



# BLUFF COUNTRY CUIZINE

FOOD NEWS, EVENTS & SALES FOR BLUFF COUNTRY CO-OP MEMBER-OWNERS

WINTER 2016





**Bluff Country Co-op**

*We know good Food.*

121 W. 2ND STREET  
WINONA, MN  
(ph) 507.452.1815  
(fax) 507.457.0511

www.bluff.coop  
bccoop@bluff.coop

**OPEN DAILY**

Mon - Sat

8am - 8pm

Sunday

10am - 8pm

**STORE CONTACTS**

**GENERAL MANAGER**

Dawn Schreiber Bccgm@bluff.coop

**MARKETING**

Chris Peters Peters@bluff.coop

**FRONT END**

Tina MacGregor-Cordes Tina@bluff.coop

**PRODUCE**

Jason Strangstalien Jason@bluff.coop

**DELI**

Emily Richardson Richardson@bluff.coop

**CENTER STORE**

Trina Barrett Trina@bluff.coop

**COMMUNITY SALES**

Dennis Zenk Dennis@bluff.coop

**RECEIVING**

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**WELLNESS**

Emily Copeland Emily@bluff.coop

**SUSTAINABILITY  
& BODY CARE**

Liz Reach Reach@bluff.coop

**BOARD OF DIRECTORS**

Board@bluff.coop

Lynn Carlson Lynn@bluff.coop

Aurea Osgood Aurea@bluff.coop

Ann Lichliter Ann@bluff.coop

Mollee Sheehan Mollee@bluff.coop

Charlotte Roraff Charlotte@bluff.coop

Mary Kirk Mary@bluff.coop

Ellen Brand Ellen@bluff.coop

Rachel Kimman Kimman@bluff.coop

**WINTER RECIPE: APPLE-BACON PANCAKES  
WITH CIDER SYRUP**

**SERVES 4. TOTAL TIME: 30 MINUTES**

**INGREDIENTS**

- 1/2 cup apple cider
- 3 tablespoons packed light brown sugar, divided
- 1 1/2 teaspoons lemon juice
- 1 1/2 teaspoons cornstarch
- 1/2 cup whole-wheat pastry flour
- 1/4 cup plus 2 tablespoons all-purpose flour
- 1 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1 large egg
- 1 large egg white
- 1/2 cup nonfat buttermilk
- 1 medium apple, peeled and finely diced, (about 1 cup)
- 4 slices bacon, cooked and crumbled
- 1 teaspoon canola oil, divided
- See more at:  
<http://strongertogether.coop>



**PREPARATION**

Combine cider, 2 tablespoons brown sugar, lemon juice and cornstarch in a small saucepan. Bring to a boil over medium heat, whisking, and cook until thickened, 1 to 2 minutes. Set aside.

Whisk whole-wheat flour, all-purpose flour, baking powder, baking soda and the remaining 1 tablespoon brown sugar in a small bowl. Whisk egg, egg white and buttermilk in a large bowl. Stir in the dry ingredients, apples and bacon until just combined. (The batter will be thick)

Brush a large nonstick skillet with 1/2 teaspoon oil and place over medium heat until hot. Cooking 4 at a time, use about 1/4 cup batter for each pancake and gently spread it to make them about 3 inches in diameter. Cook until the edges are dry and bubbles begin to form, about 2 minutes. Flip the pancakes and cook until golden brown, 1 to 2 minutes more. Repeat with the remaining oil and batter, reducing the heat as necessary to prevent burning. Reheat the cider syrup, if desired, and serve with the pancakes.



**CONGRATULATIONS BOARD MEMBERS!**

Congratulations to Rachel Kimman, John Chernega, and Diane Leutgeb-Munson on their appointments to our Board. We would also like to congratulate Ann Lichliter, who will take on the role of Board President in January.

# CALENDAR

OF UPCOMING EVENTS



## DECEMBER

- **December 2nd**, 5:30pm - 7:30pm Capital Campaign Q&A with Aurea Osgood in the Deli Seating Area.
- **December 4th**, 10am - 12pm Capital Campaign Q&A with Aurea Osgood in the Deli Seating Area.
- **December 7th**, 6pm - Board Meeting, Faith Lutheran Church, 1717 W. Service Drive, Winona
- **December 12th, 10am - 11am, Class: Aebleskiver (Danish Pancakes) Cooking Class**
- **December 19th**, 10:30am - Co+op Explorers Club meeting
- **December 24th**, The Co-op will close at 4pm
- **December 25th**, The Co-op will be CLOSED.
- **December 31st**, New Year's Eve - Normal Store Hours

## JANUARY

- **January 1st**, New Year's Day, Co-op is open 8am - 8pm.
- **January 4th**, 6pm - Board Meeting, Faith Lutheran Church, 1717 W. Service Drive, Winona
- **January 9th, 10:30am - 12pm - Class: Creating Lotions with Melissa Gordon**
- **January 9th**, Co-op will close at 6pm for Co-op Staff Gathering
- **January 16th**, 10:30am - Co+op Explorers Club Meeting

## FEBRUARY

- **February 1st**, 6pm - Board Meeting, Faith Lutheran Church, 1717 W. Service Drive, Winona
- **February 10th, 4:30pm - 6:30pm - Tasting: Chocolate! Stop by and taste-test chocolate, right before Valentine's Day.**
- **February 20th**, 10:30am - Co+op Explorers Club

# GM REPORT

BY DAWN SCHREIBER, GENERAL MANAGER



## SEASON'S GREETINGS!

Fresh off the Annual Meeting our focus shifts to the holiday season. We've been preparing for months and are excited to share the season's celebrations and delicious food with you. From holiday comfort food to football gathering snack ideas to Valentine's chocolates, we have lots in store.

In early November the Coop marked its 5th year of patronage dividends. Patronage dividends are cooperative's way of sharing profits with our owners. We sent out 759 checks to owners totaling \$12,448. We also celebrated our 43rd Annual Membership Meeting on November 12th. There was a strong turnout and good news to share. If you would like to know more about fiscal year 2015, ask a cashier for a copy of this year's Annual Report.

Our Expansion Project continues to move forward quickly. We are putting together our design team and are gearing up for many months of planning. Thank you to all of you who have taken the time to share your ideas for our expanded store on the paper in the hallway. While we don't always agree on our ideas for the new space, but it has been wonderful to watch the conversation happening there and will do our best to bring your ideas into our planning process. At this point, we are planning for construction to begin June 2016, with a project completion date in December 2016.

As an owner, you can still get involved in supporting the Coop's expansion plans by investing in preferred shares. Selling of the shares is an important step in our expansion plan, and needs to be completed by December 31, 2015, in order for our project to stay on schedule. For more information on our preferred share offering, see our Co-op News section, or contact campaign coordinator Melissa Gordon at [admin@bluff.coop](mailto:admin@bluff.coop). Thank you for being an owner of Bluff Country Coop!

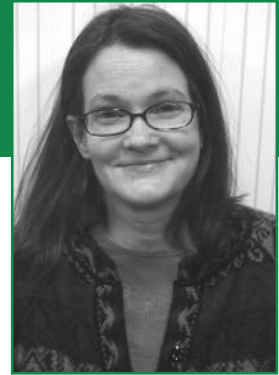
See you in the aisles,

Dawn



# BOARD REPORT

BY LYNN CARLSON, BOARD PRESIDENT



**What a successful year for our co-op!** At our November board meeting we reviewed the first quarter financials for fiscal year 2016. We are still growing strong - compared to the same period last year, sales for the quarter increased \$42,000. Our Capital Campaign is also producing results; with the enthusiastic guidance of our Campaign Coordinator, Melissa the Magnificent, your Board of Directors has made the effort to reach out to a thousand Member Owners! If you haven't heard from us yet and would like to be contacted, please stop by the customer service desk to verify your contact information. Investing in your Co-op is a terrific opportunity to invest in the future, our community and healthy food choices.

Also in November was the highest attended and best ever Annual Membership Meeting! Be sure to congratulate our new Directors when you see them: Diane Leutgeb-Munson, Rachel Kimman and John Chernega. The meeting was carried out in efficient order, but the best part came later when Emily served her tantalizing tater tot casserole. (What is your secret ingredient, my dear?) To all the staff, volunteers and directors who spent months preparing for this annual event, on behalf of the membership we offer our heartfelt gratitude for your time and talent in all things cooperative.

Speaking of progressive attitudes one last plug - from this outgoing president - for Members who are considering participation in cooperative opportunities. We are developing a social equity committee and considering a non-profit foundation for our community. Holly, Cathy, Sunshine, J.C., Elmer, George, Tom and Colleen are just a few who come to mind...it was great to chat with you all in recent weeks! Members are always welcome to our board meetings the 1st Monday of each month at Faith Lutheran Church, 1717 West Service Drive, from 5:30-8:00. Or send us an email ([lynn@bluff.coop](mailto:lynn@bluff.coop), [ann@bluff.coop](mailto:ann@bluff.coop), [charlotte@bluff.coop](mailto:charlotte@bluff.coop)).

Here are a few important dates to schedule for 2016: January 9th and September 24th are the Cooperative Business Leadership Development events in Minneapolis, and March 5th is the Cooperative Cafe in Madison. Members who would like to learn more about how to get involved can attend these events without cost (the board budget provides for CDS sponsored continuing education registration and meals, and we reimburse mileage expenses.)

It takes all of us, in our own way, to make Bluff Country a success. Thank you for the opportunity to serve as your President for the Board of Directors. It is the best community service with the most upright group I have the pleasure to experience.

May your holidays be blessed with warm embraces and wholesome cooking,

Lynn

# NEWS AT THE CO-OP

NOTEWORTHY EVENTS & INFORMATION



## HOPEFUL NUMBERS

As I write this update, 89 owners have invested \$329,210 in Bluff Country Co-op's expansion. Thirty-nine more owners have "pledged" to invest another \$120,000.

How should we interpret these numbers? I would be disingenuous if I were to mask my disappointment at having not yet reached our goal. But it would also be a mistake if we fail to see these numbers as still a cause for celebration.

Why? Because these numbers represent action. When our owners invest in our co-op, they are investing in community, in land stewardship, in local economy, and in social justice. This is because when we expand, we are taking a concrete step toward revitalizing our downtown; we are supporting our farming neighbors who are committed to using the labor-intensive practices that sustain, rather than abuse, our land; we are creating local jobs and helping shoppers keep more of their spending dollars in our economy; we are promoting healthy eating practices throughout our community.

Consider the following numbers, which compare co-ops with conventional grocers:

- Co-ops work with more than twice as many local farmers and producers
- Co-ops sell more than three times more locally sourced products
- Co-ops donate more than three times more money to charity
- Co-ops recycle more plastics, cardboard, and food waste
- Co-ops spend more money on their employees
- For every dollar spent at a food co-op, \$1.60 in economic activity is generated in the local economy compared to \$1.36 at conventional grocers
- For every dollar spent at a food co-op, \$0.38 is reinvested in the local economy, compared to \$0.24 at conventional grocers

When we support the co-op, we can see clearly what Wendell Berry means when he says, "eating is an agricultural act."

So what's next? Our campaign is not yet over! If you are one of the many owners who have told us you plan to invest, please bring your checks in. If you have not yet invested, but are interested in doing so, contact me (my e-mail address is below) for more information. Likewise, if you have already invested and are considering investing more, email me or stop by the store and talk to a cashier. Just keep in mind that the deadline to buy shares is December 31, 2015.

Above all, please continue to shop at the co-op! Your patronage helps create healthy land, healthy food, and a healthy community right here in Winona.

Melissa Gordon  
admin@bluff.coop



## VALENTINE'S DAY FAIR TRADE ROSES

Looking to get your loved one a flower for Valentine's Day? Check out our Fair Trade Roses! We will have them the week leading up to Valentine's Day. We will offer single stem roses and rose bouquets. Supporting Fair Trade on Valentine's Day is a great way to show your love -- in more ways than one!

## CHEESE CLUB

Know a cheese lover? This year, get them a gift that keeps giving: a Co-op Cheese Club membership.

Our resident cheese expert, Brian, carefully selects a unique and delectable cheese each month of 2016. Cheese Club members also enjoy the fact sheet accompanying each selection providing information about the type of cheese, the producer, as well as recommended uses and pairings. Last year's cheese club selections included local and imported cheeses like fresh buffalo mozzarella from Italy, Morcella (Morel Mushroom Brie), and Pleasant Ridge Reserve. Price of membership is \$100, please ask a cashier for more details or to sign up.



## BEAN BAG PROGRAM UPDATE

**Food Shelf - \$58.25**

**Women's Resource Center - \$51.50**

**Winona Area Pollinators - \$64.60**

**National Alliance for Mental Illness (NAMI) Winona - \$54.05**

Current jars out. for Oct - Dec: Food shelf, Land Stewardship Project, Pet Medical Center's Angel Fund, and BCC's Store Expansion Project. For more information or if you would like to get involved, please email Liz Reach at Reach@bluff.coop.



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## 2016 HOME BREW CONTEST

Bluff Country Coop is holding a home brew contest on Saturday, March 19th 2016! All levels of home brewers are welcome to enter their brews! Home brew contests are a great way for beginning home brewers to receive great feedback from experienced judges to better their brews, and are a great way for the intermediate and advanced home brewers to compete for prizes! Details will be posted on [www.bluff.coop](http://www.bluff.coop), the entry fee is \$6 per brew, and we will be accepting entries from March 3-16. So if you have a friend, colleague, or family member, please encourage them to enter a brew!