



BLUFF COUNTRY

CUIZINE

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



Calendar

September

Monday, Sept. 4

Labor Day



**CO-OP
CLOSED**

Saturday, Sept. 9



**Clothing Swap
and Hoch Cider Tasting**

Details on page 11

Monday, Sept. 11



**Co-op Board
Meeting**

6 - 8 PM
BCC Community Room

Monday, Sept. 18



Wild Caught
**Alaskan Salmon
Pre-order Deadline**

*See store for details,
estimated arrival is the week of Sept. 24*

Saturday, Sept. 23

**Cooking Class Series
Soba Noodles**

11 AM - 1:00 PM

Watch our website and social media for details.

Saturday, Sept. 23



Crafting Community

2 - 3:30 PM
BCC Community Room
Details on page 11

October



All Month

**Register
Round up
Donations**

More info on page 7

Saturday, Oct. 7



**Rain Garden
Fall Clean Up**

10 am - 12 pm

Bluff Country Co-op Parking Lot

Monday, Oct. 9



**Co-op Board
Meeting**

6 - 8 PM
BCC Community Room

Saturday, Oct. 14

**Cooking Class Series
Spring Rolls**

11 AM - 1:00 PM

Watch our website and social media for details.

Saturday, Oct. 28



Crafting Community

2 - 3:30 PM
BCC Community Room
Details on page 11

Oct. 29 - Nov. 4
Owner Appreciation Week

Owners Save 10%
on one shopping trip!

November

Saturday, Nov. 4



**Rain Garden
Fall Clean Up**

10 am - 12 pm

Bluff Country Co-op Parking Lot

Saturday, Nov. 4



**Annual
Owner Meeting**

2 - 4 pm
Winona County History Center
More info on page 4

Monday, Nov. 13



**Co-op Board
Meeting**

6 - 8 PM
BCC Community Room

Tuesday, Nov. 21

**Tasty
Tuesday**

10:30 - 11:30 AM
Children ages 2 - 5



Details on page 12

Thursday, Nov. 23



Thanksgiving Day

**CO-OP
CLOSED**

Saturday, Nov. 25



Crafting Community

2 - 3:30 PM
BCC Community Room
Details on page 11

BOARD OF DIRECTORS

board@bluff.coop

PRESIDENT

Josh Datta
josh@bluff.coop

VICE PRESIDENT

Jenn Baechle
jenn@bluff.coop

TREASURER

Brenna Curry
brenna@bluff.coop

SECRETARY

Jennifer Sanborn
jennifer@bluff.coop

BOARD MEMBERS

Kay Pedretti	kay@bluff.coop
Lisa Lorsch	lisa@bluff.coop
Pingping Zhang	pingping@bluff.coop
Aaron Perleberg	aaron@bluff.coop
Ann Prochowicz	annprochowicz@bluff.coop

STORE CONTACTS

INTERIM GENERAL MANAGER

Luke Schell
gm@bluff.coop

FRONT END

Sean Luna
sean@bluff.coop

KITCHEN

Carl Schreiber
carl@bluff.coop

PRODUCE & MEAT

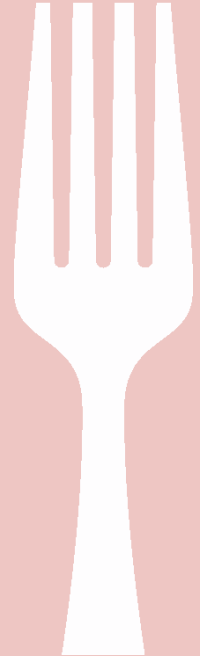
Laura Johnson
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MERCHANDISING

Heather Kitching
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WELLBODY

Amy Shea
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Back-to-School Fuel

Buy One, Get One FREE
Aug. 30 – Sept. 12

Get a **FREE** second case when you order one case of any BOGO item!



- BCC Owners -

Run for the Board & Get Involved!

There are 3 open seats starting next year and we are accepting new board member applications until Nov. 1st. This is a great opportunity for owners to shape the future of the co-op and its participation in the community. **Questions? Contact Kay Pedretti: kay@bluff.coop**



GM Report

BY KRISSY ROWLAND, GENERAL MANAGER

Greeting Cooperators!

Although my departure from my position as General Manager has already been announced, I wanted to take a moment to thank not only our amazing staff, who I wouldn't be here without, but also extend a thank you to all of you who shop here and support the store's mission. I've grown very close with many of you as we crossed paths in the aisles or at community events and it is with a very heavy heart that I will be stepping away from my role as General Manager at the Bluff Country Co-op.

Ever since my leaving was publicly announced, I've been contacted by so many of you reaching out to me personally and my heart is so full of gratitude by all your words of encouragement and care. Just when I think I can't be surprised by anything anymore, the community at this store again blows me away. There is really something special here and no one can convince me otherwise.

I've met with our incoming Interim General Manager, Luke Schell, and I have to say, it is quite a comfort for me to know that I am passing the leadership of the store to someone like Luke. I know the store and staff will be in good hands and that is all I could ever ask for.

I also want to say thank you to our Board of Directors for giving me this amazing opportunity. They gave me the chance to know all of you and for that, I will be forever grateful. The relationships I have been able to build here mean the world to me and this has been an experience I will never forget.

I'm not great at goodbyes so I demand that this isn't one!

I'll still be around and finding ways to stay involved in the co-op when I am able, so no sad goodbyes!

I WILL see you in the aisles!!!

Signing off,
Krissy Rowland
General Bananager

**Owner
Appreciation Week**
Sunday, Oct. 29 - Saturday, Nov. 4

**Owners
Save 10% on one
shopping trip**

Watch for announcements about prizes!

Save the Date!

**2023 Annual
OWNER
MEETING**

Saturday, Nov. 4
2 - 4 PM

Winona County Historical Society
Wanek Hall 160 Johnson St • Winona, MN



Board Report

BY JENN BAECHLE, BOARD VICE PRESIDENT

Dear Co-op Owners,

As we continue to move forward in our journey together post expansion, we wanted to take a moment to address the topic of C-share redemptions. At Bluff Country Co-op, we understand the importance of financial transparency and the desire for a fair return on your investment. We value your support and want to assure you that your interests remain at the forefront of our decision-making process.

To ensure a balanced approach, we will begin reviewing C-share redemptions annually once year-end financials become available, typically between August and October. The evaluation process involves the finance committee, in consultation with the general manager, utilizing the comprehensive financial reporting provided by our trusted CPA. The determined repayment amount is then presented to the full board for approval, ensuring a collective decision.

Repayment is contingent upon meeting the financial metrics set by NCG (National Co-op Grocers) as outlined below. These metrics serve as benchmarks for our co-op's financial health and sustainability. In order for redemption to take place, the following financial criteria must be met:

1. Fiscal year net income of 1% or more, with our benchmark being 0.5%: This indicates the profit available to the company after all business expenses, including taxes, have been paid.
2. Sales growth meeting or exceeding the benchmark of 3%: We compare total sales for the current year to those from the previous year, evaluating the store's growth.
3. Gross margin meeting or exceeding the benchmark of 35%: This indicator reveals whether the store generates enough revenue to cover controlled expenses.

4. EBITDA meeting or exceeding the benchmark of 4%: EBITDA serves as a key metric to evaluate our co-op's operating performance.

5. Liquidity meeting or exceeding the benchmark of 1.5: This metric assesses our ability to meet cash needs in a timely and efficient manner, calculated as current assets divided by current liabilities.

6. Debt to Equity ratio meeting or exceeding the benchmark of less than 3: This ratio signifies our relationship between debt and equity, calculated as total liabilities divided by total equity.

7. No loan defaults or late payment of financial obligations: We strive to maintain a strong financial track record and fulfill our commitments.

Redemption determinations will be based on the financial capacity of the co-op and the dollar value of shareholder requests. It is important to emphasize that while we aim to provide fair returns, the nature of our business means that guaranteed monetary returns cannot be assured. Shareholders requesting larger repayments may receive payments in installments, allowing the co-op to maintain its established metrics for financial sustainability. However, smaller redemptions may be paid out in full.

If you wish to register your C-Shares for repayment at any point, please complete the form found on our website under "Our Story" and then "C-Share Information". We will process requests on a rolling basis and honor them in the order they are received, ensuring a fair and equitable process for all shareholders.

Thank you for your ongoing commitment to Bluff Country Co-op. Together, we can continue to foster a thriving community and maintain the financial strength necessary for our cooperative's long-term success.

Thank you,
Bluff Country Co-op Board of Directors
General Manager - Krissy Rowland



Community Fund 2023 Recipient



Our Community Fund is going stronger in its sixth year! The Co-op made its fifth community donation from the fund to the Winona Sheltering Network for \$808.92. The fund's advisory committee (BCC owner, staff, and board representation) chose the Winona Sheltering Network as the recipient because it does good work helping refugees and asylum seekers begin their new lives in the Winona area.

The Winona Sheltering Network helps meet the immediate needs of our newest and most vulnerable community members: refugees and asylum seekers. It is 100% run by community volunteers, and their

efforts, include finding housing, employment, and accessible and affordable food options for families. Its volunteers assist refugee friends with learning English, acquiring a driving education and license, urgent healthcare needs, and navigating U.S. culture while preserving their own cultural identities.

If you want more information about the Winona Sheltering Network or contribute your time or donations, you can visit its website at: winonashelter.org

Each year to help raise money for the Bluff Country Co-op Community Fund, the Co-op holds a Round-Up-at-the-Register campaign to raise donations every October (Co-op Month) and April. We're trying something new this year. The Community Fund Advisory Committee has pre-chosen the 2024 donation recipient. It will be Volunteer Services of Winona.

Volunteer Services has been serving the Winona area for over 50 years. It has grown to now provide many services: a Food Shelf, low-cost, high-quality clothing, home-delivered meals, Coordinated Assistance and Pathways Community Hub for struggling community members, nutrition education, grocery deliveries, Nutrition Assistance Program for Seniors, and Holiday Projects that deliver special meals.

This year, we want to draw attention to Volunteer Services because it is in a capital campaign and has launched building a new building that can house all of its community services. Also, with a downturn in our economy and steep price increases in groceries and other consumer goods, the community needs have grown. Let's all help Volunteer Services do its best work to meet peoples' daily living needs.

This October, in celebration of Co-op Month, we will be holding our sixth annual Round-Up-at-the-Register campaign to raise donations for our Bluff Country Co-op Community Fund. Here's how Round-Up-at-the-Register 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.

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

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.

Donations to the Bluff Country Co-op Community Fund can be made any time. Make checks payable to TPCF/BCCCF





We believe that everyone deserves access to fresh fruits and vegetables to help build healthy and sustainable lifestyles. By contributing to the Double Up Food Bucks Program, you are directly increasing our communities' access to fresh, local, and organic produce.

Pay it forward on someone's fruit and veggie bill by making a donation to Double Up Food Bucks! The Double Up Food Bucks program is funded by grants and by shopper donations. Every dollar raised is used right here in our Co-op to help get more fresh fruits and veggies on more local tables.

Double Up Food Bucks is about creating access to healthy food. It started in Michigan in 2009 and has since expanded to over 25 states. Bluff Country Co-op is the first grocery store in Minnesota to offer Double Up Food Bucks to SNAP/EBT users. We brought it to our community in order to bring more healthy food to families who need it, while supporting our local farmers who grow it!

Find out more about how our Double Up Food Bucks program works by visiting our website: <https://www.bluff.coop/dufb/>

Got questions? Talk with Board Member Jenn Baechle: Jenn@bluff.coop

Learn more here:
www.bluff.coop/dufb/



THANK YOU

Your Name Here!

Donate by Nov. 1, 2023
 to have your name added to our thank you banner, which will be displayed in the store and at public events.

	Banana Level \$500
	Apple Level \$250
	Orange Level \$100
	Strawberry Level \$50

Support Co-op Trade

Support cooperatively owned businesses

The co-op way of doing business is to be open, fair and democratic. As a co-op, we love supporting other cooperatively owned enterprises — it's one of our cooperative principles! Look for this mark to find brands cooperatively owned by their workers, farmers or community.

Look for great deals on cooperatively owned brands and products in our Co+op Deals flyers!

Citrus-Chili Pork with Herb Sauce

Serves 6. Prep time: 6 hours, 30 minutes; 30 minutes active.

- 6 cloves garlic, sliced
- 2 large jalapeños, seeded
- 2 tablespoons extra virgin olive oil, divided
- 1 tablespoon ground cumin
- 1 tablespoon dried oregano
- 1 teaspoon salt
- 3 ½ pounds pork butt or shoulder, bone-in
- 1 large orange, quartered
- 1 large lime, quartered
- 2 large scallions, chopped
- ½ cup fresh cilantro
- 3 cups cooked brown rice

1. In a food processor or food chopper, mince the garlic and jalapeños; remove half to use later for the sauce. Add 1 tablespoon of the olive oil, cumin, oregano and salt and process to mix.
2. Trim extra fat layer from the roast. Place the roast in a 4- to 6-quart slow cooker. Rub the olive oil mixture all over the roast — make sure the whole roast is covered. Place the orange and lime quarters on top of and around the roast, then cover tightly. Cook on low heat for 6 hours.
3. When the pork is tender, transfer to a cutting board, reserving the juices and the citrus quarters for the sauce. Let stand for 5 minutes before cutting; keep warm while you make the sauce.
4. To make the sauce, place the remaining tablespoon of olive oil in a small pot and place over medium-high heat. Add the reserved garlic and jalapeño mince and saute for about 1 minute. Squeeze the reserved orange and lime into the pot, using a strainer to catch any seeds. Pour in the reserved roast juices. Bring to a boil and cook for about 10 minutes to thicken slightly. Add the scallions and cilantro and simmer on low for 1 minute.
5. Remove the bone, then slice the pork and serve it on a bed of rice, drizzled with the citrus sauce.





The Well-Body Minute

BY AMY SHEA, WELL-BODY MANAGER

Castor Oil

A TikTok trend with Ancient History

Castor oil has recently been the subject of many TikTok videos. Now, I don't recommend that we jump on to TikTok trends. I do think it's not a bad idea to shed some light on the benefits of castor oil with a bit of clarity.

Castor Oil comes from the castor bean (*Ricinus communis*) and is a native plant to India. Castor oil is the way that we work with this plant as an herbal support. Amongst many ancient healing arts of multiple Asian cultures castor oil has historically held a place of high regard. Documentation of its use as a remedy is also found in Ancient Egypt where it was not only used therapeutically but also as a fuel source of oil lamps. Moving forward in time, castor oil's history of use includes some problematic misuses that are hopefully a thing of the past.

The FDA recognizes castor oil as beneficial for one specific purpose, internally as a stimulative laxative. The laxative actions in this case are considered to be strong and not something you'd want to undergo without the guidance of your physician.

Castor oil is predominantly used externally for most things in the form of what's called a castor oil pack. Castor oil packs are made by applying castor oil to wool flannel which is then applied to the area you are trying to address. It works by stimulating circulation to the area and getting things moving. In this way, castor oil helps to improve circulation and lymphatic system function. Its stimulating actions are known to aid the liver's ability to clear toxins from the body. I know of a few people who can confirm that a warm castor oil pack sure does soothe menstrual cramps. There are some Ayurvedic studies showing that those working with castor oil packs to

address joint pain are experiencing significant signs of improvement. There is more, but I'll let you enjoy the journey into all there is to find out there about castor oil.

But what does this happen to do with the TikTok trends? Well, there is some documentation of castor oil being used to stimulate circulation to the scalp to promote hair growth. There is however not enough information amongst researchers to make a solid claim that hair growth was significantly improved by using castor oil on the scalp. In fact there is some information out there that suggests that castor oil may be attributed to something known as hair felting, which is severe matting occurring after the use of castor oil in the hair when the person attempts to wash it out. In this instance it may be wiser to work with a preformulated product that contains castor oil balanced with other ingredients, such as the hair shampoos and conditioners that you can find in the Wellness aisle here at the co-op. I've been working with the Giovanni castor oil shampoo and leave-in conditioner and I have really loved the results so far.

The key take-away today is to do your research. Trends come and go. Sometimes they are great and they help us to find new pieces to our self-care toolkits, and other times there is more to the story that we may want to look at before jumping into the trend. In this case, more research is better.

One last thing regarding castor oil, I would issue strong caution to anyone who is pregnant. Please work with your doctor or midwife before choosing to incorporate castor oil into your life while you're expecting. Castor oil is a stimulating laxative which has a history that includes stimulating contractions.

Amy Shea
Well-Body Manager
amy@bluff.coop



Driftless Sustainability

BY CEA LOUIS, SUSTAINABILITY COORDINATOR

From that slight chill in the wind, to the days growing shorter, yet another season of transition is upon us here in the driftless. As you are preparing for the season of brilliant leaves, cozy sweaters, and spiced ciders, we hope that perhaps you will join us here at Bluff Country Co-op for some of the exciting happenings ahead.

First and foremost, I would like to invite you all to join me in the rain garden for two Fall clean up days. While there is almost always some maintenance to be done in the garden, these two clean ups will be mostly with the goal of preparing for fall and then winter. This tends to be a less demanding clean up in ways, as we will not cut down much plant material at the end of the season. We do this mindfully, with the knowledge that the rain garden, and native species in general, are homes and shelters for pollinators. The two next volunteering days will be on October 7th from 10 am - 12 pm, and November 4th from 10 am - 12 pm. Whether you are a seasoned gardener or perhaps are exploring this interest for the first time, folks of all ages and abilities are welcome!

It is with much excitement that I now announce that on Saturday, September 9th from 10am-2pm, Bluff Country Co-op will be hosting our first back to school clothing exchange. The event will be an open house, and is open to everyone; students of all ages and lifelong learners alike!

How it works is that folks are encouraged (but not required) to bring clothing, shoes, bags and accessories that are ready to move on to new

homes, to share with others in the community. In exchange, people are welcome to take home new (to them) clothing/etc. Many more details about the event will be released soon, but in the meantime I invite you to mark your calendars and perhaps give your closet a clean out!

Lastly (for this article at least!), Crafting Community will be starting back up this fall and into the winter. We will be moving up to once a month, still on the 4th Saturday of the month from 2pm-3:30pm. Crafters and creatives of all varieties, ages, and abilities are welcome to join in a communal craft space. Feel free to bring an ongoing project to work on, or start a new one here! I hope to see some of you at the table!

As always, if anyone has ideas for classes or events, or if you are interested in teaching, please do not hesitate to reach out! These programs are for the community, and your feedback as part of the community is valued!

As we enter autumn, I wish each of you a safe, fulfilling, and sustainable season!

Cea Louis
Sustainability Coordinator
cea@bluff.coop



Kids ages 12 and under are invited to join the Co+op Explorers and be eligible to receive one free banana per visit! Kids simply need to sign up with parent or guardian at the co-op. Each child will be issued their very own super official Co+op Explorers card!

Case Discounts For Owners!



ORDER A CASE SAVE 15%*

Can be applied to Owner Deals and Co+op Deals too!

**Co+op Basics and BOGO are excluded.*



Receive the newsletter by email.

Update your owner account at the register or contact us at the store.

507-542-1815

info@bluff.coop

Tasty Tuesday!



Set forth on a delicious adventure with your youngster!

Every 3rd Tuesday of the Month

10:30 AM

Bluff Country Co-op Community Room

Children ages 2 to 5 can experience new foods and flavors during our Tasty Tuesday event. Join us as we explore fruits, vegetables and other tasty whole foods.

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



Bluff Country Co-op

121 W. 2ND ST • WINONA, MN • (ph) 507.452.1815

www.bluff.coop

info@bluff.coop

GOOD FOOD DAILY

8 am - 8 pm