



BLUFF COUNTRY CUIZINE

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

Spring
2021



Calendar

MARCH



Owner Drive
Mar. 1st - 31st

Fri., Mar. 5th
Day of Unplugging

Sun., Mar. 14th
Daylight Savings Time



Tue., Mar. 16th
Freedom of Information Day



Wed., Mar. 17th
St. Patrick's Day

Sat., Mar. 20th
Spring Equinox

APRIL

Thur., Apr. 1st
April Fool's Day

Sun., Apr. 4th
Easter
Co-op Closed



Wed., Apr. 7th
National Walking Day



Thur., Apr. 22nd
Earth Day



Fri., Apr. 30th
Arbor Day

Free tree seedlings at the Co-op courtesy of the All-University Arboretum and Land Stewardship Committee at Winona State University and the Johnny Appleseed Initiative (sponsored by Carolyn Dry).

MAY



Wed., May 5th
Cinco de Mayo

May 2nd - 9th
Mother's Day Plant Sale



Thur., May 13th
Fair Trade Day

Fri., May 21st
Endangered Species Day

Mon., May 31st
Memorial Day
Co-op Closed

BOARD OF DIRECTORS

board@bluff.coop

PRESIDENT

Kay Pedretti
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VICE PRESIDENT

Ian Nicholson
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TREASURER

Aurea Osgood
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SECRETARY

Jenn Baechle
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BOARD MEMBERS

Heather Lorenz	heatherlorenz@bluff.coop
Ann Lichter	ann@bluff.coop
Alex Sharp	alex@bluff.cop
Josh Datta	josh@bluff.coop
Laura Johnson	laura@bluff.coop

STORE CONTACTS

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CUSTOMER + OWNER SERVICES

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PRODUCE

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MERCHANDISING

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WELLBODY

Heather Kitching
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OUTREACH

Mitch Johnson
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Send us your grocery list for

**Curbside
Pickup**

FREE!

email: info@bluff.coop



GM Report

BY DAWN SCHREIBER, GENERAL MANAGER

Greetings Co-op Owners!

Your co-op continues to delight in sourcing good food for our community! We are excited about a new certified organic eggs supplier from Beaver Creek Farms located near Taylor, WI. Our Produce Manager Caitlin has met with most of our local produce suppliers in preparation of the local summer produce season. She also recently added Lion's Mane and Blue Oyster mushrooms from Regenerative Farms located near Dorchester, IA. Medicinal mushrooms are in demand right now and delicious! The Kitchen team continues to prepare delicious soups, sandwiches, salads, and casseroles to meet your needs. The Chicken Wild Rice casserole is a favorite!

Your co-op has also continued to show our concern for our community. You can read about several of our community efforts in our new regular newsletter column by our Community Outreach Coordinator Mitchell Johnson. We are also excited to partner with the All-University Arboretum and Land Stewardship Committee at Winona State University and the Johnny Appleseed Initiative (sponsored by Carolyn Dry) to host their annual tree seedling give-away on Arbor Day, April 30th.

Finally, I wanted to let you know that I have decided to step down from the General Manager role at BCC. It has been a fantastic 9 year experience, with many challenges and successes, but lots of things in my life are pointing to this change. One of the reasons why now is a good time for me to step away is that the staff at the

Co-op are in a great place. They are knowledgeable and competent and prepared to continue the great service you have become accustomed to, despite my absence. I gave the board 6 months notice at the January 2021 board meeting, so they have lots of time to identify the next GM for BCC. If you know someone who might be a good fit, please direct them to our website: bluff.coop/careers. And I will continue to see you all for many months at the store. Thank you for your support!

In cooperation,

Dawn
dawn@bluff.coop



Board Report

BY IAN NICHOLSON, BOARD VICE PRESIDENT

The board has spent the past two months reorganizing: we've elected new officer positions, finalized committee assignments, and elevated Alex Sharp from alternate to full board member to fill a vacancy. We're also very lucky to have Laura Johnson, the first BCC employee on the board in recent memory! We're all very enthusiastic to get to work representing your interests, especially the Food Access Committee which has several exciting projects in the pipeline. If you'd like to be involved you can reach out to jenn@bluff.coop for more information.

I can't avoid mentioning COVID, however much I'd like to pretend that the past year hasn't been difficult. It's easy to look back and see the negatives: classrooms transformed into a video call, vacations canceled, weddings and funerals missed, and families quarantined while COVID tests processed, but there were good moments too: we learned new hobbies, we channeled cabin fever into outdoor adventures, and we grew closer with our loved ones.

In just a little more than a month the snow will melt, the trees will leaf, and the seasons will start again. As vaccines become available to the general public, our lives will begin to return to normal.

Throughout this, the strong community ties we are so lucky to have here at Bluff Country Co-op are what allowed us to survive when times were hard. We're all in this together and we sink or swim as one. That sense of community is why we've been so successful with programs like our community fund, the bean jars, and even our rain garden! We all fundamentally agree that the community that grows up around people who care about the quality of their food and the methods

used to produce it and bring it to market – a community built on the principles of democracy, equality, and respect – is one that is worth having.

As we look forward to 2021 we have an opportunity to strengthen our community, both at BCC and in the greater Winona area. We can help our neighbors without expecting anything in return, we can meet new people and develop new friendships, and above all we can always cook each other healthy and delicious meals.

Ian Nicholson
ian@bluff.coop



What's Cooking in the Kitchen?

Kitchen Manager Rosie lets us in on the customer favorites from the Kitchen, and what makes them so good!

Ready to Eat Whole Roasted Chicken

“Best ingredients lead to great tasting chicken. We use SmartChicken which is humanely raised, antibiotic free, and air-chilled to keep its flavor. These hot and delicious roasted chickens are available everyday at 4:00 pm. You can eat as it is and then use leftovers in countless recipes. Want to make sure there is one available for you? Just call the co-op and we'll reserve one for you! Let us know when you plan to arrive (two hours notice required) and we will have it ready for you when you get here!”

Take and Bake Casseroles

“Our Kitchen did some brainstorming when the pandemic began to generate ideas for how we could help families get through this. These casseroles have made life easier for so many families. Just pick up the casserole and go. The leftovers are delicious too! Recipes rotate weekly. Indian casseroles on Tuesdays. Chicken Wild Rice is a favorite. Often there is a pasta dish. Cas-

seroles are also available by request. Give us a call (48 hours notice appreciated) and we'll have it ready for you! We want to ensure every shopper is a satisfied customer! Don't see what you are looking for, please ask us!

New Sandwiches and Wraps!

- Ballroom Blitz: sliced chicken, bacon, cheddar, apples, honey mustard on marble rye. (Why ballroom? Because we use organic Gala apples, of course!)
- Deli Classic Wrap: ham, swiss cheese, bacon, tomato, green pepper, lettuce dijan cream cheese spread.
- Bluff Cream Cheese Wrap: Lettuce, carrot, bell pepper, zesty micro greens, roasted sunflower seeds.
- Dill Chickpea Wraps: Chickpeas, fresh dill. It's a mock tuna salad.

We try to have something for everyone. Choices is the theme! There is always a vegan option. If not on the hot bar, then check out the sandwich, salad, or soup options. Something for every diet! Comfort food to garden salads, there is something for everyone.



The Community Corner

BY MITCHELL JOHNSON

Hello Cooperators, this is Mitch Johnson, the Community Outreach Coordinator at Bluff Country Co-op (BCC). I'm happy to introduce a new section of our quarterly newsletter: The Community Corner! There are 7 principles that all cooperatives must follow and the seventh, "Concern for Community," is my focus and my passion at BCC. Look here to discover what the Co-op has been up to around the Winona area for the past few months, and what plans we have for the future.

One of our most visible community outreach initiatives is our Beans for Bags program. Every time a customer uses a box or reusable bag in lieu of a paper grocery bag, they receive a bean that corresponds to a 5 cent donation. This bean is then placed in one of four mason jars in front of the store representing four non-profits in the Winona area. Our current slate of non-profits are: The Winona Sheltering Network, Project FINE, The Winona Art Center, and Habitat for Humanity. Thank you to all of our owners and customers for supporting these organizations that do so much for our community.

There have also been two projects undertaken by the BCC Kitchen over the past couple months. First, our Kitchen supplied discounted lasagna dinners to a local community member, who then donated these dinners to families in need over the winter holidays. The other project undertaken by our Kitchen this past holiday season was a partnership with Featherstone Farm to provide a holiday meal for COVID nursing staff at Gundersen Lutheran in La Crosse. We provided more than 150 cookies to the effort. Being Community Outreach Coordinator, as well as a Kitchen Staff member, the glow I felt after providing my love and labor to these projects helped sustain me through a holiday season that was unlike any I'd ever experienced. I'm sure other staff members would agree.

In the coming months, with warmer temperatures on the horizon, we hope to get our hands dirty with an-

other clean-up of our Rain Garden. Another thing in the near future is a video series on social media, featuring yours truly, where I'll be going over some cooking basics and also some fun, unique ingredients we offer at BCC. Additionally, as safety permits, be on the lookout for the reopening of our Community Room, which will be available for local groups and organizations to rent. For updates on the status of the Community Room, or if you're a fan of gardening and would like to help out with the Rain Garden, please send me an email (mitchell@bluff.coop) and I'll be sure to get in touch.

With every spring there is a growing warmth and renewal. I hope with the changing seasons we can work together to translate this warmth into our community. I look forward to the effort, and I hope you'll join me.

Mitchell Johnson
mitchell@bluff.coop

7 Cooperative Principles

- 1 • Voluntary & Open Membership
- 2 • Democratic Member Control
- 3 • Member Economic Participation
- 4 • Autonomy & Independence
- 5 • Education, Training & Information
- 6 • Cooperation Among Cooperatives
- 7 • Concern For Community

Eggs Anytime

An ordinary egg offers delicious versatility for breakfast, lunch or dinner.



Shakshuka with Spinach

Servings: 6. Prep time: 30 minutes.

- 2 tablespoons extra virgin olive oil
- 1 large onion, chopped
- 3 cloves garlic, chopped
- 1 red bell pepper, chopped
- 1 teaspoon smoked paprika
- 1 teaspoon cumin, ground
- 1 teaspoon coriander, ground
- ¼ teaspoon red pepper flakes
- 1 teaspoon salt
- 1 teaspoon honey
- 1 15-oz. can crushed tomatoes
- 4 cups salad spinach, chopped
- 6 large eggs
- ½ cup parsley, chopped
- 2 oz. feta cheese (optional)

1. Drizzle the olive oil in a 12-inch skillet and place the pan over medium-high heat. Heat for a few seconds, then add the onions and stir until they start to sizzle. Reduce the heat to medium-low and sauté for about 5 minutes. Add the garlic and peppers and sauté for 5 minutes longer to soften the peppers. Add the paprika, cumin, coriander, red pepper flakes, salt and honey and stir, then stir in the crushed tomatoes. Raise the heat to bring to a boil, then reduce to a simmer and cook until thick, about 5 minutes. Stir in the spinach and cook until just wilted and dark green.
2. Use the back of a spoon to make 6 indentations in the sauce for the eggs. Crack each egg into a cup and then pour carefully into the indentations. Cover the pan and cook for about 8 minutes, until the whites of the eggs are set. Test by poking the whites with a paring knife. If you like your egg yolks firmer, cook longer.
3. When eggs are done to your liking, sprinkle with parsley and feta, if desired.
4. Serve 1 egg, with about a cup of the vegetable mixture, on each plate.

Shakshuka is a dish popular across North Africa and the Middle East. Enjoy the spiced tomato sauce over warm pita wedges.



Spicy Avocado Egg Salad

Servings: 4-6. Prep time: 25 minutes; 10 minutes active.

- 6 large eggs
 - 1 large avocado, divided
 - 2 tablespoons fresh lime juice
 - ½ teaspoon salt
 - ½ teaspoon chipotle powder
 - 2 medium scallions, chopped
 - 1 rib celery, chopped
 - 1 large jalapeño, chopped
 - ¼ cup fresh cilantro, coarsely chopped
1. Place the eggs in a medium pot, and add cold water to cover them by an inch. Place over high heat and bring to a boil. As soon as the water comes to a full rolling boil, remove from the heat, cover and let stand for 14 minutes.
 2. Drain the eggs, rinse with cold water, then place the cooked eggs in the refrigerator to chill completely. When cold, peel, rinse and chop the eggs. Place in a medium bowl.
 3. Halve the avocado and remove the pit, then scoop half of the flesh into a large bowl. Mash thoroughly, then stir in the lime, salt and chipotle powder.
 4. Add the scallions, celery, jalapeño, cilantro and chopped egg, and stir. Using the tip of a paring knife, cut the remaining avocado half into cubes in the shell, then use a spoon to scoop the cubes out into the salad. Fold into the egg salad, and serve.



Breakfast Quesadillas

Servings: 4. Prep time: 20 minutes.

6 large eggs, lightly beaten
½ teaspoon salt
½ teaspoon pepper
Olive oil for the pan
1 cup shredded pepper jack cheese
4 8-inch whole wheat tortillas
1 cup arugula or spinach, chopped
1 medium avocado, cubed
Salsa

1. Heat oven to 200°F, if you need to keep the quesadillas warm until you serve them. Whisk the eggs in a medium bowl with salt and pepper, and set aside. Place a medium cast iron or nonstick pan over medium heat and oil or spray lightly with olive oil. Pour the eggs into the pan and cook, stirring occasionally, until they are softly scrambled and still moist. Transfer to a medium bowl and stir in the pepper jack cheese. Divide the egg mixture into four portions.
2. Place a large skillet over medium-high heat for a few seconds. Carefully place a tortilla in the pan, then spoon one portion of the eggs onto half of the tortilla; sprinkle with a quarter of the arugula or spinach and a quarter of the avocado. Fold the tortilla over to cover the filling, place another tortilla on the empty side of the pan, and assemble the second quesadilla in the same way. Press lightly to seal the ingredients inside the tortillas. Using a spatula, turn the first quesadilla after about 2 minutes, being careful not to spill the filling. The tortilla should be browned and crisp. Repeat with the remaining tortillas and filling. Turn the heat down to medium if the tortillas are browning too quickly. Transfer the finished quesadillas to plates, cut each quesadilla in three wedges and serve with salsa.

The satisfying scrambled eggs and greens in these quesadillas will energize you all morning long.

Crustless Quiche Lorraine

Servings: 6. Prep time: 1 hour, 10 minutes; 25 minutes active.

8 ounces bacon, chopped
1 cup chopped onion
6 large eggs, whisked
1 cup milk
1 cup shredded Swiss cheese, divided
½ teaspoon salt
½ teaspoon pepper
2 large scallions, chopped

1. Heat the oven to 350°F. Lightly oil a 9-inch pie pan.
2. Place the chopped bacon in a large skillet over medium heat. Stir occasionally, until bacon is crisp and brown, about 4 minutes. Transfer to

a large bowl, and pour off all but a tablespoon of bacon fat (you can save for another use, or discard.) Add the onions to the pan and cook over medium heat until soft and golden, about 5 minutes. Transfer to the bowl with the bacon. Add the eggs and milk to the bowl and whisk to combine, then stir in all but ¼ cup of the Swiss cheese, the salt, pepper and scallions. Pour into the prepared pan and top with reserved cheese.

3. Bake for about 45 minutes, until the quiche is puffed and golden. Let cool on a rack for 5 minutes before cutting. Keeps for 4 days, tightly covered, in the refrigerator.

Pair this classic quiche with a colorful fruit salad or mixed greens tossed with a light vinaigrette.





Bluff Country Co-op

We know good Food.

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www.bluff.coop
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GOOD FOOD DAILY

8am - 8pm



Hanging baskets, succulents,
herbs, native and tomato plants.

Locally
Grown!

Annual
Mother's Day Plant Sale

May 2nd - 9th