



BLUFF COUNTRY CUIZINE

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



Winter
2025 - 2026

Calendar

December

Food Drives

Dec. 1 - Dec. 10

Monday Wednesday

Bring In Non-Perishable Food



In partnership with Merchants Bank, there will be a barrel at the front of the store to collect food donations.

Dec. 11 - Dec. 21

Thursday Sunday



Buy a Bag of Groceries

The Co-op will have pre-made grocery bags in different dollar amounts available to purchase. We'll deliver them to the food shelf.

All donations will benefit the Winona Volunteer Services Food Shelf.

First Week of December

Holiday Nut Sale

20% OFF Bulk Nuts

Sunday, Nov. 30 through
Saturday, Dec. 6

Saturday, Dec. 13

Winter Clothing Swap

10 AM - 2 PM • Community Room
Everyone welcome. More details posted on our social media, [website](#) and at the store.

Thursday, Dec. 25

Christmas Day

CLOSED

Wednesday, Dec. 10

Hidden Stream Ham

Pre-order Ends

Estimated delivery date: Dec. 17
Details on [page 10](#) and on [website](#).

Wednesday, Dec. 24

Closing
Early
4 PM

Christmas Eve

STORE HOURS

8 AM - 4 PM

Wednesday, Dec. 31

2026 Cheese Club

Last day to sign up!

Find details on [page 6](#).

January

Thursday, Jan. 1

Opening
Late
10 AM

New Year's Day

STORE HOURS

10 AM - 8 PM

Saturday, Jan. 17

Everyone
Welcome

Book and Puzzle Swap

10 AM - 2 PM • Community Room

Drop off items early starting Wednesday, Jan. 7.
More details on our [website](#) calendar.



Monday, Jan. 19

Co-op Board Meeting

6 - 8 PM

Community Room

Check our website for
more events at the co-op:

<https://www.bluff.coop/events/>



February

Friday, Feb. 13

Chocolate Sampling

Stop by the store to sample a selection of
chocolate just in time for Valentine's Day!



Monday, Feb. 16

Co-op Board Meeting

6 - 8 PM

Community Room

BOARD OF DIRECTORS

board@bluff.coop

PRESIDENT

Lisa Lorisich
lisa@bluff.coop

VICE PRESIDENT

Vanessa Perry
vanessa@bluff.coop

TREASURER

Pingping Zhang
pingping@bluff.coop

SECRETARY

Ann Prochowicz
annprochowicz@bluff.coop

BOARD MEMBERS

Brenna Curry
Stacey Huber
Violet Yoon
Chris Phan
Jennifer Monsos

brenna@bluff.coop
stacey@bluff.coop
violet@bluff.coop
christopherphan@bluff.coop
jennifermonsos@bluff.coop

STORE CONTACTS

GENERAL MANAGER

Heather Kitching
gm@bluff.coop

KITCHEN

Mark Liedel
deli@bluff.coop

PRODUCE & MEAT

John Bride
john@bluff.coop

GROCERY & MERCHANDISING

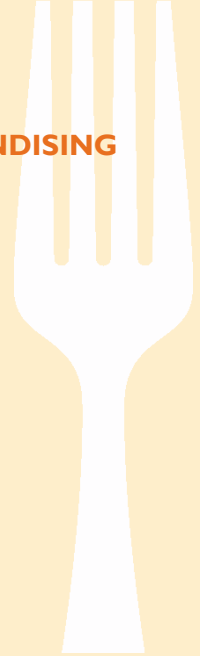
Andrea Strain
andrea@bluff.coop

WELLBODY

Amy Shea
amy@bluff.coop

FRONT END

Johnathan Andersen
femanager@bluff.coop



Monthly BOARD MEETINGS

The Co-op Board of Directors meet on the

3rd Monday

of every month at 6 pm
in the BCC Community Room

Meetings are open to Co-op owners,
with time reserved for owner comments.

Want to attend a Board Meeting?

Contact our Board President and
review our meeting guidelines below.

Visit our website:

www.bluff.coop / Our Story /
Our Board / Meeting & Governance



Volunteers Welcome

Owner Outreach

Food Access

Community Fund



Looking for ways to get more involved
at your co-op, but on a small scale?

Owners can join a committee, like those
listed above and take part in co-op
related decision-making!

Learn more and connect with the Board Committees at
<https://www.bluff.coop/meetings-governance/>



GM Report

BY HEATHER KITCHING, GENERAL MANAGER

Taking Stock

Someone recently reminded me to press pause on the to-do list long enough to really take stock of what has been accomplished. Winter, with its natural call for introspection and a slower pace, seems like a particularly fitting time to do just that—to appreciate our milestones and look ahead to the next season of growth.

One of the highlights of the past year has been the implementation of Owner Extras, our newest owner benefit. Approaching its one-year anniversary, the benefit has proven compelling to our shoppers, just as consumer research facilitated by NCG suggested it would be. It has directly contributed to faster ownership growth in Q1 than we've seen in at least three years, helping Bluff Country Co-op achieve a milestone - we now proudly serve a community of over 2,700 owners!

This growth is a powerful testament to the value you, our owners, place on the Co-op and the tangible benefits of belonging. It reinforces our commitment to providing unique and meaningful rewards for your investment in our cooperative model.

Over this past year we also took a big step in reinforcing our commitment to fair and equitable economic relationships with our staff and saw a 20+% increase in the percentage of staff members who earn a livable wage. Additionally, our average wage jumped \$2.10 higher than NCG's Co-op Livable Wage. These are both firsts and I am extremely proud to have been on the team that made them possible.

My last note is not about looking back, but looking forward. With a change of season comes a welcome new addition to our manager team! Jonathan Andersen joined us in mid-October as our new Front-End Manager. He has quickly become an invaluable asset, jumping right in and taking ownership of his new department. Jonathan shares a bit about himself on [page 7](#).

I am also pleased with how the Front-End team handled the period without a manager, and their willingness in the interim to step up and help me cover the bases. This is the cooperative spirit in action!

Please join me in looking forward to all the good things shared here that this winter season holds for our Co-op. Here's to growth, gratitude, and the cooperative spirit that makes it all possible!

Yours in Cooperation,

Heather Kitching
BCC General Manager
gm@bluff.coop

owners
save an
extra **10%**
on **coop deals**
every day!



Board Report

BY VANESSA PERRY, BOARD VICE PRESIDENT

Dear Bluff Country Coop Community,

Greetings from your Board!

As we near the end of 2025 and head into 2026, I have been reflecting on the year. This has not been the year I expected it to be (when is it ever!), and I suspect that is true for many of you as well. It looks like I am only going to accomplish one of my New Year's Resolutions - but to be fair that is one more than the year before!

I am so proud of the amazing successes at the Co-op this year and the role the Board was able to play in supporting. We are on a sound fiscal trajectory, the staff is amazing (as you know), and we are supporting local producers and vendors by including their products as options in the store. We were out in the community connecting with you all at Earth Day and Steam Boat Days, exploring ways to make the Co-op more accessible to all members of our community, and the annual meeting was a blast with

lots of new faces and families attending. The Board is in the final stages of completing a five-year strategic plan that will help build continuity and forward momentum. So much to be excited about and look forward to in 2026.

On a side note, the one resolution that I did accomplish in 2025 was to "make a new friend", and I really knocked this one out of the park! I have made friends with so many wonderful Winonans this year, many of whom I met through the Co-op! I am so appreciative of our Bluff Country Community! If you are thinking about 2026 resolutions, the Board is always looking for volunteers to join committees or support one-off volunteer days. We would love to have you!

Vanessa Perry
Board Vice President
vanessa@bluff.coop

Congratulations to our new Board Members!



Niki Ciulla



Krishna Roka



Adam Muschler

Many thanks to

Lisa Lorsch

Pingping Zhang

Brenna Curry

for their dedication and service on the BCC Board.



Staff Pick

Flower Essence Service **Flourish Formulas**

"Flourish Formulas are targeted specifically to help us through times of trauma, grief, anxiety, fear, and other conditions that impact the subtle/vibrational body. They are a mindfully crafted blend of flower essences with tiny amounts of food grade essential oils.

I love these formulas because you can use them on anyone, including children, pets, and folks who normally might not be able to work with herbal remedies. They are also very easy to work with because they are formulated with specific conditions in mind and have a "call to action" labeling that staff and customers can easily identify. They are really easy to use and there's really no contraindications or negative side effects to using them. I also appreciate that I can go to the FES website and look up each formulation and learn what flower essences were used in each formulation.

There are only 12 formulations of which we carry 7. Flora Sleep is a favorite of our shoppers likely due to Emily Copeland's recommendations."

— Amy Shea, Well-Body Manager

To learn more about flower essences and how they are made, visit: <https://www.fesflowers.com/what-are-flower-essences>.



WELLNESS WEDNESDAYS

10% OFF

Supplements Every Wednesday!

Save 10% on supplements in the wellness aisle every Wednesday. This includes multi-vitamins, protein powders, herbal extracts, flower essences and more! Items on sale are excluded. No need to be an owner. The discount is available to everyone who shops at the Co-op!



One Year

12 Amazing Cheeses

2026 Cheese Club

Sign up by Dec. 31, 2025

See store for details or visit our website.

<https://www.bluff.coop/cheese-club/>

Meet Our Front-End Manager

Johnathan has been at the co-op for only a short time, but has proven to be a natural in his role on the co-op team! Get to know Johnathan below and be sure to give him a warm welcome the next time you shop at the store.



What do you love most about food co-ops?

Johnathan: *"I love the sense of community and collaboration. Food co-ops are a place where people come together not just to buy groceries, but to support each other, make sustainable choices, and create a space that reflects shared values."*

What drew you to your current role at the co-op?

Johnathan *"I was drawn to the opportunity to help shape the shopping experience while working with a team that genuinely cares about quality, sustainability, and the local community."*

What has been your favorite part of the job so far?

Johnathan: *"Hands down, it's been connecting with members and seeing their excitement over new products, fresh produce, or a small change that makes their day a little better."*

Are there any particular projects or challenges you're looking forward to tackling in your new role?

Johnathan: *"I'm excited to explore ways to make the front-end even more welcoming and efficient, whether that's through staff training, process improvements, or creating small moments of delight for our members at checkout."*

Can you share a favorite quote or piece of advice that has inspired you?

Johnathan: *"Do what you can, with what you have, where you are." — "It's a simple reminder that progress is about consistent effort and thoughtful action, no matter the circumstances."*

What is your favorite local product?

Johnathan: *"My favorite local product is Switchel, an apple cider vinegar drink made by a local hobby farmer. It's refreshing, unique, and a great example of how much creativity and care goes into the products from our community"*

I work at the co-op because I love being part of a space where curiosity, community, and quality collide. Every day is different, whether it's helping a member discover a new favorite product, solving a problem on the fly, or laughing with my team over the chaos that inevitably comes our way. There's a certain magic in watching people connect over something as simple as food and sustainability. Being part of that feels meaningful in a way that's hard to find elsewhere.

Outside the co-op, I write. Right now I'm deep into a grimdark fantasy series that may never see the light of day but the process keeps my imagination sharp and my brain buzzing. I spend hours sketching maps, building worlds, and imagining the lives of characters who exist only on the page. It's a kind of mental exercise that blends creativity, problem-solving, and sheer stubbornness and it's endlessly satisfying.

Food is another passion of mine. I love cooking, tasting, and discovering local products that deserve attention. I'm always experimenting; trying new flavors, combining unlikely ingredients, or hunting down the best seasonal produce. For me, food isn't just sustenance. It's a way to connect with the world and with the people around you.

When I'm not working, writing, or experimenting in the kitchen, I spend my time out in nature walking 7 Bridges, Levis Mound, and hiking Perrot Ridge or during the long dark winter months playing (what is probably an unhealthy amount of) Elden Ring.

In short: I love creating, exploring, and experimenting. I love being part of a team that makes the co-op and the world around it a little more interesting every day.

Johnathan Andersen
Front-End Manager
femanager@bluff.coop

Delicious Recipes for Everyday Savings



Look for Co+op Basics products to find the most budget-friendly options at the co-op. These irresistible recipes all use Co+op Basics ingredients from the Field Day brand.

Soy-Ginger Dinner Salad with Tuna

Serves 4. Total time: 15 minutes.

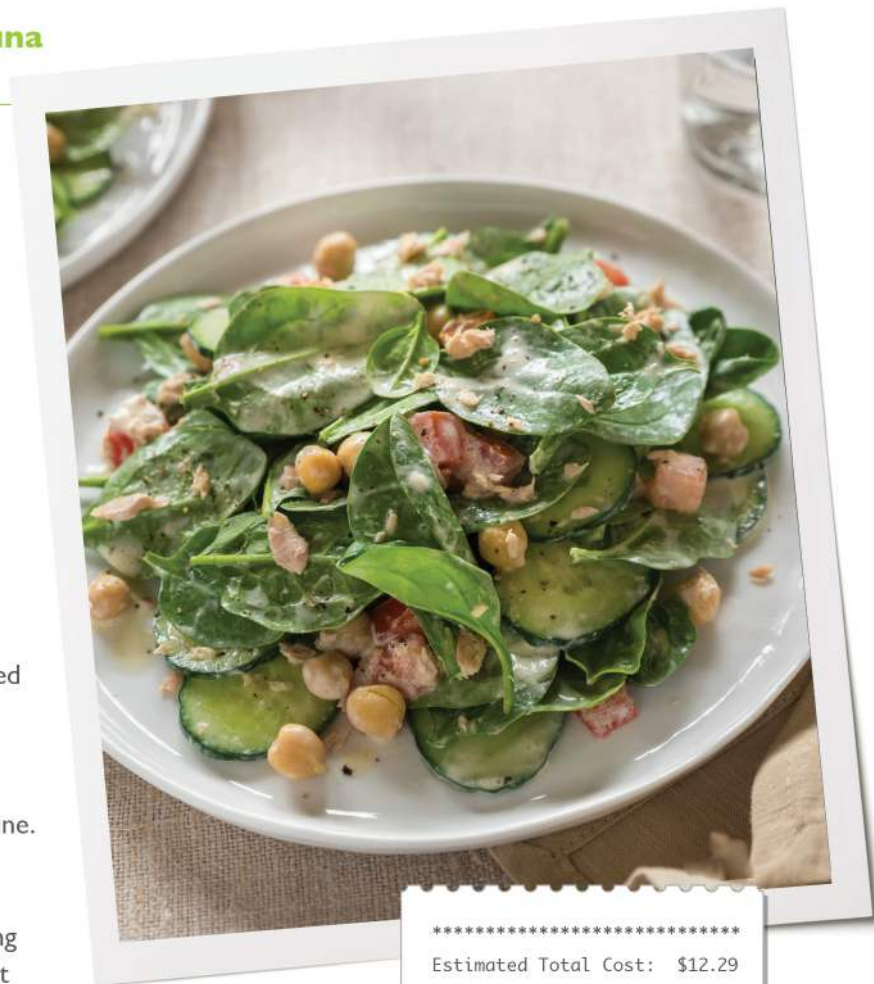
Dressing:

- 2 tablespoons Field Day olive oil
- ½ tablespoon soy sauce, preferably low-sodium
- 1 tablespoon Field Day white vinegar
- ½ cup plain, low-fat yogurt
- ½ teaspoon Field Day ground ginger
- Juice of ½ lemon
- Salt and pepper to taste

Salad:

- ½ cucumber, thinly sliced
- 1 medium tomato, diced
- ½ pound fresh spinach
- 1 cup Field Day canned garbanzo beans, drained
- 1 can Field Day water-packed tuna, drained

1. Place all dressing ingredients in a small- to medium-sized mixing bowl. Whisk to combine. Add the cucumber and the tomato, and gently stir to coat the vegetables with dressing. Allow this mixture to sit, marinating the vegetables a bit, while preparing the rest of the salad.
2. Next, place spinach, garbanzo beans, and tuna in a very large salad bowl or large stainless-steel mixing bowl. Add the dressing and veggie mixture and toss thoroughly but gently to combine.



Estimated Total Cost: \$12.29
Cost Per Serving: \$3.07



Estimated Total Cost: \$16.78
Cost Per Serving: \$2.80


Turkey and Sweet Potato Chili

Serves 6. Total time: 55 minutes; 25 minutes active.

- 2 tablespoons Field Day canola oil
- ½ pound turkey sausage, casings removed
- 1 medium yellow onion, chopped
- 1 red bell pepper, seeded and chopped
- 3 sweet potatoes (1 pound), chopped into small pieces
- 2 cloves garlic, minced
- 1 14.5-ounce can Field Day diced tomatoes, undrained
- 2 cups Field Day chicken broth
- 1 cup water
- 1 tablespoon Field Day chili powder
- 1 tablespoon Field Day cumin
- ½ teaspoon Field Day cayenne pepper
- ½ teaspoon salt
- 1 15-ounce can Field Day cannellini beans, drained and rinsed
- Additional salt and pepper to taste

1. Warm oil in a large pot over medium-high heat. Add sausage; break up any large chunks and saute until no pink remains. Using a slotted spoon, transfer meat to a bowl; cover. Add onion, bell pepper and sweet potato to pot and cook, stirring occasionally, until softened, about 6 minutes. Add garlic and saute for 1 minute. Return meat to pot.
2. Stir in tomatoes, broth, water, spices and salt. Bring to a boil, then reduce heat to medium-low and stir in beans. Cover and simmer until chili thickens slightly, about 30 minutes. Season with additional salt and pepper to taste.

Recipes continued on page 12.



DONATE!

**DOUBLE UP
FOOD BUCKS™**

Join us in bolstering this important program at the co-op by saying "yes" to Round up at the Register in December. —Thank you!

At Bluff Country Co-op, we believe everyone deserves access to fresh, healthy, local food — which is why we proudly participate in Double Up Food Bucks (DUFB), Minnesota’s only program of its kind.

DUFB allows SNAP/EBT shoppers to earn dollar-for-dollar matching credits on eligible purchases, which can then be redeemed for up to \$20 per day in fresh fruits and vegetables. This program has helped countless families stretch their food dollars while supporting our local farmers, and we need your help to keep it going.

You can donate at the register by simply letting your cashier know, or by dropping off or mailing a check made out to Bluff Country Co-op with “DUFB” in the memo line (121 W. 2nd St., Winona, MN 55987).

Every contribution — no matter the amount — directly supports food access for families in our community.

Thank you for supporting our Double Up Food Bucks program. It truly means more than we can say for our neighbors and friends who are facing food insecurity at this time.




Local Holiday Ham

pre-order by
Wednesday, Dec. 10

Estimated delivery date is Wednesday, Dec. 17

<p>Bone-in Ham \$8.99/lb choose from: Quarter (4-5 lb), Half (7-9 lb), or Whole (14-18 lb)</p>	<p>Boneless Ham \$9.99/lb choose from: Quarter (2-3 lb), Half (3.5-4.5 lb), or Whole (8-9 lb)</p>
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Ham Steak \$9.79/lb
(1.5-2 lb)





Bluff Country Sustainability

BY INGRID OGREN, SUSTAINABILITY & COMMUNITY OUTREACH COORDINATOR

My Dear Cooperators,

How are we suddenly at winter's doorstep? How do you weather the wintery season? I enjoy surrounding myself with light, books, community, and handi-craft. I relish this time of slowdown with its built-in seasonal allowance for mild hibernation and reflection. By the time winter has arrived, I find that a once-dreaded season has become an unlikely ally in my life. After the insanity of the last few months of harvesting and food preservation, I am ready to take a break and mindfully monotask. I am ready to lounge and read. To nap and begin daydreaming about future projects. To reflect on what did or did not work and begin anew in the year to come. There is something about the crisp whiteness of the snow. The stillness of the season brings me to heel. I begin to quiet down inside. I, in turn, become still and remember that sometimes, it's enough to just: breathe & be.

As you know, fall and winter are the traditional times of year when we gather and share meals with friends and family. To help ensure that no one is left behind, Bluff Country Co-op (BCC) is partnering with Merchants Bank in the 37th annual '10 Days of Giving', taking place from December 1, 2025, through December 10, 2025. We will have a barrel located up front to make contributions easy. This is one of the largest food drives for Winona Volunteer Services (WVS), helping to provide for our neighbors, family, and friends who face food insecurity.

Once the '10 Days of Giving' has ended, BCC will continue to provide additional food support to Winona Volunteer Services' Food Shelf by reigniting our in-house food drive program. To make things easy, we will have pre-stocked, pre-totaled bags of food available for purchase at the Service Desk during your shopping trip. Simply select the bag with the price point you would like to donate at check-out, and we will gather these items for you and bring them to WVS from December 11, 2025, through December 21, 2025. If you are looking for more ways to help, volunteer, and/or need information on food relief and community building—we have put together

a 'Winona County Support Resource List' for your convenience: <https://www.bluff.coop/concern-for-community-2/>.

If you're also looking for some fun this winter, please join us for our many community engagement opportunities over the next several months. We will be hosting a winter clothing swap on December 13, 2025, from 10:00 a.m. to 2:00 p.m., as well as a book and puzzle swap on January 17, 2025, from 10:00 a.m. to 2:00 p.m. We are curating many new, exciting classes even as this newsletter is distributed, so please keep your eyes peeled and check out our website's event page at <https://www.bluff.coop/events/>, and/or our social media sites. Facebook: <https://www.facebook.com/BluffCountryCoop/> Instagram: <https://www.instagram.com/bluffcoop/>

As I draw to a close, I wanted to take this moment to send a thank you to each and every one of you. We are here for & because of you. Be warm. Be merry. Know you are cared for. We wish you peace and goodness in the year to come. See you soon.

Ingrid Ogren
(she/her)
Sustainability & Community Outreach Coordinator
outreach@bluff.coop



Peanut Sesame Noodles

Serves 4. Total time: 35 minutes.

- 1 pound Field Day spaghetti
- 2 carrots, cut into matchsticks
- ½ red bell pepper, cut in strips
- 4 cups thinly sliced purple cabbage
- ¼ cup Field Day smooth peanut butter
- 2 teaspoons soy sauce
- 1 tablespoon lime juice
- ¼ cup Field Day coconut milk
- ¼ cup water
- 1 pinch Field Day crushed red pepper
- 1 teaspoon Field Day toasted sesame oil

1. In a large pot, bring water to a boil. Break noodles in halves or thirds and drop into water. Cook for 6 to 7 minutes and test for doneness.

When done, drain immediately and rinse with very cold water. Set aside.

- Put about an inch of water in a large pot with a lid, and place a steamer basket inside. Bring water to a boil and add carrots to the steamer basket. Cover the pot and steam for 3 minutes, then add bell pepper and steam for another minute. Add cabbage and steam for 2 more minutes.
- Blend all remaining ingredients together in a food processor, or use a fork to mix thoroughly in a bowl. Pour noodles and veggies into the pasta cooking pot, add sauce and mix well. Add more soy sauce or lime juice to taste. Serve chilled or at room temperature.



Estimated Total Cost: \$8.69
Cost Per Serving: \$2.17



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