



BLUFF COUNTRY CUIZINE

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



Summer 2022

Calendar

June

Mon., June 13

Mindful Movement Yoga Class

BCC Community Room
4:30 - 5:30 pm



Mon., June 13



Co-op Board Meeting

BCC Community Room
6 - 8 pm

Wed., June 15 - Sun. June 19



**WINONA
STEAMBOAT DAYS**

March with the **Co-op**
in the **Steamboat Days
Parade!** - June 19

See the Board Report on page 5 for
details or email: jenn@bluff.coop



Sat., June 18

Bluff Country Kids Club

BCC Community Room
10 am - Noon



Sat., June 18

Opening Day



July

Mon., July 4

Independence Day

Co-op Hours:
CLOSED



Mon., July 11

Mindful Movement Yoga Class

BCC Community Room
4:30 - 5:30 pm



Mon., July 11



Co-op Board Meeting

BCC Community Room
6 - 8 pm

Sat., July 9

Historic Downtown Walking Tour

Winona County Historical Society
10:30 - 11:30 pm

Sat., July 9

Minnesota Orchestra Pops Concert

Lake Park Bandshell
8 pm

Sat., July 18

Bluff Country Kids Club

BCC Community Room
10 am - Noon



August

Mon., Aug. 8

Mindful Movement Yoga Class

BCC Community Room
4:30 - 5:30 pm



Mon., Aug. 8



Co-op Board Meeting

BCC Community Room
6 - 8 pm

Sat., June 13

Land At Last

Live music by Mike Munson and Jake Ilika
Peter's Biergarten
6 - 9 pm

Sat., Aug 20

Bluff Country Kids Club

BCC Community Room
10 am - Noon



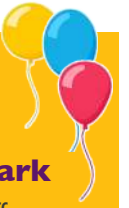
Bluff Country Co-op's

50th Anniversary Celebration



**Sunday,
August 28**

2 - 6 pm **Levee Park**
More details at www.bluff.coop



BOARD OF DIRECTORS

board@bluff.coop

PRESIDENT

Kay Pedretti
kay@bluff.coop

VICE PRESIDENT

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Brenna Curry
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SECRETARY

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STORE CONTACTS

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Laura Johnson
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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

Want to influence
the future of the Co-op
and make a difference?



Get involved as a Board Member!



Apply by emailing Board President Kay Pedretti at
kay@bluff.coop



GM Report

BY KRISSY ROWLAND, GENERAL MANAGER

Greetings Co-operators!

Summertime, and the livin's easy!

Whenever the seasons change, it is almost impossible to not take a look around and be mesmerized by the beauty of nature. The young sprouts of Spring have bloomed and grown to form a lush and colorful landscape with a wild charm that is somehow perfect and imperfect at the same time.

At Bluff Country, we aim to engage in practices that ensure nature will continue to grow along with us! The pandemic put a lot of our sustainability efforts on pause as we navigated the unknowns at the time. We have been making a comeback though! Our bulk department is back in it's full glory and shoppers can bring their own containers and reusable bags. Packaging is still a struggle but we are looking into new sustainable and eco-friendly options that have a consistent supply to meet demand.

Another area of our current focus is to reduce the amount of paper the store uses for operations. We have currently gone paperless with our applications! Applicants can apply for employment on our website at www.bluff.coop and anyone who doesn't have access to the internet can fill out an application on one of our store computers or connect to our free store wifi on their own device.

This brings me to our next announcement: We are aiming to go paperless with these newsletters this year! If you are interested in receiving the newsletter electronically, ask your cashier for an Address Update Form and add your email to your Owner account. If you already are receiving the electronic version of the newsletter, you do not need to take any action. We will also still have some printed versions at the store's service desk for anyone that is unable to access it online.

Not only will this change help save some trees by largely reducing the amount of paper we are using for printing, but it will also open up the resources used for it! This means we can reallocate those resources to other new store projects and initiatives. We have an amazing crew here who are really passionate about exploring some new ideas and directions for pursuing our ends and I'm super excited to get these projects up and running this summer!

Keep an eye on our social media for news and updates!

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

**Help Us
Reduce Waste!**

**receive your
newsletter by email**

Update your owner account
during checkout or
contact us at the store.

507-542-1815
info@bluff.coop



Board Report

BY JENN BAECHLE, BOARD VICE PRESIDENT

Greetings BCCers,

Happy summer! I hope the warm weather is treating you all nicely and we're finally able to enjoy the outside again. It's been a long winter and spring so far and I know I am itching to get into my garden and back down by the riverside. If you are feeling the same, then the Board has you covered for some great ways you can help celebrate Bluff Country Coop's 50th Anniversary and enjoy this wonderful little city we call home.

I mentioned it in our last newsletter and it is going to happen – BCC will be marching in the Steamboat Days Parade on Sunday June 19th. If you've always wanted to march in a parade, but never had the chance, or grew up marching in a parade every other weekend and are feeling nostalgic, please come march with us. We've had some new shirts designed for our 50th Anniversary and marchers will be able to purchase them at a discounted price. Contact Jenn if you are interested.

We also have a date for our 50th Anniversary celebration: Sunday August 28th from 2-6 at Levee Park!! We will have a vendor fair, live music, trivia, games, and more. All owners and their families are welcome and no RSVP is necessary. We look forward to meeting original and brand new owners alike. This will be a great opportunity to share stories and reminisce with past and present staff members. And while it

is not confirmed yet, we are hoping to host an after party at Island City Brewery once the festivities have ended for those wanting to keep the good times rollin'.

I want to thank all of you who took the opportunity to vote for our new mural design for the alleyway wall during the month of April. 497 of you voted and it was a close race. The winner of the new mural design is: Ian Hanesworth. We are hoping to have the mural completed by October at the latest so keep an eye out for big changes on that front. And if you're visiting Lanesboro don't be surprised if you see a familiar sign on the side of one of their buildings. We recycle when we can.

Lastly, for those curious about when Double Up Food Bucks will start, hopefully soon. We are waiting on a SNAP waiver to be approved by Food & Nutrition Service. Once that goes through, we will need to do a little more fundraising to reach our \$10,000 start-up goal and then we will train staff and roll out the program. I want to thank everyone who has donated and continues to support this effort. We think it will be a great benefit for our community and are eager to see it begin.

Hope to see you down by the river!

Jenn Baechle
Vice-President
jenn@bluff.coop





Make it a **Seafood Summer**

Salmon Veggie Packets

Serves: 4. Prep time: 30 minutes; 15 minutes active.

- 1 tablespoon olive oil
- 1 small red bell pepper, chopped
- 1 small red onion, slivered
- 8 large green olives, pitted and chopped
- 1 teaspoon dried thyme
- ¼ teaspoon salt
- 4 6-ounce salmon fillets

1. Heat oven to 375°F. Get a baking sheet with a rim to hold the packets. Cut 4 square sheets of parchment, about 14 inches long, then fold each corner to corner to form a triangle, and crease the paper. Open each sheet and place on the work surface.
2. In a medium bowl, combine the olive oil, red pepper, onion, olives, thyme and salt.
3. Place a salmon fillet along the fold of each parchment square, leaving at least an inch and a half around the edge closest to you uncovered to seal the packets. Place a quarter of the

veggie mixture on top of each fillet. Fold over the parchment to enclose the food. Starting at one corner of the packet, fold short sections of the edges of the parchment to crimp the edges of the packet closed.

4. Place the packets on the sheet pan and bake for 20 to 25 minutes, until the packets are puffed and the salmon is cooked through. Place each packet on a plate and serve so that diners can open the paper packet and release the fragrant steam at the table.

Variations: Change up this dish to suit your family's taste and incorporate seasonal veggies. Combine cauliflower florets, chopped tomato, capers, basil and olive tapenade, or try snap peas, carrot, tamari and toasted sesame oil. The key is to chop or slice the vegetables small enough so they will steam quickly inside the packets.



Citrus-marinated Shrimp Skewers

Serves: 4. Prep time: 45 minutes; 15 minutes active.

- 2 pounds extra-large shrimp, peeled and deveined, patted dry
- ¼ cup extra virgin olive oil
- 2 teaspoons orange zest
- 1 teaspoon lemon zest
- 2 tablespoons orange juice
- 2 tablespoons lemon juice
- 1 clove garlic, pressed
- 1 teaspoon minced ginger
- 2 tablespoons fresh parsley
- ½ teaspoon salt
- ½ teaspoon freshly ground black pepper

1. Skewer the shrimp, four shrimp per skewer, and place in a baking pan or similar container.
2. In a cup, whisk the olive oil, orange zest, lemon zest, orange juice, lemon juice, garlic, ginger, parsley, salt and pepper. Pour the marinade over the shrimp and turn to coat.
3. Refrigerate the shrimp for 30 minutes to 1 hour.
4. Preheat the grill. Pour a tablespoon of vegetable oil into a cup, then use a wadded paper towel, held with tongs, to oil the grate. As you take each skewer out of the marinade, let it drip for a few seconds, then place on the oiled grate. Discard the marinade. Cook for about 2 minutes per side, until the shrimp is browned and cooked through. Transfer to a plate and serve.



Chipotle-lime Grilled Arctic Char

Serves: 4. Prep time: 1 hour, 30 minutes; 25 minutes active.

- 4 6-ounce arctic char fillets
- 4 cloves garlic, peeled
- 1 cup cilantro or parsley leaves
- 2 tablespoons fresh lime juice
- 3 tablespoons extra virgin olive oil, divided
- 1 teaspoon salt
- ½ teaspoon chipotle powder
- Lime wedges (for accompaniment)

1. Pat dry the char and let it come to room temperature.
2. In a food processor, combine the garlic and cilantro or parsley. Process to mince finely. Add the lime juice, 1 tablespoon olive oil, salt and chipotle powder and process until smooth. Reserve.
3. Preheat the grill to medium heat on one side (leave one side with no coals underneath if using a charcoal grill). Just before grilling, pour a couple of tablespoons of olive oil in a cup and use tongs and a wadded paper towel to swab the cool side of the grate with oil. Place the fish on the heated grate, skin side down, and close the lid; cook for 4 minutes. Carefully turn the fish and place on the cool side of the grill for about 2 to 3 minutes, or until the fish is cooked through but still a little pink in the middle. Turn again, flesh side up, and drizzle with the prepared sauce.
4. Transfer to a platter and serve.



Coconut Curry Cod and Veggies

Serves 4. Prep time: 35 minutes; 15 minutes active.

- 1 cup coconut milk
- 2 cups cauliflower, small florets
- 1 large carrot, thinly sliced
- 1 pound cod, halibut, salmon, or other fish, about 1-inch thick, cut in portions
- 1 tablespoon curry powder
- cayenne, optional
- ½ teaspoon salt

1. Heat the oven to 375°F, and set up a steamer for the vegetables. In a cup, mix the coconut milk, curry powder, cayenne to taste (if using), and salt.
2. Steam the cauliflower and carrots for 2 minutes, then let cool.
3. Place the fish in a 2-quart baking dish and cover with cauliflower and carrots, then pour over the sauce. Bake at 375°F for 20 minutes. When the fish is cooked through and flakes easily when pierced with a paring knife, serve.

Coconut milk mixed with a flavorful curry powder creates a creamy sauce with enough complexity to turn a simple piece of fish into an exciting meal.



Roasted Salmon and Vegetables in Pesto Broth

Serves: 4. Prep time: 35 minutes; 20 minutes active.

- 2 pounds salmon fillets, cut in 4 even portions
- 1 teaspoon extra virgin olive oil
- ½ teaspoon salt
- ½ teaspoon freshly ground black pepper
- 2 cups vegetable or chicken stock
- ½ cup dry white wine
- 2 medium Yukon gold potatoes, unpeeled, cut in 1½-inch chunks
- 8 ounces green beans, trimmed and cut in 1-inch pieces
- ¼ cup jarred pesto
- 4 sprigs basil (optional)

1. Preheat the oven to 375°F. Line a baking sheet with parchment and place the salmon portions on it. Drizzle with olive oil and sprinkle with salt and pepper.
2. Pour the stock and white wine in a medium pot and bring to a boil over medium-high heat. Add the potatoes and return to a boil, then cover and reduce heat to hold at a simmer for 10 minutes. Add the green beans and cook, covered, for about 5 to 7 minutes, until the potatoes are tender when pierced with a knife. Uncover and keep warm.
3. Roast the salmon for 10 to 15 minutes if wild caught, 15 to 20 minutes if farmed. When cooked through, remove from oven and, if desired, use a metal spatula to lift the flesh of the fillets off the skin.
4. Stir the pesto into the warm potato and bean mixture, and divide the broth evenly into 4 bowls and serve, topped with a fillet of salmon. Garnish with basil, if desired.



Rose Petals Product Review

BY ROSE DIKEL, WELL-BODY ASSISTANT

Today I wanted to review a sheep milk soap from Maple Hill Farms out of Rusk County, Wisconsin. This local soap has quickly become my favorite, not only for the rich and creamy lather, but for its long-lasting nature. It comes in vegetarian options along with formulas including lard, and uses many organic ingredients. Sheep's milk not only is more close in structure to human milk than cow or goat milk, but it has twice the fat and protein content of goat milk, and has many anti-inflammatory and antibacterial properties. Available in 100% essential oil scents like rosemary mint, calendula orange, and lemongrass, this bar soap is gentle enough for sensitive customers, and leaves the skin soft and moisturized. For those that avoid fragrance, there is an unscented option as well. If you love the soap, try Maple Hill's sheep milk lotion. A great pair at super reasonable prices! Come check out Maple Hill Farm's products in the Wellness aisle today!

Rose Dikel
Well-Body Assistant
rose@bluff.coop



Total Donations in March
\$703.29 Thank you!

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.



Your donation supports

cooperatives globally + non-profits locally!

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





The Well-Body Minute

BY AMY SHEA, WELL-BODY MANAGER

The growing season is here at last! We've had a chilly start to spring, but lawns are finally greening up, trees are budding and wild foods are beginning to pop up. One of our most nourishing and supportive plant allies is eagerly soaking up the spring sunshine, stinging nettle (*Urtica dioica*). Often when people hear that stinging nettle is sprouting up they reach for the weed wacker. *Urtica dioica* is a very misunderstood plant ally who deserves far more love than she gets. Stinging nettle has so many ways in which she supports us, that I can only touch on the tiniest bit of her benefits today.

Stinging nettle has a history of use dating back into prehistoric times as a food, as medicine, as a textile and cordage. At one point, nettle was so highly valued that it was given as tithes. During the First and Second World Wars when raw materials ran short, nettle fibers were used to make many textiles including military uniforms. It's said that those uniforms were so sturdy that they've held up against the tests of time better than those made of other materials.

Nearly every part of stinging nettle is beneficial to us. *Urtica dioica* leaves and seeds are nourishing as wild foods. Tender young nettle leaves offer us a rich source of calcium, potassium, iron, protein, chlorophyll, antioxidants, and minerals. They are delicious sauteed, added to soups, sauces and pesto, or incorporated into any recipe which calls for spinach. It's best to gather them when they are less than 18 inches tall, and their leaves haven't stretched out to take on that lanceolate shape that makes them so recognizable. What about that sting? Run nettle leaves through your food processor or blender, or blanch them to remove the sting. You can of course dry the leaves and use them as tea. All of those nutrients are right there in one cup of vibrant tea. I like to mix mint with my nettles when I make tea.

Nettle seeds can be added to baked goods, smoothies and juices, and spice blends in addition to the

previously mentioned foods. Nettle seeds are rich in omega 3 and omega 6 fatty acids and have been known to be a great sustainable energy that can get us up and going like our morning cup of coffee without the caffeine crash. Nettle works to nourish us in such lovely ways as a food, and I've not even mentioned all the ways she can support us as a medicinal herb.

Stinging nettle has histamine and anti-inflammatory properties which help combat seasonal allergy responses, not only in humans but also in our pets as well. I know, I said histamine...not antihistamine. It is the histamines in nettles that our bodies respond to in a way that benefits us during allergy season.

These are the same properties found in nettle that makes her a great ally for supporting us as we look for relief from joint pain and arthritis.

Good health starts with digestion. Nettle benefits our digestion and elimination processes. As a rich spring green stinging nettle prompts our bodies to start creating digestive enzymes and bile. This makes her a wonderful food and medicinal herb to help us shake off the stagnation of winter. She gets things moving from the upper digestion down through our elimination system. Nettles can serve as a gentle diuretic supporting the kidneys or a gentle laxative. She may even help support healthy blood sugar levels based on studies which showed nettle helped to reduce interleukin-6 levels in folks with Type 2 diabetes.

These are just a few of the ways in which stinging nettle supports us. I've barely scratched the surface of how much we can benefit from developing a relationship with this plant as a food, as a supportive herb, and as a valued plant ally. Try some stinging nettles today.

Amy Shea
amy@bluff.coop





The Community Corner

BY ALEXA SHAPIRO, OUTREACH COORDINATOR

Hello, Cooperators!

There's an energy this time of year that I find so contagious. As the bluffs turn their lush green hues, the calendar fills up fast with plenty of activities and events. After a long, cold winter and spring, the promise of time spent with friends and family outside and surrounded by the beauty of the Driftless, always leaves me feeling joy and intrigue for what the summer might hold.

As we transition into summer, we're thrilled for the return of one of our favorite staples - the Winona Farmers Market. As the Farmers Market opens up again, the co-op team is looking forward to spending Saturdays out at the market. The third Saturday of each month, you can find us there with the smoothie bike, pedaling our hearts out in order to fill your bellies with sweet, delicious smoothies. Stop on by and say hello, we would love to see you there!

On the same day each month, the Co-op will be hosting a new Bluff Country Kids Club event; an open house style program in the community room for youth ages 12 and under. Stop on by between 10 am - 12 pm to enjoy various activities relating to sustainability, cooperatives, local and organic foods, and more. Our first Bluff Country Kids Club event will be Saturday, June 18 and will feature activities related to the Mighty Mississippi. We hope to see you there!

We're also excited for work to begin on our new mural, located in the alleyway between the Bluff Country Co-op and Insty Prints. The existing mural will be retired and donated to a local cooperative. In celebration of the co-op's 50th anniversary, the new mural will be unveiled in early October during National Cooperative Month. We're looking forward to watching the progression of the mural throughout the summer as local artist Ian Hanesworth leave their mark on the co-op and our little community.

As we transition into warmer months, I hope you're able to find time to get outdoors and enjoy all that the summer has to offer here in our lovely river town. We hope to see you at the Co-op and to share in the joy of summer time as we all begin to celebrate the longer days that greet us this season.

Alexa Shapiro
alex@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!



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



YEARS
ANNIVERSARY
CELEBRATION



Save the Date!

Sunday, August 28th

2 - 6 pm **Levee Park**

More details at: www.bluff.coop

