



BLUFF COUNTRY CUIZINE

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



**Celebrating
50 Years
1972 - 2022**



Autumn 2022

Calendar

September

All Month **Owner Drive**

Join the Co-op and get a **FREE t-shirt + goodie bag**, and be entered to win a wellness gift basket!

Mon., Sept. 5 **Labor Day**

Co-op
CLOSED



Weekly **Well-Body Wednesday** **10% OFF**

Savings for everyone on Wellness and Body Care items every Wednesday in Sept.

Mon., Sept. 12



Co-op Board Meeting

BCC Community Room
6 - 8 pm

Sun., Sept. 18

Pre-Order Salmon Deadline



See our website or facebook for details.

Thurs., Sept. 22



National Eat Local Day

Septmeber is Eat Local Month!



October

All Month **Register Round up** **National Co-op Month** **Fair Trade Month**

Mon., Oct. 10



Co-op Board Meeting

BCC Community Room
6 - 8 pm

Oct. 16 - 22 **Owner Appreciation Week**

Owners Save 10% on one shopping trip!

Extra discounts throughout the store just for owners!

Sun., Oct. 23 **Annual Owner Meeting**

Winona County History Center followed by a public showing of **The Co-op Wars** movie. Details on page 12, our website & facebook

Mid - Late October

Rain Garden Fall Clean up

Watch Facebook for details or contact Cea@bluff.coop

November

Sun., Nov. 8



Daylight Savings Ends

Clocks turn back 1 hour

Mon., Nov. 14



Co-op Board Meeting

BCC Community Room
6 - 8 pm

Nov. 14 - 24 **Thanksgiving Turkeys**



Frozen Whole Turkeys
Ferndale Market
Fresh Whole Turkeys
Larry Schultz Organic Farm

Sun., Nov. 13

Pre-Order Ham Deadline

Fresh local hams from:



Christmas ham pre-orders will be taken Nov. 28 - Dec. 12

BOARD OF DIRECTORS

board@bluff.coop

PRESIDENT

Kay Pedretti
kay@bluff.coop

VICE PRESIDENT

Jenn Baechle
jenn@bluff.coop

TREASURER

Brenna Curry
brenna@bluff.coop

SECRETARY

Josh Datta
josh@bluff.coop

BOARD MEMBERS

Ann Lichliter ann@bluff.coop
Aurea Osgood aurea@bluff.coop
Laura Johnson laura@bluff.coop
Jennifer Sanborn jennifer@bluff.coop

STORE CONTACTS

GENERAL MANAGER

Krissy Rowland
gm@bluff.coop

CUSTOMER + OWNER SERVICES

Alejandra Corsanego Torres
alejandra@bluff.coop

KITCHEN

Rosie Bielefeldt
rosie@bluff.coop

PRODUCE & MEAT

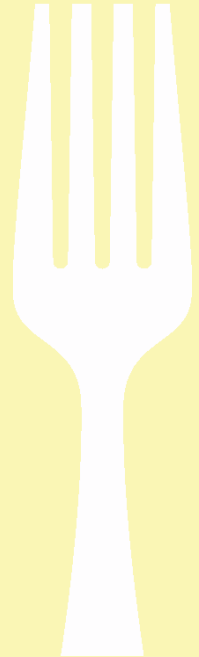
Laura Johnson
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MERCHANDISING

Heather Kitching
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WELLBODY

Amy Shea
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Curbside Pick-up



Let us shop for you!

Place your orders by
6 PM on Mondays
to pick up after
12 PM noon on Tuesdays.

**Send your grocery lists
& questions to: info@bluff.coop**

Minimum Order: \$25

Curbside Pickup Fee: \$10 • FREE for Owners

Want to influence
the future of the
Co-op?



Become a Board Member!



Apply by emailing Board President Kay Pedretti at
kay@bluff.coop



GM Report

BY KRISSY ROWLAND, GENERAL MANAGER

Greetings my fellow Co-operators!

Happy Harvest Season!

I hope you all had a fun filled summer! We sure did here at the store!

If you were able to join us at our 50th anniversary party in August, thank you for celebrating with us! You also may have seen our smoothie bike make an appearance at the Goodview and Winona Farmer's Market. It has been so great to get back out into the community again to see all of you and we are looking to keep the momentum going for Fall. We are currently working on setting up some new community class offerings and I would like to invite you all to share your knowledge and skills with the community. If you would be interested in teaching a class, whether it be cooking, yoga, foraging, native plants, tea, or just about anything else you could think of, don't hesitate to reach out to

us at info@bluff.coop. We would love to host you in our community room and connect community members with similar interests!

We are also planning to bring back hot bar this Fall. We are looking to hire a few more people for our kitchen team and then we are ready to rock so if you have an interest in learning and preparing fresh local foods, come join our team! You can apply online on our website at <https://www.bluff.coop/>. We look forward to seeing you in the aisles!

In Cooperation,
Krissy Rowland
General Bananager
gm@bluff.coop



Owners
SAVE 10%
on one
shopping trip!

October 16 - 22

**OWNER
APPRECIATION
WEEK**

*Watch for extra discounts throughout
the store just for owners!*



Board Report

BY JENN BAECHLE, BOARD VICE PRESIDENT

Greetings BCCers,

As I am typing this letter, I am watching my sunflowers and squash blossoms sway in the hot breeze and hoping that by the time you are reading this, I will have some pumpkins growing. Last fall we threw our pumpkins along our fence line when Thanksgiving was over and now we have 8 vines climbing the fence. Easiest gardening ever. I promise to bring my harvest to the Annual Owner Meeting this year for you all to see.

Speaking of the Annual Owner Meeting, save the date for Sunday October 23rd . This year we are planning to meet in person after 2 years of holding our meeting through Zoom. We've chosen the Winona County History Center for our venue and will be screening the film Co-op Wars after our meeting and providing popcorn and movie snacks. In the past we have hosted a dinner for those attending the meeting, but we wanted to try something a little different this year. Please look for an invitation in your email as we get closer to the event.

The Fall is also when the Community Fund Advisory Board announces which organization they have chosen to receive our non-profit donation.

This year, they chose the Winona Outdoor Collaboration. This organization has been doing lots of great work in our community and fits our environment goal. Stay tuned for the exact amount we were able to donate. Remember, if you would like to contribute to the Community Fund, round up at the register during any shopping trip or ask a front end worker if you would like to make a larger contribution.

A reminder that our Owner Appreciation Week is in October. The Board and Staff want to say a heartfelt Thank You to all of our owners, especially those who have been with us for the past 50 years. I have been an owner for 12 years and have witnessed many changes in my time. I can only imagine what it would have been like to experience all the changes from the beginning. Thank you again for continuing to support us, recommending us to your friends, family, and neighbors, and celebrating 50 years with us.

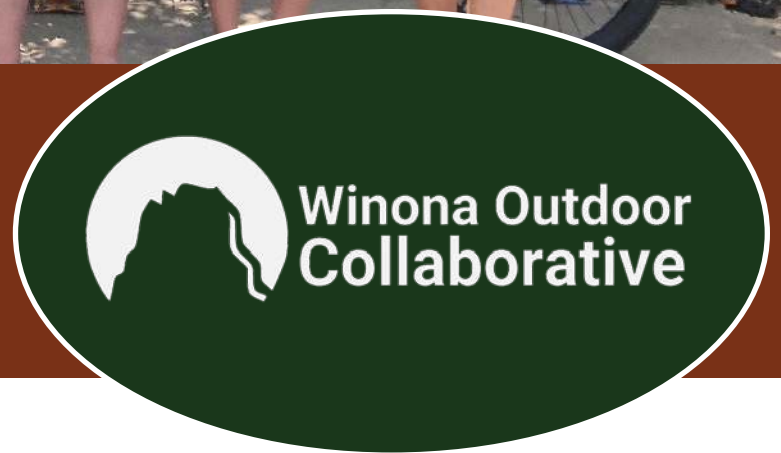
I hope to see you all at the Annual Owner Meeting.

Jenn Baechle
Vice-President
jenn@bluff.coop





Community Fund 2022 Recipient



Our Community Fund is going stronger in its fifth year! We made our fourth community donation from the fund to the Winona Outdoor Collaborative for \$868.93. The fund's advisory committee (made up of BCC owners, staff, and board representation) chose the Winona Outdoor Collaborative as the recipient because it has guided our community in fun, safe, and inclusive outdoor activities through and beyond the pandemic. From its founding, it has been committed to diversity, equity, and inclusion in outdoor pursuits. To support its mission, it recently opened Basecamp Provisions, a collaboration between San-

born Canoe Company, Merrimack Canoe Company, and the Winona Outdoor Collaborative to provide equipment rentals, a retail shop, and local guided experiences in Winona. Gear rental can help reduce price barriers to participation in outdoor adventures. And it allows anyone to try new equipment before the larger commitment of purchasing it.

If you want more background information about Winona Outdoor Collaborative or want to sign up for a local outdoor activity or a further abroad retreat, whether it be hiking, paddling, rock climb-

ing, or even gardening, drawing, or mental health therapy, you can visit its website at www.winona-outdoorcollaborative.com. All are welcome!

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



photo: Winona Outdoor Collaborative

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.



photo: Winona Outdoor Collaborative

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.



Cooking with Beer

Cheers! Your favorite brew is a surprisingly useful recipe ingredient.

From the darkest stouts to the lightest of summer ales, craft beers created at upstart breweries are undeniably popular. Beer lovers have grown increasingly curious about how to pair – and prepare – food with beer. Marinate and tenderize meat or caramelize vegetables using beer. Its carbonation makes the batter on fried foods light and crispy, and it helps to leaven baked goods, giving them a moist, tender texture. The alcohol acts as a solvent to break chemical bonds in other ingredients, intensifying the flavors we perceive from both the aroma and taste of food. Discover how deeply flavorful cooking with beer can be!



Turkey Vatapa

Servings: 4 to 6. Prep time: 45 minutes; 30 minutes active.

- 1 tablespoon vegetable oil
- 1 cup diced yellow onion
- ½ cup diced green bell pepper
- 3 cloves garlic, minced
- 1 tablespoon minced fresh ginger
- 2 tablespoons minced fresh jalapeño pepper
- 3 ½ cups diced tomatoes (1 28-ounce can)
- 12 ounces lager beer
- Salt
- ¾ cup peanuts, ground fine in a food processor
- 1 cup light coconut milk
- 2 ½ cups cooked turkey, skin removed, chopped
- Ground black pepper
- 3 tablespoons minced parsley
- 3 tablespoons minced cilantro
- 1 lime, zest and juice

1. In a large Dutch oven or stockpot, heat oil over medium-high heat. Add onion and bell pepper and saute for 5 minutes. Add the garlic, ginger and jalapeño and saute another few minutes.
2. Stir in the diced tomatoes, beer and a pinch of salt and bring to a boil. Cover pot, reduce heat to a simmer and cook for 15 minutes, stirring occasionally. Add the ground peanuts, coconut milk and turkey. Stir and simmer, uncovered, for another 5 to 10 minutes. Add salt and pepper to taste and stir in the parsley, cilantro and lime zest and juice.

Start simply: Try using beer in place of water or stock, as in this stew. Beers offer a wide variety of flavors, colors and intensity, and a stronger brew will produce a more flavorful dish. With heat, much of the alcohol evaporates, leaving behind the beer's complex flavors.



Whole Wheat Beer Bread

Servings: 14 (1 loaf). Prep time: 1 hour, 15 minutes; 15 minutes active.

- ¾ cup water
- ¼ cup bulgur
- 1 cup unbleached flour
- 2 cups whole wheat flour
- 4 teaspoons baking powder
- 1 ½ teaspoons salt
- ¼ cup molasses
- ¼ cup oil
- 12 ounces wheat beer or lager

1. Preheat oven to 350° F. Lightly grease a 9x5-inch loaf pan. In a small saucepan, bring the water to a boil, then add the bulgur and cover. Reduce the heat to low and cook for 15 minutes. Take off the heat, uncover, let cool.
2. In a large mixing bowl, combine unbleached flour, whole wheat flour, cooked bulgur, baking powder, and salt. In a medium bowl, mix the molasses and oil, and stir in the beer to mix. Pour into the flour mixture and stir until well-mixed. Scrape dough into prepared loaf pan.
3. Bake for 40 to 45 minutes, until a toothpick inserted into center of the loaf comes out clean.



The Well-Body Minute

BY AMY SHEA, WELL-BODY MANAGER

Flower Essences:

What are they and how do they work?

Flower essences are an often overlooked form of herbal support. People may confuse them with essential oils, or simply not understand what they are and how they work. So what is a flower essence and how does a flower essence work?

Flower essences were originally formulated by orthodox physician, Dr. Edward Bach, during the 1920's. Having shifted his practice to homeopathy, Dr. Bach discovered flower essences by observing the effects that certain flowers had on his emotions. Through experimentation with various ways of interacting with the blossoms, he began sipping the dew from the flowers which had the deepest effect on him. His personal findings brought him to conclude that the flowers held vibrational qualities that can help us to find our balance when experiencing emotional responses such as fear, anger, and hatred which can have lasting negative impacts on our physical health. With this in mind, Dr. Bach began formulating flower essences based on the theory that true wellness requires that we support the whole person as opposed to targeting only the concerns that present physically. Mind, Body, Spirit.

In its most original form flower essences were collected by gathering the dew that formed on different flowers. Some herbalists may still collect essences using this method, many use the more modern method of infusing the flowers in spring water beneath the early morning sun. In both instances, the typical method involves diluting the "Mother Essence" into what's referred to as a stock bottle. From this the finished essence is made by a second dilution blended with either brandy, apple cider vinegar, or glycerin.

Flower Essences hold vibrational frequencies that work with our own subtle body frequencies to address emotional triggers and trauma at the vibrational level. They are safe for nearly everyone, including elders, children, and pets. It's not uncommon for those

who work in the areas of support where there are trauma, panic, and stressors to have flower essences such as Rescue Remedy or Five Flower Formula in their resource/tool kits. Flower essences can be incorporated into our lives during hard transitions, periods of grieving, and even periods of exhaustion.

There are a few important things to consider when working with flower essences. As with anything, finding the right flower essence will bring about the best result. There are a plethora of guides and repertoire available in print and online that can provide you with the findings of practitioners who are successfully working with flower essences.

While most evidence of the effectiveness of this subtle body support is anecdotal, there are a handful of clinical studies out there which have found that flower essences can be beneficial. There are flower essence products that are blending with a specific functionality in mind, such as Rescue Remedy, Grief Relief, and Yarrow Environmental Solution, (all on shelf in our Well Body department), which may offer a good place to start for some people. Another point to consider is that when working with flower essence is mindfulness. Just as Dr. Bach's early explorations with flower essences work best when we take the time to pay attention to ourselves and how the essence we're working with affects our being through subtle or not so subtle ways. By working with flower essences as a part of our own wellness tool kits we can gently learn to release stressors immediate and long standing that may be impacting our wellness in ways that we might not realize.

If you're interested in working with a particular essence, stop by our Well-Body Department. If we don't have it on the shelf there's a good chance we can order it for you.

Amy Shea
Well-Body Manager
amy@bluff.coop





Driftless Sustainability

BY CEA LOUIS, SUSTAINABILITY COORDINATOR

Greetings! My name is Cea Louis, my pronouns are they/them, and I am the Sustainability Coordinator for Bluff Country Co-op! I moved into this role in February, and although it has been a dynamic couple of months, I wanted to properly introduce myself, and share a little bit of what has been happening!

In April, Bluff Country Co-op hosted our first Earth Day event. We had booths from local farms, makers, non-profits, organizations, and more. There were live performances from a talented local artist, and activities for kids of all ages such as planting and community art. Though the weather didn't have a full day event in store for us, I am very excited for when it is time to plan next year's event!

As we have gone through the awakening time of spring, and now are enjoying the vibrancy of summer, our rain garden has been going through many changes as well. Many awesome volunteers maintain the rain garden. They have helped throughout the seasons to remove trash, sand, trim, rake, weed, and otherwise nurture the soil and native species that call the garden home.

In early July we had the opportunity introduce some new recycling opportunities at the Co-op. We are one of many locations for the current Habitat for Humanity can drive. This goal of this program is to collect cans and raise funds for house building materials.

Also new at BCC are two collection receptacles for Acure products as well as Terra brand products. With the help of TerraCycle, these items that would otherwise end up in a landfill can be recycled! All three of these recycling opportunities can be found in the front area of the store.

This summer and fall, I have also been lucky enough to partner with both the Winona as well as Goodview Farmer's Markets to bring the famous BCC smoothie bike out, and offer free samples as well as bike rides! Come check us out at one of the markets, and don't forget; if you rock the bike, you have to ring the bell!

I look forward to continuing to meet more of the incredible individuals that make up our beautiful community. If you ever have questions, ideas, or would like to get involved with the rain garden or other sustainability efforts, please do not hesitate to reach out!

Cea Louis
Sustainability Coordinator
cea@bluff.coop





Bluff Country Co-op

We know good food.

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

www.bluff.coop
info@bluff.coop

GOOD FOOD DAILY
8am - 8pm

*Save
the Date!*

Sunday, October 23, 2022

Bluff Country Co-op

OWNER MEETING

Winona County History Center

160 Johnson St • Winona, MN

Meet & Greet 2 PM • Meeting 2:30 PM

Movie after
the meeting:

THE
CO-OP
WARS

4:30 PM

Snacks
provided!

Open to
Public!