



# BLUFF COUNTRY CUIZINE

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



*Winter 2019*



# Calendar

## DECEMBER

- **Class: DIY Bath Bombs & More • Saturday, Dec. 8th, 10-11am**  
Bath bliss experts Heather and Hailey will show you how to make serious bath bombs, soaks, and teas. Each participant will make and take home their own bath product. Warning: You may go with the intention of making a gift -- but you will end up keeping it for yourself! \$5 BCC owners, \$7 non-owners.
- **Class: Teen Cuisine - Holiday Cookies • Saturday, Dec. 8th, 4-6pm**  
For teens only! Make two different types of unique holiday cookies from scratch. When you sign up, let us know if you have any food allergies. Free! Space is limited. Please RSVP at 507-452-1815.
- **Class: Kids Cook! Holiday Cookies • Saturday, Dec. 15th, 10:30-11:30am**  
Kids 12 and under will have fun making and decorating holiday cookies. Free! Space is limited. Please RSVP at 507-452-1815.
- **Class & Dinner: Introduction to Mindful Eating • Saturday, Dec. 15th, 5-7pm**  
Learn and practice foundational mindfulness skills with a highlight on mindful eating. Participants will share a 3-course meal prepared by Bluff Country Co-op with Trish Johnson of Manitou Center. Fee: \$10 BCC owners, \$12 non-owners. Space is limited. Please RSVP at 507-452-1815.
- **Yoga at the Co-op • Tuesday, Dec. 18th, 12:05-12:50pm**  
Make a lunch date with your yoga mat at the Co-op! In this new partnership with Infinity Wellness, we're excited to offer a free yoga class in the Co-op's Community Room on the 3rd Tuesday of each month. De-stress and re-focus while getting your yoga fix during the lunch hour. This gentle, all-levels 45-minute yoga sequence will help create balance in the body and mind, and of course, connect with and honor the light within us all. Instructor: Mollee Sheehan. Free! Space is limited. Please RSVP at 507-452-1815.
- **Christmas Eve: Co-op Closes Early • Monday, Dec. 24th, 8am-4pm**
- **Christmas Day: Co-op Closed • Tuesday, Dec. 25th**



## JANUARY

- **New Year's Day: Co-op Opens Late: 10am-8pm**
- **Herb Class: Herbal Teas • Wednesday, Jan. 9th, 6-7pm**  
In this introduction to tea making, Herbalist Bonnie Kreckow will talk about the difference between a decoction and an infusion, and discuss which herbs are best suited for different types of medicinal teas. Bonnie will also help students formulate their own tea blends. Fee: \$12 BCC owners, \$15 non-owners. Space is limited. Please RSVP at 507-452-1815.
- **Class & Dinner: Date Night • Friday, Jan. 11th, 5-8pm**  
Perfect for a fun date night or roommate activity! Each pair will work together to create one of four courses (appetizer, salad, main course, dessert). The evening will end with a shared meal. Wine included. Fee: \$20/couple. Space is limited to 4 pairs. Please RSVP at 507-452-1815.
- **Yoga at the Co-op • Tuesday, Jan. 15th, 12:05-12:50pm**  
Make a lunch date with your yoga mat at the Co-op! In this new partnership with Infinity Wellness, we're excited to offer a free yoga class in the Co-op's Community Room on the 3rd Tuesday of each month. De-stress and re-focus while getting your yoga fix during the lunch hour. This gentle, all-levels 45-minute yoga sequence will help create balance in the body and mind, and of course, connect with and honor the light within us all. Instructor: Mollee Sheehan. Free! Space is limited. Please RSVP at 507-452-1815.
- **Class: Kids Cook! • Saturday, Jan. 19th, 10:30-11:30am**  
Kids 12 and under will have fun in this interactive introduction to cooking. Free! Space is limited. Please RSVP at 507-452-1815.
- **Class: The Mother Sauces • Saturday, Jan. 26th, 5-7pm**  
The Mother Sauces are the five main sauces of classical French Cuisine. Master these sauces and you'll have the foundation to create professional-style meals at home. Cookbook author and chef Peter Kwong will offer tips and secrets for making three of these sauces from scratch in your own home. Fee: \$7 BCC owners, \$10 non-owners. Space is limited. Please RSVP at 507-452-1815.

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

# FEBRUARY

- **Class & Breakfast: Pancakes Five Ways** • Saturday, Feb. 2nd, 9:30-11am  
Diane Leutgeb Munson will show us how to prepare three different types of pancakes and she will discuss two additional methods. Afterward, we'll enjoy breakfast together! Fee: \$5 BCC Owners, \$7 Non-Owners. Space is limited. Please RSVP at 507-452-1815.
- **Herb Class: Stress and What We Call Nervines** • Wednesday, Feb. 13th, 6-7pm  
Stress can be the precursor to many ailments in the body. Herbalist Bonnie Kreckow will discuss plants that have "nervine" properties and how they can help your stress. Fee: \$12 BCC owners, \$15 non-owners. Space is limited. Please RSVP at 507-452-1815.
- **Class: Kids Cook!** • Saturday, Feb. 16th, 10:30-11:30am  
Kids 12 and under will have fun in this interactive introduction to cooking. Free! Space is limited. Please RSVP at 507-452-1815.
- **Yoga at the Co-op** • Tuesday, Feb. 19th, 12:05-12:50pm  
Make a lunch date with your yoga mat at the Co-op! In this new partnership with Infinity Wellness, we're excited to offer a free yoga class in the Co-op's Community Room on the 3rd Tuesday of each month. De-stress and re-focus while getting your yoga fix during the lunch hour. This gentle, all-levels 45-minute yoga sequence will help create balance in the body and mind, and of course, connect with and honor the light within us all. Instructor: Mollee Sheehan. Free! Space is limited. Please RSVP at 507-452-1815.

## Meet your Board!

Board Meetings  
2nd Monday of every month from 6-8pm  
in the BCC Community Room



Free meal at the Catholic Worker House  
served by the board at 6pm  
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)

Terri Hansen [terri@bluff.coop](mailto:terri@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



Happy Holidays from your friends at BCC!

We are very excited to help you and yours have a delicious holiday season! Whether you are cooking up something slow or quick, an old favorite or that new recipe you've been wanting to try, our staff is happy to help. We also have a nice selection of local gifts and unusual treats

for an easy, tasty, and lively holiday party.

Our Marketing Department has cooked up some exciting classes focused on skills that can help everyone be successful in the kitchen. Conquering pancakes and mother sauces can be achieved this winter in the Co-op's Community Room. Or maybe some peace during a hectic holiday schedule with one of our free yoga classes? Some of the other things we are working on for 2019: adding a bulk kombucha station and acquiring a bicycle-powered smoothie machine!

On a more personal note, I attended a conference called Small and Strong in October. The conference attendees were regional co-op boards, staff, and managers from stores under \$4 million in annual sales. Many of the stores there have been in existence nearly as long as ours, others are brand new and haven't even opened their doors yet. It was the first time I was at a conference where our store was the biggest in the room. I found it to be very humbling and I was inspired by all of the hard work and immense effort these communities have put in to support their community food source. I am fortunate to remember our store from East Second Street. What a great success story we have here in Winona! I am so grateful.

Enjoy your holidays!  
Dawn

## Stuffed Butternut Squash with Quinoa, Kale, Cranberries, and Chickpeas



### INGREDIENTS

- 2 medium butternut squash
- 2 teaspoons olive oil, divided
- 3/4 cup quinoa
- 1 1/2 cups vegetable or chicken broth
- 1 bunch kale, stems removed and chopped (about 6 lightly packed cups)
- 2 cloves garlic, minced
- 1 teaspoon dried oregano
- 1/2 teaspoon kosher salt (plus additional for roasting squash)
- 1/2 teaspoon black pepper (plus additional for roasting squash)
- 1 (15 ounce) can chickpeas, rinsed and drained
- Zest of 1 orange, plus 1 tablespoon fresh orange juice
- 1/3 cup dried cranberries
- Grated Parmesan cheese or crumbled feta cheese (optional)



Adapted from  
wellplated.com

### DIRECTIONS

Preheat oven to 425 degrees F. Halve the butternut squash, scoop out the seeds, then arrange the halves on a baking tray, cut sides up. Drizzle with 1 teaspoon olive oil and sprinkle lightly with salt and pepper. Bake 45-55 minutes, just until the squash is fork tender. Remove from the oven and let cool. Reduce the oven temperature to 375 degrees.

While the squash is baking, place the broth in a small saucepan and bring to a boil. Add the quinoa, return to a boil, then reduce the heat, cover, and let simmer for 12 minutes, until most of the broth is absorbed. Remove from the heat and let sit, covered, for 15 minutes. Fluff with a fork, then set aside.

In a large skillet, heat the remaining 1 teaspoon olive oil over medium heat. Add the kale and cook until wilted, about 4 minutes, then reduce the heat to medium low. Add the garlic, oregano, 1/2 teaspoon salt, and 1/2 teaspoon black pepper. Cook 30 additional seconds, until fragrant. Stir in the chickpeas, orange zest, orange juice, cooked quinoa, and cranberries.

Once the squash is cool enough to handle, scoop out some of the flesh to make room for the filling (reserve scooped flesh for another dish). Stuff the kale quinoa filling into the squash halves, then return the squash to the oven. Bake at 375 degrees until hot, about 10 additional minutes. Sprinkle with cheese and serve warm.

# Board Report

BY JENN BAECHLE, BOARD VICE PRESIDENT



With the holidays approaching, I feel that the Board has a lot to be thankful for and I would like to take some time to show our gratitude.

Thank you to all the owners who attended the AMM and all those who helped out before, during, and after the event. If you weren't able to make it, minutes from the meeting are available on our website. I would also like

to welcome our newest board member, Terri Hansen, who was elected at the meeting.

In the month of October we held our first ever Round Up at the Register campaign. We raised money for our new Community Fund, which we started earlier this year. Our goal was to raise \$500 in October. Not only did we meet our goal in just five days, but we ended up raising more than \$1,000 throughout the month! Thank you to all of those who rounded up and to our staff for organizing the logistics of the campaign and asking each customer.

The holidays mean lots of cooking and baking in my house. I love that BCC has all of the delicious ingredients I need - and some treats I just want. But if you find that you simply don't have the time to prepare something, remember that our kitchen is happy to do it for you or your organization. Our party trays are always crowd pleasers and our brand-new cake program satisfies your sweet tooth with local and organic ingredients. For last-minute gatherings, check out the hand-picked cheeses and meats that Brian has selected for us all.

A report on thankfulness wouldn't be complete without a big thank you to our General Manager Dawn and all the Co-op managers and staff who help make everything run smoothly behind the scenes. One Co-op owner commented on the AMM evaluation that they would have liked us to recognize Dawn for her "strong and graceful leadership throughout the expansion and afterward." The commenter went on to say, "Her impact is profound and we are so lucky to have her." We agree wholeheartedly with this comment! Next time you see Dawn, or any staff member, tell them thank you for all their hard work!

To all of our owners and patrons, thanks for being a part of our BCC community.

Jenn

## Gingerbread Cookies

Makes 48 3-inch cookies. Prep time: 1 hour

- 1 ½ cups unbleached flour
- 1 cup whole wheat pastry flour
- ½ teaspoon baking soda
- ¼ teaspoon baking powder
- ½ teaspoon salt
- 1 teaspoon ground ginger
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- ¼ teaspoon ground cloves
- 1 stick unsalted butter, softened
- ¼ cup light brown sugar
- ½ cup molasses
- 1 large egg

### Royal Icing

- 2 cups powdered sugar, approximately
- 1 large pasteurized egg white or
  - 2 ½ tablespoons meringue powder
- ¼ teaspoon lemon juice
- 2 tablespoons water, approximately

1. In a large bowl, mix together flours, baking soda, baking powder, salt and spices. Using a stand mixer or an electric beater, cream butter until soft, then add brown sugar and beat until well-mixed. Add molasses and beat, scrape down and add egg, beat again until combined. Stir in the flour mixture. Divide dough into four rectangular pieces, place between sheets of parchment and roll out ¼" thick. Stack sheets of dough on a baking pan and chill for 3 hours.
2. Preheat oven to 350°F. Lay sheets of dough on counter, remove top layer of parchment and use a cookie cutter to cut into shapes. Using a thin spatula, transfer cookies to parchment-lined baking sheets. Repeat process with scraps.
3. Bake 12 minutes, switching the pans between oven racks halfway through. When cookies are puffed and look dry, remove and cool on the pan for five minutes, then move cookies to a cooling rack.
4. Using a stand mixer or electric beater, mix powdered sugar with egg white or meringue powder. Mix in lemon juice and water, a tablespoon at a time, to reach desired consistency. Transfer icing to a piping bag with a small round tip and use to draw outlines on the cookies.





# A Guide to Winter Squash

Choosing a winter squash to prepare can be confounding—here are common varieties of squashes you’ll love.

**W**inter squash are harvested late summer through fall, then cured or “hardened off” in open air to toughen their exterior. This process ensures the squash will keep for months without refrigeration. When selecting any variety of winter squash, the stem is the best

indication of ripeness. Stems should be tan, dry and on some varieties, look fibrous, frayed or corky. Fresh green stems or those leaking sap signal that the squash was harvested before it was completely ripe. Ripe squash has a vivid, saturated color and a matte, rather than glossy, finish.

*Check out the plentiful winter squash recipes and articles at [www.strongertogether.coop/winter-squash](http://www.strongertogether.coop/winter-squash)*



### Acorn

Mild, versatile flavor and a tender-firm texture that holds up well when cooked. Hard rind helps squash hold its shape when baked.

**Best uses:** baked, stuffed, cubed and added to grain salads



### Blue Hubbard

This huge squash is perfect for feeding a crowd! Bright orange flesh has a buttery, nutty flavor and a dry, flaky texture similar to baked potato.

**Best uses:** baked, mashed and topped with butter, sea salt and black pepper



### Butternut

Vivid orange flesh is sweet and slightly nutty with a smooth texture that falls apart as it cooks. Rind is edible but squash is usually peeled before use.

**Best uses:** soups, purees, recipes where smooth texture is highlighted



### Delicata

Rich, sweet, flavorful yellow flesh tastes like a mix of chestnuts, corn and sweet potato. Quick-cooking with a thin, edible skin. Highly seasonal.

**Best uses:** sautéed until caramelized, broiled, baked



### Heart of Gold/Carnival

This hybrid squash inherits its tender-firm texture from Acorn and its sweet, nutty flavor from Sweet Dumpling, offering the best of both parents.

**Best uses:** baked, stuffed, broiled with brown sugar

### Kabocha (Green/Red)

Smooth, dense, intensely yellow flesh that is similar in sweetness and texture to sweet potato.

**Best uses:** curries, soups, battered and fried as Japanese tempura



### Pie Pumpkin

Mildly sweet squash with a rich pumpkin flavor, perfect for pies and baked goods. Different from carving pumpkins, these are bred for sweetness and size.

**Best uses:** pies, custards, baked goods, curries and stews



### Red Kuri

Vivid orange, mildly sweet and smooth, dense squash with a delicious chestnut-like flavor. Makes a rich and velvety puree.

**Best uses:** Thai curries, soups, pilafs and gratins, baked goods



### Spaghetti

Pale golden interior is stringy and dense – in a good way! Use a fork to pry apart cooked flesh which resembles spaghetti in texture and mild flavor.

**Best uses:** baked and separated, then dressed as you would pasta



### Sweet Dumpling

Petite, softball-sized squash with a pale gold, dry starchy flesh that is similar to a potato but which is renowned for its rich, honey-sweet flavor.

**Best uses:** baked with butter and cinnamon



# Signs of our times

You already know our shelves are filled with high-quality local food that demonstrates our commitment to community. But did you know that the artwork on our walls and the craftsmanship in our store represents that same quality and dedication to local artisans? Read on for a tour of our store art!



## Trempealeau Mountain stained glass in community room

Our stained glass version of Trempealeau Mountain was created by long-time BCC owner Jack Honeywell.



## Beyond Good Food painting in parking lot entry

Our “Beyond Good Food” logo represents our values and our ends and was painted by BCC Owner Shari Schuh in our entrance for all to see as they walk in the store.



## Bookcase holding little free cookbook library

Long-time BCC Owner Ibrahim Butler hand-crafted the bookcase for our little free cookbook library as well as the bookcases serving as sidecaps throughout our store. BCC owners Emilio and Monica DeGrazia provided us with the initial stock of cookbooks.





### **Fish above meat cooler**

We obtained this fish from our friends and community partners, BCC owners Coleen and Larry Wollner, who own the Blue Heron Coffeehouse. They got the fish from their friend Dave Sipe. Sipe is a wood sculptor/chainsaw artist living in Colorado -- look him up online for some entertaining videos!



### **Fruit & Vegetable stained glass in community room**

Our stained glass produce has been with us for a while, but we haven't been able to find out where it came from. If you know, let us know!



### **Paddle and canoe**

This Sanborn Canoe Company paddle and the Wenonah Canoe above our beverage cooler are a nod to two other environmentally minded businesses in town.



### **Wooden "Famine Foods" sign in bulk department and "co-op" sign in produce department**

The "Famine Foods" sign in our bulk department and the "co-op" sign in our produce department hung together as the store's first exterior sign when we opened in the original location in 1972. Leo Smith carved the signs.



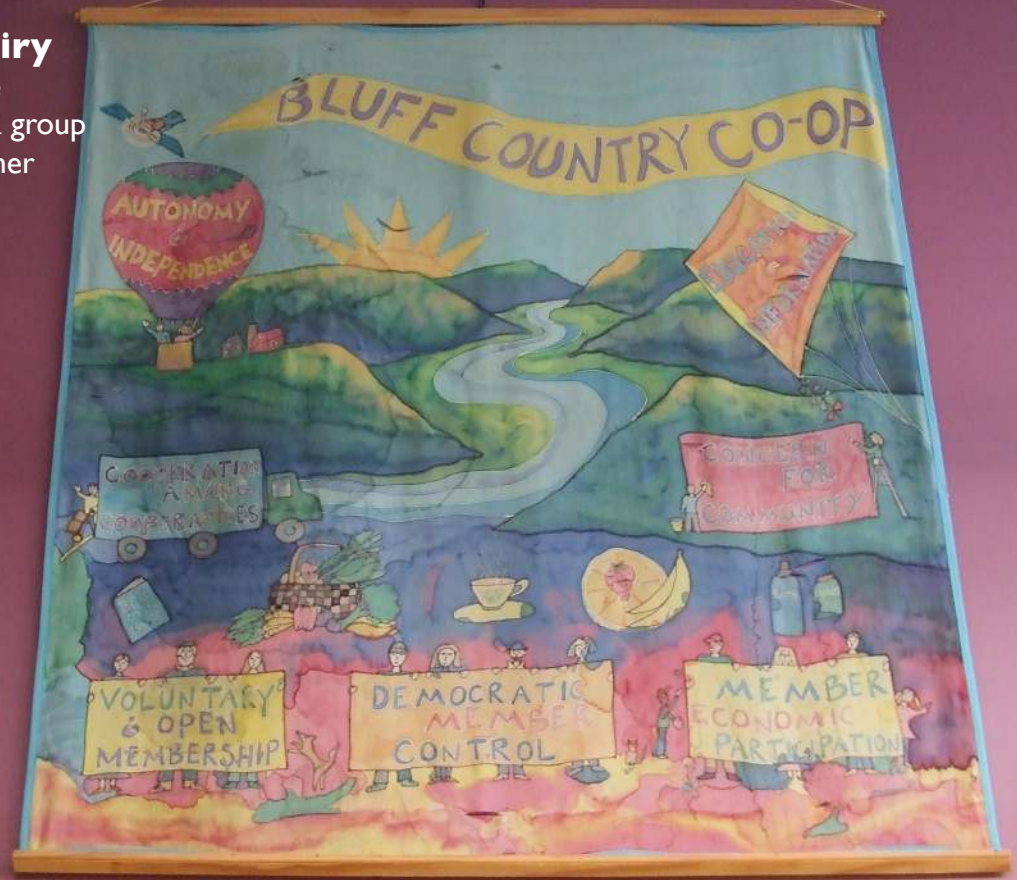
### **"Famine" sign near dairy department**

Some customers have wondered why we have a sign that says "famine" in our store. We always tell them that this sign has been display in every incarnation of our store. Roger Lacher, one of our founding owners, created it out of butter-nut wood.



### Silk banner above dairy

When silk artist Karel Hendee was living in Winona, she and a group of others created this silk banner inspired by our co-op.



### Painting of beet

Winona artist and BCC owner Jamie Harper used reclaimed house paint and a salvaged hollow-core door to create this beet.



### Counter in deli seating area

Our project manager for our expansion introduced us to his uncle, local cabinet-maker Gary Hoff, who designed and built the eating bar in our seating area.



**Holiday Nut Sale!**

**20% OFF**

all bulk nuts

December 14th-16th



*Try a Cake!*

For your  
next celebration



**Now Taking  
Orders!**



**Bluff Country Co-op**

*We know good Food.*

121 W. 2ND STREET  
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(fax) 507.457.0511

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

# 1 Year *Amazing* 12 Cheeses

2019 Cheese Club  
Memberships Available

*Ask a cashier for details*



**Great  
Gift Idea!**