



BLUFF COUNTRY CUIZINE

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



Summer 2019

Calendar

JUNE

- **Tasty Tuesdays • Tuesday, 4th, 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
- **Drop-In DIY: Natural Bug Spray • Saturday, June 8th, 10-11am**
Stop in and make your own all-natural bug spray! Fee: \$5 owners, \$7 non-owners (Fee includes everything you need for a 4-ounce bottle of bug spray).
- **Teen Cuisine: Vegetarian Sushi Rolls and Mindfulness • Thursday, 13th, 5-7pm**
Join Trish Johnson and Nico Stern (a teenager himself!) as they lead our local teens through a fun, interactive evening of vegetarian sushi roll making and eating! This 2-hour class offers teens the opportunity to explore chopping, tasting, rolling and eating sushi together. Mindfulness, particular to mindful eating, will be incorporated throughout the class. Plan on lots of fun, engagement and plenty of delicious healthy food! This topic was requested by the teens in our last class! Free, but space is limited. RSVP at 507-452-1815
- **Kids Cook! • Saturday, 15th, 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, 18th, 12:05-12:50pm**
Make a lunch date with your yoga mat at the Co-op! Mollee Sheehan will lead this gentle, all-levels 45-minute sequence. Please bring your yoga mat if you have one. Free, but space is limited. Please RSVP at 507-452-1815
- **Herb Walk • Tuesday, 18th, 6-7:30pm**
Join Herbalist Bonnie Kreckow for a walk to identify woodland plants and learn their medicinal benefits. Meet at Farmers Park at the bottom of Lewiston Hill in the arches. In case of rain, the walk will be rescheduled. \$12 BCC owners, \$15 non-owners. Please RSVP at 507-452-1815
- **Class & Dinner: Let's Roll! Sushi & Spring Rolls • Saturday, 22nd, 5:30-7:30pm**
Gain the skills to make veggie sushi and spring rolls in your own home! We'll create custom sushi and spring rolls and a delicious dipping sauce. Learning the art of rolling sushi is fun, simple, and makes a great reason to gather a group of friends together! You will leave with sushi to bring home and an evening to remember. **Please bring containers to take some sushi home!** Fee: \$15 non-owners, \$12 BCC owners. Please RSVP at 507-452-1815
- **Coffee Chat • Sunday, 30th, 9-10:30am**
Ever wonder what it's like to be on the Co-op board of directors? Stop in to chat with our board.

JULY

- **Tasty Tuesdays • Tuesday, 2nd, 10:30-11:30am** • *Held on the first Tuesday of every month.*
See description above.
- **Co-op Will Be Closed • Thursday, 4th** • *Happy 4th of July!*
- **Yoga at the Co-op • Tuesday, 16th, 12:05-12:50pm**
See description above.

Meet your Board!

Board Meetings
2nd Monday of every month
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!

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

JULY continued

• **Class: Sourdough Bread Baking • Tuesday, 23rd, 7-9pm**

Learn how to bake sourdough bread with Britta McColl, owner and head baker of Castlerock Sourdough LLC. Britta will take you from start to finish - teaching you how to build and maintain a starter, how to gently mix the dough (stretch and fold), how to form the dough, and how to move the dough from a peel to a stone for baking. Participants will also tour the bakery. The last half hour of the class will be a social time. Hot tea and sourdough bread will be served on the front porch.

Note: This class will be held at Castlerock Sourdough, W593 Castlerock Lane, Fountain City, WI. All ingredients will be provided for participants to make their own dough (to bake at home). Students should bring: spoon, bowl, glass measuring cup, 1 cup dry measuring cup, wicker basket and white cotton dish towel. Space is limited to 10 students. Fee: \$25 non-owners, \$20 owners. Please RSVP at 507-452-1815

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

See description above.

• **Coffee Chat • Tuesday, 30th, 4:30-6pm**

Ever wonder what it's like to be on the Co-op board of directors? Stop in to chat with our board.

AUGUST

• **Tasty Tuesdays • Tuesday, 6th, 10:30-11:30 • Held on the first Tuesday of every month.**

See description above.

• **August 6th • Co-op will close at 6pm for staff party**

• **Teen Cuisine: Cake Decorating • Wednesday, 7th, 5:30-7:30pm**

For teens only! Your Instagram page will never be the same again after you've taken this fun, hands-on cake decorating class. Free, but space is limited. Please RSVP at 507-452-1815

• **Kids Cook! • Saturday, 17th, 10:30-11:30am**

See description above.

• **Yoga at the Co-op • Tuesday, 20th, 12:05-12:50pm**

See description above.

• **Class & Dinner: Spanish Cooking • Friday, 23rd, 5:30-7:30pm**

Join Restaurateur Ed Hoffman as he guides you through the preparation of a 3-course Spanish meal. The class will end with participants sharing the meal together. *Feel free to bring your own wine. Fee: \$15 non-owners, \$12 owners. Please RSVP at 507-452-1815



BCC is looking for a landscaping service to maintain our rain garden without the use of chemicals.

If you are interested, please contact Dawn Schreiber at GM@bluff.coop.



GM Report

BY DAWN SCHREIBER, GENERAL MANAGER

Happy Summer!

The business of the co-op continues to hum along. As our local producers prepare for another growing season, we eagerly anticipate those first fresh local crops. The wellness department and meat and fish departments are leading sales growth in the store with new customers discovering our quality supplements and CBD oil, as well as our selection of great tasting and humanely-raised fresh meats. Be on the lookout this summer for more great flash sales in the store - find out about them on Facebook or by watching for the big red flash sale signs in the windows. These sales are negotiated by our skilled buying staff and offer great value on staple items in the store. By their nature, flash sale products are limited so be sure to shop early when you hear of a flash sale happening!

We are excited about the summer schedule of classes! We'll be learning to make sushi, sourdough bread, and a 3-course Spanish meal all taught by talented members of our community. Monthly yoga classes will continue this summer as well as our cooking classes for younger folks. In addition to all of this learning and tasting, Co-op Board members will be hosting several coffee chats to connect with owners and potential board members. Check out our full calendar on pages 2-3 of this newsletter.

Speaking of your Co-op Board, they have been hard at work the last six months revising our Articles of Incorporation and Bylaws to bring to the owners for vote at our Annual Meeting this fall. These important documents guide how the cooperative will do business, and they get reviewed periodically to ensure they are up to date with current laws. One of the goals of this year's proposed changes is to simplify language and eliminate unneeded language. Another goal is to clarify the rights and responsibilities of co-op ownership, as well as the benefits of ownership. We look forward to presenting these changes to you later this summer and hearing your thoughts.

Thank you for supporting your local food co-op!

Wishing you a delicious summer,
Dawn

BOARD OF DIRECTORS

board@bluff.coop

PRESIDENT

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BOARD DEVELOPMENT CHAIR

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Johanna Rupprecht johanna@bluff.coop

COMMUNICATIONS CHAIR

Aurea Osgood aurea@bluff.coop

ANNUAL OWNER MEETING CHAIR

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GOOD FOOD DAILY 8am - 8pm



Board Report

BY JENN BAECHLE, BOARD VICE PRESIDENT

After the long winter we had, I am extremely grateful that summer and the start of our fresh local produce is finally upon us. One of my favorite times of the year is berry season. In light of that, I want to extend a special congratulations to BCC owners Joyce Ford and Jim Riddle for being named MOSES 2019 Farmers of the Year for their work on Blue Fruit Farm. Be sure to snag some of their blueberries, aronia berries, and currants when you see them at BCC.

April was our annual owner drive at BCC. The Board would like to welcome all of our new owners and thank those owners who referred a friend, family member, co-worker, etc. to become an owner. We signed-up 25 new owners over the month. Way to go!

The Board is also looking for owners who are interested in running for one of three open seats on next year's Board. If you would like to find out more information, you can visit our website, attend one of our coffee chats (see calendar on pages 2-3 for dates and times), or contact Ann, our Board President, at Ann@bluff.coop.

Some of you may have noticed that I have been using the term "owner" instead of "member" in this report. The Board has had many conversations about the meaning behind these two words and we have decided that "owner" more accurately represents who we are. When you become an owner, you purchase BCC stock, so you do in fact own a piece of BCC. I would like to encourage everyone to "shop like you own it" -- because you do. Here are a few recommendations to get you started: shop at BCC, tell everyone you know why BCC is so great, run for the Board of Directors, volunteer, get to know the staff, attend our Annual Ownership Meeting, and make recommendations for products. We value the input of our owners and want to hear from you.

Happy Summering Everyone! Let's hope it's a good one.

Jenn Baechle
Owner since 2011



Congratulations!

BCC Owners Joyce Ford and Jim Riddle
named MOSES Organic Farmers of the Year!

The Fruit and Veggie Grilling Guide

Giving fresh vegetables, stone fruit, and even lettuce a turn on the grill will intensify their flavor, with delicious results.

By Tara Duggan

While most people associate outdoor grilling with burgers, hot dogs and steaks, the grill imparts big flavors to fruits and veggies, too. A wide array of produce paired with spice rubs, marinades and sauces galore will keep your patio table overflowing with delicious additions to your grilling repertoire.

Seasonal summer vegetables just happen to be perfect for grilling: zucchini, eggplant and bell peppers are naturally tender and become even sweeter on the grill. Slice these vegetables about 1/4-inch thick and toss them in an easy marinade for 30 minutes (or better yet, overnight) before grilling for a few minutes per side.

A simple combination of wine vinegar, olive oil, chopped garlic and herbs, and salt and pepper are all you need for a tasty marinade. This easy mix will turn grilled vegetables into Italian antipasti to serve with bread, olives and cheese. Or change the blend to vegetable oil, sesame oil, soy sauce, rice vinegar, and chopped garlic and ginger for Asian-flavored vegetables that are delicious with rice. Store-bought dressings with a vinegar base make wonderful marinades as well.

Summertime peaches, apricots, nectarines and figs are delicious grilled. Cut fruit in half and remove any pits, then coat lightly with oil. For a sweet-savory side dish to grilled pork, chicken or lamb, sprinkle on a little salt, pepper and balsamic vinegar, then grill for a few minutes per side. And

for dessert, dust with brown sugar, then place the halves on a clean part of the grill for a few minutes per side before serving with ice cream or pound cake (or both).

Grilling tips

Use moderate heat, not high.

If it's a charcoal grill, move the charcoal to one side and grill your fruits and veggies on the other side, over indirect heat.

Oil your grill thoroughly.

Fruits and vegetables are high in natural sugars, which means they can easily burn and stick to the grill. Before you begin cooking, clean the grill well, preheat it, and then use several layers of paper towel dipped in vegetable oil to grease it.

Cut vegetables into the largest possible pieces.

This will prevent them from falling through the grill grate and avoid extra time spent flipping more pieces. For example, cut zucchini in slices along the length of the vegetable, rather than slicing into small rounds.

Give corn on the cob a head start.

Blanch it in boiling water for a few minutes, then grill for 5 to 10 minutes to finish cooking and add smoky flavor.



Grilled Pluots

Servings: 4 . Total time: 25 minutes.

- 4 pluots
- 2 teaspoons water
- $\frac{1}{8}$ teaspoon cinnamon
- 2 tablespoons orange marmalade
- 1 cup vanilla ice cream
- $\frac{1}{4}$ cup cinnamon-flavored granola (optional)

1. Heat the grill to high.
2. Slice the pluots in half lengthwise, then twist to open and remove the pit. Set aside.
3. In a small bowl whisk together the water, cinnamon and marmalade until well blended, then brush the mixture onto each pluot half. Place the pluots, flesh side down, on the hot grill and cook for 3 to 4 minutes, brushing occasionally with more marmalade. Turn the pluots skin side down, brush the flesh with marmalade and grill 2 more minutes until tender and caramelized. Remove from the heat, place the grilled pluots on a dessert plate, top with ice cream and sprinkle with granola.



Grilled Marinated Zucchini

Servings: 6. Total time: 50 minutes; 20 minutes active.

- 1 pound zucchini
- 2 tablespoons olive oil
- 2 tablespoons minced garlic
- Zest from 1 lemon
- 2 tablespoons lemon juice
- 1 tablespoon red wine vinegar
- 1 teaspoon dried oregano
- Salt and black pepper to taste
- ¼ teaspoon crushed red pepper flakes (optional)

1. Remove the ends from the zucchini and slice them lengthwise into halves or thirds.
2. In a small bowl, whisk together the olive oil, garlic, lemon zest and juice, vinegar and spices. Place the zucchini in a large dish or on a rimmed sheet pan and pour the marinade over the zucchini. Let sit for 30 minutes or more, stirring occasionally.
3. Heat grill to medium-high heat. Grill the zucchini slices for 3 to 4 minutes on each side, basting with any remaining marinade when flipping. Serve warm.

Toss the zucchini with chunks of fresh tomato, feta cheese and cooked couscous for a light Mediterranean salad.

Grilled Fruit Kebabs

Servings: 6. Total time: 20–30 minutes.

- ½ cup ginger ale
- 2 tablespoons honey
- 2 tablespoons orange juice
- 1 tablespoon vegetable oil
- ¼ cup brown sugar
- ¼ teaspoon ground allspice
- 2 sprigs fresh thyme, stems removed
- Pinch of salt
- Pinch of cayenne pepper (optional)
- 1 pound fresh ripe peaches and/or plums, pitted and cut into quarters
- 1 small pineapple (2–3 pounds), peeled, cored, and cut into 2-inch cubes
- 6 metal or bamboo skewers (soak bamboo skewers in water before using)

1. Prepare and heat the grill.
2. In a small bowl, whisk together the ginger ale, honey, orange juice, oil, brown sugar, allspice, thyme leaves, salt and cayenne pepper, if using.
3. Thread the fruit onto the skewers and place them on a rimmed sheet pan. Brush the fruit with some of the marinade. When the grill is hot, put the skewers on and grill on each side for 3 to 4 minutes, glazing the fruit with more marinade every couple of minutes.



Our Community Fund is Growing!

We're excited to announce that we received our first year's interest earnings statement of the Bluff Country Cooperative Community Fund! In this first year of our Fund, we earned \$157.54 to donate to a local non-profit. Our inaugural donation is small; however, it will continue to grow every year! Look for news of our first community recipient in the fall newsletter.

We're planning our next Round-Up at the Register in October. This year we have another \$500 match challenge from Frontier Co-op. When we can raise \$500 from a local business(es) and \$500 from our members, we will receive \$500 from Frontier. We are confident we can raise the money because we raised \$1,451 in our very first round-up in October 2018.

A little about Frontier Co-op: Located in Norway, Iowa, Frontier Co-op sells sustainable spices, herbs and teas. Our co-op has been a member of Frontier for decades, and you can see their products most notably in our bulk spice section. Twin Pines Cooperative Foundation reached out to Frontier for our match challenge.

If you own a business, we ask that you please consider a donation, at a minimum of \$100, to our community fund toward the October Round-Up campaign. Every dollar a business(es) donates up to \$500, we can double it with matches. Your business donation to the Fund is tax deductible. Additionally, we'll include your business name and logo in our Fund promotions this year.

Did you know you can round-up at the register every day? For the 11 months outside of October, if you tell the co-op cashier that you'd like to round-up your purchase, they can do it. In October, the cashiers will be asking all of us to round-up. Thank you all for helping to build our community fund!



Outside the Co-op: Staff as Land Stewards



Joe

Last fall my family moved onto three acres in a valley far north of Fountain City, WI. The property had been farmed for a long time, but then was left fallow for the ten or so years prior to our purchasing it, so our first priority has been to build the soil back up with perennial cover crop planting and tons and tons of composting and manure for garden beds. When the previous owner quit farming, the wild raspberries, box elder, and black locust took over, so our first task this year has been clearing and managing these pioneer species to let some sunshine in.

We're excited to experiment and let the land tell us over time what might do well there. We're interested in establishing a small orchard and maintaining a stand of old growth forest for firewood and mulch (plus our kids love playing in the woods, and so do I). We're also planning lots of hugelkultur beds and landscaping to control water. In our grand vision, the natural habitat and wildlife blend into and out of our herb, vegetable, and flower gardens, lawn, meadow, and managed forest and orchard, along with our chickens, pets, and at the epicenter, our family and home. We're already seeing new species of birds and plants arrive with the small changes we've made. It's incredible how much biodiversity can be packed into three acres - field croppers take notice!



Jackson

Last summer I participated in the Budding Herbalist Internship program at the Eclectic Institute. The Eclectic Institute grows organic herbs to use in herbal medicine. In the mornings we worked on the farm, helping grow the herbs, and in the evenings we learned how to make herbal medicine from area herbalists.

This May I graduated from WSU with a degree in health and nutrition. My internship with the Eclectic Institute was a great supplement to my education, as it helped me to foster an entirely fresh relationship with plants, the earth, and health. Just like food can be medicine, so can plants. Herbalism is part of our ever-growing base of knowledge of how our body functions, and how we can make it better and stronger to have more energy and overcome the challenges presented to us. Now when I go for a hike I look at the plants around me like an apothecary that I can use to better my health.



Heather

I grew up on two farms. I lived on a farm as a young girl, and then at age 13 my family and I moved to the farm that I currently own. My mother and I would ride our horses past it and dream of owning it. Now we both have! I bought 50 acres from my mother in 2012 and am slowly turning it into my own private Shire!

My land has an unusual amount of ecological diversity for its size, including a small artesian spring where I get most of my drinking water, and which creates a lovely little swimming hole a little further down where it joins another small stream.

I rent out a few acres of cropland to a neighbor and another small piece to a couple hunters. I have 4 horses and board one or two for other people as space allows. I'm currently installing a couple food forests, one for myself and my chickens up by the house and one at the edge of a pasture for the wild critters. I've been studying permaculture, small grain raising, grafting and other interesting self-sufficiency skills in this pursuit and I find it super fun and satisfying. My long-range dream is to recreate an oak savanna on part of the more erodible land which has been over-farmed. Mastadon Valley Farm is my hero and role model in this pursuit.

Kelsey

On my farm, Willie Nillie Farm, I am focusing on the Holistic Management, no-till style of farming, along with really making it community supported. For example, several people contribute to the success of my CSA. BCC staffer Jackson is making kombucha for the CSA, Tony from Sacred Blossom Tea is providing tea, and eggs are an option from my neighbor. Additionally, BCC produce lead Hanna is doing free health consultations and providing some nutrition info and recipes for the facebook page, while BCC WellBody buyer Heather did my logo artwork and is growing some of the fruits and veggies. My friend Sarah will also be leading on-farm "Bare-Foot" yoga in the garden. So it's more than food; I'm trying to provide a place for anyone to come, do a project of their own, eat/harvest some great food, sing some songs, sit by a fire, hike, and create community.



Becky

Awareness and concern for where my food comes from lead me to discover permaculture. Care for nature, concern for people and a fair share of the abundance between both is the embodiment of permaculture. Applications of these principles appear in many forms. Restoration agriculture resonated with my roots and I attended a Permaculture Design Certification course taught by Mark Shepard in 2013. Mark is recognized for his many years of work in farm-scale permaculture and making it commercially viable. The design course gave me in depth training of his methods at New Forest Farm in Wisconsin.

I currently live on family-owned land with 40 acres of hay fields and pasture. We rotationally graze cattle during the growing season. Since the PDC, I've grafted and planted fruit trees, raised ducks and learned how to mow with a scythe. I continue to garden and work on expanding my skills to produce food through a symbiotic connection with the land, that honors nature and graces life with abundance.



Grilled Romaine Salad

Servings: 4. Total time 25 minutes.



Dressing

- 1/4 cup freshly grated Parmesan cheese
- 1 tablespoons lemon juice
- 2 tablespoons extra virgin olive oil
- 1 tablespoon balsamic vinegar
- 1/4 teaspoon freshly ground black pepper

1. Make the dressing by whisking together the cheese and lemon juice in a small bowl. Add the olive oil, balsamic and black pepper and whisk again until incorporated. Set aside.
2. Heat an outdoor grill or stove top grill pan to medium-low, about 350°F.
3. Place the corn on the grill and grill for about 4 to 5 minutes per side until the kernels start to char. Remove from grill once the whole ear is slightly charred, cut the kernels off the cob and set aside.
4. While the corn grills, drizzle the bread with 1 tablespoon of olive oil and place on the grill for about 1 to 2 minutes per side until just slightly toasted and grill marks appear. Remove from the grill and cut into cubes.

Salad

- 1 ear corn
- 2 slices day-old bread
- 2 tablespoons extra virgin olive oil, divided
- 1 large head romaine lettuce
- 1/4 medium red onion, thinly sliced
- 1/2 avocado, chopped

5. Cut the head of romaine in half lengthwise, keeping the core intact. Wash each half thoroughly, gently shake off any excess water and dry well.
5. Drizzle both halves of romaine (cut side) with the remaining tablespoon of olive oil. Place the lettuce halves on the grill, cut side down and grill for 1 to 2 minutes per side until the outer leaves just start to wilt and the core has some nice grill marks.
7. Plate the grilled romaine on a serving platter, top with the grilled corn kernels, sliced red onion, chopped avocado and grilled croutons.
3. Drizzle the dressing on top and serve warm.

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8am - 8pm

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