



BLUFF COUNTRY CUIZINE

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



We're powering
smoothies by bicycle!
See page 4

Spring 2019

Calendar

MARCH

- **Class: DIY Bath Bombs & More • Saturday, 2nd, 10-11am**

Back by popular demand! This class sold out so quickly in December that we promised another. 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. \$5 BCC owners, \$7 non-owners.

- **Tasty Tuesdays • Tuesday, 5th, 10:30-11:30am • Held on the first Tuesday of every month.**

In this new series we will introduce fruits and veggies to children 5 & under. Each child will receive a free fruits & veggies passport, which we will use as a guide as we explore new tastes. Free, but space is limited. Please RSVP at 507-452-1815.

- **Teen Cuisine: Bread Baking • Thursday, 7th, 5-7pm**

For Teens Only! Learn to bake your own bread from scratch! Free, but space is limited. Please RSVP at 507-452-1815.

- **Herb Class: Trauma and Injuries Treated Holistically • Wednesday, 13th, 6-7pm**

Herbalist Bonnie Kreckow will discuss the impact herbs can have on a body when injury or trauma has occurred and show you how to prepare a poultice and a compress. \$12 BCC owners, \$15 non-owners. Space is limited. Please RSVP at 507-452-1815.

- **Great River Organic Milling Baking Contest • Saturday, 16th**

Great River Organic Milling is sponsoring a baking contest at Bluff Country Co-op! See our website for details.

- **Kids Cook! • Saturday, 16th, 10:30-11:30am**

Kids 5-12 will have fun in this interactive introduction to cooking. Free, but space is limited. Please RSVP at 507-452-1815.

- **Class & Dinner: Date Night • Saturday, 16th, 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. \$30/couple. *Feel free to bring your own beer or wine. Space is limited to 4 pairs. Please RSVP at 507-452-1815.

- **Yoga at the Co-op • Tuesday, 19th, 12:05-12:50pm**

Make a lunch date with your yoga mat at the Co-op! In this 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. Mollee Sheehan will lead this gentle, all-levels 45-minute sequence. Please bring your yoga mat if have one. Free, but space is limited. Please RSVP at 507-452-1815.

- **Class: Good & Cheap • Tuesday, 26th, 5:30-7pm**

Inspired by the book *Good & Cheap: Eat Well on \$4/Day* by Leanne Brown, this class will offer tips and meal ideas to make your dollars stretch while you eat well. We'll give you a store tour and show you how to make a couple "good and cheap" meals that you can make at home. Free, but space is limited. Please RSVP at 507-452-1815.

APRIL

- **Tasty Tuesdays • Tuesday, 2nd, 10:30-11:30am • Held on the first Tuesday of every month.**

In this new series we will introduce fruits and veggies to children 5 and under. Each child will receive a free fruits & veggies passport, which we will use as a guide as we explore new tastes. Free, but space is limited. Please RSVP at 507-452-1815.

- **Teen Cuisine: Mindfulness Dinner • Friday, 5th, 5-7pm**

For Teens Only! Learn 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. Mindfulness helps develop a greater sense of awareness and engagement with everyday living including the food we eat. Free, but space is limited. Please RSVP at 507-452-1815.

- **Class & Meal: Instapot! • Saturday, 6th, 10-11:30am**

Come find out the basics of electric pressure cookers. We'll cook a couple of different items and a meal to share. \$7 owners, \$10 non-owners. Space is limited. Please RSVP at 507-452-1815.



Made-to-Order
OMELETS

with additional brunch items on our hot bar.

1st Sunday of March, April & May • 10-11:30 am

APRIL Continued

- **Spring Ayurvedic Dinner • Saturday, 6th, 5-7pm**

Join Mollee Sheehan, Ayurvedic Yoga Specialist, for an Ayurvedic dinner, drink and dessert that will enliven your taste buds and nourish your body. Fee: \$12 BCC Owners, \$15 non-owners. Space is limited. Please RSVP at 507-452-1815.

- **Yoga at the Co-op • Tuesday, 16th, 12:05-12:50pm • Held on the 3rd Tuesday of every month.**

Make a lunch date with your yoga mat at the Co-op! In this partnership with Infinity Wellness, Mollee Sheehan will lead this gentle, all-levels 45-minute sequence. Please bring your yoga mat if have one. Free, but space is limited. Please RSVP at 507-452-1815.

- **Kids Cook! • Saturday, 20th, 10:30-11:30am**

Kids 5-12 will have fun in this interactive introduction to cooking. Free, but space is limited. Please RSVP at 507-452-1815.

- **Learn About Electric Vehicles • Saturday, 20th, 12-1pm**

The Winona Area Climate Action Network will host a free EV talk to introduce curious folks to what it's like to drive an electric car. See EVs, talk to their owners, and find out why they are so great for our climate.

- **Class: Good & Cheap • Saturday, 27th, 10-11:30am**

Inspired by the book *Good & Cheap: Eat Well on \$4/Day* by Leanne Brown, this class will offer tips and meal ideas to make your dollars stretch while you eat well. Free, but space is limited. Please RSVP at 507-452-1815.

- **BCC on the Road: Earth Day at the East End Rec Center • Sat., 27th, 10am-2pm**

Try your hand on our new smoothie bike!

- **Class & Brunch: Master Brunch • Sunday, 28th, 9-11am**

Who's the brunch master? You are! In this demonstration class, BCC Kitchen Manager Tim Shelly will offer tips and tricks for creating restaurant-quality brunch in your home. Afterward, the group will share brunch. \$7 owners, \$10 non-owners. Space is limited. Please RSVP at 507-452-1815.

MAY

- **Teen Cuisine: Crepes and Omelets • Saturday, 4th, 4-6pm**

Make your Mom breakfast in bed on Mother's Day or impress your friends at your next sleepover when you make scratch crepes and omelets for breakfast in the morning! We'll eat what we make after class! Free, but space is limited. Please RSVP at 507-452-1815.

- **Tasty Tuesdays • Tuesday, 7th, 10:30-11:30 • Held on the first Tuesday of every month.**

In this new series we will introduce fruits and veggies to children 5 and under. Each child will receive a free fruits & veggies passport, which we will use as a guide as we explore new tastes. Free, but space is limited. Please RSVP at 507-452-1815.

- **Annual Mother's Day Native Plant Sale • Friday, 10th - Sunday, 12th**

Featuring locally grown landscaping plants and culinary herbs.

- **Kids Cook! • Saturday, 18th, 10:30-11:30am**

Kids 5-12 will have fun in this interactive introduction to cooking. Free, but space is limited. Please RSVP at 507-452-1815.

- **Yoga at the Co-op • Tuesday, 21st, 12:05-12:50pm**

Make a lunch date with your yoga mat at the Co-op! In this 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. Mollee Sheehan will lead this gentle, all-levels 45-minute sequence. Please bring your yoga mat if have one. Free, but space is limited. Please RSVP at 507-452-1815.

- **Memorial Day: Co-op is Closed • Monday, 27th**

Board Meetings

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

Meet your Board!



Free Meal at the
Catholic Worker House
served by the board at 6pm
on the 3rd Friday of every month!



GM Report

BY DAWN SCHREIBER, GENERAL MANAGER

There's a lot of cool new stuff happening at your Co-op these days! We have been talking about simplification from the board level to the staff level, how we can make things simpler at the store and how we can help customers make things simpler in their lives. The updates below are just a few of the things that have come out of those conversations.

Kombucha is now on tap! In December we brought in a kegerator and began ordering kegs of kombucha from Tapuat Brewing Co. in Door County, Wisconsin. Our shoppers can now reduce their glass consumption by refilling containers from home, and Tapuat reduces its glass usage each time we return our empty kegs for refilling. We always have ginger on tap as well as a rotating seasonal flavor. Salut!

Soon you will also start seeing the co-op's new smoothie bike in the store or at events around town. Our fun new bike allows riders to turn their revolutions into smoothies thanks to a blender mounted to the front. We're super excited to spread the word about our awesome juice bar, and this is just the vehicle to share our excitement. And it's not just for smoothies! We'll be making salsa and pesto at the Farmer's Market this summer to encourage folks to support their local farmers. Stop by our booth at Earth Day (Winona is celebrating on April 27th this year) to take your first pedal and sample a smoothie generated by your efforts.

How can we help busy folks with limited resources get a tasty dinner on the table? This question has come up a lot. Board member Jenn Baechle is taking action by teaching two classes this spring with recipes and tips from the book *Good & Cheap: Eating Well for \$4/Day*. In addition, in response to the popularity of our Kids Cook! classes, we're extending our kids classes, so families can help kids of all ages get involved in the kitchen. See our calendar on pages 2-3 for more details.

Another aspect of simplification surrounds our Articles of Incorporation and Bylaws. It's been 5 years since we last presented our owners with changes to those documents. We are in the process of finalizing our proposed changes and hope to share all the information with you in our summer newsletter. Our hope is that these new changes simplify the language and clarify ownership.

Thanks for supporting your community-owned, cooperatively-run grocery store!

I hope to see you in the aisles soon!

Dawn
GM@bluff.coop

BOARD OF DIRECTORS

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GOOD FOOD DAILY 8am - 8pm



Board Report

BY JENN BAECHLE, BOARD VICE PRESIDENT

During one of our board's recent Social Equity Committee meetings, we had the pleasure of meeting Annette Shepardson, the SNAP-Ed Educator for the University of Minnesota Extension Program. We talked with Annette about how BCC can better serve all members of our community. When I heard that those receiving SNAP benefits are given \$4/day/family member for their meals, I decided to challenge my family to see if we could eat well, and eat only from the Co-op, at that amount. We already try to stick to a budget (but I will admit not very successfully). This challenge gave us \$60 for 5 days.

I was pleased to find that with the help of Leanne Brown's cookbook *Good and Cheap* (which is available free online) and a pretty well-stocked pantry to begin with, we totaled \$60.82. (To be fair, my husband doesn't eat breakfast, and my 22-month-old eats breakfast and lunch at daycare 3 days a week. I ate all my meals from our grocery budget during this week.) \$15.74 was spent on meat that went into 3 meals, \$28.05 on produce, \$3.29 on eggs, \$2.62 on bulk items, and \$11.12 on other food items. Pantry items we didn't have to buy included spices, oil, broth, some produce items, corn meal, oatmeal, and bread.

While our \$60 week may not have been a true comparison to those who rely on SNAP all the time, I did find that if I thought a little differently about how to shop, I could eat well on this amount. For example, I was careful to buy only what I thought we needed, rather than buying anything extra to have on hand. And the bulk department, which I shop regularly anyway, was a huge help. Instead of buying a whole bag of rice, I could buy just the two cups I needed.

The Co-op believes that access to healthy food should be available to everyone who wants it. This is why this spring we are offering classes on how to stretch your dollars at the Co-op. We'll be preparing a couple of meals from Brown's cookbook and pointing out all the ways to save money at the store. Our staff also has plans to create displays with healthy, inexpensive meal ideas. Keep an eye out on our Facebook page for tips and meals as well!

If you have any personal stories or tips on making meals on \$4 a day/person, please send me an email. I'd love to hear from you and share your ideas!

Jenn Baechle
Jenn@bluff.coop



Share Your Love
of the Co-op

April is our
Owner Drive!

When you
refer a friend
to become an owner in April
you'll get a
\$10 gift card
and your friend will get a
FREE goodie bag!



Reducing Waste

with the Co-op



How can the Co-op reduce waste? What can you do to help? We are challenged by these questions on an ongoing basis. They come up when we're making policy decisions, when we're deciding which products to bring into the store, and when we're chatting with you, our customers, in the aisles.

In most cases, solutions are complex and far from perfect. The good news is that your choices can have a positive impact! Here are 5 ways you can make a difference.



1. Bring Bags Everywhere You Go

An impressive number of shoppers already bring their own bags to the Co-op. But it doesn't have to stop there. You can also bring your own bags for your produce and your own containers for bulk items. And those reusable grocery bags don't just have to be for groceries. Bring them to the hardware store, the bookstore, the shoes store – every time you purchase goods you have the opportunity to reuse a bag.

Did you know?

The co-op has a “take a bag, leave a bag” rack. If you forgot your bag, or if you have way too many, pick one up or drop one off on the rack. It's conveniently located near the sliding doors in our seating area.



3. Buy in Bulk

Shopping our bulk department is one of the very best ways to reduce waste. When you reuse your own containers, buying in bulk eliminates all packaging waste. As an added bonus, you save money, too!

Did you know?

When our Co-op first started, our store was made up of mostly bulk items.

Did you also know?

We also have bulk shampoo, conditioner, lotion and liquid hand soap in our WellBody aisle. Don't see your favorite brand? Just ask – some brands offer economy-sized items that we can special order for you.



2. Say No to the Receipt

Many customers take a receipt only to throw it in the garbage. You can save this step by telling your cashier you don't need a receipt.

Did you know?

BCC owners can have their receipt emailed. If you want the receipt, but not the waste, just ask your cashier to email it to you.



4. Commit to a Litter-Free Lunch

We sell a wide variety of containers that make litter-free lunches easy and convenient. We've got reusable sandwich and snack bags, straws, utensils, food containers, and more!

Did you know?

You can take items from our salad bar, hot bar, and soups to go in your own containers. Just make sure to record the tare weight before you fill up.




5. Vote with Your Purchases!

Products that don't sell, don't stay on our shelves. If you absolutely can't stand all the packaging that a particular product comes in, ask for suggestions on an alternative.

Did you know?

We offer a variety of cooking classes. The more you cook, the less likely you are to generate waste from prepackaged items.

Cooperative Principles in Action P6 & P7

 Our Community Fund is off to a great start! We launched the fund in May 2018 and by year's end, we had deposited \$11,974 into the fund.

For our first October Co-op Month Round-Up at the Register we had a modest goal of raising \$500. We met that goal within the first week and raised a total of \$1,451 rounded-up dollars in October, thus allowing us to receive a \$500 match from Frontier Co-op as well as other local matches. Because we deposited \$5,000 into our Fund in its first year, we received an additional \$5,000 match generously donated by Frontier Co-op, Organic Valley, and National Cooperative Bank.

Here's a big thank you to each and every person and business who participated in building our new community fund this year! We want to especially thank those who matched our donations: Altra Federal Credit Union of Winona, Frontier Co-op, Organic Valley, National Cooperative Bank, and David Thompson, President of Twin Pines Cooperative Foundation.

We are forming the fund's inaugural Advisory Committee, which will be responsible for overseeing fund campaigns, publicity, and distribution of interest earnings to nonprofit organizations. The Committee will consist of members of our Social Equity Committee and volunteers who stepped forward after a request at the October Annual Meeting. Since the majority of our funds were not deposited until late in 2018, we may have only a few hundred dollars or less to distribute to a local nonprofit(s) in the summer of 2019, but we will continue to grow the fund and the interest it earns will increase every year.

Ways to donate in 2019

- Any time you check out at BCC - you can donate to the fund all year round, not just during our Round-Up at the Register, and the cashier will provide you with a receipt for your donation.
- During our Co-op Month Round-Up at the Register campaign in October
- Donate your earned interest from your BCC shares, and/or donate your BCC patronage refund.
- Area businesses can donate match money during our Round-Up campaign



2018 Bluff Country Co-op Community Fund Activity

BCC Abandoned Equity	\$3,828
Donated - member shares interest earnings	\$260
Round-Up at Register	\$1,451
Misc. donations from shoppers	\$205
Subtotal	\$5,744
Frontier Co-op Round Up at Register match	\$500
David Thompson Annual Meeting match	\$100
Local match (Altra Federal Credit Union)	\$200
Member match (Board & Owners)	\$430
Match: Frontier Co-op, OV, NCB	5,000
Match Subtotal	\$6,230
Total	\$11,974





From Our Chill Buyer

BY JOE SMITH

It has been generations since the “family cow” has faded from most parts of American culture. Over the decades, as people have become less and less engaged in the production of the foods they put on their tables, the standard methods of production have moved toward automation, mass production, and commoditization. Today, a growing group of consumers is researching the origins and qualities of the products they buy and how those methods of production impact their health and the health of their local land, animals, and economies.

We Minnesotans know what the first warm day of spring feels like. The grass erupts in green and we can finally feel the sunshine on our bare skin again. The return of fresh, Minnesota-grown food after a season of eating stored potatoes and onions is an indescribable relief, but we are not the only ones relieved – our grazing animals once again diet on the fast-growing grasses the season provides. Spring’s burst of sunshine and soil life allows the forage plants to pull more nutrients from deeper in the soil, and some of these nutrients show up in the milk and butter we eat.¹ Because grass-fed cows are eating their natural diet, grass-fed dairy has a near-perfect balance of omega-3 and omega-6 fatty acids. This is important for bovine health because it contributes to a healthy digestive tract, and it is important for our health because, as research shows, an imbalance of these fatty acids is suspected to be a common contributor in metabolic and cardiovascular diseases.²

Raising dairy animals using a model that accords with their natural tendencies also revitalizes the lands they occupy.¹ Ideally, the grazing model would mimic the roaming herd tendencies of the wild buffalo who once ruled the central U.S., laying down feet-thick layers of topsoil before the Europeans’ arrival. Properly-grazed land creates new topsoil as the animals traverse it and stores nutrients and moisture in its organic matter. When grass is allowed to grow and then is grazed, its root systems can pull nutrients and moisture up from depths of fifty feet.³ As the grass grows and is grazed, so do the roots grow and shrink back, which aerates the soil and enriches microbial life. Cows living on grass typically live through eight to ten lactations, while

cows denied this lifestyle only average 1.8.⁴ Through his cow, a wise husbandman can bring health to his land, his family, and his customers.

We are proud to be among the group of consumers who demand quality and stewardship through our purchases, and we appreciate the opportunity to support farmers who care. We carry milk, butter, cream, and dairy products in as close to their whole state as we can sell from producers such as: Castle Rock Creamery (Osseo, WI); Westby Creamery (Westby, WI); Kalona Supernatural (Kalona, IA); and Organic Valley (La Farge, WI).

1. Bellows, Barbara. (12/2001). Nutrient Cycling in Pastures. Retrieved from: <http://pss.uvm.edu/pdpforage/Materials/SoilFert/nutrientcycling.pdf>
2. Benbrook, Charles et al. (02/28/2018). Enhancing the Fatty-Acid Profile of Milk Through Forage-Based Rations. Retrieved from: <https://onlinelibrary.wiley.com/doi/full/10.1002/fsn3.610>
3. Encyclopedia Britannica. (04/10/2009). Alfalfa (*Medicago sativa*). Retrieved from: <https://www.britannica.com/plant/alfalfa>
4. Fallon, Sally & Enig, Mary G, PHD. (09/30/2000). Splendor From the Grass. Retrieved from: <https://www.westonaprice.org/health-topics/farm-ranch/splendor-from-the-grass/>

Try our
quality milk
in a smoothie!

See next page
for ideas!



Sensational Berry Smoothies

Blending is believing! These splendid smoothies are bursting with berry goodness.



The smoothie — a drinkable breakfast, snack, or workout drink — is one of the easiest culinary creations to make at home.

A variation on the kinds of fruity drinks made in tropical countries for years, it was christened “smoothie” in the 1960s. As it grew to include healthy add-ins, boosting it from a snack to a meal, the smoothie began to inch into the healthy mainstream. Suddenly, smoothies were everywhere!

Check out these sensational berry smoothies as a starting point. Each one is simple and completely delicious.

Reprinted by permission from StrongerTogether.coop. Find these and other recipes, plus information about your food and where it comes from at www.strongertogether.coop.

Hidden-Spinach Berry Smoothie

Serves: 2. Prep time: 10 minutes.

- 2 cups frozen or fresh raspberries, strawberries, blackberries, or a mix
- 3 cups spinach (packed)
- 1 cup yogurt, kefir, or a non-dairy alternative like almond milk
- 1 large banana, fresh or frozen

Put the berries and spinach in the blender first, and add the yogurt and banana. Process, scraping down as needed. Blend until smooth and serve.

You'll enjoy a salad's worth of healthy spinach in this luscious smoothie, and hardly notice it's there!



Strawberry-Pomegranate Smoothie

Serves: 2. Prep time: 5 minutes.

- 2 cups frozen strawberries
- 1 large frozen banana, cut in chunks
- 1 cup kefir, yogurt, or a non-dairy alternative like almond milk
- 1 cup pomegranate juice
- 2 tablespoons pomegranate seeds

In a blender, pile in the strawberries and frozen banana, then add kefir and pomegranate juice. Process to puree; serve garnished with pomegranate seeds. If the smoothie is too thick to blend, add milk or a non-dairy alternative as needed.

Pomegranate juice is an antioxidant superstar, and its wonderfully tart flavor is balanced by banana and creamy kefir.



Mixed Berry and Oat Smoothie with Granola

Serves: 2. Prep time: 5 minutes.

- 2 cups frozen mixed berries
- 4 ounces firm silken tofu
- ¼ cup rolled oats
- 1 ½ cups vanilla soymilk or other milk
- ½ cup granola

In a blender, place the mixed berries, then tofu, oats and soymilk. Process until smooth. Serve in two glasses, with ¼ cup of granola on top of each.

Berries disguise the secret ingredient (tofu!) and a sprinkle of granola adds a tasty crunch.

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Bluff Country Co-op

We know good food.

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GOOD FOOD DAILY
8am - 8pm



1 1 1 *****AUTO**5-DIGIT 55987

MONIKA LOVEWELL
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Introducing!

Special Order **CAKES**



 **CO-OP
Kitchen**