



BLUFF COUNTRY
CUIZINE

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

Winter 2023



Calendar

December

Sun., Dec. 4 - Sat. Dec. 10

Holiday Nut Sale!

20% OFF
all Bulk Nuts



Sun., Dec. 4 - Sat. Dec. 10

Essential Oil Sale!

20% OFF
all BCC Brand essential oils

Thurs., Dec. 15

Apple Case Deal Deadline

2nd quality Honeycrisp apples.
Details on next page.



Thurs., Dec. 15
**Eat, Drink,
and Be Merry!**

5:30 pm - 6:30 pm
Class details on page 11



Sat., Dec. 24
Christmas Eve
Co-op Hours:
CLOSING EARLY
8 AM - 4 PM

Sun., Dec. 25
Christmas Day
Bluff Country Co-op
CLOSED



January



Sun., Jan. 1
New Year's Day
Bluff Country Co-op
CLOSED



Sat., Jan. 7
**Indoor
Farmer's Market**
210 Zumbro St • Winona
9 AM - Noon



Mon., Jan. 9
**Co-op Board
Meeting**
BCC Community Room
6 - 8 pm



Sat., Jan. 21
**Indoor
Farmer's Market**
210 Zumbro St • Winona
9 AM - Noon

Sun., Jan. 22
**Chinese
New Year**
Year of the Rabbit



February

Thurs., Feb. 2
**Groundhog's
Day**



Sat., Feb. 4
**Indoor
Farmer's Market**
210 Zumbro St • Winona
9 AM - Noon

Mon., Feb. 13
**Co-op Board
Meeting**
BCC Community Room
6 - 8 pm



Tues., Feb. 14
**Valentine's
Day**



Sat., Feb. 18
**Indoor Farmer's
Market**
210 Zumbro St • Winona
9 AM - Noon



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 Lorisch	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

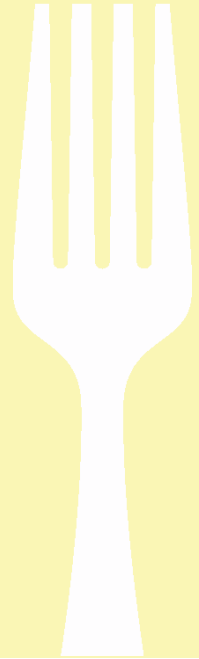
Laura Johnson
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MERCHANDISING

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WELLBODY

Amy Shea
amy@bluff.coop



One Year

12 Amazing Cheeses

2023 Cheese Club

Receive one artisan cheese each month along with tasting notes & pairing suggestions.
\$125 for 1 year.
Limited number available.

Great gift idea!

Baker's Apples

HONEYCRISP



2nd Quality • Ideal for baking, canning and making applesauce.



20 lbs • \$34.99

**PRE-ORDER
by Thursday, Dec. 15**

Estimated to arrive during week of Dec. 19



GM Report

BY KRISSY ROWLAND, GENERAL MANAGER

Happy Holidays from your friends at BCC!

We have begun to see the holiday season blossom at the store. Some seasonal favorites are returning to the shelves, whether that be our kitchen's fall/winter salads or pumpkin cheesecake shooters, limited edition seasonal flavored beverages, or the locally made gift selections that have started to make an appearance around the store.

I think my favorite thing that comes to the store during this time of year is the energy of our owners and shoppers. It can feel like a hectic time of year when it comes to holiday planning, but there is also a sense of peace that one can feel throughout the community. The year is coming to a close and as we all reflect on how we spent our year, a calm atmosphere of quiet travels in sync with the hushed, muteness of the winter season. In this time of reflection, I find myself thinking of not only the struggles we had as a store over the last year with inflation, supply chain issues, and staffing, but also of our successes in despite of those struggles. We had an full year with our Earth Day event and an amazing time celebrating our 50th anniversary and the unveiling of our new building mural. We saw a few long-term staff move on from the co-op, which is al-

ways a sad day, but we also had some new community members join the team and bring some new ideas and energy to the store. We were able to start a new recycling program for some of the products we carry in store and are getting closer to launching our Double Up Food Bucks program every day!

We also had our Annual Owner Meeting at the end of October where we showed *The Co-op Wars* film and discussed some of the happenings at the store during the past year. If you were unable to attend, you can find a link to our annual report here: <https://www.bluff.coop/annual-owner-meeting-2022/>

We have a lot going on at the store and your support and feedback as an owner helps us to focus on the right tasks at the right time. If you ever have anything you would like to share with us about what we are doing well or could be doing better, let us know! Email us at info@bluff.coop and let us know what you would like to see at your co-op!

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

Essential Oil Sale!



**20%
OFF**

All BCC Brand
Essential Oils
Dec. 4 - 10

Holiday Nut Sale!

December
4 - 10

**20%
OFF**
all
bulk nuts





Board Report

BY JENN BAECHLE, BOARD VICE PRESIDENT

Greetings Fellow Co-opers!

I love Bluff Country Co-op. I love it! Those of you who know me are probably not surprised by this statement, but for those of you who don't, I'll explain. My love for BCC started when I moved back to Winona in 2011 after serving as a Peace Corps Volunteer and I suddenly found myself working at the co-op in the Produce Department. Over the next 3 years I worked in a variety of positions, but the one thing I loved about working at BCC was the community I was able to become a part of, and I hope, help to grow. From interacting with owners and shoppers at the front end, to having orphans' Thanksgiving with my fellow co-workers (HOT NUTS!), I began to feel like I belonged to a part of something in a way that my past years in Winona hadn't made me feel. When I moved away to follow a different career path, I kept my ownership. I was glad I did when 3 years later, I moved back to Winona and became a part of the Board in order to regain the community I had missed while I was gone.

I wanted to tell all of you this because whether you view the co-op as a place to shop once a week or a community fix every day, as an owner or avid shopper, I hope you love Bluff Country Co-op too.

One way to show your love is to get involved. Join the Board, a Board committee, or volunteer when opportunities arise. We have a very driven Board and lots of new blood this year, which in my experience, means more momentum. And we can't do it all ourselves. A few hours once a year for some of our special events would be extremely helpful. This past year we marched in the Steamboat Days Parade for the first time ever. Those of us who marched had so much fun. However, there were only 13 of us. We need you to help us show our love for Bluff Country Co-op.

Another way to get involved is to come to the Annual Owner Meeting and vote. The past few years we have seen low attendance at the AOM despite our growing number of owners. This is where you can find out how the co-op is doing, make connections, and get to know your fellow owners.

BCC celebrated it's 50th anniversary this year. We couldn't have made it this far if it wasn't for copious amounts of love former and current owners have given to the store. Let's make sure we are continuing that legacy and showing BCC some love.

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



Pan-tastic!

Sheet pan dinners simplify mealtime with easy prep and quick cleanup.

Sheet Pan Cod with Sweet Potatoes and Olives

Serves 4. Prep time: 55 minutes; 15 minutes active.

1 pound sweet potatoes, sliced $\frac{1}{3}$ inch thick
 $\frac{1}{2}$ cup Kalamata olives, halved
1 15-ounce can of artichoke hearts, drained and rinsed
1 tablespoon fresh rosemary, chopped
2 teaspoons fresh lemon zest
 $\frac{1}{4}$ cup extra virgin olive oil, divided
 $\frac{3}{4}$ teaspoon salt, divided
4 6-ounce cod fillets
1 tablespoon fresh lemon juice
 $\frac{1}{4}$ cup fresh parsley, chopped
Black pepper

1. Heat the oven to 425°F. Add the sweet potatoes, olives, artichoke hearts, rosemary and lemon zest to a sheet pan, then drizzle with three tablespoons of the olive oil. Sprinkle with $\frac{1}{2}$ teaspoon of the salt and toss to coat.
2. Roast the sweet potato mixture for 15 minutes. The sweet potato slices should be tender when pierced with a paring knife. Turn the potato slices with a spatula, then top with the cod fillets. Drizzle the cod with the remaining olive oil, sprinkle with remaining salt, then return to the oven for 10 to 12 minutes, or until the fish is opaque and flakes easily.
3. Drizzle the fish with lemon juice, sprinkle with parsley and pepper, and serve one cod fillet and about one cup of vegetables per person.



Italian Sausage with Fall Veggies

Serves 4. Prep time: 1 hour; 15 minutes active.

2 medium parsnips, peeled and sliced
1 small sweet potato, cubed
1 small red onion, thinly sliced
4 cloves garlic, peeled and chopped
1 tablespoon fresh sage (or 1 teaspoon dried)
 $\frac{1}{2}$ teaspoon freshly ground black pepper
 $\frac{1}{2}$ teaspoon salt
2 teaspoons vegetable oil
1 pound uncooked plant-based or Italian meat sausages
 $\frac{1}{2}$ bunch kale, stemmed and chopped

1. Heat the oven to 400°F. In a large roasting pan, combine the parsnips, sweet potato, red onion, garlic, sage, pepper and salt, and drizzle with vegetable oil. Toss to coat. Pierce each sausage link four times on one side with a paring knife, then turn over and pierce four more times. Place the sausages on the vegetables and cover the pan tightly with foil.
2. Bake for 20 minutes, then uncover the pan, stir and turn the sausages, and roast for 15 minutes longer, uncovered. The vegetables should be tender when pierced with a paring knife; if the vegetables are in larger chunks, they may need more time to cook. When the vegetables are tender, add the kale to the hot pan and stir, then roast for 10 minutes longer. Serve hot.



Roasted Cauliflower and Potatoes with Feta

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

- 1 small cauliflower
 - 2 medium Yukon Gold potatoes, unpeeled
 - 1 large carrot
 - 2 tablespoons olive oil
 - 1 teaspoon paprika
 - ½ teaspoon salt
 - 4 ounces feta cheese, crumbled
 - ½ cup chopped parsley
1. Heat the oven to 425°F. Slice the cauliflower into large florets with a knife so that the flat side of the florets can make full contact with the pan and caramelize during baking. Dice the potatoes into ½-inch cubes and slice the carrots crosswise, about ⅓-inch thick.
 2. Place on a large rimmed baking sheet, drizzle with olive oil and sprinkle with paprika and salt. Toss vegetables to coat and spread out on the pan.
 3. Bake for 30 minutes, shaking and turning the pan halfway through. When the vegetables are tender and easily pierced with a knife, remove from the oven and toss with feta and parsley. Serve hot.



Sheet Pan Steak with Blue Cheese and Broccoli

Serves 2. Prep time: 20 minutes.

- 8 ounces button mushrooms, halved or quartered
 - 1 small red bell pepper, cored and sliced vertically
 - 3 cups broccoli florets
 - 2 tablespoons olive oil, divided
 - 1 tablespoon balsamic vinegar
 - 1 teaspoon salt, divided
 - ½ teaspoon freshly ground black pepper
 - 8-ounce ribeye or strip steak, about one inch thick
 - 2 tablespoons crumbled blue cheese
1. If your broiler element is at the top of the oven, move the top rack to 6 inches below the broiler. Place the mushrooms, peppers, broccoli and half the salt on the sheet pan and drizzle with half of the olive oil. Toss to coat. Move the vegetables to the sides of the pan, making room in the center for the steak. If desired, cut the steak into two even portions. Rub the steak with the remaining olive oil and sprinkle both sides with remaining salt and pepper. Place in the center of the pan.
 2. Broil the steak for 4 minutes, then take the pan out and turn the steak, and broil for 5 minutes longer. Remove from the broiler; transfer the steak and vegetables to plates, and sprinkle steak with bleu cheese.

One Pan Lemon Chicken

Serves 4 to 6. Prep time: 5 hours total; 20 minutes active.

3 tablespoons olive oil
2 tablespoons fresh lemon juice
1 tablespoon lemon zest
1 tablespoon fresh rosemary, chopped
½ teaspoon salt
½ teaspoon black pepper
2 pounds boneless, skinless chicken thighs
(about 6 to 8)
1 medium sweet potato, unpeeled,
cut crosswise in ½-inch slices
1 large parsnip, sliced in rounds
1 large onion, cut in 8 wedges
½ cup chopped fresh parsley

Make endless combinations of oven-roasted vegetables and proteins: The sheet pan method works well with fish, chicken or beef, and you can always take the veggies-only route.

1. In a storage container large enough to hold the chicken pieces, whisk the olive oil, lemon juice and zest, rosemary, and salt and pepper. Add the chicken and toss to coat. Marinate overnight or at least 4 hours.
2. Heat oven to 425°F. Spread the prepared vegetables in a large roasting pan. Drain the marinade from the chicken into the pan and toss with the vegetables. Place the chicken on top and put in the oven. Roast for 40 minutes, shaking the pan to loosen the vegetables every 10 minutes. When the chicken pieces are browned, test for doneness by inserting an instant-read thermometer into the thickest part of a thigh. It should read 160°F. When the chicken is fully cooked and the vegetables are tender, place them on a serving platter and top with parsley.





The Well-Body Minute

BY AMY SHEA, WELL-BODY MANAGER

The holidays are here and with Thanksgiving over for the season, there are probably a few folks looking for some digestion support after the decadent meals that come along at this time of year. Look no further than your kitchen spices and vibrant holiday relishes. Spiced stewed fruits, relishes, and even spiced teas such as chai can be just what the body is looking for to balance rich foods. They can also provide gentle support for lower digestion and elimination processes.

Perhaps the most common relish at this time of year is the classic cranberry relish. Don't be confused, I'm not referring to that canned gel we all know so well. You know, the one that slides out of the can, still shaped like the can. Nope, that is not the one I am speaking of. I'm talking about the kind that can be made right on your stove top with a few simple and readily available ingredients and minimal extra work. These homemade relishes with their combinations of tart fruits, freshly juiced citrus, and equally fresh, slightly bitter zests can provide the foundation to helping your digestive system process those rich foods. If you take it a step further and add in some fragrant digestive herbs, you can take that foundation to the next level of support for your body. Remember, herbalism starts in your kitchen.

Years ago, a member of my extended family shared his recipe for a delicious cranberry conserve. This recipe for a household of five makes enough cranberry conserve to last through the holidays. It freezes well and would make a lovely food gift for your loved ones.

In honor of my loved one, who showed love through his impeccable cooking, I offer you Cameron's Cranberry Citrus Conserve, by the late Cameron Mandrake.

Amy Shea
Well-Body Manager
amy@bluff.coop

Cameron's Citrus Cranberry Conserve

Prep Time: 15 min | Cook Time: 1 hour | Servings: 10

Difficulty: Easy

Ingredients:

1 (12-ounce) bag of fresh cranberries, cleaned
1 3/4 cups sugar
1 Granny Smith apple, peeled, cored, and chopped very finely or grated
1 orange, zest and juice
1 lemon, zest and juice
(1/2 cup Grand Marnier - Optional)*

Directions:

Cook the cranberries, sugar, and 1 cup of water in a saucepan over low heat for about 5 minutes, or until the skins pop open. Add the apple, zests, and juices and cook until the apple is mostly dissolved, all the cranberries have burst and it starts to thicken a bit (about 30-45 minutes). You can use a hand masher or side of a large spoon to mash the cranberries. Remove from the heat and let cool, and serve chilled. You can also put it in jars and can it. Use the water bath method.

*For an extra special flavor, substitute 1/2 cup of water with 1/2 cup of Grand Marnier orange liqueur.





Driftless Sustainability

BY CEA LOUIS, SUSTAINABILITY COORDINATOR

Season's greetings everyone!

With so many diverse celebrations and traditions that are observed around the world within these winter months, it is no surprise that there is something quite special about this season of rest and renewal. For some, sharing of gifts and feasting with loved ones is a part of the celebration or observance. This can be expressed in many forms.

Unfortunately, this season has also become known for a large amount of waste. Thankfully there are a variety of ways that we can start a tradition of celebrating more sustainably! If gift giving is a part of your traditions, perhaps consider homemade gifts. Gifts made at home require less materials, costs, shipping, energy, and allow for fun and creativity.

This may not be accessible for everyone, but that does not mean there aren't other options! Shopping locally is another great way to find gifts that are unique while giving back to local artists and makers while investing in a vibrant local economy, (not to mention saving on manufacturing and shipping costs).

Another easy and cost effective way to reduce waste is to consider cutting out new wrapping paper or single use gift bags. Used newspapers, magazines, fabric, or wrapping materials saved from a previous occasion are all great, affordable options that reduce the cost on the wallet and on the environment!

While thinking of ways to approach the season more sustainably, I encourage those who are able, to donate to your local food shelf. Did you know that aside from canned and dry items, many food shelves can take surplus produce? If you are looking for a way to give this season, sharing to help others in your community is an important gift. While abundance is a blessing to be grateful for, food security is a vital human need regardless of the season.

And with that my friends and community, regardless of how you observe and or celebrate, I wish you a peaceful, safe, sustainable season.

Cea Louis
Sustainability Coordinator
cea@bluff.coop



Thursday, December 15

5:30 - 6:30 pm

Bluff Country Co-op Community Room

Learn to navigate food and eating during the holidays by neutralizing pressure around food, incorporating mindful eating practices, and mitigating holiday stress. This class is free and taught by Melia Haugen Ahrens, who is a certified Mind Body Eating Coach.



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

Buy 10 soups
and get one

FREE
16 oz Soup



Bluff Country Co-op

