



BLUFF COUNTRY CUIZINE

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



Spring 2023

Calendar

March



All Month
**Round Up
at the Register**
Donations will go to our
Community Fund

Saturday, Mar. 4
**Herbs of Everyday
Health & Well-being**

1:00 - 2:30 PM
\$25 - class details on next page.



Saturday, Mar. 4 & 18
**Indoor
Farmer's Market**
9 AM - Noon
210 Zumbro St • Winona



Monday, Mar. 13



**Co-op Board
Meeting**
6 - 8 PM
BCC Community Room

Saturday, Mar. 25



**Crafting
Community**
2 - 3:30 PM
BCC Community Room
Details on page 12.

Friday, Mar. 31

**Local Ham
Pre-order
Deadline**



Details on next page.

April



All Month
Owner Drive
New owners who join BCC
in April will be entered
to win a gift basket!
Details on page 4.

Saturday, Apr. 1
**Rain Garden
Spring Clean Up**

11 AM - 1 PM
BCC Parking Lot - Details on page 11.



Saturday, Apr. 1 & 15
**Indoor
Farmer's Market**
9 AM - Noon
210 Zumbro St • Winona



Sunday, Apr. 2 - 9



**Owner
Appreciation Week**
Owners get **10% OFF**
one shopping trip!
More info on page 4.

Monday, Apr. 10



**Co-op Board
Meeting**
6 - 8 PM
BCC Community Room

Saturday, Apr. 22

Earth Day Fair

11 AM - 2 PM
Jaycee Pavilion
340 Lake Park Dr.
See details on page 12.



May



Saturday, May 6
**Outdoor Farmer's
Market Begins**
9 AM - Noon • Every Sat.
Levee Park • Winona

Sunday, May 7 - 14

Mother's Day Plant Sale
Locally grown herbs, tomatoes, peppers,
flowers, natives and succulents from
Fairview Farms and White Water Gardens



Monday, May 8



**Co-op Board
Meeting**
6 - 8 PM
BCC Community Room

Thursday, May 25



**Eat More Fruits
& Veggies Day**

Monday, May 29



**Memorial Day
Co-op Hours
CLOSED**

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 Lorisich	lisa@bluff.coop
Pingping Zhang	pingping@bluff.coop
Aaron Perleberg	aaron@bluff.coop
Ann Prochowicz	annprochowicz@bluff.coop

STORE CONTACTS

GENERAL MANAGER

Krissy Rowland
gm@bluff.coop

FRONT END

Sean Luna
sean@bluff.coop

KITCHEN

Adam Honken
adam@bluff.coop

PRODUCE & MEAT

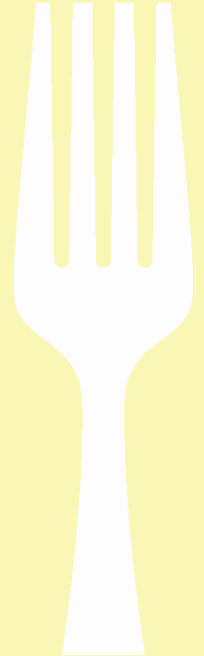
Laura Johnson
laura@bluff.coop

MERCHANDISING

Heather Kitching
heather@bluff.coop

WELLBODY

Amy Shea
amy@bluff.coop



Pre-order Fresh Hams!

Bone-in Ham \$8.49/lb

Quarter (3 - 4 lb) • Half (5-7 lb) • Whole (12-15 lb)

Boneless Ham \$10.49/lb

Quarter (3 lb) • Half (5 lb) • Whole (10 lb)

Order by Friday, March 31st



call: 507-452-1815
or email: info@bluff.coop



HERBS

for Everyday Health & Well-being

Saturday, March 4

1 PM - 2:30 PM

Bluff Country Co-op Community Room

Spring is a great time to explore plant medicine! Join Donna Kamann, herbalist and family nurse practitioner, for an introductory medicinal plant class. We will discuss the basics of learning to identify, harvest, and use plants for everyday health and wellbeing. There will be tea and tinctures to sample, and at the end of the class, you will be ready to make your own medicine!

\$25

Register by emailing:
cea@bluff.coop



TINCTURE OF THYME
HEALTHCARE CLINIC



GM Report

BY KRISSY ROWLAND, GENERAL MANAGER

Happy Spring! How are you?

It has been a long and cold winter this year so I am certainly looking forward to seeing the Driftless region becoming green again and sprouting new life into the community.

Winter was hard for us here at the store. We were very short on staff around the holidays, especially in our kitchen. The crew we did have, worked hard to keep up with getting our foods out on the shelves but I'm sure many of you noticed the shelves were quite empty during this time. We have a lot of new staff that recently joined the team, who are working hard to learn the co-operative ropes right now.

Our community has always shown the co-op a lot of love and support, and we are so appreciative of your patience and understanding as we navigate training in so many new team members at once. I'm proud of what we were able to pull off during this struggle at the store and I'm really excited for all of you to see what blossoms at the store throughout the spring, while the plans we have been working on come to fruition!

In other news, I'm happy to report that we grew our local sales by about 55% from FY2021 to FY2022! Our local vendors were a huge help while we were struggling with the nationwide supply shortages. This is what makes co-ops so special: Our local vendors supported our community and we, in turn, supported them. Community cooperation and your investment in shopping at the store last year is a direct link to this growth, so thank you for making this growth happen and supporting each other!

I look forward to watching us all learn and grow together again this year. I'll see you in the aisles!

In Co-operation,
Krissy Rowland
General Bananager
krissy@bluff.coop



Owner Appreciation April 2 - 8

Owners take 10% off one shopping trip that week, plus a chance to win a gift basket.* **Not an Owner yet?** Sign up in April to take advantage of all Owner Perks, plus a chance to win a gift basket.*

Thank you for being a part of Bluff Country Co-op!

*Winners will be randomly drawn after April 30th.



Board Report

BY JENN BAECHLE, BOARD VICE PRESIDENT

Greetings Fellow Co-ops!

As I begin my sixth year on the Board, I've started thinking about the excitement that the beginning of the year seems to bring to the Board as a whole. It's almost as if we get to begin anew as we welcome new Directors, form new committees, and start to set goals for the coming year. It makes me think that this is my favorite time to be on the Board.

The beginning of the year is also a time for the Board to have our first Board Retreat. This is a time where we get to know each other a little better, discover what areas of our work we are all passionate about, and usually assess our long-term planning for the Co-op and the direction we would like to see it head in. As our retreat is this weekend, and the deadline for this report was already three days ago, I regret that I can not update you on this work yet, but I will in the next newsletter.

As the chair of the Owner Outreach Committee though, I can tell you that one item I would like your input on as owners is how we should continue with the Annual Owner's Meeting (AOM). For those not familiar, this meeting is typically held in the fall and is a time for the Board and General Manager to update all owners on the state of the Co-op. Many years ago, the AOM was well attended and I believe owners looked forward to this event as a time to

catch-up with others and further grow our co-op community. In more recent years, attendance has been low and we've struggled to meet the required number of votes to meet quorum, which is only 50.

So I am asking you, our owners, what format would you like to see the AOM take? Give me your suggestions. I promise all ideas are good ideas, some are just logistically more feasible than others. And if you would like to join the Owner Outreach Committee, let me know that as well. The more the merrier.

With Warm Thoughts,
Jenn Baechle
Board Vice-President
jenn@bluff.coop

Help the Co-op Reduce Waste!

Receive the Newsletter by email.

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

507-542-1815
info@bluff.coop

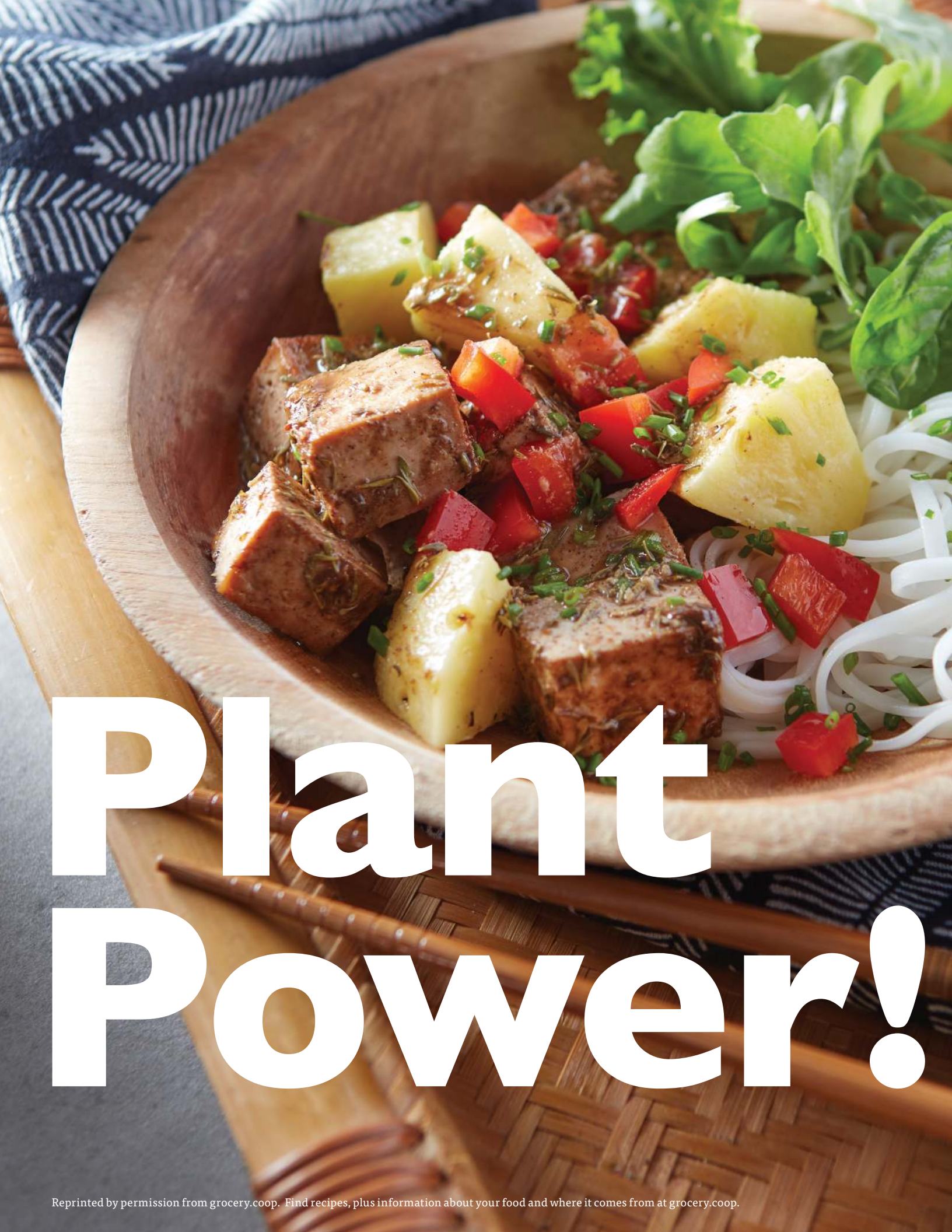
Want to influence the future of the Co-op?



Become a Board Member!



Apply by emailing Kay Pedretti at kay@bluff.coop



Plant Power!



Protein is the hidden superpower in an array of plant-based foods.

Plant-based eating emphasizes meals where meat is not the main attraction, and goes well beyond salads and veggie burgers. Along with fruits and vegetables, plant-based foods put the focus on whole grains, legumes, nuts and seeds.

It may be surprising to learn that plant-based dishes can be a powerful source of protein — especially when the ingredients include beans, quinoa or tofu — in addition to fiber, antioxidants, vitamins and minerals. And who couldn't use more vegetables in their diet?

Whether you're trying to reduce the amount of meat in your diet, exploring the "flexitarian" style of eating, or enthusiastically vegan, give these flavorful, protein-rich recipes a try.

Jerk Tofu with Pineapple

Serves: 4. Prep time: 1 hour.

1 pound extra firm tofu, pressed to remove water and cut into 1- to 2-inch cubes
1 pound fresh pineapple, cut into 1- to 2-inch cubes
½ cup diced red pepper

Jerk Sauce

¼ cup fresh lime juice
2 tablespoons red wine vinegar
2 tablespoons tamari
1 tablespoon brown sugar
1 tablespoon hot sauce or habañero sauce
2 tablespoon fresh chives, minced
(reserve 1 tablespoon for garnish)
1 tablespoon dried thyme
1 tablespoon Dijon mustard
1 teaspoon ground allspice
Pinch of salt and pepper

1. To press tofu: Wrap it in a clean, lint-free towel or place it between two plates, then add a 2 to 3 pound weight on top (a cookbook works well) and let it sit for 15 minutes or more to remove excess water.
2. In a medium-sized mixing bowl, combine the jerk sauce ingredients. Reserve 4

tablespoons of the sauce for dressing the tofu when cooked.

3. Marinate the pressed, cubed tofu in the jerk sauce for 30 to 60 minutes or overnight.
4. Preheat the oven to 350°F.
5. Place the tofu and marinade onto an oiled sheet pan and bake for 20 minutes; then gently stir or flip the tofu and bake for another 15 to 20 minutes until the tofu is firm and the sauce is absorbed. On a separate oiled sheet pan, bake the pineapple cubes for 20 to 25 minutes until they just start to brown.
6. Toss the pineapple and tofu together. Drizzle with the remaining 4 tablespoons of jerk sauce and garnish with chives and diced red pepper. Serve over a bed of greens, crisp lettuce or rice noodles.

Marinated tofu soaks in the full-flavored sauce and pairs wonderfully with the sweet, baked pineapple. Each serving gives you 10 grams of protein.



White Bean and Vegetable Paella

Serves: 6. Prep time: 45 minutes.

- 2 tablespoons extra virgin olive oil
- 1 medium onion, chopped
- 3 cups vegetable stock or water
- ½ teaspoon saffron, crumbled
- 4 cloves garlic, chopped
- 1 large red bell pepper, chopped
- 1 ½ cups paella or risotto rice (or medium- or short-grain white rice)
- 1 tablespoon tomato paste
- 1 teaspoon smoked paprika
- 1 teaspoon salt
- ½ teaspoon cracked black pepper
- 2 medium tomatoes, chopped
- 1 medium zucchini, quartered lengthwise and sliced
- 1 can artichoke hearts, quartered
- 1 15-ounce can navy beans, drained
- ½ cup frozen peas, thawed

1. In a large skillet or paella pan over medium-high heat, heat the olive oil and saute the onion until clear and soft, about 5 minutes. While the onion cooks, measure the vegetable stock or water and crumble the saffron into the liquid to infuse.
2. To the pan, add the garlic and peppers and stir for a minute, then add the rice, tomato paste and paprika, and stir to mix well. Cook, scraping the bottom of the pan, for about 2 minutes. Add the stock mixture, salt and pepper to the rice mixture and stir well. Reduce the heat to medium-low after it comes to a boil. Simmer for 15 minutes, stirring occasionally.
3. Add the tomatoes, zucchini, artichokes, navy beans and peas and cook for 5 more minutes.
4. Test the rice. If it is still a little crunchy, cover the pan and take off the heat to steam for 5 minutes or so. Serve hot.

Creamy Artichoke-Spinach Dip

Serves 6. Prep time: 4 hours, 55 minutes; 20 minutes active.

- 1 cup raw cashews, soaked and drained
- ½ cup water
- 1 tablespoon fresh lemon juice
- 2 tablespoons olive oil
- 4 cloves garlic, pressed
- ¼ cup nutritional yeast
- 1 teaspoon salt
- ¼ teaspoon turmeric
- 10 ounces frozen spinach, thawed, drained and squeezed dry
- 1 14-ounce can small artichoke hearts, drained and coarsely chopped
- 2 tablespoons panko (optional)
- Toast or crackers

1. Place cashews in a bowl of cool water in the refrigerator at least 4 hours prior to preparation.
2. Preheat the oven to 375°F. Lightly oil an 8-inch square or 1-quart round baking dish and reserve.
3. Place the drained cashews, water, lemon juice and olive oil in a blender and blend until very smooth, scraping down as necessary. When smooth, add the garlic, nutritional yeast, salt and turmeric and blend to mix well.
4. Scrape the puree into a large bowl and stir in the spinach and artichoke hearts. Spread in the baking dish and sprinkle with panko, if desired.
5. Bake for 25 to 30 minutes, until hot and slightly browned on top. The dip can be prepared and refrigerated, tightly wrapped, up to 2 days before baking. Once baked, cover and refrigerate the cooled dip for up to 4 days.



Welcome Adam

our new Kitchen Manager!

He joined our Kitchen Team just before the holidays and has been in constant motion ever since. There is a lot to being a Kitchen Manager! Not only is there staff to train and direct, a menu to create and order for, and equipment to maintain; there are also customers to surprise and delight. Adam is taking it all in stride, and we are very excited about the tasty new items regularly coming out of the Kitchen!

Recently, we asked Adam his thoughts on whirled peas, vegetable spirit animals, and the local scene. Here's what we learned:

What is the most difficult dish you have ever prepared? What was hard about it, or for whom did you prepare it?

Adam: *The most difficult one was the first official meal I ever made for my mom when I met her for the first time at the age of 17. It was chicken adobo; an old family recipe. It was nerve wracking because I was making it for my mother and I had never cooked before so I wanted to do it right. She loved it and I've been hooked to cooking ever since.*

What food cuisine do you find yourself cooking at home most often? Why?

Adam: *Mostly Filipino food. I really enjoy making sinigang or pancit palabok because it reminds me of my family and home and those were some of the first recipes I learned to cook.*



You are newer to Winona. What have been your favorite things to do in the Driftless so far?

Adam: *I've really dived into hiking on the beautiful trails in the area and getting into photography. There is so much to see and my favorite so far has been the trails behind Sugar Loaf.*

How can we reduce our packaging footprint in prepared foods?

Adam: *Whenever possible, I'd like to opt to use compostable or recyclable packaging for our prepared foods. I've heard that we used to use glassware dishes for diners eating in-store before the pandemic and this is also something that I would like to get back to doing.*

What is your favorite local ingredient?

Adam: *So far I would have to say it would be the Thousand Hills steaks or any of their meat products. I've lived all over the world and their meat products are great in any cultured dish I've made.*

If you were a vegetable, what vegetable would you be? Why?

Adam: *Probably corn. I'm a pretty corny guy and I'm from Iowa so I can relate.*





The Well-Body Minute

BY AMY SHEA, WELL-BODY MANAGER

Black Cohosh, (*Cimicifuga racemosa* and *Actaea racemosa*), is a member of the buttercup family. Known by a variety of folk names like snakeroot, black bugbane, rattleweed, and rheumatism weed, (a name that hints to one of the ways in which she assists us). She loves to grow in the rich soils of deciduous forests in full to partial shade across a broad range of North America with a particular affinity for the Appalachian region.

As one of her folk names suggests, black cohosh is a traditional remedy for rheumatism amongst communities such as the Iroquois, and the Cherokee according to Daniel E. Moerman's *Native American Ethnobotany*. Daniel also notes that the Mi'kmaq and Penobscot communities know this plant as an ally supporting our kidneys. Black Cohosh is a traditional plant ally for many other Indigenous communities as well, and each community has their own relationship with this plant.

Colonists tended to focus on the manners in which black cohosh has lent its support to women as a reproductive tonic, particularly in people experiencing symptoms of menopause. Conditions such as hot flashes, sleep interruptions, night sweats, mood changes are all among the most common indicators that might call a person to begin working with black cohosh. As an herbal ally for the female reproductive system, black cohosh is an herb that may help to support the female reproductive system through multiple stages of life. She may be called upon to help relieve menstrual cramping and discomfort. Midwives may ask black cohosh to support the birthing process, (be sure to work with your midwife's guidance for this).

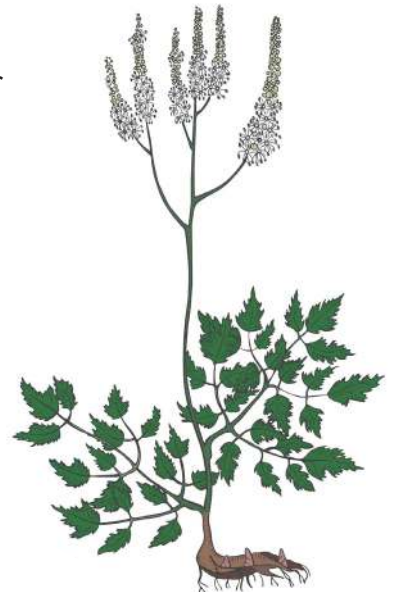
Some lesser spoken of ways in which black cohosh comes to our aid are her ability to promote sweating, making her an ally in cases of fever. This dynamic herb may also offer support to our kidneys and cardiovascular system, as well as our nervous system. Did I forget to mention that when we break down

her botanical name's etymology, *Cimicifuga* breaks down to mean "bug flight", a reference to the insect repelling potential of our woodland beauty.

Some things to take into consideration with black cohosh, she is a uterine stimulant and as such should not be utilized during pregnancy without the guidance of a midwife or other care provider. Black cohosh is said to contain phytoestrogens and may not be the best choice for those who have conditions reactive to estrogen or those who may be on HRT medications.

Black cohosh is on the United Plant Savers list of "At-Risk" plants, which means that her population in the wild is pretty depleted thanks to over harvesting and habitat loss. As of 2019, in an *Herbal-Gram* monograph by Josef Brinkman and Thomas Brendler it's mentioned that 98.1% of black cohosh rhizomes harvested for use came from wild spaces. To put that into perspective, that was over 3 million pounds of dry plant material. With that in mind, it's important to purchase your black cohosh from a reputable source, cultivate your own, or consider using an alternative such as pulsatilla, motherwort, or chasteberry.

Amy Shea
Well-Body Manager
amy@bluff.coop





Driftless Sustainability

BY CEA LOUIS, SUSTAINABILITY COORDINATOR

Between the warm sun and brisk breeze and the plants beginning to unfurl from Earth, it is with great pleasure to say that Spring has arrived!!

This season is often full of new beginnings and excitement, and Bluff Country Co-op is no exception! If you are looking to learn or try something new, keep an eye out for the various events that we have coming up.

On March 4th, we have the very talented local Donna Kamann, herbalist and family nurse practitioner, for an introductory medicinal plant class. We will discuss the basics of learning to identify, harvest, and use plants for everyday health and wellbeing. There will be tea and tinctures to sample, and at the end of the class, you will be ready to make your own medicine!

On Saturday, March 25th from 2pm-3:30pm join us in the Community Room for our first session of Crafting Community! Regardless if you are a watercolor painter, enjoy working with clay, a knitter, a mixed medium master or anything in between, this space is for you! Feel free to bring something you are already working on, or start a new project! There will be an exchange table, where you may bring items that pertain to art/crafting to leave behind, and can take what you like from the table in return. With 'Spring cleaning' upon us, this is a sustainable opportunity to help tidy up while sharing with and encouraging the artist in others! All ages, abilities, and mediums are more than welcome!

Calling all friends of the Rain Garden! Want to help get our rain garden ready for Spring? Come on down on April 1st, from 11am-1pm to help make way for the amazing native species that call the rain garden home. Basic tools and materials will be provided, but feel free to bring your own also!

Don't forget to mark your calendars for April 22nd, as we prepare to celebrate our second annual Earth Day Fair!! With many exciting local partnerships and new activities. Plan to join us for a day of fun, education, sharing, community, and appreciation of this beautiful planet we call home! More details to come soon, so stay tuned. This event is for the whole family!

With so many exciting ways to be involved, I hope to see many of you soon! As always, if you or someone you know has interest in volunteering either in the rain garden or at upcoming events, or if you would like to teach a class, please do not hesitate to reach out. Community means we!

Happy Spring, everyone!!

Cea Louis
Sustainability Coordinator
cea@bluff.coop



Rain garden clean up April 2022



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

www.bluff.coop
info@bluff.coop

GOOD FOOD DAILY
8am - 8pm



Saturday, March 25

2 - 3:30 pm

Bluff Country Co-op Community Room

Are you a knitter, painter or wood carver?

Join us for our first crafting community gathering!
Bring your own project to work on (new or existing) and hang out
with others who also enjoy making things!
All ages, mediums and abilities are welcome!

**Do you have unused craft materials or tools
that are collecting dust?**

Bring them to our crafting community event to share & swap!



Earth Day Fair



APRIL 22, 2023
11 AM - 2 PM

Jaycee Pavilion

340 Lake Park Dr. • Winona

**Winona's Little Warriors Drumline
& Parade of Species: 12 PM**

Local Farms & Organizations • Music • Food Trucks •
Kids Art Activities • Plant Swap and More!



Mother's Day

PLANT SALE

May 7 - 14

Shop a selection of locally grown herbs, tomatoes,
peppers, flowers, natives and succulents from
Fairview Farms and White Water Gardens.

