



# BLUFF COUNTRY CUIZINE

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

*Summer 2024*



# Calendar

## June



### Father's Day Meat Sale

**15% OFF** Everything in our meat department!

June 13 - 16

Saturday, June 15

### Rain Garden Clean Up

9 - 11 AM

See page 11 for more info.

Monday, June 17



### Co-op Board Meeting

6 - 8 PM

Community Room



Saturday, June 22

### Yaki Udon Cooking Class

11 AM - 1 PM

Community Room Class Fee: \$20

Includes miso soup, meat & vegan options. Details on page 11.

## July

July 1 - 12

### Blueberry Case Pre-Order

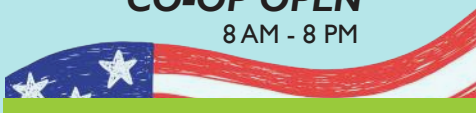
Stay tuned to our social media and eCuiZine for more details.

Thursday, July 4

### Independence Day

**CO-OP OPEN**

8 AM - 8 PM



Saturday, July 6

### International Day of Cooperatives



Monday, July 15



### Co-op Board Meeting

6 - 8 PM

Community Room



Saturday, July 20

### Nori Maki Cooking Class

11 AM - 1 PM

Community Room Class Fee: \$20

Includes miso soup, vegetarian & vegan options. More details on page 11.

## August

August

### Organic Peaches Case Pre-Order

More details to come. Watch our social media and e-CuiZine for announcements



Saturday, Aug. 10

### Japanese Cheesecake Parfait Class

1 - 2:30 PM

Community Room Class Fee: \$15

Vegetarian. More details on page 11.

Monday, Aug. 19



### Co-op Board Meeting

6 - 8 PM

Community Room



### Build Your Own Boba Tea Class

11 AM - 1 PM

Community Room Class Fee: \$15

More details on page 11.



### August Alaskan Sockeye Salmon Pre-Order

Watch our social media and e-CuiZine for details.



## BOARD OF DIRECTORS

board@bluff.coop

### PRESIDENT

Lisa Lorisch  
Lisa@bluff.coop

### VICE PRESIDENT

Jennifer Sanborn  
jennifer@bluff.coop

### TREASURER

Brenna Curry  
brenna@bluff.coop

### SECRETARY

Ann Prochowicz  
annprochowicz@bluff.coop

### BOARD MEMBERS

Pingping Zhang	pingping@bluff.coop
Aaron Perleberg	aaron@bluff.coop
Vanessa Perry	vanessa@bluff.coop
Brian Pruka	brianpruka@bluff.coop
Violet Yoon	violet@bluff.coop

### BOARD ALTERNATES

Danelle Thoresen	danelle@bluff.coop
Stacey Huber	stacey@bluff.coop

## STORE CONTACTS

### GENERAL MANAGER

Heather Kitching  
gm@bluff.coop

### FRONT END

Tim Lovas  
tim@bluff.coop

### KITCHEN

Carl Schreiber  
carl@bluff.coop

### PRODUCE & MEAT

John Bride  
john@bluff.coop

### GROCERY & MERCHANDISING

Andrea Strain  
andrea@bluff.coop

### WELLBODY

Amy Shea  
amy@bluff.coop



## Co-op Board of Directors

# MEETINGS

now happening every

# 3rd Monday

The monthly board meetings are held at 6 pm in the BCC Community Room and open to Co-op Owners.

Before you attend, please contact our Board President, Lis Lorisch in advance and review our meeting guidelines at:

<https://www.bluff.coop/wp-content/uploads/2020-Visitor-Policy.pdf>



## DOUBLE UP FOOD BUCKS™

Available at Bluff Country Co-op

*Double the amount of fresh fruits  
& veggies with a SNAP/EBT card.*

Learn more at  
[www.bluff.coop/dufb](http://www.bluff.coop/dufb)





# GM Report

BY HEATHER KITCHING, GENERAL MANAGER

Welcome to the season of celebration!

It's so easy to find a reason to celebrate this time of year. The weather allows for all kinds of fun in the sun, as well as abundant harvests from home gardens and producers' fields. Farmer's markets are in full swing. Local music starts to fill the evening air. And with a little luck our festivities can happen outside where we can be fully immersed in the paradise that is this driftless region we live in.

What truly captivates me about this season is its profound reflection of nature's resilience. As if by magic, every spring without fail the land here turns once again from barren and brown to bursting forth in a profusion of life, scents, sounds and potential. That steady resilience is truly something to appreciate and emulate.

I'm happy to report that the fancy dahlia and zinnia seeds I mentioned in the spring newsletter are up and looking great! The garlic is as well, and all my new fruit trees bloomed this spring making me quite optimistic that I'll be tasting home grown Honeycrisp apples and Montmorency cherries later this season. Now that is something to celebrate!

The fruits of our labor behind the scenes are beginning to blossom at the Co-op as well. Our mostly new management team is coalescing, finding their stride and stepping into their roles with more and more confidence. This is no small feat and I couldn't be more thrilled with the team I get to work with. They have embraced opportunities to learn new tools allowing us to create enhanced efficiency and fortify our resiliency. We'll introduce you to one of those team members in the following pages. :)

Another team with a lot of new faces has also been finding its groove. Our Board of Directors recently convened for a retreat which provided us all (myself included) the chance to align our vision for the year ahead through fruitful discussions, and set us on a promising path forward.

So onward we go into the warm buzz of summer, ready to nourish all your fun and festivities with the best locally grown and sustainable food the region has to offer. I love knowing that as we fill our baskets we're supporting and strengthening our local foodshed, contributing to an economic cycle that we can directly impact. Together, we're cultivating a healthier, more resilient food system that nourishes both people and planet. That's a win-win, and those are always something to celebrate.

I hope you find many opportunities to celebrate summer with us!

Heather Kitching  
BCC General Manager  
gm@bluff.coop

*Save the Date!*

**2024 Annual  
Owner Meeting**

**Tuesday, October 29**

**5 to 7 PM**

Live music, food and childcare  
will be provided.



# Board Report

BY JENNIFER SANBORD, BOARD VICE PRESIDENT

Happy Summer, ownership and customers.

The Board has been busy, as has the Owner Outreach Committee. The Board recently had a retreat, where we reviewed the store's performance, and our goals as an organization moving forward. We look forward to longer term planning after a lot of transition.

The Owner Outreach Committee is already working on the plans for the Annual Owners Meeting (AOM) in October, and we're pleased to welcome many new owners from the last two months.

Thanks to the many owners and friends we met at our Earth Day activities, despite the rain. We really enjoyed talking with you as a few of us wore fruit and vegetable suits. I loved meeting all sorts of folks in my time wearing the carrot suit. Please let me know ([jennifer@bluff.coop](mailto:jennifer@bluff.coop)) if there is anything we as a Board can do to answer your questions and concerns, whether or not I'm in a costume.

Jennifer Sanborn  
Board Vice President  
[jennifer@bluff.coop](mailto:jennifer@bluff.coop)



## Co-op Principles

*in action at*  
Bluff Country Co-op



- 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

## Join us in shaping the Co-op's Future!

Become actively involved in the decision making process by participating on the *Co-op Board of Directors*.

Learn more information about the role and steps required to become a board candidate by visiting our website or emailing our Board President: Lisa Lorisch  
[lisa@bluff.coop](mailto:lisa@bluff.coop)  
<https://www.bluff.coop/potential-board-members>



# Summer Chill



## Watermelon-Mint Frosé

Serves 4. Total time: 10 minutes, plus freezing time

- 3 cups cubed seedless watermelon
- 1 cup frozen strawberries
- 2 cups rosé wine, apple juice or ginger ale
- 12 large mint leaves, plus more for garnish

1. Place the cubed watermelon in a freezer container and freeze.
2. Just before serving, combine the frozen watermelon, strawberries, rosé and mint in a blender. Secure the lid and blend until smooth.
3. Serve immediately, garnished with a sprig of mint.

## Add some fun to your frosty beverages



### Cool cucumber

Using a vegetable peeler, slice long ribbons of cucumber to add to lemonade or simply a glass of water.



### Nice ice

Drop fresh berries, lemon slices or sprigs of mint into an ice cube tray before filling it with water and freezing.



### Very a-peeling

Thin strips of colorful citrus peel make an eye-catching garnish. Run the peel along the rim of the glass for a burst of flavor.



### Spiral skewers

Thread orange slices and maraschino cherries onto wooden skewers, then freeze until you're ready to serve.



## Ginger-Peach-Lemon Spritzer

Serves 4. Total time: 10 minutes

- 2 large peaches or nectarines, pitted
- 2 tablespoons fresh ginger, coarsely chopped
- ½ cup fresh lemon juice
- ¼ cup honey
- 2 cups kombucha or sparkling water\*

1. In a blender, add the peaches or nectarines, ginger, lemon juice and honey. Secure the lid and blend, raising the speed to high as you go. When the fruit is pureed and smooth, remove the lid and stir in the kombucha or sparkling water.
2. Pour into glasses and serve immediately.

\* *GT's Pure kombucha or LaCroix Plain spring water is a great place to start.*

*This fizzy drink pairs the sweetness of ripe peaches and the spicy kick of fresh ginger. Pour over crushed ice and garnish with lemon slices for the perfect summer spritzer!*



## Berry Shrub

Serves 10. Total time: 24 hours; 30 minutes active

- 6 ounces fresh raspberries, blueberries or blackberries, washed
- ¾ cup sugar
- ½ cup active apple cider vinegar\*
- Ice and club soda, to serve

1. In a 2-cup storage container with a lid, mash the berries with a wooden spoon. Stir in the sugar and vinegar, then cover and refrigerate for 24 hours.
2. Place a fine-mesh strainer over a bowl and strain the fruit, pressing with a spoon to extract all the liquids. Discard (or eat) the pulp.
3. Store the liquid in the refrigerator for up to a week, tightly covered, before serving. To serve, place 2 tablespoons of shrub in a glass, fill with ice, then add club soda to top it off. Stir and serve.

\* *Add a twist of flavor with Siren Shrub or Hobby Farmer Switchel from the Co-op.*



# Meet our Front-End Manager

Tim joined our staff at Bluff Country Co-op last fall and has been an asset to the team ever since. Get to know our new Front-End Manager below.



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

**Tim:** *Keeping the front end staffed is always a challenge anywhere you work. If I can figure out the perfect formula for this, I could travel the world doing ted talks.*

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

**Tim:** *When we change the way we look at things, the things we look at change.*

**We hear you like to bake, what would you consider to be your most successful creation and who did you make it for?**

**Tim:** *I made a vanilla cake with a mocha whip. I made it for my partner as a "congrats on your new job" thing.*

**What drew you to being the Front-End manager at BCC?**

**Tim:** *I have worked in leadership roles at 3 other Co-ops in the Midwest. I believe that my experience and empathy make sense for this kind of role.*

**What do you love most about food coops?**

**Tim:** *I believe small business and community owned businesses are a last defense against giant corporations. I feel like I am doing something right by working here.*

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

**Tim:** *Overcoming obstacles in any part of one's life lends benefit to the rest. The obstacles I am overcoming in this role are teaching me many lessons that I can carry with me forever.*

**What is currently your favorite food indulgence at BCC?**

**Tim:** *Power salad and anything that Bev makes in the bakery.*

**What is something people might be surprised to learn about you?**

**Tim:** *I am a singer/songwriter and will be playing regularly around town. As of now I have some little gigs at the farmers market near the store.*

**What's been your favorite new discovery in/about Winona?**

**Tim:** *I have found some great hiking that I didn't know was here. Kings bluff FTW.*





# Cheesemaker Wins Good Food Award

Osseo, WI - St. Isidore's Dairy might be the smallest licensed creamery in Wisconsin, but they have a profound passion for sustainability and award-winning cheese. This year, their dedication to delectable taste and responsible practices has catapulted them onto the national stage – they have won the coveted Good Food Awards!

For those unfamiliar, the Good Food Awards aren't just another competition. They celebrate exceptional American craft food producers who uphold the highest environmental sustainability standards, social responsibility, and exquisite flavor. With over 2,000 entries from all 50 states, winning this award is remarkable, placing St. Isidore's among the nation's top artisanal food and drink makers.

Inga Witscher-Orth, who runs St. Isidore Dairy, is a fourth-generation farmer and cheesemaker passionate about celebrating farms and food. Witscher-Orth's love for cows and sustainable farming began years ago on her family's farm in Seattle. This passion spills into every creamy bite of their raw milk, small batch cheddar "St. Isidore's Clothbound Cheddar," which won the Good Food Awards.

Witscher-Orth says, "It is an absolute honor to be recognized by the Good Food Foundation not only for the quality of our cheese but also our sustainable farming practices and humane treatment of our animals."



Award winning cheddar from St. Isidore's Dairy is available in the co-op's cheese department!



Inga Witscher-Orth, owner of St. Isidore's Dairy

She says this because St. Isidore's is more than just award-winning cheese; it's a testament to responsible agriculture. Free-grazing cows roam the sun-drenched fields, nourishing their bodies and the land with native grasses and wildflowers. This commitment to pasture-based farming doesn't just enrich the soil and ecosystem; it infuses their milk with a unique flavor that speaks of open fields and fresh earth. Sustainability permeates every aspect of St. Isidore's – from gentle bucket milking to meticulous cooling and hand-crafted cheesemaking, each step preserving the integrity of the milk and honoring the connection between cows, land, and table.

But Witscher-Orth's dedication extends beyond her farm. As host of the popular PBS Wisconsin program "Around the Farm Table," she brings viewers into the heart of Wisconsin agriculture, highlighting the stories of small farms, passionate producers, and the importance of ethical food choices. Her work on both sides of the camera reflects her unwavering belief that good food isn't just what we eat but the stories behind it, the care that goes into it, and its impact on our communities and the planet.

The Good Food Awards was held on April 28th in Portland, Oregon. It is a taste of good food with stories to savor.



# Herbs & Wellness

BY AMY SHEA, WELL-BODY MANAGER

## Frankincense by any other name is still *Boswellia*!

Every time I dig into learning about a new herb, my mind is literally blown. I find myself often overloaded with so much information. There's no way it will fit in a single article, and this quarter's herb is no different. As I am writing this, I am still finding new credible links to valuable information.

Frankincense, *olibanum* or as it's known by its scientific name, *Boswellia* has been used for centuries across multiple cultures including those of Northern Africa, Middle Eastern, Indian, and Chinese origins in cultural, spiritual, and medicinal traditions. The oldest known documentation of *Boswellia* being used as a medicine can be found in the Egyptian papyrus Ebers which dates back to 1500 B.C.E. In spite of this rich and varied history among so many foundational cultures, *Boswellia* hasn't gotten the attention that other more popularized herbs have garnered in the realms of modern clinical studies until more recently.

There are over 200 compounds found in *Boswellia* resin, so far researchers have found that boswellic acids to be successful in addressing a variety of inflammation triggered conditions such as osteoarthritis, rheumatoid arthritis, asthma and certain conditions that may affect cognitive function.

Animal studies, in vitro and clinical studies have shown that *Boswellia* may help improve short and long term memory. *Boswellia* may enhance cognitive function as well as protect against neurodegeneration caused by a variety of neurological conditions including central nervous system functions. These nervous system protective actions may also be supportive for folks who experience traumatic events within the brain and nervous system, such as seizures and strokes.

*Boswellia* is a resin that plays really well with a variety of herbs such as ginger, lemon balm, turmeric and of course myrrh.

You can find *Boswellia* in a variety of products here at the co-op including as a stand alone single herb supplement offered by Himalaya, USA as well as a key ingredient in their Joint Care blend. You can find it in combination with curcumin rich turmeric in Terry Naturally's Curamed Acute Relief and Curamin Extra Strength. Topically, we recently introduced Balm of Gilead's Frankincense & Sweet Myrrh tallow based skin cream which has been a big hit amongst the co-op staff members with super dry skin. Balm of Gilead also offers a frankincense therapeutic rubbing oil which would be lovely for addressing aches and pains from all our everyday outdoor activities. Don't forget frankincense essential oil, brought to you via our own BCC brand of essential oils in both 1 and 2 fluid ounce sizes.

This might seem like a lot of information to digest, but I can share with you that this is the tip of the iceberg when it comes to this ancient and mighty resin. There are studies into other areas of potential within the realms of supporting the body through some heavy medical conditions, not to mention the traditional and spiritual aspects of frankincense that hold a rich, vast history spanning through multiple cultures. I encourage you to dive in and let *Boswellia* share its story with you.

Lastly, please remember that not every herb is for every individual and we aren't physicians here at the co-op. Work with your care practitioner to determine if *Boswellia*/Frankincense is the right herb for you, especially if you're currently taking medications for existing conditions. *Boswellia* may interact with NSAID medications, may trigger digestive system responses such as nausea, diarrhea or acid reflux. *Boswellia* may stimulate blood flow to the pelvis and should be worked with under the supervision of your care practitioner during pregnancy.

Amy Shea  
Well-Body Manager  
amy@bluff.coop





# Bluff Country Sustainability

BY CEA LOUIS, SUSTAINABILITY COORDINATOR

Happy Summer to you all! The brilliantly sunny days, the crisp starry nights, not to mention all the outdoor and/or gardening projects that we have all been waiting for have at last arrived!

Summer is a great time to try something new and expand our horizons. Accordingly, we have some exciting classes and events in the works here at the Co-op.

Back by popular demand, I am pleased to announce that there will be more cooking classes taught by Akebono from Japan. From yaki udon, to cheesecake parfaits, spring rolls, and building your own bubble tea classes, there is plenty to do and learn. If you are interested in any of these classes, please check out our calendar here in the newsletter, or keep an eye on our website or facebook.

Are you a gardener, or someone interested in connecting with plants? We are looking for volunteers to help out in the Rain Garden on Saturday, June 15th from 9am-11am. Tasks will focus on removal of weeds and dead plant material, trash pick-up, and general upkeep. Basic tools will be provided, but you are always welcome to bring your own if you have favorites!

Looking for ways to help make your summer meals more sustainable? Joyous news! We are surrounded by incredible local, organic farms, many of which you will see on the shelves of our Fresh departments. From fresh local greens to sweet berries and stone fruit, over the next few weeks it will become quite simple to find a sustainable selection. Choosing local products such as fruits and vegetables has so many benefits for the consumer, farmer, and community at large.

A reminder also that the Volunteer Services Food Shelf does take garden donations. If you find yourself with the common midwest dilemma of too many zucchinis, you can always bring them to the food shelf, so our community members struggling with food insecurity can enjoy them.

As always, we have some more exciting ideas in the works, so keep an eye out for upcoming events. Additionally, if you or someone you know has an idea for a class or event, please have them reach out. There is so much that we can learn from one another as a community.

I hope that you enjoy these beautiful days, and have a safe, sustainable season!

Cea Louis  
Sustainability & Community Outreach Coordinator  
cea@bluff.coop



## Cooking Classes with Akebono

### Yaki Udon with Miso Soup

Saturday, June 22

11 AM - 1 PM • meat or vegan • \$20

### Nori Maki Class with Miso Soup

Saturday, July 20

1 AM - 1 PM • vegetarian or vegan • \$20

### Japanese Cheesecake Parfaits

Saturday, August 10

1 PM - 2:30 PM • (vegetarian) • \$15

### Build Your Own Boba Tea

Saturday, August 24

11 AM - 1 PM, \$15

All classes take place in the BCC Community Room. Space is limited. Early registration is appreciated. Call: (507) 452-1815 or sign up at customer service desk. Akebono is from Japan and is volunteering to teach and the class fees cover the cost of ingredients.



# Built in Benefits at Bluff Country Co-op

Our owners are integral to the success of Bluff Country Co-op. But it's no mystery that there are perks to being a co-op owner too, with tangible opportunities to save money and streamline your shopping experience at the store.

## Did you know?

An owner account comes with the option of a Declining Balance Gift Card (or more commonly called: 'Declining Balance'). Cash, check, or credit card can be used to add any amount of credit to a declining balance on your owner account. The next time you make a purchase, your declining balance will appear on the register screen with the option to use it or not.

Owners who maintain a declining balance enjoy this convenient method of payment and find it handy for those frequent visits during the week when grabbing lunch or dinner. A declining balance offers a way to consolidate small transactions under one larger payment in advance. You can use the declining balance to help implement a budget too.

As an owner you also receive 15% off the price of a case when purchasing a product by Special Order (the purple forms). This can be applied to Co+op Deals sale items and monthly Owner Deals too! The savings add up substantially over time when purchasing items by the case, especially with frequently used products that have no expiration, (i.e. toilet paper and soap). Case sizes can vary depending on the product, and the quantity in a case can be as little as 3 or as large as 24. Items in our Well-Body department often have 3. Our team of buyers can help answer any questions you might have about case size and pricing before placing an order.

Thank you for being a Bluff Country Co-op owner. Your ownership enables us to provide quality, local and sustainable goods to Winona's wider community and helps us to make improvements while we continue to serve your grocery needs. Learn more about owner benefits on our website: <https://www.bluff.coop/how-to-join/>

**Owner Discount!**

**ORDER A CASE  
SAVE 15%\***

Can be applied to Owner Deals  
and Co+op Deals too!

*\*Co+op Basics and BOGO are excluded.*



## Donate to our Little Free Library

Browse our Little Free Cookbook Library and get inspired by new recipes. Kid's can spark their imagination from our Little Free Library of children's books as well. Donations or exchanges to either library are always welcome.



**Bluff Country Co-op**

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

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

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