



BLUFF COUNTRY CUIZINE

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



Summer 2023

Calendar

June



Wed., June 7

**Revive! Class Series:
The Stress Factor**

6 - 7 PM

\$30 - more details on page 12

Mon., June 12



**Co-op Board
Meeting**

6 - 8 PM

BCC Community Room

June 11 - 17



**25% OFF
Jeni's Ice Cream**

See store for more sales
on ice cream!

June 16 - 18



**10% OFF Meats
15% OFF Walnut Burgers**

Sales on select
Plant-Based Meats too!

Tues., June 20

**Tasty
Tuesday**

10:30 - 11:30 AM
Children ages 2 - 5



Details on page 12

June 25 - July 1



**20% OFF
Bulk Nuts
& Peanuts***

*excludes Equal Exchange.

July

June 30 - July 3



**10% OFF
Pork from
Hidden Stream
Farm**

Tues., July 4

Independence Day



Co-op Hours
CLOSED

Fri., July 9



**Blueberry Case
Pre-order
Deadline**

Watch our social media
and eCuiZine for details.

Mon., July 10



**Co-op Board
Meeting**

6 - 8 PM

BCC Community Room

Tues., July 18

**Tasty
Tuesday**

10:30 - 11:30 AM
Children ages 2 - 5



Details on page 12

Sat., July 22



**Crafting
Community**

2 - 3:30 PM

BCC Community Room
Details on page 12.

August

Early August



**Colorado Peach
Case Deal**

Watch our social media
and eCuiZine for details on
case order discounts.

Thurs., Aug. 3



**National
Watermelon
Day**

Tues., Aug. 8

National Zucchini Day



Sneak some zucchini onto
your neighbor's porch!

Mon., Aug. 14



**Co-op Board
Meeting**

6 - 8 PM

BCC Community Room

Tues., Aug. 15

**Tasty
Tuesday**

10:30 - 11:30 AM
Children ages 2 - 5



Details on page 12

Late August



**Wild Caught
Alaskan Salmon
Pre-order**

Watch our social media
and eCuiZine for details.

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 Lorsch	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

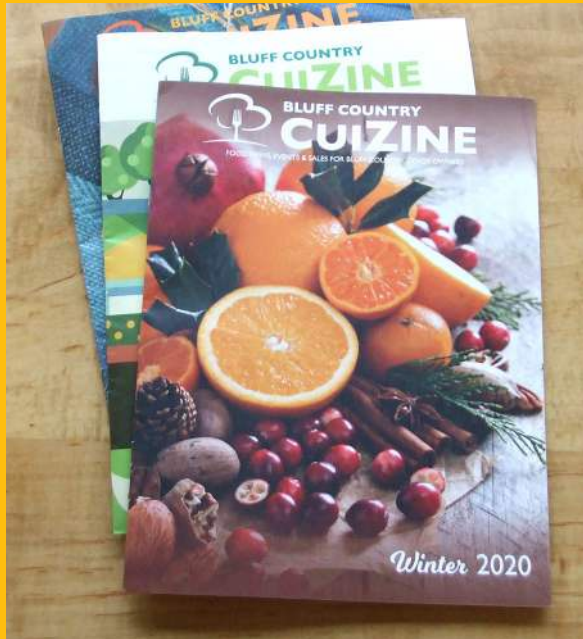
Laura Johnson
laura@bluff.coop

MERCHANDISING

Heather Kitching
heather@bluff.coop

WELLBODY

Amy Shea
amy@bluff.coop



Receive the newsletter by email.

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

507-542-1815

info@bluff.coop

**ORDER
A CASE
SAVE
A BUNDLE**

Owners
Save **15%**



GM Report

BY KRISSY ROWLAND, GENERAL MANAGER

It is finally Summer!

Operations at the store are moving right along as we prepare to say goodbye for the summer to some of our student staff and welcome some new faces around the store.

I remember when I was new to the team.

It was an eye-opening experience for me. I've worked at many establishments but the welcome I received as a new employee here at the co-op was so different than anywhere else. Shoppers immediately recognized when I was new and introduced themselves and remembered my name at their next visit. My new coworkers took time out of their day to tell me stories about the store and get to know me in a genuine way. It was all so welcoming and made me feel like I was a part of something right away.

You have all been a part of building something really special here at Bluff Country.

Before coming here, I was working in a cubicle for 5 years and just routinely going to work doing the same thing every single day because I thought that was what I was supposed to be doing to be a successful "adult". There was no personal satisfaction in the work and the boss I had worked under still didn't know my name for the entirety of my career there. Then I had my daughter and after returning to the work I was doing after my ma-

ternity leave, I could no longer personally tolerate or justify being away from my daughter for that kind of work. I ended up leaving without having any plans and my sister suggested applying at the co-op because she worked there when we were in high school, and she said it was one of the best places she had ever worked.

So, I went for it and here I am. I'm happy to report that she was right! (Don't ever tell her I said that.)

I can feel good about the work I do here knowing that it has a bigger impact and meaning behind what we do on a daily basis. I love working so closely with our community and seeing what we can do to support and have a positive impact on our neighbors. None of this would be achievable if it wasn't for people like you!

So, I hope you will all welcome our new staff the way that I was welcomed back in 2019 and that we can continue to learn and grow together. There is so much potential in our current location and I can't wait to see what we build together!

I'll see you in the aisles!

Krissy Rowland
General Manager
krissy@bluff.coop



Board Report

BY JENN BAECHLE, BOARD VICE PRESIDENT

Greetings BCCers,

The Board has been hard at work these first few months of 2023. Not only has Double Up Food Bucks officially launched (see page 7 for more details), but the Finance Committee has almost completed their C-share redemption plan and the Owner Outreach Committee is starting to plan the upcoming Annual Ownership Meeting.

Now that Double Up Food Bucks is up and running, we are looking for owner donations to make sure we can continue providing good food to those who need it. An email was sent out in late April, asking for donations and describing our tiered system. This is a gentle reminder that you can donate at any time at the registers.

The Finance Committee will officially be sending out a letter late Summer/early Fall laying out a specific plan for how they will treat C-share redemption requests. We know there have been a lot of questions regarding this issue and hopefully this well-thought-out letter and plan will answer those questions.

Owner Outreach created a survey that launched the beginning of May to find out how you, the ownership, would like to move forward with the Annual Ownership Meeting. At the time of this writing, we do not have enough results to pick a

date and time. Please keep an eye out for a Save the Date and please consider attending this year's AOM whether it is in person or via Zoom.

Now, since it is technically still Spring at the moment, I must get back to my garden, my chickens, and my children who are pretending to be chickens.

Happy Summer,
Jenn Baechle
Board Vice-President
jenn@bluff.coop

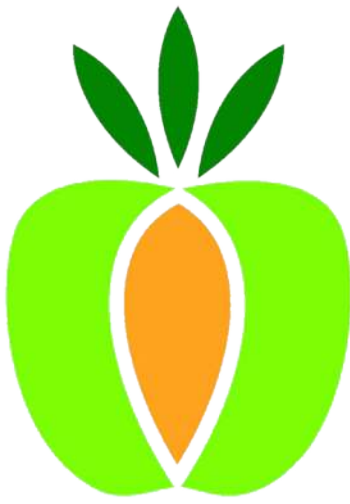
Want to influence
the future of the
Co-op?



**Become a
Board Member!**



Apply by emailing Kay Pedretti at kay@bluff.coop



Introducing:

DOUBLE UP FOOD BUCKS™

at Bluff Country Co-op

SNAP/EBT card holders can now double their purchases of fresh fruits and veggies at the Co-op!



Double Up Food Bucks is about creating access to healthy food and it started in Michigan in 2009. Double Up Food Bucks has since expanded to over 25 states. It was launched to get more healthy food on tables for families in need while also supporting local producers. Bluff Country Co-op is the first store in Minnesota to offer Double Up Food Bucks to SNAP/EBT users.

The Double Up Food Bucks program is funded by grants and by shopper donations made via our Round Up at the Register program in December of each year. Every dollar raised is used right here in our Co-op for the Double Up Bucks Food program.

All SNAP/EBT card holders are eligible to receive Double Up Food Bucks. You don't need to be an owner to participate in the program, or to shop at Bluff Country Co-op. Current SNAP/EBT users can easily enroll in DUFB at the register with a cashier,

DUFB brings more healthy food to families who need it, while supporting our local farmers who grow it!



and our POS system will begin tracking purchases of fruits and veggies. All fresh produce will qualify for Double Up Food Bucks and credit will apply to the fresh fruits and veggies that are purchased on the next shopping trip. One dollar will equal one credit and as long as we are doing the program, the credits will not expire. Double Up Food Bucks can be redeemed on sale items too!

There is no limit to how many credits that can be accrued in one day. However, there is a \$20 limit to how many credits that can be redeemed in one day. To have your credits applied, be sure to tell your cashier that you are a DUFB customer during check out!

HOW IT WORKS



Sign up at the register to enroll in Double Up Food Bucks.



Shop for fresh fruits and veggies in our produce department.



Earn credits from each purchase of fresh fruits and veggies.



Credits will be applied to your next shopping trip. Be sure to tell your cashier that you are a Double Up Food Bucks customer!

One Credit = One Dollar of fresh fruits & veggies.

Credits don't expire.

No limit to the number of credits that can be accrued.

Up to \$20 worth of credits can be redeemed in one day.





Fresh Summer Salads

Grilled Panzanella

Serves 4 to 6. Prep time: 30 minutes.

2 slices of rustic bread, cut $\frac{3}{4}$ -inch thick
1 medium zucchini, quartered lengthwise
1 large, firm avocado, pitted and quartered
 $\frac{1}{2}$ medium red onion, cut into $\frac{3}{4}$ -inch rounds
3 tablespoons extra virgin olive oil,
plus more for brushing
3 tablespoons balsamic vinegar
1 teaspoon salt
 $\frac{1}{2}$ teaspoon freshly ground black pepper
1 clove garlic, crushed
4 large tomatoes, chunked
4 ounces fresh mozzarella, diced
1 cup fresh basil, shredded

1. Preheat the grill to medium high. Put two tablespoons of olive oil in a small bowl or cup and dip a wadded paper towel into the oil. When ready to grill, use tongs to swab the grate with the oiled towel.
2. Use your pastry brush to brush the bread, zucchini, avocado and onion with oil, then place each piece on the hot grill. Grill the bread for about one minute per side, until browned and toasted. Grill the zucchini, onion and avocado until tender, about four to five minutes. Transfer the food back to the cutting board and let cool, then cut into bite-sized pieces.
3. Transfer the grilled ingredients to a large bowl. In another bowl, whisk the remaining oil, balsamic vinegar, salt, pepper and garlic, and pour over the ingredients in the large bowl.
4. Add the tomatoes, mozzarella and basil to the bowl, and toss to mix. Serve immediately.



Black-eyed Pea Salad

Serves 6. Prep time: 20 minutes.

- 2 15-ounce cans black-eyed peas, drained and rinsed
- 1 large carrot, shredded
- 1 medium cucumber, peeled, seeded and chopped
- 2 large scallions, chopped
- 1 large jalapeño, minced
- 1 cup cherry tomatoes, halved
- ½ cup fresh parsley, chopped

Dressing

- 3 tablespoons sesame seeds
- 2 tablespoons red wine vinegar
- 2 tablespoons honey
- ¼ cup extra virgin olive oil
- ½ teaspoon salt

1. Combine the black-eyed peas, carrot, cucumber, scallions, jalapeño, tomatoes and parsley in a large bowl.
2. In a small saute pan, place the sesame seeds and swirl over high heat. When the seeds are lightly toasted, transfer to a small bowl. Add the vinegar, honey, olive oil and salt and whisk to combine.
3. Drizzle the dressing over the pea mixture and toss to mix. Serve or refrigerate, tightly covered, for up to three days.



Thai Cucumber Salad with Peanuts

Serves 6. Prep time: 1 hour 15 minutes; 15 minutes active.

- 2 pounds (about 3 large) cucumbers, split lengthwise, seeded, and sliced into 1/4-inch crescents
- 3 scallions, sliced
- ¼ cup cilantro, finely chopped
- 2 tablespoons fresh parsley, finely chopped
- 1 small jalapeño pepper, seeded and finely chopped
- ½ cup roasted peanuts, coarsely chopped
- 1 tablespoon sesame seeds

Dressing

- ⅓ cup rice wine vinegar
- ¼ cup canola oil
- 2 teaspoons sugar
- 1 teaspoon garlic, minced
- 1 teaspoon curry powder

1. In a small bowl, whisk together all dressing ingredients. Set aside.
2. In a large glass or stainless steel bowl, combine all vegetables. Add dressing and toss. Let sit at least 1 hour, mixing occasionally.
3. Add peanuts just before serving and stir to combine. Garnish salad with sesame seeds.



The Well-Body Minute

BY AMY SHEA, WELL-BODY MANAGER

Self-Heal for Summertime

It's been an interesting spring for all of us, but that last blast of winter weather really nourished the eager to pop spring growth. Foragers such as myself are likely to have our eyes on our gathering spaces taking note of who's flourishing and planning for those plant allies that will be stirring a bit later in the season.

Self-Heal (*Prunella vulgaris*) is among those plants that we see coming into their own in the summer months, beginning June through August here in the Northern Midwest. She has many names. Some know her as Heal-All, All-Heal, Carpenter's Herb, Heart of the Earth and Woundwort to name a few.

Self-Heal is a member of the mint family and she likely grows in a disturbed space or yard near you with a flourish. If left unmowed she can grow up to 2 ft high. She's self rooting spreading where she can find purchase. She isn't a super showy plant. Her flowers are small and cute, growing in a somewhat square whirled cluster that looks a bit like a club. The blooms are purple and have three lobes with the middle lobe being the larger, frilled and upward turning. The blooms at a glance look a bit like tiny mouths agape waiting to catch a treat. Their stems, much like many of the mint family plants, are square with lance shaped leaves that are with gentle serration that are almost easy to miss growing opposite each other on the stem.

Self-Heal has a history of assisting humans in a vast array of ways that stems as far back as 23c.e., where evidence of her use is documented during the Han Dynasty of China. This lovely plant ally has a plethora of research regarding the ways in which we might work with her. She's a medicinal herb for a broad range of conditions and concerns. The list for when or why we might call upon Self-heal is long enough that it would take more than a short article to address, but let's see if I can give you some useful summer time tidbits.

Self-Heal is a cooling herb as well as an herb with drying/astringent qualities. We might consider Self-heal when we're experiencing excessive heat and dampness within our bodies. We can look to Self-Heal to support our digestion from stomach down through our elimination processes for support in instances where we need to cool down inflamed irritated conditions.

Self-Heal is a lovely herb to use in addressing skin complaints and wounds. Self-Heal possesses antimicrobial and antiseptic properties with studies showing evidence of its efficacy in this regard. Self-heal is an excellent addition to your list of herbs beneficial for first aid care. Not only is it cooling, easing inflammation, it has styptic properties and can be used to help stop bleeding.

As a flower essence, which is how I first learned of Self-Heal, this plant ally comes to us when we are ready to work on our own deep seeded healing needs. She is wonderful for those who lack the confidence they need to trust in their own inner sense of self. Self-Heal may be the flower essence for those feeling overwhelmed by their own healing journey. She helps folk in connecting with their ability to address these issues in a way that connects them with their inner sense of knowing and embracing self-care choices that perhaps they'd make for others but have avoided making for themselves.

There is a lot to this common little summer plant for us to learn and appreciate. This is just the very tip of the iceberg when it comes to Self-Heal. Perhaps she grows right in your backyard. I hope you'll have a chance to get to know her and all the other wonderful wild herbs growing right under our feet.

Amy Shea
Well-Body Manager
amy@bluff.coop



Driftless Sustainability

BY CEA LOUIS, SUSTAINABILITY COORDINATOR

Happy summer, everyone!

The season so many of us have been looking forward to is finally upon us! I am happy to report that this summer will be a full and exciting one at Bluff Country Co-op!

To start off, We will be hosting Crafting Community on Saturday July 22nd from 2pm-3:30pm in the Community Room. Crafters of all mediums, abilities, and ages are encouraged to join in. Those interested are encouraged to bring a project they are working on, or start something new. If you have any supplies that you no longer need, feel free to bring them to exchange. This event will take place every other month moving forward, and may become an indoor/outdoor hybrid depending on weather!

Saturday July 8th, Bluff Country Co-op will be hosting a River clean up. Shoppers, owners, employees, any and all community members are invited to join in helping keep our town clean and the River safer and healthier. Gloves, trash bags, and a beverage will be provided to those who volunteer.

Amidst all the fun activities and sunshine that the upcoming months have in store, perhaps you are also looking for some easy ways to make your summer more sustainable.

Between the new record temperatures of each summer and the rising prices of electricity, trying to keep your home cool may seem like quite the daunting task. The good news is that there are some ideas that are super simple to do, and free to you while lessening the impact on the environment.

One quick way to cool down a room is putting a bowl of ice in front of a fan, so the cold air can circulate about the room. Another method is being mindful of

opening and closing of windows and blinds. Although many of us are craving some summer sun, keeping the windows and blinds open on a hot sunny day can really heat the house up. Keeping windows open or cracked from sunset to sunrise can allow the cool night air in, and closing those same windows during the day can help keep the cool in.

While beating the heat, it is also important to remember to stay hydrated! What is better than being well hydrated, you ask?! Combining it with a way to cut down on food waste while adding nourishment, that's what! If you have fruit that is approaching the end of its prime or that you don't think you will use in time, cut it up and freeze it! Frozen berries, orange slices, mango, and many others make wonderful ice cubes to flavor your water while extending their shelf life indefinitely! Otherwise, a smoothie or some banana nice-cream is never a bad idea!

Speaking of smoothies, it is time for Smoothie Bike Saturdays down at the Winona Farmers Market. Every 3rd Saturday of the month, while you are selecting from the bounty of fresh local produce, come visit the Bluff Country Co-op stand to rock the smoothie bike, and sample a treat filled with delectable local fruit, made by pure pedal power! Don't forget to ring the bell!!

Hopefully we will see you at some of the summer time happenings! As always, I wish you all a safe, vibrant, and sustainable season!

Cea Louis
Sustainability Coordinator
cea@bluff.coop



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

www.bluff.coop
info@bluff.coop

GOOD FOOD DAILY
8am - 8pm



Saturday, July 22

2 - 3:30 pm

Bluff Country Co-op Community Room

Are you a knitter, painter or wood carver?

Join our community gathering for crafters!
Bring your own project to work on (new or existing)
and hang out with others who 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!

**Tasty
Tuesday!**



Set forth on a
delicious adventure
with your youngster!

**Every 3rd Tuesday
of the Month**

10:30 AM

Bluff Country Co-op Community Room

Children ages 2 to 5 can experience new foods and flavors
during our Tasty Tuesday event. Join us as we explore fruits,
vegetables and other tasty whole foods.

Free! - but space is limited. Please RSVP at 507-452-1815.

Revive!

Recharge your energy
so you can *Live Fully*

Tired of being tired and overwhelmed? This series will teach you
how to balance your life for increased energy and happiness.

Happy, Fulfilled, Connected

Reboot your energy by eliminating the things that no
longer serve you to make room for what does.

Date: May 31, 2023
Time: 6pm - 7pm
Cost: \$50*

The Stress Factor

Stress is a given, but being overwhelmed and burned
out is optional.

Date: June 7, 2023
Time: 6pm - 7pm
Cost: \$30*

Restorative Sleep

Sleep is the first to go when life gets busy. Learn how to
reset your body, mind, and routine for restorative sleep.

Date: June 14, 2023
Time: 6pm - 7pm
Cost: \$30*

Eating and Exercise

Learn how to eat and exercise for energy when you
are tired and lack time.

Date: June 21, 2023
Time: 6pm - 7pm
Cost: \$50*

***Save \$20 when you purchase all four classes.**



All classes are held at Bluff Country Co-Op
121 W 2nd St, Winona, MN

For complete details and registration, visit
www.Zombie-Moms.com or call 715-572-5714.

Presented by Tina Smith, Owner of Ark
Wellness LLC and creator of Zombie-Moms.

This is an independent event not affiliated
with Bluff Country Co-Op.