



BLUFF COUNTRY CUIZINE

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



Summer
2026

Calendar

June

Friday, Jun. 5
Purple Thumb Lavender
Local Vendor Visit

11 AM - 2 PM

Stop by to sample their lavender infused brownies, lemonade and pecans.



Saturday, Jun. 6
Summer Clothing Swap

10 AM - 1 PM • Community Room
Everyone welcome. More details on our website calendar of events.

Monday, Jun. 15
Co-op Board Meeting



6 - 8 PM
Community Room
Details on page 3.



Thursday, Jun. 18
Cooking Class
Making Fresh Cheese
2 Ways

6 PM - 7:30 PM • Community Room
\$25 • More details on our website calendar.

July

all month

Children's Toy Drive

The Co-op is accepting donations of unwanted children's toys in excellent working condition for our new community corner.



Please drop them off in our collection cart at the front of the store throughout July.

More details shared on page 9.

July
Fresh Blueberries
Case Pre-Order



Organic • Local
from Blue Fruit Farm, Winona



Details will be shared at the store when blueberry season arrives. Check our eCuiZine or watch our social media for the announcement.

Saturday, Jul. 4
Independence Day
Store Hours
OPEN
8 AM - 8 PM

Monday, Jul. 20
Co-op Board Meeting



6 - 8 PM
Community Room
Details on page 3.

August

August
Colorado Peaches
Case Pre-Order

Organic

Details will be shared in our eCuiZine and on social media.

August
Alaskan Salmon Pre-Order
Wild-Caught

Watch for details in our eCuiZine and on social media.

Thursday, Aug. 13
The Bluff Country
Co-op Story

7 PM • WCHS Wanek Room
Free



Each summer Sandbar Storytelling Festival partners with the Winona County Historical Society to present a four-part series highlighting the people that built the businesses, that built Winona as we know it today.

Monday, Aug. 17
Co-op Board Meeting



6 - 8 PM
Community Room
Details on page 3.

Co-op Events
Calendar

<https://www.bluff.coop/events/>



BOARD OF DIRECTORS

board@bluff.coop

PRESIDENT

Vanessa Perry
president@bluff.coop

VICE PRESIDENT

Chris Phan
vicepresident@bluff.coop

TREASURER

Jennifer Monsos
treasurer@bluff.coop

SECRETARY

Ann Prochowicz
secretary@bluff.coop

BOARD MEMBERS

Violet Yoon
Adam Muschler
Krishna Roka
Nikki Ciulla
Sara Burros

violet@bluff.coop
adammuschler@bluff.coop
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STORE CONTACTS

GENERAL MANAGER

Heather Kitching
gm@bluff.coop

KITCHEN

Mark Liedel
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PRODUCE & MEAT

John Bride
freshmanager@bluff.coop

GROCERY & MERCHANDISING

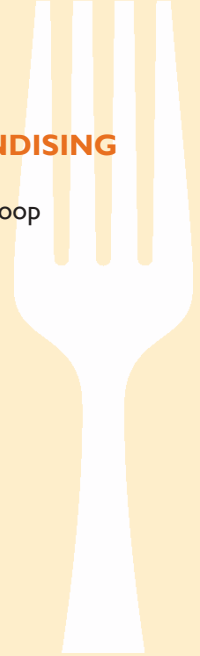
Andrea Strain
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WELLBODY

Amy Shea
wellbody@bluff.coop

FRONT END

Jenny Kohnen
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Save the Date! Annual Owner Meeting

Tues., October 27
5 - 7 pm

Two Fathoms Brewing Co. Winona

owners
save an
extra **10%**
on **coop deals**
every day!

Monthly BOARD MEETINGS

The Co-op Board of Directors meet

3rd Monday

of every month at 6 pm
in the BCC Community Room

Meetings are open to Co-op owners,
with time reserved for owner comments.

Want to attend a Board Meeting?

Contact our Board President and
review our meeting guidelines below.

Visit our website:
www.bluff.coop / Our Story /
Our Board / Meeting & Governance





GM Report

BY HEATHER KITCHING, GENERAL MANAGER

Summer Greetings!

Thanks to our dedicated and supportive community, the business of the Co-op continues to steadily hum along. As your Co-op staff continually strive to meet your needs and serve you better, one department seems to be really excelling. The growing talent and productivity of our Kitchen team has led to a months-long streak as store sales growth leader. Their delicious hot bar creations have boosted lunch time foot traffic and weekly transaction counts, giving us a chance to make new fans.

Partly to this end, we will once again participate in the Taste of Downtown Winona (ToDW) on Saturday June 6th. As one of a couple dozen or so participating restaurants and kitchens, we'll be offering free samples of some of our new and tastiest BCC Kitchen creations. You don't have to be a ToDW participant to get in on these samples however, just stop by between 1 pm and 4 pm on the 6th and try something new! We'd love to hear what you think!

And speaking of new, have you met our new Front End Manager, Jenny Kohlen? Jenny joined the team in late March and has been training on all things Front End, bringing valuable supervision and customer service skills to the team. You can learn more about her in our staff feature on page 10.

As we welcome Jenny, we also bid a fond farewell to Leslie Foote, one of our most familiar faces at the Front End, who retired recently after nearly two decades of service. Throughout her time at BCC, Leslie has contributed as a cashier, a Board member, and a volunteer. We are deeply grateful for her long-standing commitment to the Co-op and wish her a wonderful and adventurous retirement!

I hope you all have a fantastic summer ahead. If this season lingers as long as our spring did, we might still be in shorts by the time the Annual Owner Meeting rolls around!

Thank you for being such a vital part of our community. Enjoy the sunshine!

Yours in Cooperation,

Heather Kitching
BCC General Manager
gm@bluff.coop



Staff members Amaya and Brian P. transplanted our home-grown seedlings into the living wall planters in late May. These young plants were started from seed in April and cared for by staff at the store.



Board Report

BY CHRISTOPHER PHAN, BOARD VICE PRESIDENT

Dear Bluff Country Co-op Community,

Summer in Winona is magical. I love that our region of the country has dramatic seasons, but in Winona the seasons bring not only changes in climate, but changes in the character of the town itself. Summer brings snowbirds back to our community, as well as flocks of tourists, drawn here by a vibrant arts community.

Summer also brings some wonderful seasonal flavor to our beloved Co-op. Local produce, grown by farmers whose portraits adorn the space above the cases holding the bounties of their work, is always a treat. The food cooked in my home kitchen always tastes better when accompanied by fruits and vegetables that are in season.

Those of us who serve on our Co-op's Board of Directors, representing the thousands of individuals that own shares of our store, remain busy these summer months. The Food Access Committee is raising money to sustain the Double-up Food Bucks program, an important means for SNAP beneficiaries to access fresh produce. The Owner Outreach Committee has been planning our Annual Owners Meeting that will take place in the fall. The Finance Committee works to ensure the financial health of our Co-op, and the Board Development Committee has the crucial task of recruiting board members and making sure the Board has the knowledge and training necessary for its work overseeing the operation of the store and safeguarding its long-term survival.

By the way, owners need not be members of the Board to participate in committees. We welcome owner participation in committees, as well as owner comments at our Board meetings. This is your Co-op, after all.

Board members have also been actively involved in our Co-op's community events, helping at events such as clothing exchanges or running the smoothie bike at our Co-op's booth at Earth Day or Midwest Music Fest. (Yes, I am a little obsessed with the smoothie bike!) Our Co-op's Sustainability and Community Outreach Coordinator, Ingrid Ogren, does a great job of coordinating these events.

I look forward to talking to many of you this summer, whether it is in our community room at a planned event or a chance encounter in our produce department while buying carrots for a tasty salad.

In co-operation,

Chris Phan
Board Vice President
vicepresident@bluff.coop

Help Guide Our Success



Become a Co-op Board Member

**Join the Board and take part
in co-operative decision-making!**

Discover the role and see if it's the right fit for you by attending a monthly Board meeting, or visit our website.

Board Meeting Schedule

June 15	July 20
August 17	Sept. 21

Find more details on page 3.

Learn more at:



<https://www.bluff.coop/potential-board-members/>

O'Neill Family Farm

Local Vendor Feature



Why we value them:

Reasonably priced local meat, with practices that produce premium products and positively contribute to the environment.

What we sell:

*Lamb: ground, brats, steaks and leg roasts.
Beef: ground.*

Nestled in the Driftless Region of Southeastern Minnesota near Rushford, sheep graze on rolling hill-tops in the vibrant pastures of O'Neill Family Farm. Kelley O'Neill and Cindy Wolf established their farm in 1994. They use sheep, cattle, and goats to graze steep ground, much of which is unsuitable for conventional field crops.

Their herds are rotationally grazed throughout the year and will lamb, kid, and calve in the spring. Rotational grazing encourages natural foraging behaviors and provides the animals with a diverse diet, which can contribute to good overall health. Most lambs are born in May and June out on pasture. Their sheep live outside for most of the winter (unless lambs are born early), but they have plenty of wool to protect and insulate them from the cold.

'We try to be intentional about our conversion of sun and water, milk, and grass into food. We put lots of labor into animal welfare, including supplemental feeding when weather conditions require more energy. Most of what these lambs and ewes consume over the course of their

lives is perennial forage from diverse, "permanent," no-tillage, swards or pastures, much of it grown on ground which could not (or at least should not) be cultivated to produce any crop other than grass, 'the seamstress of the earth.' — Kelley O'Neill

Kelley and Cindy have been breeding composite terminal sire rams for the past 25 years and have seen steady yearly improvement toward their goal of a leaner, fast-growing market lamb that performs well on pasture. They also raise livestock guardian dogs and border collies for herd protection and herding, respectively. Some of their sheep's wool is even made into single origin wool products by the St. Peter Woolen Mill in Minnesota. To learn more about the availability of their wool products visit <https://www.sheepimprovement.com/shop-online>.

O'Neill Family Farm sells their pasture-raised lamb and beef products directly to consumers and via several Minnesota farmer's markets, food co-ops, grocery stores, and restaurants in Winona and the Twin Cities. They are committed to honoring the people who came before them and their sacred agricultural practices as stewards of the Earth.

'We practice gratitude for this place, soil regeneration, carbon sequestration, and sustaining people and our no-plan-B-planet in a perennial, never tilled, beyond organic prairie pasture ecosystem. We've been harnessing sun, water, milk, and grass into lamb, beef, goat, and eggs as a family for twenty-five years and plan to for many more to come.' — O'Neill Family Farm



Sources:
www.sheepimprovement.com
www.facebook.com/ONeillfamilyfarm



Moroccan Couscous with Lamb

By: Co+op

Total Time: 30 minutes Servings: 4

Ingredients

- 1 cup pearled couscous
- 2 tablespoons vegetable oil, divided
- 1 pound ground lamb
- 2 cups diced yellow onion
- 1 cup diced carrots
- 1 cup diced zucchini
- 1 tablespoon minced garlic
- 2 teaspoons cumin
- 1 teaspoon ground ginger
- 1/2 teaspoon cinnamon
- 1 15-ounce can diced tomatoes
- 1/4 cup raisins
- Salt and black pepper to taste
- Juice of 1 lemon
- 2 tablespoons chopped cilantro (optional)

Preparation

In a medium pot, cook the couscous according to package directions. Drain and set aside.

While the couscous cooks, heat 1 tablespoon of vegetable oil in a large pot or skillet over medium-high heat and saute the ground lamb until thoroughly cooked. Remove from pan and drain on a paper towel.

In the same pan, heat the remaining tablespoon of oil over medium-high heat and saute the onion, carrots and zucchini for 5 minutes. Add the garlic and cook another 2 minutes. Add the spices, diced tomatoes, raisins and cooked lamb and simmer for 10 minutes. Season the stew with salt and black pepper, lemon juice and cilantro (if desired). Serve over the warm couscous.

Serving Suggestion

Green mint tea and a hearty flatbread make this a satisfying snack or serve the lamb couscous with a chicken tagine as part of a flavor-filled North African meal.

Nutritional Information

499 calories, 26 g. fat, 62 mg. cholesterol, 388 mg. sodium, 47 g. carbohydrate, 5 g. fiber, 21 g. protein



Picnic Possibilities

Rose Petal Lemonade

Serves 6. Total time: 20 minutes; 10 minutes active.

- 4 cups water
- ¼ cup rose petals, dried
- 1 ¼ cups honey
- 1 ½ cups lemon juice
- ice cubes

1. In a 2-quart pot, bring the water to a boil. Take off the heat and add the rose petals, stirring to submerge the petals. Let steep for 10 minutes.
2. Pour the honey into a pitcher or 2-quart jar. Place a wire mesh strainer on top. Strain the hot rose infusion into the honey. Stir until dissolved. Stir in lemon juice and chill until cold.
3. Serve over ice.

Check out [grocery.coop](https://www.grocery.coop) for the recipes shown below:



Mushroom Turkey Burgers



Smashed Cauliflower with Parmesan



Lemon Curd Blossoms



Bluff Country Sustainability

BY INGRID OGREN, SUSTAINABILITY & COMMUNITY OUTREACH COORDINATOR

My Dear Cooperators,

Here we are, heading head-over-heels toward the solstice and the gateways of summer. What fun! Strawberries, blueberries, gardening at full tilt. Buckle up, it's going to be a whirlwind of light, fireflies, camping, canoeing, sunburn, barbeques, and carpe diem.

Just like last year, we are wrapping up some of our annual spring cleaning, and as part of these efforts, our rain garden is getting a little reboot. This spring, the rain garden received brand-new informational signs courtesy of the City of Winona (thank you to all involved; this was a dream for us!), and with the guidance of Laura Armstrong from the Winona Chapter of the Master Gardeners, we were able to complete identification, cleanup, and fresh garden plantings.

To celebrate the rain garden's spring sprucing, Bluff Country Co-op and the Master Gardeners of Winona will be hosting a public rain garden event in August (visit BCC's website for details). During this event, there will be an introduction and orientation of the year's new additions to the rain garden, as well as a meet-and-greet with some folks from the Master Gardener team (Winona Chapter). We invite you to laugh, play, and maybe get a little curious with us as we explore this beautiful ecosystem.

In addition to the outdoor spring cleaning, we are continuing to revamp our indoor community space. As you may recall, where our cookbook donation shelves are currently located, we are working to create a game library and a community communication nook. With these efforts, we aim to transform this quiet corner into a vibrant and dynamic community engagement space. To help continue zhuzhing the community corner, we are hosting a children's toy drive throughout the month of July. During this month, please bring any unwanted children's toys in excellent working condition to Bluff Country Co-op's Service Desk drop-off cart. This space may not have appeared to change on the surface since we last put out an all-call for game donations (we

can't thank you enough for your tireless generosity—you are the true definition of community, and we are humbled by your gifts), but as with all things in a chrysalis state, much is happening behind the scenes, and we will continue to post details about the progress of this project as they become available.

As I draw to a close, I wonder: What will the next few months bring for you? Just like last year, we hope they are filled with sun-kissed skin, bare feet, enjoying outdoor music, splashing in the water, and (lots of) deliciously fresh food!! We also hope that, as part of the summer's gifts, you will join us for a range of fabulous community classes, outdoor activities, and in growing a healthy community together. Play, eat well, rest, and repeat --working only when you must:] Be gentle with yourselves, my dear ones. We are here for and because of you.

In Gratitude & Wonder,

Ingrid Ogren

(she/her)

Sustainability & Community Outreach Coordinator

outreach@bluff.coop



Meet Our New Front-End Manager

We are thrilled to welcome Jenny to our management team at the store! Learn more about Jenny below.

What do you love most about food co-ops?

Jenny: "I love that co-ops are member owned and every time you step through the doors, you feel a sense of community. They support local organizations and the surrounding farms and communities, which I could not be prouder to be a part of."

What drew you to your current role at the Co-op?

Jenny: "I came to BCC wanting to help people. I have proudly worked in healthcare for 19 years and was ready to use my supervising skills in a position that would allow me to continue to help others grow, while also giving me a bit more free time to spend with my children and grandchildren."

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

Jenny: "My favorite part of the job has been both meeting new people and seeing old familiar faces. Everyday is different."

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

Jenny: "In my new role, I am eager to implement a training process that will allow me to help train new cashiers, alongside another manager, to ensure all cashiers get consistent, thorough training. This will ensure the smoothest transactions for customers at the checkout!"

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

Jenny: "To keep your balance, you must keep moving."
— Albert Einstein

What is currently your favorite food indulgence at BCC?

Jenny: "My current favorite food indulgence is the overnight oats made by our Kitchen. The flavors are phenomenal and they knocked it out of the park!"

If you were a vegetable, what vegetable would you be? Why?

Jenny: "If I were a vegetable, I would be asparagus because it grows at a fast rate and always stands tall!!!"



What is the most difficult dish you have ever prepared? What was hard about it, or for whom did you prepare it?

Jenny: "The most difficult dish I have prepared is a rack of ribs, because I do not eat them so I have never made them before. Thankfully, I followed the recipe and it turned out :) I made them for my children and they loved them!"

What food cuisine do you find yourself cooking at home most often? Why?

Jenny: "At home, I often make Italian or American cuisine, because that's what I grew up on. Some of my favorite dishes are lasagna, chili, and homemade soups."

What is your favorite local product?

Jenny: "My favorite local product is our beautiful flowers that we offer at an affordable price!"

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

Jenny: "I have 3 children, all over the age of 18, and also am a grandma to 2, a little girl who is 5 and a little boy who will be 2."

What's been your favorite new discovery in Winona or around the Driftless Region?

Jenny: "I have lived in Winona almost my entire life but I have just recently discovered how to get up to the top of Sugarloaf, so that is exciting! And boy oh boy, do we get to live in a beautiful area!"



Easy Morning Brunch

Mojito Iced Green Tea

Serves 4. Total time: 20 minutes; 5 minutes active.

Check out grocery.coop for the recipes shown below:



Zucchini Scarpaccia

- 4 cups water
- 3 green tea bags
- ½ cup fresh mint, with stems
- 6 tablespoons honey
- 2 tablespoons fresh lime juice

1. In a 2-quart pot, bring the water to a boil, then remove from heat. Add the tea bags and steep for 3 minutes.
2. Take out the tea bags then add the mint and honey and stir vigorously. Let stand until completely cooled.
3. Strain out the mint and stir in the lime. Chill until serving.



Balsamic Peach Salad



Cardamom Bundt Cake



Relaxing on the Porch

Cantaloupe Ginger Mocktail

Serves 2. Total time: 10 minutes.

- 3 cups cantaloupe, cubed
- 2 tablespoons agave syrup
- 2 teaspoons fresh ginger, grated
- 2 teaspoons fresh lime juice
- ¼ cup sparkling water
- ice cubes
- cantaloupe for garnish
- 2 mint sprigs

1. In a blender, place the cantaloupe, agave, ginger and lime juice. Puree until completely smooth. Makes about 1 cup. Add sparkling water and mix well.
2. Divide between two glasses, add ice, stir and add a cube of cantaloupe and mint sprig as garnish.



Kiwi Strawberry Cheesecake Bars

Check out [grocery.coop](https://www.grocery.coop) for the recipes shown below:



Mezze Board with Labneh



Bluff Country Co-op

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GOOD FOOD DAILY

8 am - 8 pm