



BLUFF COUNTRY CUIZINE

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



Winter
2023 - 2024

Calendar

December

Dec. 1 - Dec. 19

20% OFF
Carlson Coffee

Includes cold brew,
bulk & packaged coffee.

Tuesday, Dec. 5

**Kids' Cookie
Decorating Class**

10 - 11:30 AM
\$25 - Details on page 9

Dec. 10 - Dec. 16

Holiday Nut Sale
20% OFF Bulk Nuts

Monday, Dec. 11

**Local Holiday Ham
Pre-Order Deadline**

Fresh hams from Hidden Stream Farm
See store for details.

Saturday, Dec. 16

**Charcuterie Board
& Butter Candle Class**

11 - 12:30 PM
\$75 - Details on page 9

Tuesday, Dec. 19

Tasty Tuesday

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

Details on page 11



Sunday, Dec. 24

Christmas Eve

CO-OP HOURS
8 am - 4 pm

Monday, Dec. 25

Christmas Day

**CO-OP
CLOSED**

January

Monday, Jan. 1

New Year's Day

CO-OP HOURS
10 am - 8 pm

**WELLNESS
WEDNESDAYS**
10% OFF

All Supplements Every Wednesday!

1st & 3rd Saturdays

**Indoor
Farmers' Market**
9 AM - 12 PM
Winona Friendship Center
251 Main St



Monday, Jan. 8

**Co-op Board
Meeting**



6 - 8 PM
BCC Community Room

Every Wednesday

Meat Sampling

11:30 AM - 12:30 PM
Stop by to taste our selected
meat on sale each week.

Sunday, Jan. 14

**Greeting Card
Donation Deadline**

St. Jude's Ranch Greeting Card
Recycling program. Details on pg. 9

Tuesday, Jan. 16

Tasty Tuesday

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

Details on page 11



Saturday, Jan. 27



**Crafting
Community**

2 - 3:30 PM
BCC Community Room
Details on page 11

February

Saturday, Feb. 3

**Indoor
Farmers' Market**
9 AM - 12 PM
Winona Friendship Center
251 Main St



**WELLNESS
WEDNESDAYS**
10% OFF

All Supplements Every Wednesday!

Every Wednesday

Meat Sampling

11:30 AM - 12:30 PM
Stop by to taste our selected
meat on sale each week.

Saturday, Feb. 10

Chinese New Year

Year of
the dragon



Monday, Feb. 12

**Co-op Board
Meeting**



6 - 8 PM
BCC Community Room

Saturday, Feb. 17

**Winter
Farmers' Market**
9 AM - 12 PM
Winona Friendship Center
251 Main St



Tuesday, Feb. 20

Tasty Tuesday

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

Details on page 11



Saturday, Feb. 24



**Crafting
Community**

2 - 3:30 PM
BCC Community Room
Details on page 11

Our gift cards have a new look!

We are transitioning to Bluff Country Co-op branded gift cards. If you have an old gift card, here is what you need to know.

- New BCC gift cards are now available. They replace the previous Co+op gift card.
- Old gift cards have the Co+op Stronger Together logo and a magnetic stripe on the back. New gift cards have a barcode.
- Old gift cards can not be reloaded with more funds.
- If you have an old gift card with a remaining balance, we encourage you to **use it up before December 31, 2023**.
- Any balance on an old gift card can be transferred to a new gift card at the register. For the smoothest transfer experience, we encourage you to do this **before December 31, 2023**.
- If you have an old gift card and are wondering about the remaining balance, you can check it online by visiting: <https://www.storecard.com/mg>
- New gift cards can only be redeemed at Bluff Country Co-op.
- If you have questions, contact us at info@bluff.coop or (507) 452-1815

New Gift Card



Old Gift Card



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

Lisa Lorsch lisa@bluff.coop
Pingping Zhang pingping@bluff.coop
Aaron Perleberg aaron@bluff.coop
Ann Prochowicz annprochowicz@bluff.coop

STORE CONTACTS

GENERAL MANAGER

Heather Kitching
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FRONT END

Tim Lovas
tim@bluff.coop

KITCHEN

Carl Schreiber
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PRODUCE & MEAT

Laura Johnson
laura@bluff.coop

WELLBODY

Amy Shea
amy@bluff.coop





Board Report

BY JENN BAECHLE, BOARD VICE PRESIDENT

Greetings Fellow Co-opers,

It is slightly bittersweet that I write this article as it will be my last (at least for a while). I have been lucky to serve on the Board of Directors for the past 6 years and have seen the Board accomplish some amazing feats during this time. As I move on to new areas of service, I hope you indulge me in a little trip down memory lane.

My Board service started during the expansion from the old store to the new and I remember volunteering to fill the new spice jars with a baby Magnolia slung on my back. It was a little intimidating to step on with so much happening, but the Directors before me had a solid plan in place and leadership at the store was steadfast. The next couple of years was spent analyzing the direction the store should head and honestly taking a little breather from the amount of energy the expansion took. And then Co-Vid struck and it seemed everything the Board had in place to accomplish had to be put on hold. We have been slowly building back the energy though, with a successful 50th Anniversary Party (woot, woot), new mural on the side of our building, the implementation of Double Up Food Bucks, and setting new goals for the Board as a whole. As I step down, I am confident that our current and as yet to be determined new board members will be able to grow this energy and accomplish great things for BCC.

My hope for BCC, and this is where I need all of your help as owners, is to see the Co-op and remember its roots as a place for community to grow and thrive. As a member and chair of The Owner Outreach Committee I have seen attendance and participation at events wane over the last six years. The beauty of the Co-op, to me, is telling my family that I need to run to the Co-op for a forgotten ingredient and returning 30-45 minutes later because I stopped to talk with 5 different people in the aisles while grabbing an extra 7 or 8 items. Or attending the Annual Owners Meeting and meeting new owners for the first time. Or talking to our local producers while

they are sampling their products in the store. Yes, BCC is about providing good food, but to me it has also provided a community of people that is much needed in a time when that appears to be fading.

As owners, you have a share in the Co-op and the Board genuinely wants to hear from you, meet with you, and get to know you. Let's all help cultivate this wonderful community that has been growing for over 50 years.

With Warm Thoughts,
Jenn Baechle
Board Vice President

Congratulations to our New Board Members!



Vanessa Perry



Brian Pruka



Violet Yoon



C-Share Redemption Information

Dear Co-op Owners,

As we continue to move forward in our journey together post expansion, we wanted to take a moment to address the topic of C-share redemptions. At Bluff Country Co-op, we understand the importance of financial transparency and the desire for a fair return on your investment. We value your support and want to assure you that your interests remain at the forefront of our decision-making process.

To ensure a balanced approach, we will begin reviewing C-share redemptions annually once year-end financials become available, typically between August and October. The evaluation process involves the finance committee, in consultation with the general manager, utilizing the comprehensive financial reporting provided by our trusted CPA. The determined repayment amount is then presented to the full board for approval, ensuring a collective decision.

Repayment is contingent upon meeting the financial metrics set by NCG (National Co+op Grocers) as outlined below. These metrics serve as benchmarks for our co-op's financial health and sustainability. In order for redemption to take place, the following financial criteria must be met:

- 1.) Fiscal year net income of 1% or more, with our benchmark being 0.5%: This indicates the profit available to the company after all business expenses, including taxes, have been paid.
- 2.) Sales growth meeting or exceeding the benchmark of 3%: We compare total sales for the current year to those from the previous year, evaluating the store's growth.
- 3.) Gross margin meeting or exceeding the benchmark of 35%: This indicator reveals whether the store generates enough revenue to cover controlled expenses.

4.) EBITDA meeting or exceeding the benchmark of 4%: EBITDA serves as a key metric to evaluate our co-op's operating performance.

5.) Liquidity meeting or exceeding the benchmark of 1.5: This metric assesses our ability to meet cash needs in a timely and efficient manner, calculated as current assets divided by current liabilities.

6.) Debt to Equity ratio meeting or exceeding the benchmark of less than 3: This ratio signifies our relationship between debt and equity, calculated as total liabilities divided by total equity.

7.) No loan defaults or late payment of financial obligations: We strive to maintain a strong financial track record and fulfill our commitments.

Redemption determinations will be based on the financial capacity of the co-op and the dollar value of shareholder requests. It is important to emphasize that while we aim to provide fair returns, the nature of our business means that guaranteed monetary returns cannot be assured. Shareholders requesting larger repayments may receive payments in installments, allowing the co-op to maintain its established metrics for financial sustainability. However, smaller redemptions may be paid out in full.

If you wish to register your C-Shares for repayment at any point, please complete the form found on our website under "Our Story" and then "C-Share Information". We will process requests on a rolling basis and honor them in the order they are received, ensuring a fair and equitable process for all shareholders.

Thank you for your ongoing commitment to Bluff Country Co-op. Together, we can continue to foster a thriving community and maintain the financial strength necessary for our cooperative's long-term success.

Thank you,
Bluff Country Co-op Board of Directors



Home-baked Gifts

Looking for a simple, thoughtful gift idea?
These irresistible holiday treats are sure to delight.

Peanut Butter Snickerdoodles

Servings: 32 cookies. Prep time: 25 minutes; 15 minutes active.

1 stick butter, softened
1¼ cups light brown sugar
1 cup crunchy peanut butter
1 teaspoon vanilla
1 large egg
1 cup flour
½ teaspoon salt
½ teaspoon baking soda
½ cup sugar, preferably turbinado (raw) sugar
1 tablespoon cinnamon

1. Preheat the oven to 375 F. Line two sheet pans with parchment paper and reserve.
2. In a stand mixer fitted with the batter paddle, or in a large bowl using an electric mixer, cream the butter. When soft and light, add the brown sugar and beat until fluffy, about 2 minutes. Add the peanut butter and beat to mix; scrape the bowl. Add the vanilla and egg and beat until smooth.
3. In a medium bowl, stir the flour, salt and baking soda. Then, with the mixer on low speed, stir into the butter mixture. Scrape the bowl and continue until well mixed.
4. In a medium bowl, mix the sugar and cinnamon and reserve.
5. Portion rounded tablespoon-sized scoops of dough, roll between your palms to make a ball, then drop each one in the cinnamon sugar and roll to coat. Place each dough round on the sheet pan, with 2 inches of space between. When all the balls are on the pan, use a fork to gently flatten each one, making a fork mark across the top.
6. Bake for 9 to 10 minutes, just until puffed and lightly golden. Cool on racks before storing. Stored in an airtight container, the cookies keep for a week at room temperature.



Strawberry Thumbprints

Servings: 36 cookies. Prep time: 2 hours; 1 hour active.

By Robin Asbell

- 1 ½ cups all-purpose flour
- ½ teaspoon baking powder
- ½ teaspoon salt
- 1 stick unsalted butter
- ½ cup sugar
- 1 large egg yolk
- 1 teaspoon pure vanilla extract
- ¼ cup strawberry jam

1. Line two baking sheets with parchment paper. In a large bowl, whisk together flour, baking powder and salt. In a separate bowl, beat butter and sugar with a mixer on medium-high speed until light and fluffy. Beat in egg yolk and vanilla. Reduce speed to low. Add flour mixture, and mix until combined.
2. Roll dough in 1-inch balls, and place 2 inches apart on parchment-lined baking sheets. Press an indentation in each cookie with your thumb. If the edges crack a little, just press them gently back together. Chill the pans for 30 minutes. While the cookies chill, preheat the oven to 350 F.
3. Use a teaspoon to fill the indentations with jam. Bake for 8 minutes, then switch the position of the pans between upper and lower racks and bake for about 8 to 9 minutes more, until the cookies are lightly golden on top.
4. Place the pans on racks and allow the cookies to cool for 5 minutes, then transfer the cookies onto the racks to cool completely. Store in an airtight container for up to one week.



Salted Toffee Chocolate Bars

Servings: 24 bars. Prep time: 25 minutes; 15 minutes active.

- 12 graham crackers broken into 24 squares
- 2 sticks butter
- 1 cup brown sugar
- ¾ cup chopped pecans
- ½ teaspoon coarse salt
- ¾ cup bittersweet chocolate chips

1. Preheat the oven to 350 F. Line a cookie sheet with aluminum foil. Place the crackers on the foil-lined sheet, with their edges touching. In a small saucepan, melt the butter over low heat, then stir in the brown sugar. Turn the heat to medium high, bring the mixture to a boil, then reduce heat to simmer, stirring occasionally, and cook for 10 minutes until the sugar has melted. Pour the sugar mixture over the graham crackers, and spread with a spatula to cover evenly.
2. Sprinkle with pecans and bake for 10 minutes, until bubbly. Place pan on a cooling rack and use the tip of a spatula to nudge the crackers apart. Sprinkle with coarse salt. When the pan has cooled, melt the chocolate and drizzle it over the crackers. Let cool until firm; remove from the pan, and break into pieces. Store, tightly covered, at room temperature for up to a week.

Line a gift box or cookie tin with tissue paper and arrange the baked goods inside. Tie a colorful ribbon or bakers twine around the outside for a festive flourish.



Driftless Sustainability

BY CEA LOUIS, SUSTAINABILITY COORDINATOR

It is once again that time of year for new beginnings, heart warming foods, gathering with those close to us, and so much more. With a fun array of events and classes coming up here at the Co-op, we invite you to gather with us!

With the weather getting colder, I would like to extend an invitation to join the Crafting Community. This program is free and open to everyone, and is held the fourth Saturday of every other month, from 2pm-3:30pm in the Community Room.

The purpose of this program is to hold space for crafters of any and all varieties and skill levels to gather and create together. As always, folks are encouraged to bring either an ongoing project or start a new one. If you have extra supplies that are collecting dust, you are more than welcome to donate them to our communal craft supply, where folks can take what they need and leave what they do not. This not only is beneficial for sustainability efforts, but for accessibility as well.

So whether you are a crochet champion, a wood-carving wonder, a clay creative, or otherwise, come join us to craft in community with a hot cup of tea!

Are you wanting to learn some new cooking techniques? We have a variety of classes coming up, whether you are looking to learn something new, or add to your skills!

On Tuesday December 5th, a local chef will be hosting a cookie decorating class. This class is geared towards children and a parent or guardian. The class is \$25 per child and adult, and includes 12 cookies, a variety of exciting ways to decorate, and complimentary hot cocoa!

Are you curious about what foods are traditional around the world this time of year? Come learn about the traditional Japanese New Year foods shiruko and dango; two iconic dishes!

If you are wanting to bring some extra dazzle to your table, a local chef will be hosting a charcuterie board class on December 16th from 10am-12:30pm. Join in learning how to create a beautiful spread that can be customized to fit dietary needs from omnivore to vegan, including how to make your own butter candles! Light refreshments and snacks will be provided. The board you will create feeds 3-4 people, so prepare for a party!

Looking for a way to give to those in need in the community? We will be participating in the annual 10 Days of Giving, and will have a barrel located up front for people to contribute to. This is one of the biggest food drives for Volunteer Services, and helps provide for our neighbors facing food insecurity.

With all these ways to get involved coming up, I hope to see some old faces and new! In the meantime, however you celebrate or observe this season, may it be a safe, warm, and sustainable one.

If you or someone you know has an idea for a class, or would like to teach one, please reach out to my email below.

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



Recycle Your Greeting Cards!

We will again collect old greeting cards for St. Jude's Ranch recycled card program.

This program helps teens break the cycle of abuse, abandonment and neglect by providing them with life and work skills while at St. Jude's Ranch.

To help us out, please donate only the front of your greetings cards. St. Jude's Ranch is unable to accept Hallmark, American Greetings or Disney because of copyright laws.

Bring your cards to the Co-op by Sunday, Jan. 14, 2024.

December Classes



Kids' Holiday Cookie Decorating Class

Tuesday, Dec. 5 • 10:00 - 11:30 AM

Fun for the kiddos! Carissa will host a holiday cookie decorating class for kids. Parents/guardians are welcome to join. The cost is **\$25** and includes 12 cookies with multiple ways to decorate them.

Enjoy hot cocoa during the class!

Classes take place in the Bluff Country Co-op Community Room. Space is limited to 20 participants. Please RSVP in advance by emailing: cea@bluff.coop, calling: (507) 452-1815 or stopping by the store.



Charcuterie Board & Butter Candle Making Class

Saturday, Dec. 16 • 11:00 AM - 12:30 PM

Learn to create a charcuterie board and butter candle that will bring a unique festive touch to your holiday entertaining. Each participant will assemble a board that will feed 3 – 4 people.

Vegetarian and vegan options are available.

Snacks and drinks will be provided.

Participants are welcome to bring their own board to use in an effort to reduce waste.

The cost is **\$75**.

Chef Bio

Carissa Blagborne is a chef with over 25 years experience. Formerly a pizza chef at Briggs Outdoor, she enjoys catering and cheffing private events. From large to small she does it all! If you can dream it she can make it. She is a mother to her 2 sons Finn and Liam. She and her husband James settled in Winona

9 years ago and have found their forever home in Winona. She is an active volunteer for her children's schools and the community. One of her favorite activities is being the Food director for the Cotter Marching Band. Carissa is always donating or giving back and spreading joy, and is known for her fantastic chocolate chip cookies.

REGISTER UP ROUND DECEMBER



**DOUBLE UP
FOOD BUCKS™**

What is Double Up Food Bucks?

Double Up Food Bucks allows SNAP/EBT users to double their purchases of fresh fruits and veggies at Bluff Country Co-op. This brings more healthy food to families who need it, while supporting our local farmers who grow it!

How Does it Work?

Current SNAP users can easily get enrolled in the program at checkout. Our POS system tracks purchases of fresh fruits and veggies and gives credit toward future purchases of fresh fruit and veggies on the next shopping trip!

About The Program

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. Bluff Country Co-op is the first store in Minnesota to offer Double Up Food Bucks to SNAP/EBT users.

How It's Funded

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.

Pay it forward on someone else's fruit and veggie bill by making a donation to Double Up Food Bucks! Thank you for your support, large or small.



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.



Community

4th Saturday Every Month

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 and hang out with other crafters! 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!

One Year

12 Amazing Cheeses

2024 Cheese Club

Experience a collection of cheeses, selected and presented with a personal touch by our expert cheese buyer. Each month will feature one cheese to enjoy, plus recipes and pairing suggestions. Treat yourself or give as a gift.

\$125 for 1 year subscription.
Limited number available.

Great gift idea!

Stay Connected with the Co-op!

Did you recently change your email or move
to a new street address?

The info we have on
file may be out of date.



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

507-542-1815

info@bluff.coop

Case Discounts For Owners!



ORDER A CASE SAVE 15%*

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

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

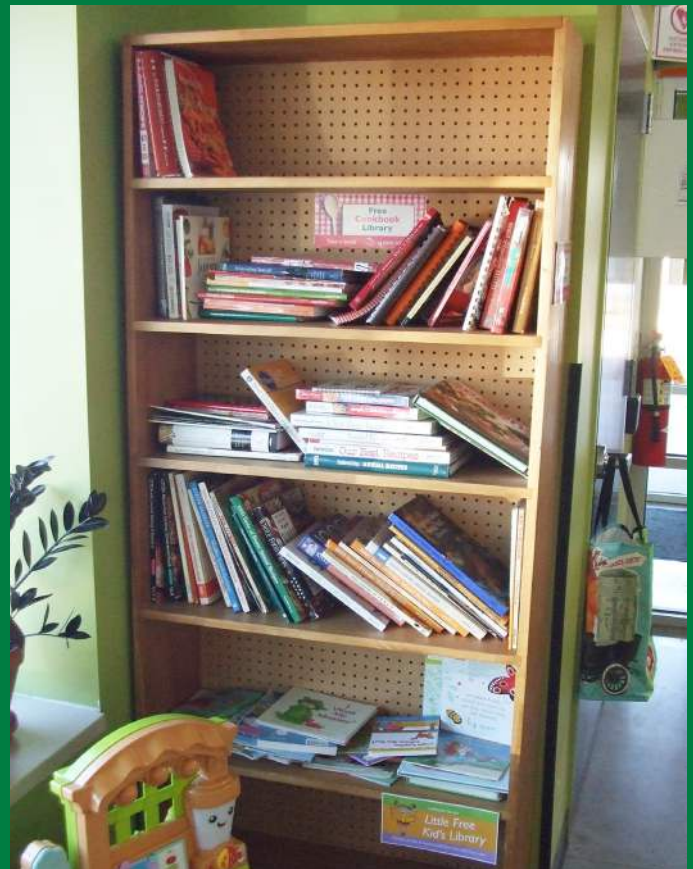
Little Free Cookbook Library

Did you know that we have a little free library at
the co-op? Not one but two! They are located
in the deli seating area at the front of the store.
Browse our Little Free Cookbook Library and get
inspired by new recipes.

The Little Free Kids' Library

Located on the shelf below our Little Free Cookbook
Library. Kids are welcome to take a book or
leave a book if they wish!

If you've got kid-friendly books or
cookbooks to donate, please bring them in!



Bluff Country Co-op

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

www.bluff.coop
info@bluff.coop

GOOD FOOD DAILY
8 am - 8 pm