



BLUFF COUNTRY CUIZINE

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



Can you identify 7 local products on this plate?
Answers on pg. 8



Autumn 2019

Calendar

SEPTEMBER

- **Saturdays in September are local vendor days!** • see page 8 for details
- **Labor Day • Monday, 2nd • Co-op Closed**
- **Tasty Tuesdays • Tuesday, 3rd, 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.
- **Yoga at the Co-op • Tuesday, 17th, 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, 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.
- **Kids Cook! • Saturday, 21st, 10:30-11:30am • Held on the 3rd Saturday of every month**
Kids 5-12 will have fun in this interactive introduction to cooking. Free, but space is limited. Please RSVP at 507-452-1815.
- **Teen Cuisine: Ramen Bowls • Sunday, 22nd, 10:30am-Noon**
This is not the ramen your parents ate! BCC Kitchen Manager Tim will show you how to use this inexpensive food as a base for a healthy, delicious meal. Free, but space is limited. Please RSVP at 507-452-1815.
- **Fall Ayurvedic Dinner • Sunday, 22nd, 5:30-7:30pm**
Ayurveda, or the "Science of Life," is an ancient health and healing system that originated in India and has been developed and perfected over thousands of years. Experience Ayurveda's eclectic flavors and learn about Ayurveda's elements-based approach to wellness and how to align your food choices to be in sync with the season of fall. Join Mollee Sheehan, Ayurvedic Yoga Specialist, for an Ayurvedic dinner, dessert, and education that will enliven your taste buds and nourish your body. Fee: \$10 BCC Owners, \$12 non-owners. Space is limited. Please RSVP at 507-452-1815.

OCTOBER

- **Tasty Tuesdays • Tuesday, 1st, 10:30-11:30am • Held on the first Tuesday of every month**
See description above.
- **DIY: Salt & Sugar Scrubs • Saturday, 5th, 10-11am & 11:30-12:30pm**
Our DIY classes are always so popular that we're offering two different time slots for this one. We'll have coffee, treats and body care samples to give away, so grab a friend and head over for a fun activity! BCC owners are FREE! Non-owners: \$5. Please RSVP at 507-452-1815.
- **Introduction to a Whole Food Plant-Based Diet • Saturday, 5th, 5-7pm**
Do you want to learn healthy eating habits that will give you more energy and improve your well-being? Learn about the healing power of eating a more whole food plant-centered diet. Celeste Sullivan, Certified Health Coach, will show you how you don't have to sacrifice flavor or enjoyment to better your health. Try something different and you will be surprised at how simple and delicious healthy eating can be. We will be constructing a meal that fosters healing and satisfies the taste buds without breaking the bank and we'll enjoy the meal together afterwards! Fee: \$12 owners, \$15 non-owners. Please RSVP at 507-452-1815.
- **Talk: The Promise of Food Co-ops in the Age of Grocery Giants • Monday, 7th, 6-7pm** • Jon Steinman, author of *Grocery Store: The Promise of Food Co-ops in the Age of Grocery Giants*, will discuss the importance of food cooperatives in creating strong local economies, as well as how food co-ops help combat the domination of grocery chains.

Meet your Board!

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



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

OCTOBER continued

- **Save & Savor: Transforming Food Scraps • Saturday, 12th, 4-6pm**

Winter is coming! Learn to transform food waste into rich, delicious soups and stocks! We'll start by learning a simple formula that can be applied to create many types of nourishing stocks, including a vegan vegetable stock and a rich chicken bone broth. We'll then use these stocks to create four simple soups: two aromatic Asian soup bowls, a vegetarian french onion soup, and a vegan Indian dal. Finally, we'll enjoy a light soup meal together as we discuss how to preserve these soups/stocks and how to set up your kitchen to easily reuse food waste.

Note: We'll discuss ways to adapt the stocks and soups to accommodate the following health needs: Gluten-free, dairy-free, nut-free, soy-free, grain-free, and Paleo, vegetarian, vegan.

- **Yoga at the Co-op • Tuesday, 15th, 12:05-12:50pm • Held on the 3rd Tuesday of every month**
See above description.

- **Kids Cook! • Saturday, 19th, 10:30-11:30am • Held on the 3rd Saturday of every month**
See above description.

- **Teen Cuisine: The Comfort of Slow Food • Friday, 25th, 5:30-7:30pm**

If you like comfort food, burritos, dips, and delicious flavors, this class is for you! Join seasoned vegetarian Trish Johnson and local teen Nico Stern as they walk you through the steps of making fabulous beans to accompany your favorite meals! This class is engaging and hands-on, where teenage participants will be slicing, dicing, sauteing, stirring, and tasting as the fresh mixture of spices, herbs, vegetables, black beans and pinto beans slowly stew into what might become a new comfort food. The class ends by eating together, trying the beans with tortillas, chips, rice and other toppings. Good food. Good friends. Good fun.

- **Annual Member Meeting • Sunday, 27th, 2-5pm**
See page 12 for details.

NOVEMBER

- **Owner Appreciation Week • Sunday, Oct. 27th - Saturday, Nov. 2nd**

Owners receive 10% off one shopping trip!

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

- **Teen Cuisine: Crepes & Omelets • Friday, 8th, 5-7pm**

Impress your friends with made-from-scratch crepes and omelets! We'll eat what we make after class.

Free, but space is limited. Please RSVP at 507-452-1815.

- **Kids Cook! • Saturday, 16th, 10:30-11:30am • Held on the 3rd Saturday of every month**
See description above.

- **Yoga at the Co-op • Tuesday, 19th, 12:05-12:50pm • Held on the 3rd Tuesday of every month**
See description above.

- **Turkeys Arrive! • Friday, 22nd**

Fresh and frozen organic Larry Schultz whole turkeys. Fresh, free-range whole turkeys and bone-in turkey breasts from Ferndale. First come, first serve.

- **Thanksgiving Day • Thursday, 28th • Co-op Closed**



GM Report

BY DAWN SCHREIBER, GENERAL MANAGER

Greetings!

This summer was a good one for Bluff Country Co-op. Our friends at Pork & Plants planted our entryway pots and living wall with amazing flowers from their greenhouse - thank you! Co-op staff are excited to be bringing in many new products to our shelves, including local kombucha from Big River in Wabasha, MN. Our sustainability coordinator position has been revived with staff member Anna Hanesworth getting hours allocated for that work; her top priority will be looking for opportunities to reduce waste in the store. Look for an update on her work in the next newsletter. These tidbits are just a few highlights of the hard work and community spirit that drive our Co-op!

This year's Annual Membership Meeting is all about Cooperative Principle 2: Democratic Member Control. We will be looking to you for your participation in some important decisions for our Co-op: The Co-op Board is asking you to vote on a fairly extensive overhaul to our Co-op's Articles of Incorporation and Bylaws. As a reminder, businesses file Articles of Incorporation with the state to define how they will be doing business. The Bylaws, on the other hand, are an agreement between the Co-op and its owners on how the Co-op will be doing business on a more specific level. Generally, the Board's recommended changes to the Articles and Bylaws are being made to update language, remove language that doesn't need to be there, and clarify ownership. For more information, see the board report on the next page. As always, we will also use the Annual Meeting to update you on the state of the Co-op and hold our election for new board members.

In other news, BCC has been very active working on Cooperative Principle 7: Concern for Community. We made our first disbursement from our Cooperative Community Fund this summer! (Find out more on page 6.) We also raised nearly \$3,000 with a Round Up at the Register event in July to support our dear friends and carrot and sweet potato producers at Whitewater Gardens Farm! BCC is also partnering with the new Main Square Montessori school in Winona to provide breakfast, snack, and lunch to the children enrolled there. Melissa and the Marketing Team represented the Co-op at several events in our community this summer and we have more planned this fall. And finally, our second quarter Beans for Bags disbursement was up by nearly 30%! Thanks for remembering your bags!

Have a splendid fall and I look forward to seeing you at our Annual Membership Meeting on October 27th!

Dawn
gm@bluff.coop

BOARD OF DIRECTORS

board@bluff.coop

PRESIDENT

Ann Lichliter ann@bluff.coop

BOARD DEVELOPMENT CHAIR

Eileen Hanson eileen@bluff.coop

SOCIAL EQUITY CHAIR

Johanna Rupprecht johanna@bluff.coop

COMMUNICATIONS CHAIR

Aurea Osgood aurea@bluff.coop

ANNUAL OWNER MEETING CHAIR

Jenn Baechle jenn@bluff.coop

Terri Hansen terri@bluff.coop
Donna Kamann donna@bluff.coop
Chris Livingston livingston@bluff.coop
Coleen Bremer coleen@bluff.coop

STORE CONTACTS

GENERAL MANAGER

Dawn Schreiber gm@bluff.coop

OPERATIONS & CUSTOMER SERVICE

Tina MacGregor-Cordes tina@bluff.coop

MARKETING & OWNER SERVICES

Melissa Gordon melissa@bluff.coop

PRODUCE

Caitlin Nicholson caitlin@bluff.coop

KITCHEN

Tim Shelly tim@bluff.coop

MERCHANDISING

Trina Barrett trina@bluff.coop

MEAT & SEAFOOD

Adam Socz adam@bluff.coop

WELLBODY

Heather Kitching heather@bluff.coop

SUSTAINABILITY

Anna Hanesworth anna@bluff.coop



121 W. 2ND STREET
WINONA, MN
(ph) 507.452.1815
www.bluff.coop
info@bluff.coop

GOOD FOOD DAILY 8am - 8pm



Board Report

BY JENN BAECHLE, BOARD VICE PRESIDENT

It's Fall and that means my favorite Co-op event: our Annual Membership Meeting! Mark your calendars for Sunday, October 27th from 2-5pm. We will be meeting at the Morrison Annex of the Polish Museum again. This year's meeting will be filled with both fun and business. Since Halloween is right around the corner, our theme is A Spooktacular Year. We will have a costume contest for anyone who wants to partake and reverse trick-or-treating: bring a non-perishable food item to the meeting and we will donate it to the food shelf. WSU professor Dr. Craig Upright will also join us for a short presentation about the history of co-ops in the Midwest and what the future holds.

We will also be electing new board members this year. Bios for our candidates will be made available on our website as soon as we have them. If you are interested in running for the board or would like to recommend a candidate, please email Board President Ann Lichliter at Ann@bluff.coop.

At this year's Annual Meeting, Bluff Country Co-op owners will also be asked to vote on several changes to the Co-op's Articles of Incorporation and Bylaws. Many of the changes were made to improve clarity and to keep language consistent with practice and between the documents. The Board of Directors has approved these revisions and present them for the owners' review and approval. Highlights of the changes are listed below. Additionally, an annotated copy of the proposed Articles of Incorporation and Bylaws documents, as well as a clean version with the proposed changes, can be found on our website at www.bluff.coop (click on the "Annual Meeting" tab) or you may ask for a copy in the store. We will also have copies available at the Annual Meeting. Questions may be directed to Board Director Dr. Aurea Osgood: Aurea@bluff.coop or General Manager, Dawn Schreiber at gm@bluff.coop

Ownership

- Change the term "member" to "owner" to clarify for our owners that when they purchase an ownership, they are buying shares in our store; they are not just "paying dues"
- Clarify eligibility for ownership, specifying that individuals

and legal entities (for example, businesses and other co-ops) are eligible for ownership

- Clarify how many shares are included in ownership and clarify that stock certificates are not distributed
- Explain rights as distinct from benefits of ownership
- Explain the responsibilities of ownership, including the definition of "active owner"
- Clarify the ability of the Board of Directors to approve transfers of ownership

Board of Directors

- Specify eligibility, terms, and conduct for Board of Directors
- Specify number of directors on the Board

Other Changes

- Add electronic voting as an accepted means of voting
- Explain what would happen in the case of the Co-op's dissolution
- Remove language about state statutes which are unnecessary or dated

Finally, I am excited to announce that our Bluff Country Co-op Community Fund distributed its first donation! This year's recipient was Manitou Center, and we will hear what they did with the donation at the Annual Meeting. October will be our annual Round-Up at the Register to fundraise for the Fund, but you can round up at anytime throughout the year and your donation will go to our Community Fund. The exception to this was in July when 100% of our round-up donations went to local Whitewater Gardens farm. I want to extend a special thank you to everyone who rounded up in July to support our local farmers. I am proud to be a member of a community that so readily rallies around a great cause.

See you at the AMM!

Jenn Baechle
jenn@bluff.coop

Our Community Fund's First Harvest!



Our Community Fund has completed its first full-year cycle! After we started the fund, we held our first annual Round-Up at the Register campaign last October, the Co-op donated abandoned equity to the fund, and at year-end, the interest we earned was returned to us, so we made our first donation to a community nonprofit. The fund's advisory committee (made up of BCC owners and board members) chose Manitou Center as the recipient because of the important work they are doing for the health of our community. For more information about Manitou, please visit www.manitouwellness.org. While our first donation was small at \$157.54, this amount will increase annually as our fund grows!

This October, in celebration of Co-op Month, we will be holding our second annual Round-Up at the Register campaign to raise donations for our Bluff Country Co-op Community Fund. Here's how it works: 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 once again generously pledged up to \$500 in matching funds for our October round-up. Frontier Co-op is located in Norway, Iowa. Our Co-op has been a member of Frontier for decades. They provide our store's bulk spices and herbs, and many more natural products. With Frontier's match, if we raise at least \$500 in donations at the registers in October and \$500 in donations from local businesses, we will receive a \$500 matching donation from Frontier. Thanks to these Winona businesses we have already raised \$300 from local businesses: Home Federal Bank, The Darning Group, and jorjastone. Only \$200 to go! If your business is interested in donating toward the match, we ask for a minimum of \$100. If you're 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 gm@bluff.coop.

If you'd like to learn more about our Community Fund, please visit www.bluff.coop or the Twin Pines Cooperative Foundation website at www.community.coop

The Darning Group

HOME
FEDERAL

Member FDIC



jorjastone

listen research write

FRONTIER
NATURAL PRODUCTS CO-OP

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 nonprofit of our choosing
- 🍏 BCC's second annual distribution of interest earnings to nonprofit organizations will be in June-July 2020
- 🍏 If we donate \$500 to our fund in the month of October and we raise \$500 from local businesses, Frontier Co-op will match \$500.

Did you know
you can round up all year long?
Just tell your cashier!

(Note: All round-up donations go directly into our Community Fund with the exception of our July round-up, which benefited Whitewater Gardens Farm.)

Saturdays in September

Mark your calendars!

We love local food and we want to spread the love!

That's why we're making Saturdays in September local vendor days. We'll invite our local farmers and producers to sample their products, share their stories, and help you get to know the people who grow the food you love.

There will also be giveaways and kids activities, so you can make grocery shopping a family activity!

We hope to see you there!



Some of Our Favorite Products

1



Hailey (left, WellBody and Bulk) and **Anna** (right, Produce and Sustainability) love **Metz's Hart-land Honey**.

Anna: It's my go-to sweetener. I use it any time I need to sweeten something – in coffee, tea, yogurt, smoothies. I also like that it's in our bulk section, so it's a waste-free option.

Hailey: I like that it's raw. It's great for cold and flu season. I take a tablespoon every day. I also take it during allergy season. It has local pollen so it acclimates my body and I have no allergies.

2



Aurea (Board of Directors) says, “The **salad bar & hot bar** are great, fresh options for breakfast, lunch, and dinner, and they incorporate local ingredients, which is an added bonus.”

3



When this article was written, it was late July, and **Jackson** (Front End) asked, “Can I just lay in the produce aisle surrounded by all the vegetables?” As we were trying to figure out how to take that photo, he said, “Or I can just take a picture with **Fizeology kimchi**. The flavor is really good. It's kind of spicy, and it has a bunch of healthy ingredients, including ginger and black radish, which most kimchis don't have. It also has a lot of probiotics and it goes well on everything!”

4



Coleen (Board of Directors) loves our local **microgreens**. “They're fresh and they're spicy and they're good in hummus wraps, salads, lots of things!”

5



“I can't get enough of **B & E's maple syrup**,” says **Melissa** (Marketing). “The first time I tried it I promptly ordered two cases – one to give to all my friends and family for Christmas and the other to keep for myself! It is the best maple syrup you will ever have.”

6



Tyson (Front End) likes **Metz's Hart-Land Creamery cheese curds**. “There are so many different flavors and they all taste good. The chili cheese curds are probably my favorite, but I also really like the plain.”



5

Ann (Board of Directors) says, "I love the quality of the products and the sustainability of the bulk section. There are a lot of local **products in bulk**, and I can fill containers from home so there's no package waste!"



6

Mitch (Kitchen and Marketing) loves **Renaissance sourdough bread**. "This sourdough has a nice sourness, and it's as fresh as it gets!"



7

"**Be Kind Naturals soaps** smell amazing!" says **Trista** (Front End and Social Media). "I especially love any that have rosemary and mint, but they're all great. I stock up on them and I use them every time I take a shower."



7

Joe (Grocery) loves **Stein's Organics eggs**.
Joe: Hey Melissa, I got in these new local eggs from Ettrick.
Melissa: Don't we already have a bunch of local eggs?
Joe: Yeah, but these are the best.
Melissa: What makes them so special?
Joe: They raise their animals in the most natural way possible. Their chickens are on pasture as much as possible. In the summer they're moved about every other day, so they're always eating fresh grass. They're certified organic. If you were going to raise chickens for eggs, this is how you would do it.
Melissa: Sounds great. Want to be in the newsletter?
Joe: Sure. Can I be pouring a raw egg directly in my mouth?
Melissa: No.



7

Tina (Operations) and **Tim** (Kitchen) love **Hidden Steams pork tenderloin**:
Melissa: Tina, what's your favorite local product?
Tina: Hidden Streams pork tenderloin. It's the best pork tenderloin ever.
Tim: Hey! That's what I was going to do.
Tina: I got it first!
Tim: But I cook with it all the time.
Tina: So do I.
Tim: It's super moist.
Tina: And flavorful.
Tim: And you can marinade it however you want.
Tina: And there's no fat!
Tim: It's the best pork tenderloin ever.
Melissa: Tina already said that. OK, you can both use it.



Crockpot Black Bean Chili

Servings: 4-6. Prep time: 6 hours, 10 minutes, 10 minutes active.

- 1 cup dried black beans, rinsed
- 2 large carrots, chopped
- 1 medium green pepper, chopped
- 1 15-ounce can diced tomatoes
- 1/4 cup quinoa
- 4 cups water
- 1 1/2 tablespoon chili powder
- 1 teaspoon salt

1. Combine all the ingredients in the slow cooker and close the lid. Set the cooker on low and cook for 6 hours.
2. After 6 hours, test the beans for doneness. If they are not quite tender, cover and cook for another half an hour.
3. Serve hot or transfer to containers to refrigerate or freeze.

Learn More About Co-ops!

1) Jon Steinam, author of *Grocery Store: The Promise of Food Co-ops in the Age of Grocery Giants*, will talk at the co-op on Oct. 7th.

2) Dr. Craig Upright, WSU Sociology Prof, will give a talk about the cooperative movement in the midwest at this year's Annual Meeting.

A Brief History of Bluff Country Co-op

by Taff Roberts



Debbie Shroyer, a resident of Minneapolis, traveled to San Francisco in February of 1970 to visit a friend and check out the modest bulk-food co-operatives popping up around the bay area.

She returned home and started a small co-op on the porch and in the basement of the home of two friends in south Minneapolis, using their pickup truck to transport the bulk food. It was called People's Pantry.

The Pantry grew in popularity, but an inspector from the Health Department paid a visit and made them close shop. They then moved operations to a building on 6th and Cedar Avenue.

In April of 1971 North Country Co-op, Minneapolis, opened its doors, thus encouraging others to open co-ops.

According to an article written by Roger Lacher, the first meetings of our local Famine Foods (today Bluff Country Co-op) began in the Smaug (now Kryzsko Commons) at Winona State University in the winter of 1971-72. Later meetings were held at Lake Park Lodge. Roger lists a core group of organizers and supporters of our original store as Fred Foss, Jan Gasberg, David Gaskill, Bill Goodrich, Jim Grant, Larry Hiel, Fred Kranz, Carl and Roger Lacher, Molly McGuire, Mary Morse, Patti Peterson, Jan Pomeroy, Paul Rekstad, Carol Slade, Rob Taylor and Doug Wood.

Famine Foods began in a similar manner as North Country Co-op, with folks making runs to Minneapolis for bulk goods and returning to sell them from the back of a truck or on someone's porch. Famine Foods opened at 114 East Second Street in Winona was on a Wednesday in October 1972. Transactions for that first day of business totaled \$19.38. During the first year, 103 people became owners of the co-op. The system of workers was, at first, strictly volunteers, organized by Anne Marie Steffes, Debbie Niebuhr and later Michael Hassing. Michael William Doyle became the first full-time coordinator of Famine Foods in July of 1974. In 1978-79 Bob Copeland and Don Nelson became co-coordinators.

PRSR STD
U.S. Postage
PAID
IMS



Bluff Country Co-op
We know good Food.

121 W. 2ND STREET
WINONA, MN
(ph) 507.452.1815
(fax) 507.457.0511

www.bluff.coop
info@bluff.coop

111 *****AUTO**5-DIGIT 55987
KURT SARKIAHO
PO BOX 285
WINONA, MN 55987-0285

GOOD FOOD DAILY
8am - 8pm



Save the date
Annual Owner Meeting
Sunday, October 27th

2 - 5 pm • Polish Museum, Morrison Annex
Invitation to come!

