



BLUFF COUNTRY CUIZINE

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



SUMMER 2018

Calendar

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

JUNE

- **Monday, 11th, 6-8pm Board Meeting** All owners are welcome to sit in and watch the board in action!
- **Saturday, 16th, 10:30-11:30am Class: Kids Cook! Marinades for Grilling** Kids 12 and under will learn to make three tasty marinades — perfect for a Father's Day cook-out!
- **Monday, 18th, 6-7pm Plant Walk: Those Amazing Plants** Have you ever sat in your backyard and looked around at the various plants growing there? Or maybe you're a gardener and as you've pulled out a "weed" you've looked at it and wondered about it. Many of the beautiful flowers around you are also very beneficial medicine, and many "weeds" like Dandelion, Nettle, or Plantain can be useful in your medicine cabinet. Walk with Clinical Herbalist Bonnie Kreckow and learn about the plants that grow right in your yard. We'll identify plants to heal mosquito bites in minutes, heal wounds and burns within days, and many others. Meet at the Co-op.
- **Tuesday, June 19th, 6-7pm Class: Vegetarian Picnics** BCC Produce Lead Hanna Jaszewski will demonstrate how to make delicious vegetarian sloppy joes and a healthy potato salad.
- **Saturday, 23rd, 10:30am-12:30pm Sample Time! Local Foods** BCC Meat & Seafood Buyer Rory O'Driscoll will be sampling out Pork & Plants brats soaked in Island City Brewery beer served on Winona Bread & Bagel buns with Arv's mustard! You won't want to miss this showcase of local flavor!
- **Sunday, 24th, 1-3pm Herb Class: Flower Essences** The Winona Herbal Education Society offers a free, monthly class for those interested in learning about herbs. June's topic is Flower Essences. Suggested donation: \$5
- **Saturday, 30th, 10-11:30am Class: Tiramisu with Mary** Join BCC owner Mary Farrell as she shares her tricks for making the popular Italian dessert tiramisu.

Watch for Blueberry Cases in July! + Door County Cherries too!

JULY

- **Wednesday, 4th The Co-op will be closed.**
- **Saturday, 7th, 10-11am Class: Intro to Beekeeping** Dr. Bruno Borsari will provide an overview of beekeeping and cover the basics of starting a colony. Lydia Boysen from Winona Park & Recreation will also talk about the recent hive added to the East End Recreation Center.
- **Monday, 9th, 6-8pm Board Meeting** All owners are welcome to sit in and watch the board in action!
- **Saturday, 14th, 10am-12pm Class: Natural Pregnancy** Join midwife and herbalist Meg Novak for a fun and informative class on Natural Pregnancy. We will discuss herbs and nutrition for pregnancy, remedies for normal discomforts of pregnancy, and ways to prepare for a natural birthing at home or in the hospital. Fee: \$12 owners, \$15 non-owners. Minimum 5 people. RSVP by July 7th.
- **Monday, 16th, 6-7pm Herb Class: Benefits of a Medicinal Herbal Salve** Last month, Clinical Herbalist Bonnie Kreckow lead an herb walk. This month we'll delve further into the benefits of the plants we identified, using them to create a medicinal salve. Bonnie will also discuss the various herbs in salve formulas and why they are chosen. Each participant will take home a salve. Fee: \$5
- **Tuesday, July 17th, 6-7pm Class: Getting the Most Out of Your CSA** Ever find an unfamiliar vegetable in your CSA? Does it feel like a struggle to get through your box each week? Produce Lead Hanna Jaszewski will offer tips, recipes, and helpful information for getting the most out of the produce currently in season.
- **Thursday, 19th, 3-6:30pm BCC on the Road: Goodview Farmers Market** Stop by our booth at the Goodview Farmers' Market for samples and recipes!
- **Saturday, 21st, 10:30-11:30am Class: Kids Cook! Midsummer Night's Snacks: Foods inspired by Shakespeare** Join us for a hands-on cooking class inspired by Shakespeare! Designed for kids 12 and under.
- **Sunday, 22nd, 1-3pm Herb Class: Plant Potpourri** The Winona Herbal Education Society offers a free, monthly class for those interested in learning about herbs. This month's presenter will share everything she has learned about one plant. Suggested donation: \$5

Interested in teaching a class? Let us know! Email Melissa at Melissa@bluff.coop

RSVP for any class by calling (507) 452-1815
or emailing Melissa at Melissa@bluff.coop

AUGUST

Peach Cases arrive in August!

- **Saturday, 4th, 10-11:30am** *Class: Discover Juices & Smoothies* BCC kitchen staffer Kelsey Fitzgerald covers the basics of making juices and smoothies, including equipment needed, different add-ins, and how to use seasonally available produce. We will also make 3 different drinks to taste.
- **Monday, 13th, 6-8pm** *Board Meeting* All owners are welcome to sit in and watch the board in action!
- **Wednesday, 15th, 6-7pm** *Herb Class: Kids and Herbs, Part 1: Back to School* Join Clinical Herbalist Bonnie Kreckow for the first in a three-part series on kids and herbs. This class will cover appropriate herbs for seasonal allergies, food allergies, acne, viruses, cold and flu, and more. Watch for Part 2 in September.
- **Saturday, 18th, 10:30-11:30am** *Class: Kids Cook! River Rat Snacks* Learn to make healthy, easy-to-transport snacks for your last days of playing on the river.
- **Tuesday, August 21st, 6-7pm** *Class: Getting the Most Out of Your CSA* Ever find an unfamiliar vegetable in your CSA? Does it feel like a struggle to get through your box each week? Produce Lead Hanna Jaszewski will offer tips, recipes, and helpful information for getting the most out of the produce currently in season.
- **Sunday, 26th, 1-3pm** *Herbal Potluck* The Winona Herbal Education Society offers a free, monthly class for those interested in learning about herbs. This month's class is an herbal potluck. Please bring a dish featuring an herb to share.

Join Us!

- **2nd Saturdays** Heading to the Marine Art Museum or the Visitor Center for 2nd Saturday activities? Stop by the Co-op for free demos and samples!
- **Share a meal with us** On the 3rd Friday of every month, the board of directors cooks a meal at the Winona Catholic Worker (832 W. Broadway). All are welcome.



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
info@bluff.coop

GOOD FOOD DAILY

8am - 8pm

STORE CONTACTS

GENERAL MANAGER

Dawn Schreiber gm@bluff.coop

OPERATIONS & CUSTOMER SERVICE

Tina MacGregor-Cordes tina@bluff.coop

MARKETING & OWNER SERVICES

Melissa Gordon melissa@bluff.coop

PRODUCE

Caitlin Nicholson caitlin@bluff.coop

KITCHEN

Diane Leutgeb Munson diane@bluff.coop

CENTER STORE

Trina Barrett trina@bluff.coop

MEAT & SEAFOOD

Rory O'Driscoll rory@bluff.coop

WELLBODY

Heather Kitching heather@bluff.coop

SUSTAINABILITY

Caitlin Nicholson caitlin@bluff.coop

BOARD OF DIRECTORS

board@bluff.coop

PRESIDENT

Ann Lichtler 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 MEMBER 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



Greetings!

As we welcome summer back to the Driftless Region, your Co-op is settling into our new normal.

Our staff trainings this spring showed us how dedicated our employees are to the Co-op's daily

operations as well as our larger mission. Recent staff changes have allowed new opportunities for growth and responsibility. New systems to keep tabs on our more sophisticated operations are keeping us focused on maintaining a healthy store. We look forward to a summer full of national meetings and trainings for many of our staff.

The Co-op board is also adjusting to life post-expansion. They have set up our Co-op with a Community Fund through the Twin Pines Cooperative Foundation. Learn more on page 6. They are also continuing to oversee the Co-op's performance and working toward their 5-year goals. Get regular updates on the board with their new 'board news' bulletin board, located outside the Community Room.

Ultimately, the Co-op is here to provide access to local, sustainable, organic food. We are constantly refining our product selection to give you the best choices for healthy foods. Some of our favorite new products include fresh meat from our local meat vendors, Juice So Good fresh juices from Minneapolis, and St. Paul Bagelry's everything bagels. Is there a product you would like to see on our shelves? Ask a staff member for a Product Request Form!

Thanks for your support! And be sure to show your summer guests our fabulous new Co-op!

Dawn



Owner Benefits

Did you know BCC owners have the option of using a declining balance?

Adding money to your Co-op account can help you better budget your grocery dollars and save the co-op money.

Fewer credit card transactions = fewer fees for us to pay + you'll never worry about forgetting your wallet again!

Board Report

BY JENN BAECHLE, BOARD VICE PRESIDENT



It seems strange to be writing the Summer Board Report when all I see is snow outside my window, but the birds are chirping and flitting about so I'm going to put on my green-tinted glasses and pretend it's spring too!

The Board and its committees have been hard at work the last couple of months with a variety of projects. Our Membership Outreach Committee has been working with the Owner Services Coordinator to revamp our New Member bags and we are in the beginning stages of creating a "Welcome to BCC" video for our website. The Annual Membership Meeting Committee has set the date for this year's meeting! Mark your calendars for Tuesday, October 16th at the American

Legion. The Board Development Committee planned a board retreat for the end of April. Finally, the Social Equity Committee is busy organizing The Catholic Worker Meals each month, selecting Beans for Bags recipients, and figuring out all the details for our new BCC Community Fund (see page 6 for more).

If any of the work our committees are doing interests you, please consider joining one or more of them. All committees (with the exception of the Board Development Committee) are open to members. If the work of the Board as a whole appeals to you, consider running for a position this Fall. See our website for more information or email us at Board@bluff.coop with any questions.

Hopefully by the time you are reading this, the snow will be long gone and there will be real green out in the world around us.

Happy Summering!

Letter to the Co-op



As a member of Bluff Country Co-op I would like to thank everyone who took part in updating our new store! What an amazing success it is! Thank you Ann Lichliter, Board President, the Board of Directors, and Aurea Osgood, Board Treasurer, for your dedication and focus on the funding drive that made it possible.

Thanks to our stellar, hard-working, determined General Manager, Dawn Schreiber, Operations and Customer Service wizard Tina Cordes, and all the great staff members and crew of very friendly and able sales staff. Not to be forgotten are all the volunteers who helped to paint, erect shelving, do carpentry and stock our new store and lend support in so many ways.

Yes, we all own this store and are invested in its well-being. Please consider running for the board or volunteering. By becoming a member of our co-op you not only save on discounts but also buy into a community of like-minded folks who are interested in consuming healthy and nutritious food. As a member you become part owner of Bluff Country Co-op. This is your store!

— Taff Roberts, BCC Owner



Taff Roberts led our painting crew when we moved into this building in 2000.

Principle 6 Cooperation Among Cooperatives



In 2011 Bluff Country Co-op (BCC) board members began asking how BCC could help address inequities and disparities in the community. From these discussions, board members formed the BCC Social Equity Committee.

Over and over in committee discussions, the question about how to establish a BCC nonprofit branch arose. Because cooperatives are for-profit entities, we began to search for a way to start a co-op nonprofit fund.

Starting a new nonprofit organization is like starting a business; it requires a board of directors, annual IRS filing, and more. This seemed like too much to take on, so the committee began exploring local and regional community foundations. These funds are great assets to communities, yet their endowed investments grow with professionally managed stock market investments. Our committee then researched the Twin Pines Cooperative Foundation, which invests endowed funds in other co-ops, rather than in the stock market. We determined that this option would best meet our co-op's goals, ends, and cooperative principles.

The Twin Pines Cooperative Foundation

The Twin Pines Cooperative Foundation (TPCF) launched in 1964, over 50 years ago, to serve educational and development needs of cooperatives. In 1995, TPCF formed the Cooperative Community Fund, offering a place for cooperative members throughout the United States to "Give Where They Live." Here's how it works: BCC is one of over 40



Principle 7 Concern for Community

co-ops who have a permanent endowment fund with TPCF. We donate to our co-op's endowment fund (often TPCF finds an organization to match our donation). TPCF then pools our donation with the donations of other co-ops' endowment funds to finance cooperative projects throughout the country. The interest that our fund earns is dispersed back to us annually, and we donate that interest to a local non-profit of our choosing. BCC will receive its first fund interest payment in May 2019, and every May thereafter.

TPCF accepted BCC's application for an endowment fund in April 2018. We plan to donate to the fund using a combination of abandoned equity, donations (including donated patronage dividends), and round-up at the register proceeds. BCC members and Winona community members can give tax-deductible donations directly to BCC's fund as well. All donations to the fund are professionally managed and tax-deductible.

Establishing this fund will support several of BCC's Ends, which include, "We exist so that our community has access to sustainable organic local products and services;" "... our community is knowledgeable about food from farm to table and how our food choices affect health, economy, and the environment;" and "... our member-owners feel a sense of community, connection, and fellowship." What's more, the operation of this fund will provide an opportunity to leverage the economic power of our cooperative and its owners for good in our wider community. Establishing a BCC endowed nonprofit fund will provide a future income stream that BCC will use to help ensure, through charitable giving, that more community residents have access to good food and other essentials of life.

Where is the impact?

Here, where we live! The BCC Articles of Incorporation state that, "...the purpose shall be to provide the community with high quality food, housewares, hardware and other essentials of life, and ...

conduct its affairs in a manner that honors the human spirit through respectful and compassionate treatment of all individuals..."

BCC's Social Equity Committee will be working with the board and staff to determine which nonprofit organizations and projects to support with our fund. Recipients will be chosen with our co-op's purpose, Ends, and the Cooperative Principles in mind. For example, we will consider nonprofit organizations or projects working to address food insecurity; organic and sustainable agriculture; cooperative education and start-ups; and food justice.

As we continue to roll out this project, you'll find more information in our newsletters, on our website, and on our board of directors' bulletin board in the store. If you have questions, don't hesitate to ask! Johanna Rupprecht is the chair of our social equity committee, and you can email her at: Johanna@bluff.coop



Checks should be made out to: TPCF/BCCCF

You Asked For It, You Got It!

“Locally sourced fresh meat.”
“Wider variety of fresh meats!”
“Fresh seafood!”
“Fresh fish please!”

These are just a few of the many comments like this that our customers made when we polled them prior to expansion to find out what they wanted in a larger store. The message was clear: Our customers wanted more fresh meat and fish, and they wanted it to be local, sustainable, and high-quality. We listened to what they were telling us, and the result is a new meat department that is about 6 times larger, with nearly all of the new space being filled by fresh meat and seafood, and just about half of the meat coming from local sources.

Getting fresh local meat to our customers has a few challenges. For one, scheduling processing times can be tricky. Ideally, our customers’ favorite products would always be available to them. In reality, if farmers process their meat too often, they can end up with more meat than they can sell in a given period of time. What’s



more, packaging meat to be sold fresh, as opposed to frozen, incurs additional costs for farmers.

“It just takes some communication as to when they are scheduling with their processors and what cuts I can order to help utilize as much of the animals they are processing as possible,” says Meat and Seafood Buyer Rory O’Driscoll. “Thankfully Mike and Jennifer [from Earth-Be-Glad in Lewiston] and Eric [from Pork & Plants in Altura] have been great in working with me as we figured this program out. They’ve given me some great feedback as to what is and isn’t working for them as well as listened to what I need as a buyer.”

Rory, who started working in Bluff Country Co-op’s produce department three years ago, took on the role of Meat and Seafood Buyer last October, when it was created. “I applied for the position because I knew the department was going to get a major overhaul, and I knew that I could bring something to the table in terms of tailoring an almost entirely new department to our shoppers’ wants and needs,” says Rory. “I was excited at the prospect of increasing the variety of products we could offer our customers while maintaining a focus on local growers.”

Rory also says tackling the new seafood section was a particularly fun challenge because it was entirely new to the store and required a lot of research to ensure we were carrying the highest quality fish. This is where the Monterey Bay Aquarium Seafood Watch Program

Taste the  *Difference*

On Sample!

Pork & Plants Brats

soaked in

Island City Brewery Beer

served on

Winona Bread & Bagel Bun

with

Arv’s Mustard

Saturday, June 23rd

10:30am - 12:30pm

Stop in and have a taste!

came in helpful. The Monterey Bay program offers recommendations of “better seafood choices for a healthy ocean” (www.seafoodwatch.org).

Rory enjoys interacting with shoppers, growers, and the community. He says he especially likes to see customers make the local connection with their food. “Seeing customers get excited about meat that was grown and processed just down the road from where we live and work is really rewarding,” says Rory. “The Co-op is a great avenue for the community to get to know our local growers and buy meat and seafood that is grown and sourced in an ethical and sustainable manner.”

In addition to choosing local products, and products that are “ethically and sustainably raised and minimally processed,” seasonality also comes into play when deciding what to bring into the department. Because people can eat quite differently at different times of the year, “stews and slow cooked meats are really popular in the winter, but anything that can be grilled is going to be on demand [in the summer],” says Rory. When choosing products to order Rory also considers customer requests and conversations he’s had with customers in the aisles.

Before you go thinking you know our meat department inside and out, though, Rory adds, “I’ve also brought in products on a whim, to test them out, just because they’ve sounded interesting.” What better way to excite your grill -- and wow your guests!

If you have product requests or suggestions, please email Rory at: rory@bluff.coop



Rory says:

“I’m a big fan of carnitas tacos! They’re super tasty and a lot easier to make than you’d think. This recipe is pretty Minnesota friendly and not too spicy, so I’ll typically add more spices and top the tacos with fresh jalapenos.”

CARNITAS TACOS

From Rory’s Kitchen

Ingredients

- 2 1/2 pounds pork shoulder (also known as ‘pork butt’)
- 1 tablespoon lime juice
- 2 teaspoons coarse sea salt
- 2 teaspoons ground cumin
- 1 teaspoon chili powder
- 1 teaspoon garlic powder
- 1 teaspoon oregano
- 1 teaspoon onion powder
- 1/2 teaspoon ground black pepper
- corn tortillas

Optional Toppings

- cilantro, diced onions, lime wedges, avocado, jalapenos

Instructions

- 1) Cut the pork shoulder into large 4-inch chunks, removing any excess fat. Place them in a slow cooker.
- 2) Add all the other ingredients except the corn tortillas and optional toppings to the slow cooker and mix thoroughly.
- 3) Cover and cook on high for 4 hours. When tender, shred the meat by pulling it apart with a fork.

Serve pork carnitas on warm corn tortillas and top with any of the optional toppings you desire.



Bluff Country Co-op VITAMINS

Like all the departments in our store, our WellBody department researches each company before bringing their products onto our shelves. We look at the quality of the product and its ingredients, certifications, transparency, environmental practices, and social responsibility, among other things.

Because Bluff Country Co-op brand vitamins carry our name, it is especially important that this product lives up to our standards, which is why we work with Vitamer Laboratories, a family owned and operated nutritional company celebrating 90 years of promoting natural health and wellness. Vitamer is committed to providing the best quality ingredients and manufacturing processes and providing full disclosure and transparency in their ingredient sources. The company's focus is strictly premium, natural, and organic private labels.



Quality

- Vitamer uses raw materials selected from the finest sources around the world. They strive to use organic and IPP (Identity Preservation Program) non-GMO ingredients whenever possible.
- Raw materials are tested for purity, potency, and identification.
- Freshness is guaranteed. Finished products are tested for disintegration time, time release, gluten, heavy metals, and contaminants.
- A Double Verified Gluten Free® testing program ensures that finished products undergo gluten testing using an ELISA test, to detect the presence of gluten.
- Prolonged release coatings on appropriate supplements release nutrients at the most beneficial time for optimum absorption by the body.
- Amber glass bottles increase shelf life by protecting nutrients from light and moisture and guarantee the product remains at full potency through the Best By date.
- Two safety seals protect against tampering – a full body high-sealed plastic sleeve, plus a seal under the cap.

Transparency

- Our labels list each ingredient and nutrient to avoid consumer allergic reactions to unnamed ingredients.
- Every bottle is coded for complete batch history.

Environmental Sustainability

- Fully recyclable amber glass bottles are made from 35% recycled material.
- Plastic bottle caps are recyclable.
- Shipping boxes use partially recycled materials and recyclable crushed paper is used for packing material.

Social Responsibility

- Vitamer participates in the donation of 11 million children's Multivitamins to the Vitamin Angels non-profit organization.
- Through its "Operation 20/20" campaign, Vitamin Angels plans to eradicate childhood blindness caused by Vitamin A deficiency worldwide by 2020.

3rd Party Certifiers

- Natural Products Association, GMP (Good Manufacturing Practices) certified
- Facility compliance with the U.S. FDA Pharmaceutical GMPs and U.S. FDA Dietary Supplement GMPs
- IPP (Identity Preservation Program) non-GMO
- Friend of the Sea, Sustainable
- Quality Assurance International, Certified Organic
- USDA Organic

For more information, please visit vitamer.com or ask Hailey (left) or Heather!





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

GOOD FOOD DAILY
8am - 8pm



CO-OP Take the
to **Go!**

**Win FREE Food
All Summer Long!**

Post a picture on our Facebook page

of yourself enjoying our grab 'n go items on the river, at a festival, at the levee -- anywhere!
and you'll be entered to win weekly giveaways! June 10-August 31