



# BLUFF COUNTRY CUIZINE

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

*Fall*  
2021



# Calendar

## SEPTEMBER

Mon., Sept. 6

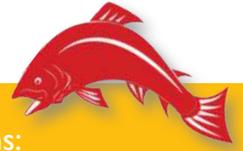
**Labor Day**  
**CO-OP CLOSED**

Mon., Sept. 13  
**Salmon Pre-Order  
Deadline**

contact the store for more details: (507) 452-1815 or [laura@bluff.coop](mailto:laura@bluff.coop)

Available Options:

**Filets** (minimum of 3 required)  
**10 lb boxes**



Sat., Sept. 11

**Art of Fine Furniture  
Exhibit Opening**

Winona County Historical Society

Wed., Sept. 22

**Autumn  
Equinox**



Sept. 23 - 25

**Boats & Bluegrass  
Festival**

Prairie Island Campground

## OCTOBER

**National Co-op Month!**



all month

**Owner Appreciation**

**10% off one shopping trip**

See page 7 for details

all month

**Round up**

at the **Registers**

to support our community fund



**National  
Fair Trade  
Month!**



Sun., Oct. 17

**Annual Owner  
Meeting**

See page 12 for details

Sun., Oct. 31

**Halloween**



## NOVEMBER

Sun., Nov. 7

**Daylight  
Savings Ends**



Turn clocks back one hour

Sat., Nov. 13

**World  
Kindness Day**



Mon., Nov. 15

**America  
Recycles Day**



Fri., Nov. 19

**Turkeys Arrive!**

Larry Schultz & Ferndale Market  
fresh & frozen whole turkeys  
available sizes: 12 - 20+ lbs

Thurs., Nov. 25

**Thanksgiving Day**  
**CO-OP CLOSED**

## BOARD OF DIRECTORS

board@bluff.coop

### PRESIDENT

Kay Pedretti  
kay@bluff.coop

### VICE PRESIDENT

Ian Nicholson  
ian@bluff.coop

### TREASURER

Aurea Osgood  
aurea@bluff.coop

### SECRETARY

Jenn Baechle  
jenn@bluff.coop

### BOARD MEMBERS

Ann Lichliter  
Alex Sharp  
Josh Datta  
Laura Johnson

ann@bluff.coop  
alex@bluff.cop  
josh@bluff.coop  
laura@bluff.coop

## STORE CONTACTS

### INTERIM GENERAL MANAGER TEAM

Heather Kitching & Krissy Rowland  
gm@bluff.coop

### CUSTOMER + OWNER SERVICES

Krissy Rowland  
krissy@bluff.coop

### PRODUCE

Caitlin Nicholson  
caitlin@bluff.coop

### KITCHEN

Rosie Bielefeldt  
rosie@bluff.coop

### MERCHANDISING

Heather Kitching  
heather@bluff.coop

### WELLBODY

Amy Shea  
amy@bluff.coop



**NEW**

# Curbside Pickup

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](mailto:info@bluff.coop)

Minimum Order: \$25  
Curbside Pickup Fee: \$10  
FREE for Owners

# Interim GM Team Report

BY HEATHER KITCHING, MERCHANDISING MANAGER  
KRISSEY ROWLAND, CUSTOMER & OWNER SERVICES MANAGER



Greetings Co-op Owners!

If you're lucky, when you go through a challenging time you come out the other side better for it and more aware of how great the people you've surrounded yourself with are. I consider myself to be really, really lucky, as I am certain that, I am absolutely surrounded by the best people you could ask for (minus one as of June 30).

While Covid does not seem to be completely "over", it does feel like something we've 'come through'. Through it we've become more adaptable, gained efficiencies, deepened our ability to work as a unified team of 40, and perhaps most importantly we've learned that we can be joyful in our work and each other despite unsavory circumstances.

Now we turn our new found skills and focus on this time of transition. It's a bit of a challenge, yes, but we'll rise to it and come out of it a stronger team - we already are. And it's no small thing that we have a singular focus which inspires us to keep looking forward - the community we serve. We get our fuel from rising customer counts and high customer satisfaction scores. We thrive on seeing that the new local product we took a chance on is flying off the shelf, as well as having those conversations in the aisles that keep us in touch with all of you. As a Co-op we are literally in this together and I think that makes us all pretty lucky.

Heather Kitching  
gm@bluff.coop

There are many changes happening here at the store that I'm super excited to share with you all! We are working on setting up our bulk section spices again to their former pre-covid glory, so feel free to bring your own containers to fill with your favorites! The peanut grinder is also back in action for shoppers to grind their own peanut butter!

The store is also preparing for the Fall with some fun back to school supplies. Be sure to come check out the selection of lunch boxes and our options for goodies and snacks to fill them with! As always, the Deli is continuously trying out and testing new recipes for salads, sandwiches, and take-and-bake casseroles. Your feedback and suggestions are always welcome and greatly appreciated so let us know what you think!

Also coming in October is the Annual Owner Meeting. Normally, October is home to Owner Appreciation Week but after seeing how much our owners enjoyed the option to use the appreciation discount over the whole month last year, we decided to do it again this year! We truly appreciate all the support we have received from our owners over the last year and cannot thank you all enough. We hope to see you at the meeting on October 17th!

Krissy Rowland  
gm@bluff.coop



# Board Report

BY IAN NICHOLSON, BOARD VICE PRESIDENT

Autumn is here again, our time to enjoy the bounty of the year. Very soon you'll start to see local apples, sweet potatoes, and winter squash decorating the shelves of our produce department in preparation for Thanksgiving, and you're not too late to get in on our awesome opportunity to reserve yourself Alaskan Salmon fillets from our meat department, either. While you're making room for it, make sure you leave some extra for a Thanksgiving turkey, they'll be in stock before you know it!

While we know that everyone is trying to get in as much time outdoors as they can, we do have one event that you'll want to join us for: our Annual Meeting. We will once again be meeting at the Morrison Annex of the Polish Museum, on Sunday, October 17. There will be a short social session from 2:00 to 2:30PM, followed by a speaker and the meeting. (Our summer newsletter inadvertently gave the wrong day, so please make sure you show up on Sunday!) To ensure your attention we will have a meal provided by the superb BCC kitchen as well as on-site childcare, so don't forget to block off your calendar.

Even though we're over a year out as I write this, it's also time to start preparing for our 50th anniversary next year. Not only will we be looking back at the half century that we've spent in Winona, but we'll also be imagining and planning what our organization will look like in the next 50 years. In order to get ready for this significant milestone, we're looking for any historical records, information, memories, or stories that anyone may have buried in some forgotten corner of their house; if you think that you might have anything of interest, please contact the board and let us know, we'd love to include it.

I'd also like to take a moment to extend my thanks to all our staff, who are doing an outstanding job stepping up while we look for a replacement for Dawn. They have been handling this stressful time with a great deal of grace, so I hope you'll join me in thanking them when you're next in the store.

Ian Nicholson  
ian@bluff.coop

## Join Bluff Country Co-op's Board of Directors!

*Our board members ensure the long-term  
vision and vitality of the co-op.*

For more info, contact: [ann@bluff.coop](mailto:ann@bluff.coop)





## Community Fund Recipient 2021



Our Community Fund is going strong as it enters its fourth year! We made our third community donation from the fund to Engage Winona for \$825.35. The fund's advisory committee (made up of BCC owners, staff, and board representation) chose Engage Winona as the recipient because it is working with the Winona community on diversity, equity, and inclusion. It offers strong communication and networking to help people in Winona during the COVID-19 pandemic. And it has exciting plans for the future.

If you want more background information about Engage Winona, you can visit its website at <https://www.engagewinona.org/> to see their current work and future plans.

This October, in celebration of Co-op Month, we will be holding our fourth 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](http://www.bluff.coop) or the Twin Pines Cooperative Foundation website at: [www.community.coop](http://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

BCC's fifth annual distribution will be in summer 2022

## 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.



# The Well-Body Minute

BY AMY SHEA, WELL-BODY MANAGER

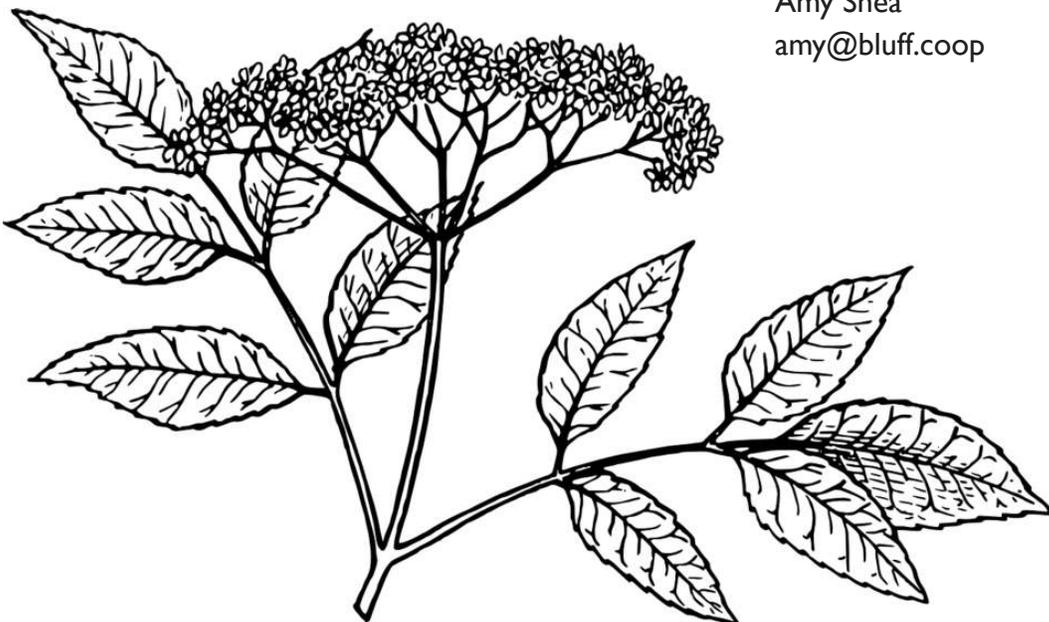
**Elder** (*Sambucus nigra* or in this region *Sambucus canadensis*) is a roadside plant that grows in disturbed areas all around us here in the Midwest. I look forward to seeing her delicate and gorgeously fragrant blooms on my drive to work every summer. It only takes a few umbels to fill my entire vehicle with her heady scent. Abundant blooms last but a few weeks before shifting to umbels of berries which feed many birds, and provide us with delicious remedies and treats to get us through the cold winter months. The most common form of elder we find in our local co-ops and traditional stores in general are products made from the berry. Let's take a look at what those tiny little berries are bringing to us.

Elderberries are rich in antioxidants, potassium, vitamin C, calcium, iron and folate. In addition to this they can serve as a source of fiber, potentially helping to relieve occasional constipation. Elderberry syrups are perhaps the easiest form of elderberry to find in most stores. They have also become a staple in a growing number of medicine cabinets at home. Elderberry syrup assists

our sore throats and unproductive coughs as a throat soothing expectorant. It also tastes amazing which makes it very easy to take for folks of all ages. Other easy ways to get elderberries into your system are in teas, as gummies and the trusty lozenge. The antioxidant and vitamin C richness of elderberries make any of these methods of consumption wonderful additions to our cold and flu preventative tool kits as well, supporting the immune system.

Elderberries are wonderful, but let's not forget about those gorgeous blooms. Elderflowers are a fragrant, gentle supportive way to combat colds and flus as well. Commonly used as teas and also as syrups these blossoms support our bodies by encouraging channels of elimination to get to work via perspiration and urination. Much like the berries they also assist in soothing sore throats and irritated coughs, as well as relieving inflammation within the respiratory system. Elderflowers also offer us their gentle vibrational support as a flower essence by helping us to connect to the resilience and vigor of our inner child during times of hopelessness.

Amy Shea  
amy@bluff.coop





# The Community Corner

BY MITCHELL JOHNSON, OUTREACH COORDINATOR

The harvest is here. A bounty of fruits and vegetables are ripe for the picking and are ready to sustain us through the long winter. Soon the leaves will change and fall, and we'll all get ready to hunker down for winter. But today the squash is sweet, the cabbages are full, and each bite of fresh produce reminds me of the joys of summer.

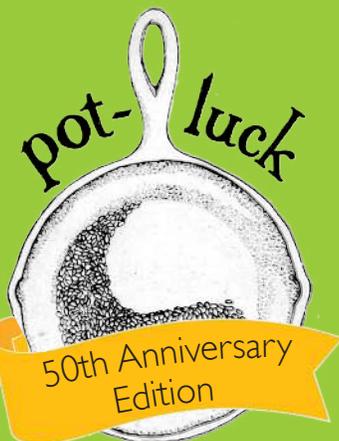
It was an active summer for many of us, the Co-op included. In partnership with Winona Parks & Recreation we hosted a casual "Garden Meet-Up" at the East End Recreation Center's Community Garden. Sometimes the most daunting aspect of cooking is the long list of ingredients that comes with a recipe, so our focus was creating simple seasonal salads, utilizing the freshest veggies from the garden, with a small number of ingredients.

I also taught a class on gourmet grilled cheese to Miller Mentoring students, a group based out of Winona Middle School. I'll let your imagination run wild with the ooey-goey possibilities. Teaching teens how to cook, an essential life skill if there ever was one, always brightens my day. Speaking of great recipes and delicious dinners, the Co-op is still looking for recipes for our 50th anniversary cookbook. Send your favorite autumn recipes to [info@bluff.coop](mailto:info@bluff.coop)!

As for what you should be looking for at BCC this fall, October is our Co-op Month! Throughout the month of October, everytime a purchase is rounded up to the nearest dollar, the extra cents are donated to the Bluff Country Co-op Community Fund. The BCC Board of Directors chooses a non-profit to donate our funds to once a year. For more information on how our Community Fund works visit <https://www.bluff.coop/community-fund/>.

And—saving the tough-to-tell news until the end—this will be my last time writing the Community Corner. Like the changing seasons, everything must come to an end. Being the Community Outreach Coordinator at BCC has been a pleasure, and I've loved becoming one of the many threads stitched into the tapestry of the Co-op community. Getting to know owners, co-workers, community partners and customers has been such a valuable and enjoyable experience. But this certainly isn't goodbye! I'm a proud BCC owner and customer, and just because I'm no longer working at the Co-op doesn't mean the BCC is no longer my community. I'll continue to be involved, pursuing my passions of food, cooperation and community. I hope you'll join me, and I look forward to seeing you in the aisles soon.

Mitchell Johnson



Share your favorite **Recipes**  
in our new **Cookbook!**

Send your recipes to [info@bluff.coop](mailto:info@bluff.coop)

*Potluck is a collection of favorite recipes donated by Bluff Country Co-op Owners.*



# Soups & Stews

## Farmhouse Bean Soup

Serves 6. Prep time: 30 minutes; 15 minutes active.

2 tablespoons olive oil  
1 yellow onion, diced  
1 large carrot, peeled and diced  
3 parsnips, peeled and diced  
3 cloves garlic, peeled and minced  
1 15-ounce can diced tomatoes  
4 cups vegetable broth  
3 to 4 sprigs each of fresh rosemary and thyme  
1 15-ounce can northern beans, drained and rinsed  
1 15-ounce can pinto beans, drained and rinsed  
1 15-ounce can kidney beans, drained and rinsed  
5 cups fresh spinach, chopped  
Salt and black pepper to taste

1. In a large pot, heat the oil over medium-high heat. Add the onion, carrot, parsnips and garlic and sauté 5 to 7 minutes.
2. Add the tomatoes, broth and herbs and bring to a boil.
3. Add the beans, reduce heat to simmer and cook 20 to 30 minutes until vegetables are tender. Stir in the spinach and season with salt and pepper to taste. Serve warm.

*Canned beans are nutritious and convenient, making this soup a healthy, fast and tasty option for a weeknight meal at home.*

## Three Sisters Soup

Serves 8 to 10. Prep time: 1 hour, 10 minutes to 2 hours, 10 minutes.

- 2 pounds of your favorite winter squash (butternut, acorn, kabocha)
- 2 to 3 tablespoons olive oil
- 1 yellow onion, diced
- ¼ cup garlic, chopped
- 2 quarts vegetable stock or water
- ½ cup white wine
- 2 teaspoons dried thyme
- 1 large bay leaf
- 1 pound fresh or frozen corn kernels
- 2 15.5-ounce cans cannellini beans, drained
- ½ bunch green onions, sliced
- Salt and pepper to taste

1. Preheat the oven to 350°F. Halve the squash and scoop out the seeds. Place the squash halves skin-side down on a lightly oiled baking sheet, and then roast until cooked through and soft, anywhere from 30 to 90 minutes. (Approximate cooking times: acorn squash, 30 to 45 minutes; kabocha squash, 40 to 50 minutes; butternut squash, 60 to 90 minutes.) Remove from the oven and allow to cool.
2. Scoop the flesh of the squash into a large bowl, saving any liquid. Puree the cooled squash with a blender or food processor, adding some of the reserved liquid if needed.
3. In a large stockpot, heat the oil over medium heat and sauté the onions until they begin to brown. Add the garlic and cook, stirring often, until the garlic turns light brown in color.
4. Add the stock or water, wine, thyme, bay leaf and pureed squash and bring to a simmer. Stir in the remaining ingredients and simmer for 15 to 20 minutes. Taste and adjust seasoning as needed.

*The Three Sisters is an ancient Native American technique for growing corn, squash and beans together in a way that builds on the strengths of each individual plant and enables them to nurture one another. Cooked together, these ingredients make a nutritious soup that celebrates the harvest season.*



## Red Lentil Stew with Kale

Serves: 4. Prep time: 45 minutes; 20 minutes active.

- 1 cup red lentils
- 4 cups water
- 2 cups cauliflower, chopped
- 1 small red bell pepper, chopped
- ½ teaspoon salt
- 1 bunch kale, stems and leaves, chopped
- 1 tablespoon ghee or coconut oil
- 1 large onion, chopped
- 1 tablespoon fresh ginger, chopped
- 1 teaspoon black mustard seeds
- 1 teaspoon cumin seeds
- 1 large jalapeño, seeded and chopped
- ½ teaspoon ground turmeric

1. Rinse the lentils, then put in a pot with the water, cauliflower, red bell pepper and salt. Place over medium-high heat and bring to a boil, then reduce the heat to low, place a lid on the pot, slightly ajar, and cook, stirring occasionally, for about 20 minutes. Stir in the kale and cook for about 10 minutes longer, until the lentils are soft and falling apart.
2. While the lentils cook, drizzle the ghee or oil in a large sauté pan and place over medium-high heat. Add the onion, ginger, mustard seeds and cumin seeds and sauté until they start to sizzle, then reduce the heat to medium-low and stir occasionally. Add the jalapeño and turmeric and stir for a few minutes before stirring into the lentils.
3. Add the sauté to the cooked lentils and let simmer for 5 minutes to meld the flavors.



**Bluff Country Co-op**

*We know good Food.*

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

[www.bluff.coop](http://www.bluff.coop)  
[info@bluff.coop](mailto:info@bluff.coop)

**GOOD FOOD DAILY**  
8am - 8pm

*Save the Date!*

*Annual*  
**Owner Meeting**



*Sunday*  
**October 17, 2021**

**Polish Museum, Morrison Annex**  
102 Liberty St, Winona

2 PM Social  
2:30 PM Presentation - TBA  
3:15 PM Meeting  
*Light dinner to follow provided by  
the Co-op Kitchen*

**\* RSVP for dinner by Tue., Oct. 12 \***  
Childcare available