



**BLUFF COUNTRY**

# **CUIZINE**

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



*Fall* 2018

# Calendar

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

## SEPTEMBER

- **Info Session: Electric Vehicles Saturday, 1st, 10-11am** Bluff Country Co-op recently installed Winona's first public electric vehicle charging station. EV enthusiast Bill Gehn will display and demonstrate different EV charging options, as well as discuss the why and how of living with an electric vehicle. Q&A to follow.
- **Happy Labor Day! Monday, 3rd** The Co-op will be closed.
- **Apple Party! Saturday, 8th** Highlights include: Apple samples from each department, apple prizes, and a cooking demo with Aronia berries, a member of the apple family, by the Blue Fruit Farm at 1pm!
- **Discussion: Agriculture in the Wendell Berry Era Tuesday, 11th, 6-7pm** Dr. Bruno Borsari and Dale Hadler will lead a discussion addressing agricultural and environmental issues that have arisen over the forty years from Wendell Berry's 1977 critique of agriculture, *The Unsettling of America*, to his latest work *The Art of Loading Brush: New Agrarian Readings* (published in 2017)
- **Board Meet & Greet Thursday, 13th, 5:30-6:30pm** Interested in serving on the board? Want to meet your board of directors? Stop in for a chat!
- **Kids Cook! Saturday, 15th, 10:30-11:30am** Kids 12 and under join us for a fun, interactive cooking lesson.
- **Tropical Music Monday! Monday, 17th** The duo Tropical Sounds will play outside Bluff Country Co-op as part of the Artists on Main Street program. Sip a special tropical smoothie from BCC while you enjoy the music! Time to be announced.
- **Class: Create Essential Oil Blends for Physical and Emotional Wellness Saturday, 22nd, 10am-12pm** Discover the world of essential oils with Breast Health Educator Joyce Sobotta. Participants will receive handouts and a personal essential oil blend. Fee: \$17 BCC Owners/\$20 Non-Owners. RSVP required
- **Herb Class: Foot Care and Gardening Sunday, 23rd, 1-3pm** The Herbal Education Society meets monthly on the fourth Sunday from 1-3pm. Meetings are open to the public. Suggested donation: \$5.
- **Workshop: Eating for the Season: An Ayurvedic Guide to Creating Balance through Nutrition Tuesday, 25th, 6-7:30pm** Ayurveda, or the "Science of Life," is a health and healing system that has been developed and perfected over thousands of years. In Ayurveda, illness is born from imbalance and the goal is to restore balance through nutrition, lifestyle, movement, and breath. This workshop, led by Ayurvedic counselor-in-training, Mollee Sheehan, will feature a cooking demo and tasting where participants will learn how to prepare a traditional Ayurvedic healing dish, Kitchari, and a balancing tea. We'll also discuss the qualities of Fall, which Ayurveda describes as light, dry, rough, mobile, irregular (think changes!), and how we can balance these qualities using our food choices. Minimum of 4 participants. RSVP required.
- **Herb Class: Herbs and Your Child's Health: Part II Wednesday, 26th, 6-7pm** Clinical Herbalist Bonnie Kreckow will discuss sports injuries and the use of herbs to get back in the game, acne issues stemming from poor diet or emerging hormones, and other issues that affect kids from infants to teens. Class attendants can ask questions about issues with their own children.

## HAPPY CO-OP MONTH!

- **Electronic Voting in the Store Thursday, 11th, 4-6pm** (see page 9 for details).
- **Electronic Voting in the Store Saturday, 13th, 10am-12pm** (see page 9 for details).
- **Owner Appreciation Week Sunday, 14th - Saturday, 20th** Owners will receive 10% off one shopping trip this week + a small gift + in-store surprises from the board.
- **Annual Member Meeting Tuesday, 16th, 5-8pm** Our Annual Member Meeting will be held at the American Legion. Invitations with full details will be sent in late September.
- **Kids Cook! Healthy Halloween Treats Saturday, 20th, 10:30-11:30am** Hey Kids! Did you know that pumpkins are not just for carving? We'll be using them to make Halloween treats! Bonus: After the class there will be supplies for decorating mini-pumpkins & an introduction to knife safety for older kids.
- **Herb Class: Stay Healthy with Herbs this Winter Wednesday, 24th, 6-7pm** Clinical Herbalist Bonnie Kreckow discusses herbs to use for colds, flus, viral infections, congested lungs and more.
- **Class: Chinese 101 Saturday, 27th, 5-7pm** Learn how simple it is to make authentic Chinese dishes in your own home! Author and Chef Peter Kwong will discuss the different regional cuisines of China and demonstrate how to make Cantonese Beef and Broccoli and Hot and Spicy Szechuan Chicken. Fee: \$7/BCC owners, \$10 Non-Owners. RSVP required.
- **Herb Class: Herbal Folklore Sunday, 28th, 1-3pm** The Herbal Education Society meets monthly on the fourth Sunday from 1-3pm. Meetings are open to the public. Suggested donation: \$5.

## OCTOBER

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

Look for our  
vendor booth at  
**Live @ the Levee**  
Sept. 9th!

# NOVEMBER

- **Class: Tea with Taff Saturday, 3rd, 10-11am** While sampling tea, participants will listen to BCC owner Taff Roberts talk about the historical tradition of tea time and the different types of teas.
- **Dinner: Introduction to Mindfulness with a Focus on Mindful Eating Saturday, 3rd, 5-7pm** Learn and practice foundational mindfulness skills with a highlight on mindful eating. Participants will share a three-course meal prepared by Bluff Country Co-op with Trish Johnson of Manitou Center. Mindfulness practice helps to develop a greater sense of awareness and engagement with our everyday living. Mindful eating allows for a deeper sense of gratitude, sensorial connection and connection to our bodies and minds. Fee: \$7 BCC Owners, \$10 Non-Owners. Maximum: 12 participants. RSVP required.
- **BCC on the Road: Early Explorers at the Winona Public Library Wednesday, 7th, 10:30-11am** Join us at the library for a cooking demo geared toward young children.
- **Class: Accommodating Thanksgiving Dishes Saturday, 10th, 10am-12pm** Think you can't have a satisfying Thanksgiving meal without the meat? Wondering what to serve your gluten-free guest? BCC Produce Lead Hanna will share dishes suitable for vegetarian, vegan, and gluten-free diets.
- **Turkeys Arrive! Friday, 14th** Both fresh and frozen will be available. First come, first served.
- **Herb Class: Addressing Digestive Complaints Wednesday, 14th, 6-7pm** Clinical Herbalist Bonnie Kreckow discusses ways that herbs can help with digestion.
- **Kids Cook! Saturday, 17th, 10:30-11:30am** Kids 12 and under join us for a fun, interactive cooking lesson.
- **Happy Thanksgiving! Thursday, 22nd** The Co-op will be closed.
- **Herb Class: Herbs for Grieving Sunday, 25th, 1-3pm** The Herbal Education Society meets monthly on the fourth Sunday from 1-3pm. Meetings are open to the public. Suggested donation: \$5.

## Teens Cook!

This fall the Co-op is offering a 5-course cooking series for teens. The goal of the series is to help students develop foundational cooking skills and become confident working in the kitchen. See page 8 for more details.

Interested in teaching a class? Let us know! Email Melissa at [Melissa@bluff.coop](mailto:Melissa@bluff.coop)

The board continues to  
serve a free meal at the  
Catholic Worker House on the  
3rd Friday of every month!



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[www.bluff.coop](http://www.bluff.coop)  
[info@bluff.coop](mailto:info@bluff.coop)

**GOOD FOOD DAILY**  
8am - 8pm

## BOARD OF DIRECTORS

[board@bluff.coop](mailto:board@bluff.coop)

### PRESIDENT & MEMBER OUTREACH CHAIR

Ann Lichliter [ann@bluff.coop](mailto:ann@bluff.coop)

### BOARD DEVELOPMENT CHAIR

Eileen Hanson [eileen@bluff.coop](mailto:eileen@bluff.coop)

### SOCIAL EQUITY CHAIR

Johanna Rupprecht [johanna@bluff.coop](mailto:johanna@bluff.coop)

### ANNUAL MEMBER MEETING CHAIR

Rachel Kimman [kimman@bluff.coop](mailto:kimman@bluff.coop)

Jenn Baechle [jenn@bluff.coop](mailto:jenn@bluff.coop)  
Donna Kamann [donna@bluff.coop](mailto:donna@bluff.coop)  
Chris Livingston [livingston@bluff.coop](mailto:livingston@bluff.coop)  
Aurea Osgood [aurea@bluff.coop](mailto:aurea@bluff.coop)  
Coleen Bremer [coleen@bluff.coop](mailto:coleen@bluff.coop)

## STORE CONTACTS

### GENERAL MANAGER

Dawn Schreiber [gm@bluff.coop](mailto:gm@bluff.coop)

### OPERATIONS & CUSTOMER SERVICE

Tina MacGregor-Cordes [tina@bluff.coop](mailto:tina@bluff.coop)

### MARKETING & OWNER SERVICES

Melissa Gordon [melissa@bluff.coop](mailto:melissa@bluff.coop)

### PRODUCE

Caitlin Nicholson [caitlin@bluff.coop](mailto:caitlin@bluff.coop)

### KITCHEN

Tim Shelly [tim@bluff.coop](mailto:tim@bluff.coop)

### CENTER STORE

Trina Barrett [trina@bluff.coop](mailto:trina@bluff.coop)

### MEAT & SEAFOOD

Rory O'Driscoll [rory@bluff.coop](mailto:rory@bluff.coop)

### WELLBODY

Heather Kitching [heather@bluff.coop](mailto:heather@bluff.coop)

# GM Report

BY DAWN SCHREIBER, GENERAL MANAGER



**H**appy Fall!

We have lots of news to announce, and we'll start with some changes in our management team:

Caitlin Nicholson has stepped into the role of Produce and Meat Manager after Jason Strangstalien resigned to spend more time with his new baby daughter. You likely

know Caitlin already as she has been one of our evening Manager-On-Duty folks for a couple years now. Caitlin has been picking up the ropes in her new role in Produce and Meat and is looking forward to meeting with our local farmers to begin planning for next year's growing season soon!

Tim Shelly has joined our team as our new Kitchen Manager. Diane LeutgebMunson stepped down to spend more time helping her partner promote his growing music career. Tim comes to us with a background in full-service restaurant management, so we are learning a lot from each other as he gets settled in. Welcome Tim!

Every October is a celebration at the Co-op! Not only are the bluffs coming into color, but it's Co-op Month and Fair Trade Month and often our Annual Membership Meeting and Owner Appreciation celebrations. This year we decided to add one more celebration to the October pot: Round Up at the Register! You are probably familiar with this method of raising funds from your experiences at other stores. Basically, if your grocery bill comes to \$5.54, the cashier will ask if you want to Round Up to \$6 and donate the extra 46¢ to charity (by the way, you can round up any amount you want, \$5 or \$10 for example). Our October Round Up at the Register event will be benefitting our very own Co-op Community Fund. All disbursements from this fund will go to nonprofit organizations in our area

with values we share. If we, as a group, can raise \$500 in the month of October, Frontier Co-op (where our bulk spices come from) will match our donation! Find out more on page 6.

A couple other quick updates:

- The Winona Farmers Market returned to Levee Park in July. Welcome back!
- By the time you receive this newsletter our new Electric Car Charging station should be up and running. We are excited to be the FIRST public car charging station in Winona and look forward to hosting travelers while they pause in Winona to charge their car.
- Six staff members attended professional trainings outside of the store this summer.

I hope to see many of you at our Annual Membership Meeting on October 16th. We'll take a look at our Co-op's 46th year in review, eat some great food, and connect with our community.

You will find lots of other exciting news in this edition of the Co-op CuiZine. Be sure to check out the fall slate of classes in our Community Room!

See you soon,  
Dawn



## Meet Our New Fresh Team Leaders!

Caitlin Nicholson is our Produce & Meat Manager and Tim Shelly is our Kitchen Manager.

# Board Report

BY JENN BAECHLE, BOARD VICE PRESIDENT



It's fall, and you know what that means – harvest time at the Co-op! Our produce department will soon be overflowing with apples and winter squash (if it's not already!) and there's a cinnamon-crispness to the air again. Speaking of apples, mark your calendars for the Co-op's apple tasting event

on Saturday, September 8th. With Minnesota's Apple Capital right down the road, I can't wait to try the different apple varieties that will be sampled.

Fall also means Owner Appreciation Week. This year it will run from October 14th through the 20th, with our Annual Membership Meeting on Tuesday, October 16th at the American Legion. During this week, owners will receive 10% off one shopping trip (plan wisely, I know I will!), plus a free gift and in-store surprises from the board of directors.

With the Annual Membership Meeting comes board member elections. If you are interested in joining our board and want more information, e-mail [Board@bluff.coop](mailto:Board@bluff.coop) with any questions. The Board will be offering a "meet and greet" to help prospective board members learn more about serving on the board – see our calendar on page 2.

Did you know that October is also Co-op Month? The Co-op is celebrating this year by rounding-up at the register. When your friendly cashier asks you if you want to "round-up" your bill, say yes and the additional money will go straight to the Bluff Country Co-op Community Fund (see page 6 for more information). We are working hard with local businesses to match the total funds received throughout the month. Let's get rounding!

At BCC, we celebrate cooperatives all year. In July, our board hosted the Menomonie Market Food Co-op board at our monthly meeting. This was a great way to connect with another Co-op and share our successes as well as learn what's working well for them. It's Cooperative Principle #6: Cooperation Among Cooperatives in action! If you're interested in finding out what a BCC board meeting is like, join us! Meetings are open to all members and are held on the 2nd Monday of each month in our Community Room from 6-8pm.

Well I haven't stopped thinking about apples since I started writing this article. I'm going to go find me a Golden Russet – one of my favorites! They don't look as pretty as some of the others, but they sure are tasty.

Happy Harvesting!



In June the Board of Directors from Menomonie Market Food Co-op joined our Board for their monthly meeting. It was a great example of Cooperative Principle 6: Cooperation Among Cooperatives!

# Principle 6 Cooperation Among Cooperatives



Bluff Country Co-op  
*Community*



# Fund

donate!

In our last newsletter we introduced the Bluff Country Co-op Community Fund. With our Community Fund, anyone can give a tax-deductible donation that will be used to make loans to other cooperatives around the country. The interest on those loans is then paid back to us, and we donate it to a local nonprofit of our choosing. It's a win-win-win!

While any individual can make tax-deductible donations to our fund at any time, BCC will be especially promoting our fund during Co-op month, which is October. One of the ways we will be promoting our fund in October is with our first ever Round-Up at the Register campaign.

Here's how it will work: Every time you make a purchase at the co-op in the month of October, your cashier will ask if you'd like to round-up in support of

our Community Fund. You can choose to round-up to the nearest dollar or you can pick any dollar amount to contribute. All of your round-up donations are tax deductible.

For example, if your co-op purchase comes to \$32.39, and you opt to round-up to the nearest dollar, your total would be \$33.00 and your tax-deductible donation to the fund will be \$0.61.

If your co-op purchase comes to \$32.39 and you opt to round-up to a \$50.00 donation, your total will be \$82.39, and your tax-deductible donation will be \$50.00.

Your co-op register receipt will separate out your donation to the fund from your grocery purchases and you can keep it for your tax records.

**\$500 = \$1,500!**



Frontier Co-op has pledged up to \$500 in matching funds for our October round-up if we raise at least \$500 in donations at the registers in October, and we get another \$500 match from a community donor.



# Principle 7

## Concern for Community

**\$5,000 = \$10,000!**



In addition to our October match, if we raise \$5,000 in donations during this first year of our Fund, we will receive a \$5,000 match collectively donated by Frontier Co-op, Organic Valley, and National Cooperative Bank!

If you'd like to learn more about our Community Fund, please visit our webpage at [www.bluff.coop](http://www.bluff.coop) or email our Social Equity Committee chair, Johanna Rupprecht, at [Johanna@bluff.coop](mailto:Johanna@bluff.coop). If you are interested in pledging a matching donation or giving a significant gift, please contact General Manager Dawn Schreiber for more information. Ask for her in-store, call 507-452-1815, or email [dawn@bluff.coop](mailto:dawn@bluff.coop)



Checks should be made out to: TPCF/BCCCCF

## Quick Facts

- All donations are professionally managed and tax-deductible
- Your donation goes to work right away supporting cooperatives around the country
- Interest earned on our community fund is returned to us annually, and we donate it to a local non-profit of our choosing
- BCC's first annual distribution of interest earnings to nonprofit organizations will be in May-June 2019
- If we donate \$500 to our fund in the month of October and we get a \$500 match from a community donor, Frontier Co-op will donate \$500
- If we donate \$5,000 to our fund in its first year, Frontier Co-op, Organic Valley Co-op, and National Cooperative Bank will join together with a \$5,000 match

# Sustainability at the Co-op

## Sustainable Palm Oil

This Thanksgiving, Bluff Country Co-op, along with many other food co-ops around the country, will be offering all-natural, handmade pies made by the Willamette Valley Pie Company. What's special about WVPC is that they use Palm Done Right palm oil in all of their pies (a switch that was made to their entire line as result of the co-ops' request.) Why did co-ops request the switch? Palm oil has the potential to be one of the most sustainable oils in the world; however, the way most palm oil is produced has led to "large-scale destruction of native habitats for humans, animals and plants; the burning of carbon-rich soils; and unnatural growing practices focused on synthetic fertilizers and chemical herbicides and pesticides that has caused massive release of greenhouse gasses (GHG), contributing to global warming," (palmdoneright.com). Palm Done Right works to draw attention to agricultural practices often used in palm oil production that are dangerous to animals and the environment, as well as economic practices that are unfair to farmers. Palm oil that meets Palm Done Right standards is organic, sustainable and responsible. More than that, it's habitat-friendly, orangutan-safe, non-GMO and fair trade.



**PALM  
DONE RIGHT™**

## Passing the Torch

While our Kids Cook! classes are a hit with younger kids, and our other cooking classes are popular with adults, we've long wondered how we could offer cooking instruction to those in-between emerging adults, "kids" who are old enough to work in the kitchen unsupervised, and who may be leaving home soon. We're excited to announce our new Teens Cook! series.

Trina Barrett, our Merchandising Manager and former Kids Cook! teacher, developed this 5-class series designed to help students develop foundational cooking skills and become confident working in the kitchen. Classes will be hands-on and use a whole-foods approach. Students will sample all of their dishes and

come away from the series with a repertoire of recipes.

Minimum: 6 participants.

Maximum: 12 participants.

Fee: \$100/series



- Thursday, Oct. 4th, 5-6:30pm Appetizers
- Thursday, Oct. 11th, 5-6:30pm Sides
- Thursday, Oct. 18th, 5-6:30pm Main Course
- Thursday, Oct. 25th, 5-6:30pm Dessert
- Thursday, Nov. 1st, 5-7pm Full Meal

Advance registration required. Call 507-452-1815



## Meat Slicer

When thinking about sustainability, a meat slicer probably isn't the first image that comes to mind. Since the introduction of our meat slicer into our kitchen's operations, however, we are able to save big on plastic waste. Prior to using the meat slicer, the deli meat in our sandwiches came to us individually wrapped. Now we get the same meat in bulk, slice it ourselves, and avoid all the extra plastic.

## Electric Vehicle Charging Station

We are excited to announce the installation of Winona's first public EV charging station at Bluff Country Co-op! The station, which was installed in August, will add about 24 miles of battery range per hour to most EVs that are 2013 and newer, which is six times faster than plugging into a 120-volt outlet. There is no charge for using the station, but there is a suggested donation of \$2/hour to help us offset the costs.

The station will be available during store hours (8am-8pm daily).



## Electronic Voting

The Co-op's board of directors is offering electronic voting at this year's Annual Member Meeting. While paper ballots will still be available at the meeting, the use of electronic voting will cut down on paper waste considerably. For those who'd like to try electronic voting, but may need help, board members will be in the store a few days before the meeting to assist. See our calendar on page 2 for dates and times.



## Brussels Sprouts & Orange Pepper

### INGREDIENTS

- 2 lbs fresh Brussels sprouts
- 2 orange bell peppers, seeded, sliced thin
- 1 onions or 2 shallots, sliced thin
- 2 garlic cloves, minced
- 6 tablespoons butter
- salt and pepper
- 2 tablespoons lemon juice

### DIRECTIONS

Peel off the outer leaves of the brussels sprouts and slice off about 1/8" from their stems. Score an "x" in the bottom of the stem end. Steam until tender.

Saute pepper, onion, and garlic in butter until tender and beginning to brown. Add brussels and brown further. Add lemon juice and toss to evenly coat.

Ready In  40 min

Serves: 

*The recipe makes a lovely side dish. For a main dish, toss with sauteed chicken, pork or tofu pieces and serve with a loaf of crusty bread. Adapted slightly from [www.geniuskitchen.com](http://www.geniuskitchen.com)*

# Feel Good from the Inside Out

The products in our store are chosen not only for the purity of their ingredients, but also for the company's commitment to social justice and environmental responsibility.

Below are just three of the brands we proudly sell in our WellBody aisle.



When you purchase Alaffia body care products, you're not only pampering yourself with luxurious products, you're empowering African communities. That's because Alaffia is committed to ensuring that the African resources that make up their products actually benefit the African communities from which they originate. Alaffia's two primary goals are to alleviate poverty and encourage gender equality. They do this through five main empowerment projects: Maternal Care, Education, Reforestation, Eyeglasses, and FGM Eradication.

To date, your purchases have helped fund:

- 4,832 births
- The construction of 12 schools + 2,311 school benches
- School supplies to 34,640 children
- The distribution of 8,253 bikes for children to get to school
- 59,775 trees planted
- 25,588 eyeglasses donated



For every bar of Pacha soap you purchase, a second bar is made and given to someone in need. But here's the catch: Rather than shipping the donated bars to those in need, Pacha actually creates jobs for soap makers in the town where the soap is to be donated. So while the soap you purchase was made in Hastings, Nebraska, the soap you're donating is made by locals in developing countries. Those locals then distribute the soap to people in need in their own community.

Your purchase not only helps fund American soap makers in Hastings, it also helps developing countries by creating small-scale soap shops, providing careers, donating soap and sanitation resources, and fueling clean water initiatives.

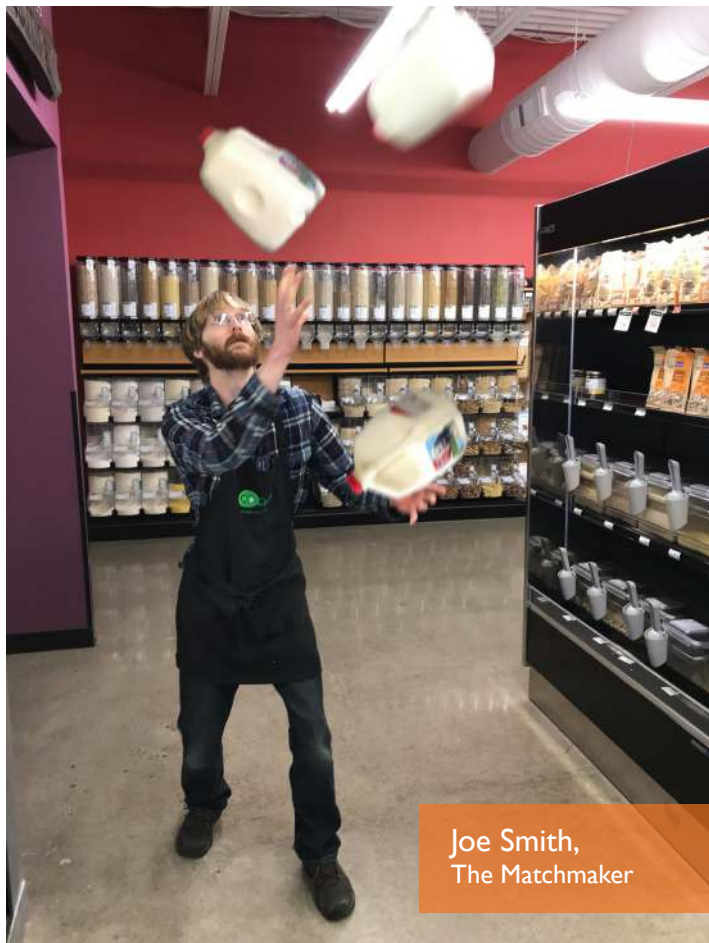


Since it began in 1946, Dr. Bronner's has been an activist company. The company continues to be family-owned and driven by its mission today. They call themselves the "fighting soap company" and are committed and strategic in the causes they fight for, which include:



- Regenerative Agriculture
- Wage Equality
- Animal Advocacy
- Youth and Community Services

# Staff Spotlight



Joe Smith,  
The Matchmaker

When my wonderful wife, Emily, and I found out we were moving into an idyllic little house outside of Galesville in June of 2015, my first phone call was to Bluff Country Co-op to see if they had any job openings in their kitchen. After a brief phone interview, Rachel, the Deli Manager at the time, told me I could start the very next day! So we bought some chickens and began our new lives in the Driftless area.

The Co-op was an obvious first choice for work for me - all of my work experience is either in kitchens or co-ops - and it was serendipitous that BCC needed someone in the kitchen. Since high school, my resume has been sprinkled with line cook jobs in various restaurant settings. My first co-op job was volunteering at Riverwest Co-op in Milwaukee delivering their famous brunches on bicycle. After meeting Emily, we headed for my hometown of River Falls, WI, where I worked at Whole Earth Grocery Co-op. (Those guys listened to flamenco guitar music day-in, day-out!) And now I am a Buyer/Pricing Coordinator at BCC, and still cook a couple nights a week at the Blue Heron Coffeehouse.

In a nutshell, my role at the Co-op consists of keeping our shelves full of the quality food that customers are either looking for, or that they may not have known about. But beyond the nutshell, the Co-op is at the center of a great network of thousands of people living their passions mixing their knowledge and creativity to create products designed for thousands of other people who are seeking delicious, high-quality food. My job is to be a matchmaker for the two groups, introducing them to each other in our store's aisles.

It has been quite the experience being with the Co-op through our expansion, and feeling my own life expanding with it with the arrival of our son, Edgar. My foremost ideal is to have a world with at least an availability of clean food, air, and water for my family to thrive in, and the Co-op has given me the opportunity to leverage my work toward this. I'd like to shout out to anybody who has helped make this possible: Thank you!

## Letter to the Co-op



When I came ashore in Newport, Rhode Island in the spring of 1975, there was no food co-op in that city. Ade Bethune, my neighbor who had worked alongside Dorothy Day in the soup kitchens in New York City, had started a small co-op in the basement of her house down the street. Prior to this I had never experienced a food co-op. We had about twelve people in the buying club, and one of us would drive to Providence monthly to pick up the produce. We would take turns splitting up the orders, cutting the cheese and measuring out everyone's order.

Here in Minnesota the co-op movement took off in the 1960s and 70s. Local Winona hippies began their home-based Famine Foods (now Bluff Country Co-op) in 1972. Over the past 46 years many members have worked hard to keep the doors open.

Our new store might be mistaken for a profit-driven supermarket but that is not so. Each co-op member has ownership in our store. It's yours if you become a member!

All the profits are invested in the store or as member refunds. Consider becoming a member, volunteering, being on a committee and meeting some great liked-minded people who are investing in good food and health.

Be well,  
Taff Roberts, BCC Owner



**Bluff Country Co-op**

*We know good Food.*

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**GOOD FOOD DAILY**  
8am - 8pm

Annual



**OWNER MEETING**

Tuesday

**OCTOBER 16<sup>TH</sup>**

5-5:30pm Owner Social

5:30-6:30pm Meeting

A light dinner to follow

*Save the Date!*