



BLUFF COUNTRY

CUIZINE

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



Spring 2022

Calendar

March

Sat., Mar. 5

Winter Farmer's Market

East End Rec Center
9 am - Noon

Sun., Mar. 13

Daylight Savings

clocks move forward one hour



Mon., Mar. 14

Co-op Board Meeting

Community Room
6 pm



Thurs., Mar. 17

St. Patrick's Day



Sat., Mar. 19

Winter Farmer's Market

East End Rec Center
9 am - Noon



all month

Round up at the Registers

to support our community fund



April

Sat., Apr. 9

Winter Farmer's Market

East End Rec Center
9 am - Noon

Mon., Apr. 11

Co-op Board Meeting

Community Room
6 pm



Sun., Apr. 17

Easter

Co-op Hours:
CLOSED



Fri., Apr. 22 Earth Day



Sat., Apr. 23

Winter Farmer's Market

East End Rec Center
9 am - Noon

Apr. 29 - 30

Midwest Music Fest



May

Sat., May 7

Outdoor Farmer's Market Begins

2nd & Main St.
Every Saturday 7:30 am - Noon



Sun., May 8

Mother's Day Annual Plant Sale

Locally grown herbs, tomatoes, flowers, natives & succulents.

Mon., May 16

Co-op Board Meeting

Community Room
6 pm



Fri., May 20

National Endangered Species Day

Mon., May 30

Memorial Day

Co-op Hours
CLOSED

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
Marie Perry	marie@bluff.coop
Rose Dikel (alternate)	rose@bluff.coop

STORE CONTACTS

GENERAL MANAGER

Krissy Rowland
gm@bluff.coop

CUSTOMER + OWNER SERVICES

Alejandra Corsanego Torres
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KITCHEN

Rosie Bielefeldt
rosie@bluff.coop

PRODUCE

Maicy Laumer
maicy@bluff.coop

MERCHANDISING

Heather Kitching
heather@bluff.coop

WELLBODY

Amy Shea
amy@bluff.coop



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

Billboard Makeover

**Your
Artwork
Here!**



Share your mural ideas with us!

In celebration of our 50th anniversary, we want to replace the existing billboard art in the alley behind the Co-op. We would like to unveil this new mural in October during National Co-op Month.

Artists interested in this project can fill out an application at www.bluff.coop

Application deadline is March 25, 2022



GM Report

BY KRISSY ROWLAND, GENERAL MANAGER

Salutations my fellow Owners!

I hope this issue of our Spring Newsletter finds you well!

I would like to start off by saying Thank You! We hit our \$2,000 goal during the Round Up at the Registers event in December for our Double Up Food Bucks program we are launching later this year at the store. Thank you so much to everyone who helped us reach our goal and for being a part of this new adventure!

We also managed to collect over 3,000 holiday cards for St. Jude's Recycled Card Program! It was the second year that we have collected holiday cards for this program and from the 100 cards collected last year, this was a huge jump in donations so thank you for supporting a program that aligns with Bluff Country's environmental integrity and sustainability mission.

Looking forward into Spring, we have Earth Day coming up, our free tree seedling event, and our Mother's Day plant sale. I don't know about you, but I am super excited to see some plants and flowers again after all the cold weather we have had this year!

Keep an eye out for details as we get closer to the holidays! Happy Spring!

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



Your donation supports

cooperatives globally + non-profits locally!

BCC Donations from

- Round up at the Register
- Abandoned Equity
- Donated Patronage Dividends
- Owner Donations

Our donations will often be matched by larger organizations, like Organic Valley Cooperative!

Local Nonprofit

The interest on our principle is returned to us annually.

We donate it to a local non-profit of our choosing.



Our donations are pooled with the donations of more than 40 other co-ops & used to make loans to other co-ops.



Board Report

BY JENN BAECHLE, BOARD VICE PRESIDENT

Greetings BCCers,

Happy 50th! Can you believe that Bluff Country Coop has been providing the Winona Community with good food and a place to gather since 1972? Through its various locations and personality changes, BCC, formally Famine Foods, has continued to thrive thanks to our owners, staff, and shoppers over the years. While we are hoping to have a number of events where people can share their experiences, if you have a short story you would like us to know about, please contact Jenn. The Owner Outreach Committee would like to post these stories on the Board Board located in the hallway to the restrooms for others to see.

Sharing experiences is just one way we will honor our 50th Anniversary. We will be updating the art space on the side of the building as well. We are currently seeking artist applications and will be asking owners and community members alike to vote for the new mural. Look to the windows of the Community Room in April in order to see the top selections and cast your vote.

Another idea we are working on is marching in the Steamboat Days Parade for what I believe may be the first time. If you are interested in participating or helping out, please let Jenn know. We will have more information available as summer approaches.

I also wanted to take this opportunity to thank all of you who rounded up your purchases in December

to contribute to our Double Up Food Bucks initiative. We exceeded our goal and raised \$2,040! We will be signing the contract with the Fair Food Network in February and hope to implement the program in May or June provided we are awarded the two grants we have applied for. We will be doing another Round Up in the near future to help grow the fund; however, you can donate at any time by speaking with a cashier.

Recently the Board has seen an uptick in owners reaching out to us about concerns or questions they have about the co-op. I want to thank those individuals and remind everyone that if you are an owner you have a vested interest in what goes on at BCC. If you don't like something, let us know. If you love something, let us know. You elected us, the Board, to represent your voice and if we don't hear it, we can't represent it well.

I have only been a part of the co-op since 2011 when I moved back to Winona. At the time, I was hired to work evening shifts in the produce department. This shift was new based on the increase in afternoon shopping. I look at how the store has changed over the last 11 years and am amazed. We've come even further from bulk barrels and eggs placed next to a wood burning stove in 1972. And while the look may have changed over 50 years, I hope the heart has stayed the same.

Jenn Baechle
jenn@bluff.coop

Board Meetings

2nd Monday of each month

6 PM in the Co-op Community Room

For more info, contact: ann@bluff.coop



All owners are welcome to attend!



Get Your Greens!

Reprinted by permission from grocery.coop.
Find recipes, plus information about your food
and where it comes from at grocery.coop.

It's no secret that green and leafy vegetables are good for you. But while a side of steamed broccoli is nutritious, it lacks ... excitement. Even salads, with their endless potential for variety, can begin to feel too familiar.

Liven things up! To enjoy more of those glorious greens, start by making small additions to your daily diet: Snack on crunchy cucumbers and snap peas, or add a pop of flavor with fresh herbs. Toss leafy greens into any soup, smoothie, stir-fry or curry. Hungry for more ideas? Give these simple, green-themed recipes a try.

Baby Kale Stir Fry

Serves: 2. Prep time: 15 minutes.

- 1 tablespoon tamari
- 1 tablespoon rice vinegar
- 1 tablespoon honey
- 1 tablespoon avocado oil
- 1 small carrot, sliced diagonally
- 1 5-ounce package baby kale

1. In a small bowl, stir the tamari, rice vinegar and honey; set aside.
2. Place a wok or large saute pan over medium-high heat for a couple of seconds, then drizzle in the oil.
3. Add the carrot slices and stir for 1 minute, then add the kale and stir. As the kale starts to wilt, after about 1 minute, drizzle in the tamari mixture and stir to coat. Cook until kale is softened, about 1 minute longer.
4. Serve hot.

Nutrient-dense dark leafy greens like kale, spinach and collards are an excellent source of vitamins A, C and K, minerals, antioxidants and fiber.



Great Green Goddess Salad

Serves: 4. Prep time: 20 minutes.

- 1 clove garlic
- 1 small anchovy (optional)
- ½ cup lightly packed fresh parsley
- 2 medium scallions, white and green parts separated
- ½ teaspoon dried tarragon
- ¼ cup plain Greek yogurt
- 2 tablespoons mayonnaise
- 1 tablespoon white wine vinegar
- ½ teaspoon salt
- 2 tablespoons olive oil
- 5 ounces baby spinach, washed and dried
- 1 medium cucumber, peeled and sliced
- 1 medium avocado, sliced

1. For the dressing, in the food processor, combine the garlic, anchovy (if using), parsley and the white parts of the scallions. Process to mince very finely. Scrape down and process again. Add the tarragon, yogurt, mayonnaise, vinegar and salt and process until smooth. With the machine running, drizzle in the olive oil until well mixed. Transfer to a pouring cup or jar; keeps for 4 days, tightly covered, in the refrigerator.
2. For the salad, spread the spinach on a platter or four small dinner plates. Cover with cucumber and avocado, and drizzle with dressing, then chop and sprinkle the scallion greens over the salads. Serve immediately.



Mint Pesto Pea Soup

Serves: 6. Prep time: 30 minutes.

Soup

1 tablespoon olive oil
2 tablespoons butter
1 cup yellow onion, diced
2 cloves garlic, minced
4 cups vegetable broth
6 cups fresh or frozen peas
2 green onions, diced
2 tablespoons fresh mint, minced
¼ cup sour cream
Salt and black pepper to taste

Pesto

½ cup fresh parsley leaves
¼ cup fresh mint leaves
¼ cup pine nuts
1 lemon, zest and juice
2 ounces Parmesan cheese, shredded
2 tablespoons olive oil

1. Heat 1 tablespoon olive oil with the butter in a large stock pot over medium-high heat. Add the onions and saute 5 to 10 minutes until onions are soft and translucent. Add half the minced garlic, and cook another minute, then add the vegetable broth and bring to a boil. Add the peas, return to a boil, and simmer for 1 to 2 minutes. Remove from heat, then stir in the green onions, mint, sour cream, and a pinch of salt and pepper. Puree the soup in a blender until smooth. Taste for salt and pepper.
2. To make the pesto, put the parsley, mint, remaining garlic, pine nuts and lemon zest and juice in a food processor and blend until smooth. Add the Parmesan cheese and blend. Slowly drizzle in the olive oil until blended well.
3. Top each bowl of soup with a large spoonful of pesto, and serve warm or chilled.

This vibrant, refreshing soup can be served warm or chilled. Spread any extra pesto on toasted baguette slices or whole-wheat pita wedges, then top with a sprinkle of feta cheese.

Stuffed Collard Greens

Serves: 8 rolls. Prep time: 1 hour; 30 minutes active.

8 collard leaves, large stems removed
1 tablespoon olive oil
1 cup diced yellow onion
1 celery stalk, diced
½ red or green bell pepper, seeds removed, diced
2 cloves garlic, minced
½ pound ground turkey or plant-based crumbles
1 teaspoon chili powder
½ teaspoon dried thyme
Pinch of cayenne (optional)
¾ cup chicken or vegetable broth
1 ½ cups cooked rice
Pinch each of salt and black pepper
¾ cup Carolina-style barbecue sauce

1. Heat the oven to 350°F. Oil or butter an 8 x 8-inch casserole dish.
2. Bring a large pot of water to a boil. Gently place the collard leaves in the water and cook for about 3 to 5 minutes until just tender. Remove the leaves, drain and cool.

3. In a large skillet, heat the olive oil over medium-high heat and saute the onion, celery, bell pepper and garlic for 5 minutes. Add the turkey and spices and cook another few minutes until the turkey is almost cooked through. Add the broth and rice and cook another few minutes until the broth is absorbed. Season the meat with salt and pepper to taste and remove from heat.
4. Gently lay out a collard leaf on a dry cutting board, stem end facing away from you. Divide the turkey mixture into eight portions. Place one portion of turkey near the stem end of the leaf. Fold in the side edges of the leaf and roll up the collard around the filling, like a burrito. Place the collard roll in the casserole dish, seam side down. Repeat with the rest of the collards and filling. Drizzle barbecue sauce over the top of the rolls, cover with aluminum foil and place in the oven. Bake for about 30 to 40 minutes until the collard rolls are tender. Serve warm.





The Well-Body Minute

BY AMY SHEA, WELL-BODY MANAGER

All the Buzz About Adaptogens

Trends come and go in all aspects of life, and that is most certainly true in the realms of supplements and herbs. One group of herbs that has seen a surge in popularity over the last few years has been plant allies who fall under the umbrella action known as adaptogens. There are a lot of herbs as well as some of the most well known medicinal mushrooms that fall into this category. Ashwagandha, which seems to be the current “hot ticket to health” trend, is just one of these awesome allies.

Wait... what exactly is an adaptogen? Adaptogens are medicinal plants and mushrooms that help our bodies to maintain an even keel during times of stress. That stress can be to the physical body such as running a marathon, combatting a serious illness, healing from an injury, or strenuous physical work. It can also be stress and exhaustion on a mental and emotional level such as a major life change, trauma or the stressors of living during trying times.

Adaptogens help our bodies to resist the imbalances that commonly occur when we've had our systemic reserves depleted, and/or have exhausted ourselves mentally, physically, emotionally, or all three. It's during these times of stress that we may find our immune systems faltering, our once peaceful nights' sleep disrupted by mind chatter or insomnia, and instances of anxiety, mental health concerns, and feelings of overwhelm increasing. Do you remember the old Calgon commercials?



Discovering which plant ally might be the best adaptogen for you can take a little research to sort out how a particular herb or mushroom might work within your individualized needs. Things to take into consideration might be:

- Your personal constitution and if you're working within the Ayurvedic system, your dosha.
- Medical conditions you may already be addressing such as diabetes, cardiovascular concerns, mental health, chronic illness such as lupus or rheumatoid arthritis, etc.
- Medications you take to address those conditions, including herbs or other supplements

Some adaptogens can be more stimulating than others. Some have more effects on our physical system responses than others, and some fall into a category known as nootropics.

Nootropics are herbs and mushrooms that work to support our cognitive function, mood and healthy brain stress responses. Tulsi and ginkgo biloba would be wonderful examples of a nootropic.

When working with adaptogens it's a good idea to take breaks from them as you would with most herbs. Most often this may look like working with a plant ally for 8 to 12 weeks at a time and then taking a break from it. If needed you may want to explore another plant ally to work with in its place.

Adaptogens can be an invaluable group of plant allies to get to know and work with. Are you curious about plant allies that might be considered adaptogens? I know I am.

Amy Shea
amy@bluff.coop



The Community Corner

BY ALEXA SHAPIRO, OUTREACH COORDINATOR

Hello, Cooperators!

Spring is fast approaching which has me looking forward to longer days, warm weather, and time spent outside watching Winona transition into the lush green landscape we always find when the winter months begin to slip away.

Spring often brings me a sense of renewed energy and intrigue. After months of putting on every layer imaginable before walking out the door, there's a literal weight lifted off my shoulders as I transition into lighter layers and sandals. Watching my neighbors prepare their garden beds fills me with excitement for the beautiful flowers and produce that will soon surround my home. And, of course, I can't help but be energized by the increase in foot traffic in and around the downtown area as Winonans begin to emerge from their own hibernation. Seeing so many familiar faces for the first time in months brings me a sense of connection that I often miss when we disappear for the winter season.

I'm personally looking forward to reconnecting with others this spring during our annual Rain Garden clean up. What better way to celebrate the warm weather than to get our hands dirty as we help to beautify this gem of a space located right in our co-op's parking lot? If you're interested in volunteering, we would love to have you join us! You can email us directly at info@bluff.coop to be added to our volunteer outreach list. I hope to see you there!

We're also excited to begin re-launching some programs and classes, including our well-loved kids cooking classes. As we approach the end of the winter, keep an eye out on our website for more information on our offerings.

At the end of 2021, we hosted a Round Up at the Registers to raise money for a new program called

Double Up Food Bucks (DUFb). DUFb provides a dollar-for-dollar match to SNAP/EBT users for produce purchases, helping to increase accessibility to healthy, local fruits and vegetables. I am so proud of our community for lending their support to this fundraiser, helping us reach our goal of raising \$2,000. We're continuing to work on raising the initial start up costs through grants and we look forward to launching this program as soon as the funds have been secured. Food accessibility is an important aspect of our work here at the co-op, and we're grateful for the opportunity to expand our capacity to support community members in accessing healthy foods.

As we transition into spring, I hope you're able to find a sense of renewal and growth that reflects the changing of seasons around us. We hope to see you at the co-op and to share in the moments of joy that greet you as we all find our way into brighter days.

Alexa Shapiro
alexa@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

Life

in



Featuring artwork from our community!

Artists are welcome to apply
to have their artwork featured.

Applications are available at
www.bluff.coop
or at the service desk.



The exhibit is located in the
Community Room on the windows
facing 2nd Street.



Artists are selected annually, with priority
given to artists not previously featured
through the Life in Color program.