainable seafood choices. The "Best Choices" are abundant, well managed and fished or farmed in environmentally friendly ways. Seafood to "Avoid" are overfished and/or fished or farmed in ways that harm other marine life or the environment.



What would burger season be without a cheese primer?

brian britten cheese manager

Grilling and cheese go hand and hand. Whether you put it on a burger, place it on top grilled pizza, or inside a grilled cheese, cheese inspires us to make twists on our everyday favorites, with some delicious consequences.

The cheese department has several different types of cheese for the start of the grilling season. This month I would like to focus on the burger lover. Everyone has a favorite way to make a burger. Some people like it medium rare, some love it well done, others like it with turkey or a mix of different meats, and some like it with no meat at all. What ever the patty preference, they all are still our beloved burger.

The first cheese I would like to look at is Smoked Swiss Cheese. Smoked cheeses lend themselves well to grilled food. The creamy smoothness of this Swiss cheese mixed with the char of the burger is a perfect combination especially with some Annie's BBQ sauce. One of my personal favorites is a blue cheese burger. The Noble Blue from Denmark has creamy yet tangy flavor. I love to have this burger with a bit of Dijon mustard to enhance the experience. The acidity of the mustard with the tanginess of the cheese balances

the burger very well. One of my favorite twists on our old favorite is to use fresh goat cheese to stuff the burger. This method requires a little prep time, but it is well worth the effort. I recommend slicing the goat cheese into small disks and then wrapping the meat around the burger. Putting the cheese in the freezer for about half hour will help to firm it up. This will allow you to make cleaner slices. This burger is always a delightful surprise, but watch out because the cheese likes to escape from the burger occasionally. Then there is everyone's favorite burger cheese, cheddar - and why not - it is good! We have many different types to choose from.

Remember, you don't have to grill meat to make a great burger. Cheese plays well with veggie burgers and a local favorite the Trempealeu Hotel's Walnut Burger, too. So, next time you decide to fire up the grill, just remember to add the cheese please.



The big Interview: Old Webster Farm of spart, wisconsin

interrogated by erin brandmeier produce manager responded to by pat yourell old webster farm

Who is Old Webster Farm?

Pat Yourell, wife Robyn, our kids Reghan, Conlan & Rowan, and anyone else we can trick into helping us out.

How was the name chosen?

It was my Grandpa and Grandma Webster's farm. When we first moved back to the area to start the farm, I was having trouble coming up with a name for it. Then one day someone described it as "the old Webster farm". Problem solved.

How long has the farm been around?

My grandpa and grandma bought it in 1947, but we planted our first garlic crop here on October 2, 2004.

How long have you been a part of the farm?

Since birth. As a little kid, I liked to help feed cows and play in the barn. The barn's gone now though, so it's all business these days for my own kids.

Which is supreme: Empire Strikes Back or Return of the Jedi? Why?

The Empire Strikes Back. Because it's darker, more serious and there was more of a story. Return of the Jedi is all about selling Ewok dolls. Little known fact: in the original script, Ewoks were Wookiees.

Are you farming organically? For how long has the farm been organic?

We have always been organic, but should be officially certified as of June of this year.

What is the biggest concern you had for deciding to farm organically?

No concerns at all, really. I actually wouldn't know how to do it any other way.

Are you raising animals, plants, or both?

We have some chickens, mainly just for eggs, fertilizer and ambience. But we are pretty much just a vegetable farm. I'm hoping to work toward a 50/50-ish balance of perennials (rhubarb, asparagus, berries, etc.) and annuals (tomatoes, onions, garlic, etc.) and just focus on the stuff we do really well and are most passionate about growing. Heirloom tomatoes, for example...over

80 varieties.

I understand you're quite interested in comedy, got any jokes to share?

I grew up idolizing guys like George Carlin, Richard Pryor and Steve Martin. But as I've gotten older and had some opportunities to befriend and hang around with some really good comics, I've discovered that my own jokes aren't really very funny. Leave the comedy to the professionals, I say.

As an inspiration to us all, what is your view on how the 100 mile diet works here in the Northland, having tried it yourself? Was it easy to find foods in stores (especially over winter) or did you have to do a lot of searching on your own?

I don't think we've ever officially decided to strictly eat within a certain radius from our home. But we do seek out local food, and we do try to avoid eating food out of season that carries too many food miles. We get our beef from a small farm in Viroqua, pork from some friends of ours in Northeastern Iowa, veggies that we don't already grow ourselves from other farmers we know, fruit from Hoch Orchard, flour from Great River, local artisan cheeses, and so on. A lot of it we do find in stores, but seeking out those small growers and producers is actually a big part of the fun. Makes for a long winter without fresh fruit, though.

We do rationalize buying the occasional bunch of bananas by getting the reduced-price spotty brown ones destined for the compost heap. Smoothies aren't quite the same without them. Orange juice is another weakness. Olive oil. And Parmaggiano Reggiano. Chocolate. Coffee... I've said too much.

And what is your view from your kitchen window?

I wish I could say it was our chicken coop. But we live 3 miles from the farm right now, so it's our neighbor, Carolyn's, house. Someday it will be our chicken coop. And our new barn.

Any parting thoughts/words of wisdom?

Hmm. Considering the amount of time it's taken me to write just "Hmm" so far, I guess I'll leave the words of wisdom regarding sustainable living to Wendell Berry.

But I do have a few wise words said to me by a friend of mine a while back when I was expressing frustration over trying to make a living by farming and writing and worrying about failure and whether or not it was too late in life for me to undertake some of these projects. He said, simply, "It's never too late to fail." Seemed kind of liberating.



sweet as can bee

dennis zenk bulk foods manager



Celebrate the opening of the Winona Farmer's Market with an excursion on May 5th!

Making a weekly trip to the Winona Farmer's Market is an excellent habit to get into! Before many fruit and vegetables are available, local suppliers bring wonderful flowers and bedding plants, eggs, meats and baked goods to Winona. This is a great time to get to know your local farmers, to ask questions about how products are raised, to learn some tricks for getting your new plants to thrive, and to enjoy a slowed-down shopping experience.

Bluff Country Co-op will once again be offering coupons for people visiting the market AND the co-op on the same Saturday mornings. Visit the market first, pick up a coupon, then come over the store to finish shopping and use your coupon.

The Winona Farmer's Market is open Wednesdays 2:00 p.m. until 5:00p.m. Saturdays 7:30 a.m. until noon

The market opens the first Saturday in May and runs through October.

Find links to other area markets at Minnesota Department of Agriculture's website, <http://www.mda.state.mn.us/mngrown/farmersmarkets.htm>.



Bluff Country Co-op Book Club

The Bluff Country Co-op Book Club will resume this summer!! The new meeting date is the first Thursday of each month, at 7:00 in the deli. Our first summer book is Frances Moore Lappe's and Anna Lappe's book Hope's Edge. Though this will be the second month for this book, some people have requested that we bring it back again for discussion because of the strength of the Lappes' message, and the importance of sharing these stories with the larger community.

Join us for a fun, lively discussion on June 7th. You may order the book through The Bookshelf at www.bookshelfwinona.com.

The sweetness of spring has arrived. The flowers are in bloom and things are popping and growing. Much of this only happens from the pollination of plants by bees. Without bees we pretty much wouldn't be here. They do all kinds of wonderful things for humans and the world.

When bees go out and collect nectar from plants and flower blossoms they produce honey. Honey is mostly carbohydrate and small amounts of vitamins and minerals. The carbs are mainly fructose, glucose, some maltose and sucrose. Honey is very sweet and sticky and can be consumed in cooking and baking. It's also delicious when used on sandwiches, spread on toast, stirred in the morning oatmeal and used to sweeten your tea.

Honey is a very old food. Honeybees have been producing this sweet goodness for at least 10 million years. More than likely every culture has or does use honey.

To make one pound of honey bees must fly over 55,000 miles and stop to visit 2 million flowers. The average worker bee makes only one twelfth of a teaspoon of honey during its lifetime.

Americans on average, consume 1.4 pounds of honey per year. Besides food usage, honey is also used as medicine. It is used to treat sore throats, coughs and cold symptoms. Honey is also good to put on burns and cuts because of its microbial properties.

When shopping for honey, generally the lighter colored honey is the mildest in taste. Some darker honey such as basswood, (honey produced from basswood blossoms) has a deliciously strong flavor.

Allergy sufferers might try local pollen in very small amounts to help ease their symptoms. One should start with one or two grains per day starting several weeks before allergy season. Continue adding one grain per day. Discontinue this treatment if the pollen provokes an adverse reactions. As always, check with your health care professional if you have any doubts.

Here at BCC we sell honey from three local suppliers. Our bottled honey comes from Nancy's Honey Farm in Stoddard, Wisconsin. Our bulk honey comes from Debra and John Bruihler in the Rushford, Minnesota area. The creamed flavored honey is from the Ambrosia Honey Farm of Galesville, Wisconsin.

Next time you are in the store, stop in the bulk department's honey section for a little sweetness.



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H o u r s o f B u s i n e s s

Monday - Saturday 8:00 a.m. - 8:00 p.m.

Sunday 9:00 a.m. - 5:00 p.m.

gluten free groceries

juanita sawyer grocery manager

In fitting with Spring and its sense of freshness comes a renewed focus on Gluten Free Products in your grocery department. Here are a few new products that you can find in the aisles to help suit your celiac and wheat free needs.



Arrowhead Mills Organic Maple Buckwheat Flakes

Although it sounds as though this grain contains gluten it is completely free of wheat and gluten but not lacking in flavor. It's easy to have that wholesome goodness when you start the day with Arrowhead Mills deliciously crunchy toasted Maple Buckwheat Flakes Cereal. This low fat and cholesterol free lightly sweetened whole grain cereal is reminiscent of grandma's buckwheat pancakes covered with maple syrup.

Health Valley Rice Bran Crackers

A nice alternative to other wheat cookies and biscuits.



Glutino Chocolate Breakfast Bars

Perfect for the busy morning schedule. If you like these let us know and we'll try some other flavors. Kids love these!

Bakery on Main Gluten Free Granola

This stuff rocks! Check it out in the bulk department near our other granolas. What a delight to have this wheat conscious choice for travel, hiking or Friday movie nights.

