



BLUFF COUNTRY CUIZINE

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



CHECK OUT THE
RECIPE ON PAGE 9!

SPRING 2018

Calendar

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

MARCH

- **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. Cuisine TBA.
- **Tuesday, 13th, 6-7pm** *Discussion: Food quality: What is It All About? Perspectives from Emilia-Romagna, Italy* WSU biology professor Dr. Bruno Borsari will share experiences from his time working at APO Fruit, an Italian fruit-producing co-op, and host a discussion on food quality.
- **Saturday, 17th, 10:30-11:30am** *Class: Kids Cook! Irish Soda Bread* Celebrate St. Patrick's Day! In this fun, interactive class, kids 12 and under will learn to make Irish soda bread.
- **Wednesday, 21st, 6-7:30pm** *Herb Class: Virtual Herb Walk* Local Clinical Herbalist Bonnie Kreckow takes us on a 'Virtual Herb Walk,' showing us herbal medicine around our region.
- **Saturday, 24th, 4-7pm** *Class: Five Curries* Trained chef Ganga Harris will lead a hands-on class in curry making. Working in pairs, students will make five different curries from Thailand, Northern India and Southern India, and will end the class with a family-style dinner. \$25 owners, \$30 non-owners *Note: This class needs a minimum of 8 participants, and has a maximum of 10. Students must RSVP before March 17. Fee is due at time of RSVP.
- **Sunday, 25th, 1-3pm** *Herb Class: Bitters: How to Make Them & What They're Used For* The Winona Herbal Education Society offers a free, monthly class for those interested in learning about herbs. Suggested donation: \$5/person

APRIL

- **Sunday, 1st** *Co-op is Closed*
- **Tuesday, April 3rd, 6-7pm** *Discussion: Migrant Farmers in Rushford, MN* Featherstone farmers share their experiences with migrant workers on the farm and in the community.
- **Friday, 6th – Sunday, 8th** *Essential Oil Sale* All BCC brand essential oils 30% off.
- **Saturday, 7th, 10am-12pm** *Class: Holistic Benefits of Essential Oils* Create essential oil blends for physical and emotional wellness with Joyce Sobotta. Handouts, essential oils, carriers, bottles and jars included. \$17 owners, \$20 non-owners
- **Tuesday, 10th, 6-8pm** *Class: No-Bake Treats* BCC Produce Lead Hanna Jaszewski will demonstrate how to make delicious vegan, Paleo treats.
- **Friday, 13th, 6-8pm** *Class: Introduction to Charcuterie* Discover new kinds of flavors and textures in charcuterie in this interactive, taste and tell class. We will review the Co-op's available items, and what is good to eat and drink with them. Jennifer Sanborn will also explain how the different charcuterie products relate to each other, and explain the methods and food traditions that created them. This is an opportunity to learn as much as you'd like about meat and fish preservation, and how the major kinds of charcuterie are produced around the world, in a small or a large scale. **Also check out our Charcuterie making class in May!**
- **Saturday, 14th, 10-11:30am** *Class: Cooking Around the World* WSU international students will demonstrate how to make a meal from their home country's cuisine. Cuisine TBA.
- **Wednesday, 18th, 6-7:30pm** *Herb Class: Allergies Again!* Local Clinical Herbalist Bonnie Kreckow provides information on allergies and how herbs may help control them.
- **Saturday, 21st, 10:30-11:30am** *Class: Kids Cook! Earth Day Seedling Muffins* Celebrate Earth Day by making these fun muffins. Class is geared towards kids 12 and under.
- **Sunday, 22nd, 1-3pm** *Herb Class: Plant Identification* The Winona Herbal Education Society offers a free, monthly class for those interested in learning about herbs. Suggested donation: \$5/person
- **Saturday, 28th, 10am-12pm** *Class: Brewing Kombucha at Home* Kombucha is a popular fermented tea drink believed to have many health benefits. Learn how to make this tasty drink and get a free SCOBY so you can brew your own at home!

MAY

- **Friday 11th- Friday 18th** *Mother's Day Native Plant Sale* Our annual Mother's Day Sale features locally grown culinary herbs and landscaping plants.
- **Saturday, 12th, 9am-1pm** *Class: Hands On with Charcuterie* Learn to make fresh sausages and pâté with hands-on instruction. This course will teach you the basics of meat preparation, grinding, spicing, and stuffing sausages and baking pâté. We will prepare two kinds of fresh sausages, so you can taste different flavor profiles, and we will make a pâté with various offal and ground meat, in the French country tradition. Students will taste the pâté and take 1-2 packages of sausages home. \$45 owners, \$50 non-owners *Note: This class needs a minimum of 4 participants, and has a maximum of 10. Students must RSVP before May 5. Fee is due at time of RSVP.
- **Wednesday, 16th, 6-7:30pm** *Herb Class: Is Your Monthly Menses Out of Control?* Local Clinical Herbalist Bonnie Kreckow offers dietary and herbal suggestions to bring balance to a woman's monthly cycle.
- **Saturday, 19th, 10:30-11:30am** *Class: Kids Cook! Lemonade three ways* Get ready for your lemonade stand with three recipes for freshly squeezed lemonade. Designed for kids 12 and under.
- **Sunday, 27nd, 1-3pm** *Herb Class: Plant Walk* The Winona Herbal Education Society offers a free, monthly class for those interested in learning about herbs. This month's class will be a plant walk. Please meet at the Co-op and we will leave from there.
- **Monday, 28th** *Co-op is Closed*

***Co-op Board Meetings are held on the 2nd Monday of each month from 6-8pm in the Community Room. All are welcome.**



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

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

BOARD DEVELOPMENT CHAIR

Eileen Hanson Eileen@bluff.coop

SOCIAL EQUITY CHAIR

Johanna Rupprecht Johanna@bluff.coop

MEMBER OUTREACH CHAIR

Coleen Bremer Coleen@bluff.coop

ANNUAL MEMEBER MEETING CHAIR

Rachel Kimman Kimman@bluff.coop

Jenn Baechle Jenn@bluff.coop

Donna Kamann Donna@bluff.coop

Chris Livingston Livingston@bluff.coop

Aurea Osgood Aurea@bluff.coop

GM Report

BY DAWN SCHREIBER, GENERAL MANAGER



Hello Spring!

Happy news from your Co-op this spring: our expansion project is complete! A year ago this was still a dream,

and now we are in the process of wrapping up the financing, which came in under budget. We'll share the details with you soon. On top of that, our sales are outpacing projections thanks to our community's enthusiastic support of our expanded food offerings! New ownerships are also increasing and our staff members are fantastic! Thank you for your support during our growing year!

Now that we have created a beautiful facility, it's time to put these resources to work improving our community. The Co-op Kitchen's new hot bar and salad bar are bringing lots of new folks into the store. Our Community Room schedule is filling up with great classes and community meetings. We are buying and selling more local meat and more local produce. We've added products from a number of local vendors to our shelves.

A couple of projects we are working on this spring include an electric car charging station and updating the mural on the east side of our building. Improving food access with our friends on a local task force and establishing a community fund are also on the list of projects for the year. Of course, continuing to nourish our rain garden and establishing our living wall will also keep us busy this spring.

As you put the snow blower away and prepare your gardens, remember all the good things happening at your Co-op this spring! Pick up a hot lunch or dinner, get your garden seeds, grab a fresh juice, take a cooking class, or take action on food access or storm water management - we are here to support and foster our amazing community.

Thank you for being a part of it.

Dawn

Owner Benefits

Did you know BCC owners receive
15% off case orders?

STOCK UP & SAVE TODAY!

Board Report

BY JENN BAECHLE, BOARD VICE PRESIDENT



As the new Vice President of BCC's Board of Directors, I am excited to be writing my first Board Report. The Board recently revised the duties of the Vice President

and one of my main roles is to communicate board activities and decisions to you, our owners. This includes not only writing the Board Reports, but helping Marketing Manager Melissa Gordon with our social media, talking with owners, and updating the Board's new bulletin board, which is located in the back of the store near our Community Room.

Speaking of our Community Room – who's excited to book this gorgeous new space for your next meeting, social gathering, or class? I know I am! The Board has been enjoying the bright and airy room for our monthly meetings, and we hope the room comes alive with energy for Winona!

I am also pleased to report that we have the results back from our fall shopper survey. Here are some of the more notable results from our 332 respondents:

- Two-thirds said they shop at least once a week at the Co-op.
- Respondents who used the Co-op's services were overwhelmingly satisfied with them: more than 96% were satisfied with each the hot bar, soup/salad bar, and juice/smoothie bar. (I'm going to give a personal shout out to Indian Food Tuesdays on the hot bar – Delicious!)

- Likewise, respondents were overwhelmingly satisfied with each of the Co-op's departments: more than 96% were satisfied with each produce, dairy, bulk (100%), cheese, frozen, meat/fish, kitchen, and wellbody.
- Ninety-four percent of respondents have recommended Bluff Country Co-op to others.

The Board would like to give a special thanks to our Treasurer, Aurea Osgood, and her WSU students, who put the survey together and compiled the results, as well as all the shoppers who completed the survey, and the staff members who reminded everyone to take it. A more complete list of the results will be posted on the Board Bulletin Board.

I am looking forward to acting as a liaison between the Board and the members; please don't hesitate to stop me if you have any questions.

Jenn

ESSENTIAL OILS 101

You've heard about them on Dr. Oz, read about them in magazines, and seen them in our aisles. But what exactly are essential oils and how are they used?

Essential oils are the aromatic essences or oils of a plant that have been extracted through steam distillation or cold pressing. They have been used for various health purposes since ancient times, but have gained popularity in recent years as an alternative to synthetic products.

According to the National Association for Holistic Aromatherapy, the goal of aromatherapy (also known as essential oil therapy) is "to balance, harmonize, and promote the health of the body, mind and spirit. It seeks to unify human physiological, psychological, and spiritual processes to enhance an individual's innate healing process." While there are scores of websites identifying specific oils for just about any ailment, the FDA has not yet signed on, as there isn't widespread peer-reviewed research on the benefits of essential oils.

Today oils are most commonly used by diffusing them into the air or diluting them in a carrier oil or lotion and rubbing it on the body. The chart to the right, created in part by Karl Wolter of Nature's Treasures (see next page), offers ideas for getting started with essential oils.

Want to learn more about Essential Oils?
Join us Saturday, April 7th from 10am to noon. See more information on page 2.

Popular Oils & Uses

- Lavender – for relaxing and help with sleeping
- Peppermint – to relieve headaches
- Vanilla – may be used as a bug repellent
- Eucalyptus – may ease cold and flu symptoms
- Lemon – for use in household cleaners

Bath: Add 10 to 15 drops of essential oils to a full bath. Agitate the water to thoroughly disperse the oils before getting in.

Compress: Add 8 to 10 drops to 2 cups of hot or cold water and agitate to disperse oils. Briefly soak cotton cloth, wring and place on skin. Repeat every 15 minutes for up to one hour.

Diffuse: The most effective tool for inhalation, diffusers create a continuous fine mist of essential oils. Turn on diffuser for 5- to 15-minute intervals. This is also an excellent air disinfectant. (Follow the usage instructions from the manufacturer of the diffuser.)

Inhalation: Place 1 to 3 drops of essential oils on a cloth to inhale. Alternatively, put 3 to 8 drops of essential oils into a bowl with hot water, cover head and bowl with a towel, and inhale deeply for 2 to 5 minutes. Do not use during asthma attacks.

Massage: For a standard 2% dilution, add a total of 12 to 15 drops of essential oils to every 1 ounce of carrier (vegetable) oil.

Room spray: Add 20-30 drops to a spray bottle with 4 oz. of water.

BCC Essential Oils

Bluff Country Co-op's brand of essential oils is bottled locally by Karl Wolter of Nature's Treasures (Henderson, MN).

Karl has been sourcing and purchasing natural and organic ingredients for over 30 years. A few years ago he began Nature's Treasures, an aromatherapy company, because he wanted to create a foundation for his children's future.

The mission of Nature's Treasures is to provide "a thoughtful balance of substance and style, nature and science, people and spirit." To that end, Wolter prioritizes organic farms and ingredients, working with suppliers who share his commitment to high quality ingredients. Wolter is working with a third-party certifying agency and says that later this year his products will be certified organic.

Karl says that one of the best things about his business is that he's able to keep prices low while maintaining quality because he doesn't use a distributor to purchase and sell ingredients, packaging and products. He also likes the fact that he's able to provide products directly to locally owned food co-ops, salons, and spas.

All BCC
Essential Oils
30% off
April 6-8



Karl Wolter of Nature's Treasures with three of his daughters

HELP OUR RAIN GARDEN GROW!

If you're interested in volunteering, or have questions, contact our Sustainability Coordinator Caitlin Nicholson at Caitlin@bluff.coop.



STAFF FEATURE: TRINA BARRETT

On my very first day at Bluff Country Co-op, Trina Barrett was talking to me about the role she plays, and she referred to the Co-op as “our store.” She uttered the phrase so naturally, yet it has had a profound impact on my work here. Her sense of ownership and commitment permeates everything she does, and her humor, kindness, and startling optimism (she actually said to me during this interview, “maybe we’ll still be around when everything is perfect”) make working and shopping here that much more enjoyable.

How long have you worked for Bluff Country Co-op?

I started 12 years ago, but I took about 2 years off to be home with my kids.

What is your current position?

I’m the Merchandising Manager, so I’m responsible for everything that comes into the center of our store. This entails learning about each company and the ingredients they use before we bring a product in, ensuring appropriate pricing, and making sure it looks visually appealing to our customers.

How do you choose what foods to bring in?

The first thing I do is make sure the product meets our standards. Is it a clean product? What certifications does it have? Is it non-GMO? Organic? Fair Trade? What kind of practices does the company use to make the product? What’s the company about?

Then I look at whether we can even get it into our store, and at a price that’s fair to the producer and affordable for our customer. Also, do we have the room to carry it? There are lots of great products out there that we simply don’t have the space for in our store.



What’s your favorite new product?

Siete chips. They’re grain-free and delicious, plus they support non-profits who share their mission to promote health and wellness in underserved communities.

You mentioned the visual appeal of products. How do you create that?

We’re always trying to promote local products. That’s part of our mission. So is supporting our community and environmental education. So when

I create a display, I have to balance all these things: upholding our values to promote local; consumer education; being aware of price; and selling the products.

Where does your interest in whole foods come from?

Ever since I was growing up, eating well has been a part of my life, but I think my interest now is because I believe everyone should have access to good food and healthy food, and I want to be part of making that happen.

Also, I think we should care for the environment and for our community. In many ways, it all comes back to food.

Does being a mom influence your work?

Yes. I try to be really aware of ingredients in kids' foods, and I don't purposely merchandise sugary foods to kids. I don't want parents to have to deal with their kids wanting those foods – especially since there are so many great options that are actually good for you.

I was talking to my boys this summer because [the Co-op] was so busy with the expansion that I was working all the time. I told them that everything I was doing, everything the Co-op was doing, was for them. We're creating this community and this support system and this culture of good, sustainable food, and it has a ripple effect so when they're my age, whether they live here or not, they can benefit from it.



By **Melissa Gordon**,
Marketing Manager

AFRICAN CURRY

From Trina's Kitchen



Curry Powder (Trina says, "This is important and, I think, what makes the dish so great.")

- 1 tablespoon cumin
- 1 tablespoon ground coriander
- 1 tablespoon turmeric
- 1 1/2 teaspoons ground ginger
- 1 1/2 teaspoons allspice
- 1 1/2 teaspoons garlic powder
- 1/2 teaspoon cayenne
- 1/2 teaspoon chili powder

For the Curry

- 2 tablespoons olive oil
- 2 onions (chopped)
- 4 cloves garlic
- 2 bay leaves
- 2 14.5-oz cans whole peeled tomatoes (drained)
- 4 tablespoons + 1 teaspoon curry powder (from the above mix)
- 1/2 teaspoon salt
- 2-3 lbs chicken, cut into cubes or strips or whatever shape you want (could substitute tofu, seitan or hearty veggies)
- 2 14-oz cans coconut milk
- 2 lemons, juiced

Instructions

- 1) Combine all curry powder ingredients in a small bowl and set aside.
- 2) Heat oil in a large pan. Saute onions, garlic and bay leaves for 5-8 minutes.
- 3) Mix in tomatoes, curry and salt, and cook for 5 minutes.
- 4) Add chicken and cook 15-20 minutes until chicken is cooked through.
- 5) Reduce heat to low and slowly add coconut milk over 10 minutes.
- 6) Add lemon before serving.

Recommended toppings to add before serving: peanuts/almonds/cashews, currants/raisins, fresh pineapple, coconut flakes, fresh tomato, green onion, chutney, cilantro.

Principle 7: Concern for Community

As a business cooperative, Bluff Country Co-op operates according to seven basic principles. Below are some of the latest ways we are striving to uphold Principle 7: Concern for Community.

Community Room

We're excited to announce that our community room is now available for rent!

Equipment available:

- 10 Tables
- 20 Chairs
- Wifi Access
- Projector and Screen (additional charge)
- Dishwasher
- Refrigerator
- KitchenAid Stand Mixer
- 3 Stainless Steel Tables
- Vulcan 4-Burner Range

Principle 7:

While focusing on member needs, cooperatives work for the sustainable development of communities through policies and programs accepted by the members.

Rental rates vary based on usage, and co-op owners get a discount. Check out our website at bluff.coop for more details and email General Manager Dawn Schreiber at GM@bluff.coop to reserve the space for your next gathering!



Herbal Education Society

Our newest community partnership is with the Winona Herbal Education Society (WHES). WHES meets monthly on the fourth Sunday from 1-3pm in our Community Room. Each meeting covers a different educational topic (topics are listed on our events calendar on our Website, Facebook page, and newsletter). Meetings are open to the public and free with a suggested donation of \$5 to cover administrative costs such as printing. Join us to learn about herbs!

Little Free Library

Winona's newest little free library is at Bluff Country Co-op! Our library hosts cookbooks and books related to food and cooking. Our first stock comes from a lot we purchased from WSU English Professor Emeritus, Emilio DeGrazia. Take a cookbook, leave a cookbook, and get cooking!



Fresh Local Meat

You asked for it, you got it! When we began talking about expanding, one of the comments we heard over and over again was that folks wanted more fresh, local meat. We're happy to offer a variety of fresh beef from Earth-Be-Glad (Lewiston, MN) and fresh pork from Pork and Plants (Altura, MN). Grilling season is just around the corner...





Bluff Country Co-op

We know good Food.

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(fax) 507.457.0511

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GOOD FOOD DAILY
8am - 8pm



Bluff Country Co-op's Annual

Mother's Day



Native Plant Sale

Featuring landscaping plants and culinary herbs

MAY 11TH - 18TH