



BLUFF COUNTRY CUIZINE

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



Autumn 2020

Bluff Country Co-op



Bluff Country Co-op Community Fund Recipient



**ADVOCACY CENTER
OF WINONA**

Our Community Fund is going strong as it enters its third year! We made our second community donation from the fund to the Advocacy Center of Winona for \$591.73. The fund's advisory council (made up of BCC owners and staff and board representation) chose the Advocacy Center as the recipient because it has provided 41+ years of service for Winona and its work continues to be significant for people in need with the unique challenges presented during the COVID-19 pandemic.

If you or someone you know is in need of services provided by the Advocacy Center, it can be reached online at www.advocacywinona.org or by calling 507-452-4440.

This October, in celebration of Co-op Month, we will be holding our third 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



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 third annual distribution will be in summer 2021

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.

BOARD OF DIRECTORS

board@bluff.coop

PRESIDENT + SOCIAL JUSTICE COMMITTEE CHAIR

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OWNER OUTREACH CHAIR

Terri Hansen
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BOARD MEMBERS

| | |
|----------------|--|
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GM Report

BY DAWN SCHREIBER, GENERAL MANAGER

Happy Autumn!

We had a busy summer at the Co-op! As we transition to the season of harvest and Thanksgiving, we have many, many things for which to be grateful.

Co-op staff have been wonderful. Their bravery through all of the changes and challenges of the last couple months is admirable. Creativity and positive attitudes have allowed the store to meet these new requirements of doing business with success. To show our appreciation for all of their hard work, since March we have been paying each Co-op worker \$1.50/hour on top of their wage to recognize the risk they are taking due to our 'emergency worker' status. I am super pleased to let you know that in July we were able to make that a permanent wage increase for the staff - raising the Co-op's lowest wage to \$12/hour.

The Co-op's Board of Directors have been a steady support for the store through the pandemic. Not only are they addressing the new challenges faced by the store through increased communications internally and externally, they are also continuing their work on board development, finding ways to improve food access in our community, and monitoring the financial performance of the store. I hope that you are able to join us at our virtual annual meeting this year to learn more about the Co-op's year.

Our owners and community have shown their commitment to and support of the co-op by continuing to shop. Sales growth during the last fiscal quarter (April, May, June) was 11.1%. While we didn't quite see a profit again this fiscal year, we are making consistent progress on our financial performance and reported our first positive net income since expansion in the 4th quarter of FYE2020.

We have lots of great things in the works for our community in the next few months! Cooking classes will return via videos to be posted online. Owner Appreciation Week is being expanded to the entire month of October; details on page 9. Round up at the Register for our Community Fund will also be happening in October; details on page 2.

We look forward to connecting you with all of the bounty of our local food-shed this fall!

Dawn Schreiber
dawn@bluff.coop

Join the Board!

Help guide the co-op!

For more information, contact
aurea@bluff.coop



Board Report

BY JENN BAECHLE, BOARD VICE PRESIDENT

When I think of Bluff Country Co-op, one word that pops into my mind is “community.” From our surveys and through talking with owners and shoppers, I know many of you feel the same. While our community looks a little different these days, I hope everyone still feels that sense of connectedness when entering BCC even though the aisle chats might be shorter and spaced 6-feet apart.

I always think of our Annual Meeting as a community builder for our Co-op owners. This year we have decided to make it an online meeting. Mark your calendars for October 25. Times and more details will be sent out a little later. There are also 5 Board positions up for re-election this year. If you are interested in sitting on the Board, please reach out to us at board@bluff.coop.

On a sad note, many of you may know that we lost a former BCC Manager and lifelong advocate of the Co-op since the last newsletter went out. Don Nelson was one of the first owners and managed Famine Foods in the early years. When I worked at the Co-op, Don came out of retirement to cashier (although I think it was to see everybody and catch up on all the happenings in the community), and some of my favorite shifts were those where I got to work with him and hear about how he used to have to come into the store at night and put the eggs by the wood-fired stove so they wouldn't freeze. Don was kind and generous to everyone, and will be missed by all those that knew him.

Jenn Baechle
jenn@bluff.coop

**We are looking for owners
to join the**

**Social Justice Committee
and the
Owner Outreach Committee**



The Social Justice Committee works to increase healthy food access in the community and meets on the first Monday of the month from 5:15-6:15pm.

For more information, contact
Ann Lichter, committee chair, at Ann@bluff.coop.

The Owner Outreach Committee exists to welcome new members, plan the Annual Membership Meeting and other social events, and increase owner engagement. The Outreach Committee meets on the first Wednesday of the month from 5:15-6:15pm. For more information, contact Terri Hansen, committee chair, at Terri@bluff.coop.

Local Flavors

of Fall



Pine Creek Farms LLC

Plainview, MN

Jonathan Stensgard and Jordan Flynn

Cousins Jonathan Stensgard and Jordan Flynn hatched the plan for Pine Creek Farms while through-hiking the Appalachian Trail. Walking freely on the trail and being surrounded by nature inspired the cousins to rent the farmland in Plainview, MN where Pine Creek Farms is based.

“We started with nothing,” says Stensgard, noting that the first year was one big experiment, during which he and Flynn lived in small cabins on their rented land.

Seven years later they own the land and supply produce for CSAs, farmers markets, and grocery stores throughout southeastern Minnesota.

Autumn is prime time at Pine Creek Farms. “We worked all year, and [in autumn] things start slowing down, so we can finally sit and relax,” says Stensgard. His favorite fall produce: butternut squash cooked into a spicy, velvety, Thai-inspired soup. Pine Creek Farms delivers fresh produce to the Co-op weekly, so maybe a similar soup is on the horizon for you!



Spring Bee Honey

Rushford, MN

Heidi Lee

Near Rushford is the largest spring fed farm in southeastern Minnesota. This idyllic countryside is where Heidi Lee, a fourth-generation farmer, runs her apary and provides the surrounding area with delectable Spring Bee Honey.

Lee's honey is always raw, which means it is not pasteurized and retains its unique flavors and intricacies. Simply put by Lee, "the pollens stay pure." Lee's bees gather pollen from the nearby spring-bed as well as the surrounding fields; watercress, sunflower, clover, and hay all make their way into Spring Bee Honey.

As for how Lee enjoys her honey, she says, "I put it in my homemade yogurt every day." She also loves warm cornbread slathered in honey on a cold winter day. But don't take her word for it, stop into the Co-op and stock up on Spring Bee Honey to warm your soul on those frigid January nights.



Ferndale Market

Cannon Falls, MN

Peterson Family

Since 1939 the Peterson family has been raising turkeys near Cannon Falls, and 80 years down the line their methods have not changed much. Their turkeys are given freedom to roam all day whenever the weather is warm enough, and they are only fed with local organic grains and whatever morsels they find on the pasture. Ferndale Market is also owned and operated by the second and third generations of the Peterson family.

As for Ferndale's Thanksgiving traditions, Katie Peterson, founder Dale Peterson's granddaughter and the Marketing & Communications Manager at Ferndale says, "We're all beat by then, so it's nice to kick back and take pride in knowing that our work will lead to many happy family gatherings around a Ferndale turkey." Of course, they also partake in a perfectly roasted turkey themselves, lovingly basted with butter and herbs.

Interested in a Ferndale Market turkey for the Thanksgiving spread? The Co-op has you covered. Although we don't take pre-orders, we have a variety of sizes available starting at the beginning of November. Just stop in and get that centerpiece for your Thanksgiving festivities!



Hand-Harvested Wild Rice

**Cass, Aitkin & Crow Wing Counties,
MN**

Roger Dahlin

After 35 harvest seasons, Roger Dahlin knows a thing or two about wild rice. He harvests wild rice the same way the Ojibwa have for centuries: one person steers from the back of the canoe, while the other sits in front, bending the aquatic grass over the boat, gathering the ripe kernels in the hull.

But what does Roger truly love about harvesting wild rice? "I love being in the North Country, on a lake, in late August. The bugs have died away and the nights are cool." I think most Minnesotans can agree that that sounds like the good life.

How deep does this love go? Even after three decades, Roger has been so enchanted with the serenity of the North Country, he does not have a single picture of himself harvesting! But rest assured, his dedication is apparent in every kernel of wild rice he provides.

The Co-op carries Roger's wild rice in convenient one-pound bags in the grains/pasta aisle, and the Kitchen uses his wild rice in several of their scrumptious creations.



Great Northern Seafoods

Bristol Bay, AK & Barnum, MN

Seth Cooke

Every June Seth Cooke, proprietor of Great Northern Seafoods, travels to Bristol Bay, Alaska to spend his summer fishing in the most abundant sockeye salmon grounds in the world. His catch is flash-frozen and delivered directly to Great Northern Seafoods's headquarters in northern Minnesota.

Upon returning to Minnesota in early August, Seth begins hand delivering his flash-frozen catch to restaurants, grocery stores and homes throughout the state. And if your mouth is watering just thinking about fresh fish, know the Co-op has an abundance of Seth's catch waiting for you; just ask a staff member next time you're in and they'll grab you a fillet!



Bluff Country Co-op

Annual Owner Meeting

Save the Date October 25, 2020

Event to be held online via Zoom *More details to come!*

Co-op Owner Appreciation Month

Save 10%
on One Shopping Trip
of your choice during October!

a.k.a. Co-op Month

Just let the cashier know to apply the discount at checkout.

Mmmmm!

Bread



Honey Whole Wheat Bread

Servings: 12 slices (1 loaf). Prep time: 2 hours; 20 minutes active.

- 1/4 cup lukewarm water
- 2 teaspoons instant dry yeast
- 3/4 cup low-fat (2%) milk or other milk
- 3 tablespoons honey
- 1 egg, lightly beaten
- 2 tablespoons extra virgin olive oil
- 1 cup unbleached flour, divided
- 2 cups whole wheat flour (not pastry flour), plus up to 1/4 cup more if needed
- 1 teaspoon salt

1. In a large bowl or a stand mixer, stir the lukewarm water and yeast to dissolve. In a small saucepan over low heat, heat the milk and honey just to dissolve and bring the milk to lukewarm temperature; if it's too hot it will kill the yeast. Add the milk mixture to the yeast mixture and stir. Let stand for 10 minutes; the mixture should be bubbly.
2. Stir in egg and olive oil and blend well. Mix in the flour and salt to make soft dough that begins to come away from sides of bowl and can be handled. Knead by hand or with the dough hook until smooth and elastic, about 5 to 8 minutes. Lightly oil a large bowl and put the dough in the bowl, turn the ball of dough to coat with oil. Cover and let rise in a warm spot or near the oven until dough doubles in size, about 45 minutes to an hour. Heat the oven to 350°F.
3. On a lightly floured counter, pat the dough to a 12 × 8-inch rectangle. Roll up from short side. Pinch seam and ends to seal. Place seam side down in greased 9 × 5-inch loaf pan. Cover; let rise in warm, draft-free place until doubled in size, about 45 to 60 minutes. It should rise to the top of the pan. Bake for 35 to 40 minutes or until golden brown, and it sounds hollow when tapped. Remove from pan to wire rack to cool.



Slow-Cooker Whole Wheat Bread

Servings: 10 slices (1 loaf). Prep time: 3 hours, 30 minutes;
20 minutes active.

- 1 ½ cups lukewarm water
- ½ teaspoon instant dry yeast
- 1 tablespoon honey
- 2 cups whole wheat flour
- 2 cups unbleached flour
- 1 teaspoon salt

1. Place a piece of parchment paper in the cooker, covering the bottom and at least part way up the sides.
2. In a large bowl, stir the water, yeast and honey. Let the yeast bubble a bit; it should be foamy in about 5 minutes. Add the flours and salt and stir with a wooden spoon until the dough is stiff, then switch to kneading with your hand. In the bowl or on a lightly floured counter, knead the dough for about 5 minutes.
3. Form the dough into a round ball and place in the slow cooker on the parchment paper. Cover and let stand for 1 hour to rise.
4. Turn the cooker on high and cook for 2 hours. Use an instant-read thermometer to test the temperature of the middle of the loaf; it is baked through at 180-200°F. If the loaf has not reached that temperature, cover and cook for another 15 minutes, until it reaches 180°F.
5. Use the parchment to lift the finished loaf out of the cooker, and cool on a rack.



Irish Soda Bread

Servings: 12 slices (1 loaf). Prep time: 1 hour; 20 minutes active.

- 1 ½ cups all-purpose flour
- 1 cup whole wheat pastry flour
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1 tablespoon caraway seeds
- 6 tablespoons cold butter
- ¾ cup buttermilk, plus 2 tablespoons for brushing the top
- ¼ cup honey
- ½ cup raisins or currants

1. Heat oven to 375°F. Mix flour, baking soda, salt and caraway seeds in large bowl. Use the large holes of a grater to grate the cold butter into the dry mixture, then toss until it resembles coarse crumbs.
2. Add ¾ cup buttermilk and honey to flour mixture; stir to make soft dough. Press the dough together; it will be dense like biscuit dough. If some of the mixture is too dry to incorporate into the dough, sprinkle in an extra tablespoon or so of buttermilk just to moisten loose flour. Stir in raisins.
3. Shape into rounded disk about 8 inches across and place on greased cookie sheet. Brush top with the reserved buttermilk. If desired, cut an "X" in the top with a sharp knife. Bake for 40 to 50 minutes, until golden brown and crusty. Keeps tightly wrapped at room temperature for three or four days.



Bluff Country Co-op

We know good Food.

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www.bluff.coop
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GOOD FOOD DAILY
8am - 8pm



FREE!

Send us your grocery list for
**Curbside
Pickup**

email: info@bluff.coop

