



BLUFF COUNTRY
CUIZINE

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

famine foods
co-op cookbook

pot-luck



FALL 2017

APPLE CRISP

Fill a 8" x 14" pan with cut raw apples.

ADD:

1/4 c. honey
1/4 teaspoon ground coriander
pinch of salt

TOPPING:

2 1/2 c. raw quick oats
1/2 c. wheat flour
1 tablespoon soy flour
1/4 teaspoon salt
1/3 c. honey
1/3 c. oil
1/3 c. nuts
3/4 teaspoon ground coriander or
1/4 teaspoon vanilla

Cover apples with topping.
Bake 40 minutes at 375 degrees.



Recipe and artwork taken from *Potluck*, the Famine Foods cookbook pictured on cover. (Famine Foods changed its name to Bluff Country Co-op in 1983.)



Bluff Country Co-op
We know good food.

121 W. 2ND STREET
WINONA, MN 55987
(ph) 507.452.1815
(fax) 507.457.0511

www.bluff.coop
info@bluff.coop

GOOD FOOD DAILY

8am - 8pm



STORE CONTACTS

GENERAL MANAGER

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OPERATIONS AND CUSTOMER SERVICE

Tina MacGregor-Cordes Tina@bluff.coop

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KITCHEN

Diane Leutgeb Munson Diane@bluff.coop

CENTER STORE

Trina Barrett Trina@bluff.coop

WELLBODY

Heather Kitching Heather@bluff.coop

SUSTAINABILITY

Caitlin Nicholson Caitlin@bluff.coop

BOARD OF DIRECTORS

Board@bluff.coop

PRESIDENT

Ann Lichliter Ann@bluff.coop

PROJECT COMMITTEE CHAIR

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Coleen Bremer Coleen@bluff.coop

John Chernega John@bluff.coop

Deb Pelowski Deb@bluff.coop

Calendar

Unless otherwise noted, all events are free, open to the public, and held at the Co-op.

SEPTEMBER

- **Monday, 4th** The Co-op is Closed for Labor Day
- **Saturday, 9th, 10-11am** *Construction Tour* Join Dawn Schreiber for a tour of our construction zone. Please RSVP by calling (507) 452-1815. There are a limited number of hard hats available.
- **Monday, 11th, 6-8:30pm** *Board Meeting* Winona State University Minné Hall Room 239
- **Friday, 15th, 4-7pm** *Community Meal* The board of directors cooks a monthly meal to share at the Winona Catholic Worker House, 832 W. Broadway. All are invited.
- **Saturday, 16th, 10:30-11:30am** *Class: Kids Cook! Apple Scones*

OCTOBER

- **Saturday, 7th, 9-11am** *Paneer Cheese Demo* The makers of Infuzn Foods, Indian inspired foods with a global twist, will demonstrate how to use paneer cheese.
- **Monday, 9th, 6-8:30pm** *Board Meeting* Bluff Country Co-op Community Room
- **Saturday, 14th, 10-11am** *Construction Tour* Join Dawn Schreiber for a tour of our construction zone. Please RSVP by calling (507) 452-1815. There are a limited number of hard hats available.
- **Friday, 20th, 6-8pm** *Nutrition for Mental Health* The Winona Area Chapter of the Weston A. Price Foundation presents Kara Swenson of Brennan Family Chiropractic and Nutrition Center in Rochester, MN. Swenson will talk about how nutrition and a healthy lifestyle influence a variety of mental health issues, including ADD, ADHD, depression, anxiety, and more.
- **Friday, 20th, 4-7pm** *Community Meal* The board of directors cooks a monthly meal to share at the Winona Catholic Worker House, 832 W. Broadway. All are invited.
- **Saturday, 21st, 10:30-11:30am** *Class: Kids Cook! Spooktacular Veggie Skeleton & Dip*

NOVEMBER

- **Sunday, 5th - Saturday, 11th** *Owner Appreciation Week* Take 10% off one shopping trip this week plus get a gift!
- **Sunday, 5th, 4-8pm** *Our 45th Annual Member Meeting* at the American Legion (see page 12 for more details)
- **Thursday, 9th, 4-6pm** *Meet & Greet & Eat* BCC Kitchen Manager Diane Leutgeb Munson will be available to chat about the new kitchen while sampling some delicious new fare.
- **Saturday, 11th, 10-11:30am** *Decadent Holiday Desserts* Kitchen Manager Diane Leutgeb Munson will show you how to wow your holiday guests with unforgettable desserts.
- **Saturday, 11th, 11:30am-12:30pm** *Meet & Greet & Eat* BCC Kitchen Manager Diane Leutgeb Munson will be available to chat about the new kitchen while sampling desserts from the previous class.
- **Monday, 13th, 6-8:30pm** *Board Meeting* Bluff Country Co-op Community Room
- **Friday, 17th** *Turkeys Arrive!* Both fresh and frozen turkeys will be available. First come, first served.
- **Friday, 17th, 4-7pm** *Community Meal* The board of directors cooks a monthly meal to share at the Catholic Worker House, 832 W. Broadway. All are invited.
- **Saturday, 18th, 10:30-11:30am** *Class: Kids Cook! Pumpkin Cookies with Cream Cheese*
- **Thursday, 23rd** The Co-op is Closed for Thanksgiving Day

GM Report

BY DAWN SCHREIBER, GENERAL MANAGER



Oh my goodness, growing is hard work! Noise, dust, and delays can make for a difficult environment at times. To be honest, there have been a few moments when I wondered what

our community was thinking by undertaking this project. But then I remember: More local commerce, more community, and more good food. Our updated facility is going to make it possible to grow all of these things for many years to come. We will be able to facilitate more local producers making connections and sharing their talents with us. We'll be able to foster more community learning and engagement with our new classroom space. And possibly best of all, we'll be able to get more good food into the hands of folks who maybe don't have the time or talents to make it themselves.

More local commerce, more community, and more good food is really at the core of the 'why' for this expansion. And the timing seems perfect in many ways. The Levee Park Project is scheduled to wrap up around the same time our project will (late October), which will change the way our downtown looks and feels, and organic and sustainable purchasing has never been more popular.

Thankfully, we have wonderful owners who are committed to these values of local commerce, community and food. Our owners have responded to our construction noise and dust with palpable enthusiasm and encouragement, and at the end of

each phase, this enthusiasm and encouragement has been the reward and motivation that fuels the next phase. Our team of contractors has also been great – there has been so much work behind the scenes to make everything fit and run like we envisioned. And, of course, our super staff members have worked extra hard to make sure you have what you need when you need it. Many, many thanks to all of you!

In the midst of our community-centered expansion project, we heard the news of the acquisition of Whole Foods by Amazon. It's interesting to note that as Amazon continues to take a larger and larger share of the exchange of goods in our world, the retail giant invested in brick and mortar food stores this summer. It seems that shipping a head of lettuce in a box with those plastic air pouches via FedEx seems crazy even to Amazon. What's more is they didn't purchase Hy-Vee or Safeway or Publix; they purchased a store that is committed, not unlike us, to providing food that is good for you and for the environment. We don't yet know how this move will affect grocery retail in general and our Co-op in particular, but we are strengthened by the knowledge that we have been serving our Winona community for 45 years by supporting local farmers, championing land stewardship, and promoting community health.

Happy 45th Anniversary Bluff Country Co-op! May we celebrate good food in our community for another 45 years!

Dawn

Board Report

BY COLEEN BREMER, BOARD MEMBER



There is a lot of positive energy at Bluff Country Co-op these days! The expansion construction is coming along very well, and the “new” side of the store looks fantastic.

I love the vibrant colors of the walls, the spacious check-out counters, the much-expanded produce department, and the eating area. Most of all, I appreciate the expanses of windows and the glass doors and entryways, because now everyone walking or driving by can see that Bluff Country Co-op is a great place to shop!

When I think of all the planning, coordination, and hard work it has taken staff members to keep the store running through the months of jackhammers and dust, I am amazed that the people who work at BCC are still smiling, pleasant, and so very helpful. Every BCC employee deserves a big hug of thanks.

We BCC owners have a lot to be happy about, and that is why this year’s Annual Membership Meeting will give us an opportunity to really celebrate. Not only will we celebrate our expanded and remodeled store, but we will also celebrate our Co-op’s 45th anniversary! So save the date: Sunday, November 5, 4-8pm. There will be great food, prepared in our new BCC kitchen, free childcare, and live music by the Bus Boys. Since we will gather at the American Legion, there will be plenty of room for a great AMM turnout! (Plus neither the Vikings nor the Packers play that day, so you don’t have to worry about missing a game!)

As you can tell, I love BCC, and I love being a BCC cheerleader. As a member of your Board of Directors for the past year, I have learned a lot about how cooperatives operate (see page 11 for more on what makes cooperatives special) and how Board members help create a vision for the future of the Co-op. The Board is currently working on its strategic goals for the next 3 to 5 years, and the Board committees are doing the same. If you are excited about Bluff Country Co-op, and you want to help shape its future, consider becoming a Board member. At our Annual Member Meeting we will elect two new directors, and one of them could be you! If you are interested in learning more about the duties and mission of the Board of Directors, please contact Board President Ann Lichliter at Ann@bluff.coop

In Cooperation,
Coleen Bremer

JOIN
THE
BOARD!

CO-OP OWNERSHIP OVER THE YEARS

Like any cooperative, Bluff Country Co-op owners have always been at the center of our business model. While our commitment to our owners has stayed the same over the years, the terms of ownership have changed.

To become an owner today, a person buys 1 share of Class A voting stock and 24 shares of Class B non-voting stock for a total of \$125. There are no annual fees, and the shares can be purchased in installments over 3 years.

When our store originally opened in the '70s, memberships cost \$5 and carried a \$5/year fee. Some time between 1983 and 1993 the cost of memberships increased from \$5 to \$75 to better balance the discount offered to owners.

In 2000, when the store moved to its current location, the value of our shares increased to \$5/share, increasing the cost of membership from \$75 to the current \$125. This change helped lay the groundwork to transitioning from a discount system to a patronage dividend system.

Happy Owner Appreciation Week!

November 5-11

**You'll get 10% off one shopping trip
+ a free gift**

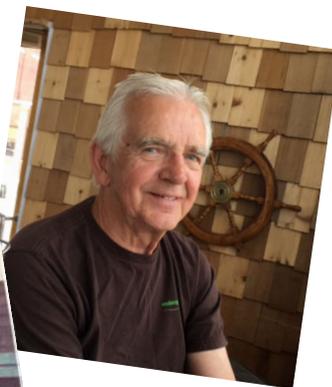
Thank you for being a part of Winona's community-owned,
cooperatively run grocery store.

WHO ARE OUR OWNERS?

Anyone can own a co-op and all owners have equal status (details that have led to numerous co-op shirts and bumper stickers that joyfully proclaim, "I Own a Grocery Store With My Friends!"). BCC has more than 1700 owners, who mainly come from Winona and its surrounding communities. Meet two of our owners below. One is quite possibly our first owner, while the other is one of our newest.

1970s

We can't say for sure who the very first owner of the Co-op was, but it might just be Don Nelson. Don was an original owner of the first store back in the '70s, when, he says, "It was a small space, with all the grains stored in barrels....and very little packaged goods or refrigerated foods in the store." Don recalls, "Our motto was to serve food available during a famine, all locally grown -- but dairy had to come from other co-ops."



2017

Meghan, a senior at Winona State University, became an owner this year after finding out about the co-op through a friend. "I wanted to start eating more locally, and I thought becoming an owner would help me do that," she says.



The Co-op Kitchen

When we began planning our expansion a few years ago, one of the first things we did was poll our customers to find out what they wanted in the new store. An overwhelming number of comments had to do with expanding our kitchen and offering more fresh, prepared food. This fall our expanded kitchen finally opens, offering breakfast, lunch, and dinner options for dining in or taking out. One of the people leading the charge is our new kitchen manager, Diane Leutgeb Munson, who took a break from chopping carrots to answer our questions.

Q: For our customers who don't already know you, how would you introduce yourself?

A: My name is Diane. I have spent most of the last decade in the food world in the Winona area and I am really proud of that. I spent a number of years farming at a variety of fruit and vegetable farms in the area and then worked for years at the Blue Heron Coffee House as their baker. I've worked at many different points in the food system here and I'm really proud of how strong that system is and to be a part of it on a number of different levels.

Q: You have a lot of experience with organic food, both growing and preparing. What part about providing good food to people resonates with you the most?

A: I have long loved making food and growing food for people. Almost all of us want to eat good food. I love being the person that people can turn to if they don't have time to do the cooking or the interest in doing the shopping. Making sure people have something good to eat makes me happy because I can see how happy it makes them.

Q: What drew you into the food business?

A: In my early twenties I was introduced to Whitewater Gardens produce. I had been a vegetarian for a number of years but didn't realize vegetables could actually taste that good. So they sold me on that. Similarly, my work at the Blue Heron opened my eyes and my palate to what really good food can taste and look like. You really don't have to manipulate good products in order to make them taste good. They already do. The less you work with good food the better.



Meet Monica



Monica Frausto is our kitchen lead. Originally from the south side of Chicago, she came to Winona four years ago for vacation and liked it so much she decided to stay!

Q: How long have you worked at the Co-op?

A: A little over 2 years. I wasn't aware of co-ops until I moved to Winona. The first time I walked in, I just knew it would be a rad place to work.

Q: Were you right?

A: Yes! I fell in love instantly and love every single second of it!

Q: What's your favorite part about the job?

A: All the knowledge I've gained the last two years. There were even vegetables I'd never heard of until working here!

Q: What would you recommend I have for lunch today?

A: That's easy. I'm a cheese girl, so I'd have to go with the Immortal Cheesewich [BCC's vegetarian cheese sandwich].

Q: One of the first things you did when you started this position was to change the name from “deli” to “kitchen.” Why did you do that?

A: It seems to represent the shift that our food service program is going through. We are growing. There is new equipment, there are new techniques, and there are new recipes. It seems significant to show that we aren’t just making cold sandwiches anymore. We are really growing up and out of the old space. A name change is part of that.

Q: Your kitchen has an open layout design. Why is this significant?

A: I think it’s a beautiful representation of the fact that we have nothing to hide. We are using good ingredients and we are using good methods. We are making delicious food and there is nothing about that that I want to keep secret. I want people to know exactly what is happening back there.

Q: What are you most excited about with the expansion?

A: I am really excited to be so available to the customers and to get direct feedback from people, good or bad, about what we are doing or what they would like to see. Not only will people be able to see us in the store but they will be able to see us through windows as we are cooking.

Q: Are there any other changes you would like to see happen?

A: An evolving menu, perhaps more catering, more in-house baking. But those things are pretty far down the line at this point. We have a lot to learn, but we also have a lot of room to grow.

3 CHANCES TO MEET DIANE! IN NOVEMBER

- **Thursday, 9th, 4-6pm** Meet & Greet & Eat
- **Saturday, 11th, 10-11:30am** Decadent Holiday Desserts
- **Saturday, 11th, 11:30am-12:30pm** Meet & Greet & Eat

*See calendar on page 3 for more information

Brian the Cheese Guy

If you don’t love cheese, you haven’t met Brian Britten. And if you do love cheese, it may well be because of him. His taste and knowledge are everything you’d expect from a cheese connoisseur, while his gregarious nature and infectious enthusiasm will make cheese shopping a favorite part of your week!



Q: You’ve worked at co-ops for 23 years now, right?

A: Yes. I’ve been at BCC for 13 years, and I worked at People’s Food Co-op for 10 years before that.

Q: How long have you been our Cheese Buyer?

A: I became the cheese buyer about a year after I started working at the Co-op. I started here as co-manager of the deli, but I had experience with cheese from my time at PFC and took the role over after one of the dairy buyers left.

Q: What drew you to the position?

A: I grew up in Wisconsin so cheese was naturally a part of my life. My love for cheese grew as I worked for PFC and began to travel to Europe and got to sample different world cheeses. There are so many flavors and kinds of cheese being made. Cheese is an evolving culture and it’s very exciting to see more local cheese makers and more world-class cheeses.

Q: Do you have a favorite?

A: Comte!

September 1st - 30th

Owner Deals

more deals in store!



\$1.69

reg. price \$2.19

**Barnana
Banana Bites**

Chewy Banana or Dark Chocolate Banana
1.4 oz



\$4.99/lb

reg. price \$6.99/lb

**Breadshop
Raspberry & Cream Granola**



\$4.39/lb

reg. price \$6.69/lb

**Fantastic Foods
Instant Hummus Mix**



\$1.39

reg. price \$2.39

**Runa
Energy Drink**

Berry or Unsweetened Lime
8.4 oz



\$6.69

reg. price \$8.99

**Henry & Lisa's
Wild Alaskan
Salmon Burgers**

12.8 oz



\$2.99

reg. price \$3.49

**Tofurky
Hickory Smoked
Deli Slices**

5.5 oz



\$3.39

reg. price \$3.99

**Grandpa's
Pine Tar Soap**

3.25 oz



\$3.39

reg. price \$5.29

**Good Earth Tea Co.
Sweet & Spicy
Tea**

18 ct



\$1.69

reg. price \$1.99

**Eternal
Artesian Water**

1 liter



\$4.39

reg. price \$5.89

**Among Friends
Double Chocolate
Cookie Mix**

11.9 oz



\$8.69

reg. price \$10.09

**Napa Valley
Naturals
Safflower Oil**

25.4 oz



\$2.69

reg. price \$3.39

**Two Moms
in the Raw
Cacao Almond
Truffles**

2 oz



Bluff Country Co-op

We know good food.

**Everyone
can shop
at the Co-op!**

You don't need to be an owner,
you just receive extra perks
when you become one!

Beyond Good Food

Last year our staff and board of directors spent time reflecting on the values of our Co-op. This was not the first time such reflection took place. Back in 1972 our founding members had clear values in mind when composing the purpose of our Co-op in our Articles of Incorporation:

“The purpose of this association shall be to provide the community that it serves with high quality food, housewares, hardware and other essentials of life, on a cooperative basis. This association shall strive to conduct its affairs in a manner that honors the human spirit through respectful and compassionate treatment of all individuals, and honors this planet’s environment through learning and practicing cooperation.”

In writing this, our founding members were undoubtedly influenced by the seven Cooperative Principles, the roots of which can be traced back to the principles of the first modern cooperative created by the Rochdale Society of Equitable Pioneers in 1844 with a vision for a more human-centered kind of organization.

More recently, in 2011 the board of directors examined our purpose when they rewrote our ends. And last year, as we embarked on our expansion project, our staff and board began reflecting once again on the work we do at the Co-op. We began by considering the thoughts and ideals of those who came before us. We also looked outside our organization, researching the values statements of other organizations that we admire. Finally, we thought about what we are currently doing in our day-to-day work.

The following Values Statement is the result of our reflection process. It represents the goals we strive toward and hopefully continues the visions of the many people (over several generations and continents) who have believed in a better world.

Bluff Country Co-op models and promotes:

• **Food and Environmental Integrity**

- We support farmers, producers, and companies who use sustainable and regenerative agricultural practices
- We dedicate shelf space to local and organic products
- We approach our work with a mindset of sustainability

• **Commitment to Community**

- We strive to increase access to sustainable, organic and local products and services
- We empower employees and shoppers to make educated, responsible food decisions
- We offer a welcome and inclusive atmosphere

• **Fair Economic Practices**

- We include the health of people, land, and community in our vision of economic success
- We contribute to a robust local economy
- We pay equitable prices for goods and equitable wages to our employees





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GOOD FOOD DAILY
8am - 8pm



YOU'RE INVITED!

Help us celebrate our 45th year & our store's expansion at this year's Annual Member Meeting!

Sunday, November 5, 4-8pm
4-4:30p Owner social
4:30-5:30p Meeting

A light dinner and music from
The Bus Boys will follow the meeting

*Advance reservation is required if you'll be joining us for dinner. Please RSVP by phone: (507) 452-1815,
by e-mail: Melissa@bluff.coop or by telling any cashier