



BLUFF COUNTRY CUIZINE

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



WINTER 2017

Yogurt Chicken

Adapted from *Classic Indian Cooking* by Julie Sahni

- 1 3-3½-pound Smart chicken, cut into 8-10 pieces
- 4 tablespoons light vegetable oil
- 3 cups thinly sliced onions
- 1 tablespoon finely chopped garlic
- 1 tablespoon ground coriander
- ½ teaspoon red pepper, or to taste
- 1½ teaspoons garam masala
- 1 cup Stonyfield plain yogurt
- ¼ cup Organic Valley sour cream
- 4 tablespoons olive oil
- 1 tablespoon Kosher salt



Kitchen Manager Diane Leutgeb Munson

1. Cut off the wing tips, and pull the skin from the chicken pieces. Set aside.

2. Heat the oil in a large heavy-bottomed pan and add onions. Over medium-high heat, fry the onions until they begin to brown (about 10 minutes), stirring constantly to ensure even browning. Add garlic and cook for an additional 2 minutes. Add coriander, red pepper, and garam masala, and stir rapidly for 1 minute. Add yogurt, sour cream, and 1/3 cup water, and bring to a boil. Reduce heat and simmer the mixture, covered, for 5 minutes. Turn off heat, and let the mixture cool slightly. Finely puree it in a blender or food processor. Set aside.

3. Heat oil in a pan over medium heat. Add chicken pieces and sauté, turning and tossing, until they lose their pink color (about 4 minutes). Add the pureed mixture and salt, and bring to a boil. Reduce heat and cook, covered, until the chicken is very tender, but not falling apart (about 45 minutes).

4. Turn off heat and let the dish rest, covered, at least 1 hour before serving.



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GOOD FOOD DAILY
8am - 8pm

STORE CONTACTS

GENERAL MANAGER

Dawn Schreiber GM@bluff.coop

OPERATIONS AND CUSTOMER SERVICE

Tina MacGregor-Cordes Tina@bluff.coop

MARKETING AND OWNER SERVICES

Melissa Gordon Melissa@bluff.coop

PRODUCE

Jason Strangstalien Jason@bluff.coop

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

Aurea Osgood Aurea@bluff.coop

SOCIAL EQUITY CHAIR

Johanna Rupprecht Johanna@bluff.coop

MEMBER OUTREACH CHAIR

Rachel Kimman Kimman@bluff.coop

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Donna Kamann Donna@bluff.coop

Chris Livingston Livingston@bluff.coop

Calendar

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

DECEMBER



- **Saturday, 2nd, 10-11am** *Quick, Easy, and Healthy After-School Snacks* In partnership with Winona Health's GR8 Kids program, BCC will present a workshop on after-school snacks.
- **Saturday, 9th, 8am-8pm** *Bluff Country Co-op Grand Opening* Join us for a day of celebration! There will be live music by BCC owners, kids activities throughout the day, demonstrations and samples by local producers, giveaways, and big sales!
- **Monday, 11th, 6-8:30pm** *Board Meeting* This month's board meeting will be held at the residence of Board President Ann Lichliter. For more information contact Ann at Ann@bluff.coop.
- **Friday, 15th, 4-7pm** *Community Meal* The Board of Directors' Social Equity Committee cooks a monthly community meal at the Winona Catholic Worker House, 832 W. Broadway. All are welcome.
- **Saturday, 16th, 10:30-11:30am** *Class: Kids Cook! Cinnamon Rolls*
- **Sunday, 24th** *BCC closes at 4pm*
- **Monday, 25th** *BCC closed*

JANUARY

- **Monday, 1st** *BCC opens at 10am*
- **Saturday 6th, 10-11am** *Class: Goodbye Fad Diet, Hello Intuitive Eating* Want to stop counting calories or end a roller coaster of restricting fad diets? Health Coach Celeste Sullivan will teach a class on listening to your body's needs so you can eat the right foods in abundance.
- **Saturday, 6th, BCC closes at 6pm** for a staff party
- **Monday, 8th, 6-8:30pm** *Board Meeting*
- **Tuesday, 9th, 6-7pm** Dale Hadler will host a discussion on Wendell Berry's article "The Bad Modern History of Farming"
- **Saturday, 13th, 10-11am** *Class: Lamb Stew* Ariel Porte will demonstrate how to make a hearty, warming lamb stew.
- **Friday, 19th, 4-7pm** *Community Meal* The Board of Directors' Social Equity Committee cooks a monthly community meal at the Winona Catholic Worker House, 832 W. Broadway. All are welcome.
- **Saturday, 20, 10:30-11:30am** *Kids Cook! Soup*

FEBRUARY

- **Saturday, 10th, 10-11:30am** *Class: Cooking Around the World* WSU International Students will demonstrate how to make a meal from their home country's cuisine. Country to be announced.
- **Monday, 12th, 6-8:30pm** *Board Meeting*
- **Tuesday, 13th, 6-7pm** *Class: Provençal French* Learn Provençal French recipes with a Valentine's theme with Ariel Porte.
- **Friday, 16th, 4-7pm** *Community Meal* The Board of Directors' Social Equity Committee cooks a monthly community meal at the Winona Catholic Worker House, 832 W. Broadway. All are welcome.
- **Saturday, 17th, 10:30-11:30am** *Kids Cook! Turnovers*
- **Saturday, 24th, 10-11am** *Class: Know Your Cooking Oils* Former BCC Produce Manager Mike Munson will talk about the different qualities and uses of various cooking oils.

GM Report

BY DAWN SCHREIBER, GENERAL MANAGER



It's finished! Mostly. As we wrap up the last few details of our expansion and launch into planning the Grand Opening celebration (December 9th), our staff are getting

used to their new digs and preparing for the holidays. We have many things to celebrate this season!

As an organization, the Co-op has great plans for 2018. Continuing to grow our food education efforts both in the store and in the community is important to our mission. In 2018 we will see the international cooking series return with more WSU international students sharing delicious foods, recipes, and techniques from their home countries. We'll continue the monthly kids cooking classes as well as offer new food and cooking classes. In January we will also release the details about renting our new Community Room! Whether you are interested in renting the classroom, the kitchen, or both, Co-op owners will get a discount. We are also hoping to get a community art project going as well.

Increasing our sustainability is important to our community of owners. This year the Co-op aims to continue to address waste reduction efforts. We will also be putting together a comprehensive plan to reduce our energy and fuel use per square foot. Our rain garden turns 3 this year and is coming along nicely, and we've added a living wall on the south side of the building. If you are interested

in participating in the Co-op's gardening efforts by adopting a section of the rain garden for weeding or watering, please contact me or our sustainability coordinator, Caitlin Nicholson (caitlin@bluff.coop).

Supporting our staff is always a priority. Our annual staff party will be Saturday, January 6th. We will close two hours early at 6pm this day to ensure all of our staff can participate and be celebrated. Training opportunities, improvements to the employee break room, and a staff survey and benefits review are all on the docket for 2018. Higher wages and increased staff will come as our sales increase. Shopping the Co-op supports our staff!

Thank you for your patience and support during our expansion project! We will share the results of our Shopper Survey with you in the spring newsletter. In the meantime, enjoy our lovely store and delicious food!

Happy Holidays,

Dawn



Musicians Needed!

We're looking for musicians to play at our Grand Opening! If you're interested, please contact Melissa Gordon at melissa@bluff.coop for more information.

Board Report

BY ANN LICHLITER, BOARD PRESIDENT



For 45 years, the co-op has worked to make our community a better place by providing healthy food options and by employing fair economic practices. Since the beginning,

owners, staff members and board members have worked tirelessly to not only ensure that this organization exists but also thrives. It seems only appropriate that during our 45th year we were able to expand our operation, and the Bluff Country Co-op Board of Directors is grateful for all those who helped make it happen. We thank the shoppers and owners for their continual support during the renovation. We thank our General Manager, Dawn Schreiber, for her vision, leadership and perseverance. We want to send a special thanks out to our volunteers who helped with the renovation work. Last but not least, thank you to our staff members, who continued to provide high quality service in a challenging work environment. Please thank these individuals when you see them.

Thanks to everyone's hard work and support, the store's renovations are nearly complete and we now have a bigger and better store to enjoy. We are pleased to report that even with construction happening in the store this past year we still made a profit. To help with our reserves, the board voted not to return patronage dividends. As planned and as recommended by our accountant, we returned the full 4% dividends to our preferred shareholder owners.

To celebrate everyone's hard work and to thank you for your support, we will be holding a Grand Opening celebration on December 9th. Please come enjoy live music by our owners, meet our local vendors, and try new recipes from our kitchen. There will be contests and giveaways along with activities for kids and lots and lots of great sales!

Ann Lichliter, Board President

Congratulations to Our New Board Directors!



Jenn Baechle



Donna Kamann



Chris Livingston



Eileen Hanson

What's New

Shou Sugi Ban

In the initial designing phase of our project, OWA Architects drew in some wood siding on the exterior, bringing new life and texture to the 1960s building. Co-op Owner and Master Woodworker Jamie Schell suggested we take the idea one step further and use an ancient Japanese method of wood preservation called Shou Sugi Ban. In this method, the wood is charred, protecting it from the elements and insects without using toxic chemicals. After doing our research, we discovered this ancient method not only looks great, but also is environmentally friendly, lasting 20-80 years!

Fresh Seafood

Since we first began asking owners what they wanted in the expanded store, folks have been excited about new fresh seafood selections. Like all products in our store, you can rest easy knowing we have done our research. We are bringing you the freshest, most sustainable fish options available. We follow the Monterey Bay Aquarium Seafood Watch recommendations so we can make better seafood choices for healthier oceans. Talk with Rory or Jason to place a Special Order for the fresh fish you've been craving or if you want to feature a special fish at your next celebration!

Living Wall

We are super excited to expand the Co-op's gardening efforts with a vertical garden on the south side of the building. Current designs are to grow climbing vegetables on the cedar trellis. Thanks to Co-op Owner Jack Honeywell for preparing and installing the lattice, and Co-op Owner Vicki English for plant suggestions!

Community Room

Cooperative Principle #7, Concern for Community, has a new place at BCC! We carved out a space in our store for folks to gather, connect, and foster community. We're calling it the Community Room. Ten tables, 30 chairs, a commercial kitchen, and a great atmosphere will be available to rent beginning in January 2018. Rental details to come soon.

What's Not

Equipment

While our store may look all shiny and new, we actually reused nearly all of the equipment the Co-op had, including sinks, tables, and the produce and deli coolers we purchased in 2012. We reused light fixtures, kept our shopping carts and produce merchandisers, and moved our locally and custom-made deli seating area tables and chairs from their old home to their new home. Plus, you'll notice the "vintage" signs that hung in our original store are hanging in our newly expanded store! What we couldn't reuse, we donated to great folks like the Blue Heron Coffeehouse, Common Market, and Spiral Natural Foods.

Our Commitment

Our purchasing philosophy hasn't changed – fresh, local, and organic is the pride of BCC. We will continue to source the cleanest food at the fairest prices. New product choices were made with intent and we hope you like them. Please let us know by filling out a Customer Comment Card at the Customer Service Counter.

Bluff Country Co-op's

Grand Opening

December 9th 8-8

**PRIZES!
SALES!
DEMOS!
LIVE MUSIC!
SAMPLES!
KID ACTIVITIES!**

Tina Cordes Wants To Make You Happy

She is fluent in Spanish and spent five years working in the Dominican Republic. She turned down a scholarship to play softball at Arizona State University for a scholarship to play basketball at South Dakota State University. She's an unapologetic goof with the self-applied nickname "Dynamite." She tries her very best to make her customers happy – but accepts that it doesn't always happen. Tina Cordes is a Bluff Country Co-op rock star.

Tina joined the Co-op as the front end manager in May 2015. "When she came to the Co-op, it was like a breath of fresh air in here," says Ray Felton, one of BCC's longest-standing employees. "She's empathetic, hard working, fair, and amusing," Ray adds "It's true," chimes in Adam Soczewko, BCC's newest employee, who has already noticed these traits in the short time he's known her.

Ray and Adam are not the only ones who recognize what Tina brings to the store. Not long after being hired as the front end manager, Tina was given the responsibilities of the human resources coordinator. Then, last spring, when the store's org chart was restructured in preparation for the demands of the expansion, Tina's responsibilities increased once more when she took on the operations manager role, continuing to serve as front end manager and HR manager.

"I love it," Tina says of the many hats she wears. "I'm a people person, I love to learn, and I love a challenge.... Customer Service and Operations are really the same thing, just from different angles. In both cases you're

running all over the place fixing problems. Plus, they feed into each other. Ensuring proper staffing of employees and proper stocking of products is a form of customer service."

Tina has held similar management positions at Target, Home Depot, and UPS, all of which included an element of customer service, but her position at Bluff Country Co-op is the first in which she is directly responsible for customer service. The role has not only impacted her career, but her life. "I've realized customer service isn't just about my job. It's



Colin, Leslie and Tina

a way of life. It's about being a better human being. It's about recognizing that everyone is different, and everyone has their own things going on," she says. "I love to help people. Sometimes I can and it's great, and sometime I can't and they get mad. But I always try."

It's not just her customers that Tina is trying to help. After attending a seminar on customer service, Tina was so inspired by one of the speakers that she arranged for the speaker to come to Bluff Country Co-op to talk to the entire staff. Tina even invited staff at neighboring co-ops to come learn about service.

But if you think Tina's all business, then you haven't met her. When she's not helping customers find things, she's goofing around with them. The same goes for staff. She and Ray make a downright comedy team, while she and Trina Barrett, the store's Merchandising Manager, have good-naturedly nicknamed themselves "dynamite," a variation of T&T, or TNT.

Tina's belief in the power of service and the value of hard work has helped make the Co-op a great place to both shop and work, and we thank her for being on our team!



By Melissa Gordon, Marketing Manager, who thinks she can beat Tina in a game of one on one

Hey Ray!

Ray Felton has been selling you groceries, telling you jokes, and entertaining your kids with Donald Duck impressions for 13 years – and those aren't even his favorite parts about his job.

Q: What is your favorite part about working at BCC?

A: I love being around people.

Q: C'mon. That's what Tina said.

A: OK, how about this: I never feel guilty about what I put in someone's shopping cart because I always know it's going to be good for them.

Q: And your favorite product?

A: Sourdough bread. I love it toasted with a bit of butter.



Dinner in a Pinch

By Dawn Schreiber, of course – Who knows how to make dinner quicker than the busy GM of a store under construction?



Got these 3 items? You've Got Dinner!

Indian Food Night

You'll Need:

- Jyoti Indian Entrees (1 can)
- Basmati Rice plus water or broth
- Tandoori Chef Frozen Naan bread

We stock a variety of Jyoti Indian Cuisine 15-oz cans of heat-and-eat authentic Indian entrees. They are naturally gluten-free, contain simple, recognizable ingredients, and are delicious! My favorites are the Punjari Chhole (spicy chickpeas) and the Jaipur Karhi (buttermilk potato dumplings). Paired with basmati rice and naan, one can feeds up to three adults! The hardest thing about this meal is waiting 20 minutes for the rice to cook!

Grandma's Chicken Dinner

You'll Need:

- Whole Roasted Chicken from the Co-op
- Baked Potatoes
- Frozen Peas or Green Beans

Everyday at 4pm the Co-op Kitchen has delicious whole roasted chickens, hot and ready to put on the table. Pop a couple potatoes in the microwave (or in the oven if you've got the time) and quickly steam some green vegetables, and you've got a meal that would make Grandma proud – at less than \$5 per serving.

Tamales with Beans and Rice

You'll Need:

- Tuscan Frozen Tamales
- Refried Beans (1 can) or Rehydrate Bulk
- Rice

Fairly new to our Co-op, frozen tamales from Tucson Tamale Company have quickly become a staff favorite. They taste great and pair well with rice and beans. You may want to pick up some chips and salsa for an appetizer (Field Day salsa and select varieties of Garden of Eatin' tortilla chips are Co-op Basics products, which means they have an everyday low price – it's kind of like they're permanently on sale!)

Cooperation in the Community

July 2016 – June 2017



131 New Members
8% increase (from 1647 to 1778 members)



\$936 Bags for Beans Donations
(18,720 reused bags)



63,500 lbs Diverted from Landfill
We divert 88% of our waste from the landfill - 60% is recyclable and 28% is fed to animals through our food to farms compost program.



\$2,077 in Donations to the Community



64 Classes in the Store



25 External Events



353 lbs of Bananas Given to Kids



Bluff Country Co-op

We know good Food.

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New Look,
Same Values

