



BLUFF COUNTRY CUIZINE

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

Winter
2021



Calendar

DECEMBER

Holiday Nut Sale!

December 13-19

20% OFF
all bulk nuts

Thurs., Dec. 24th

Christmas Eve

Open 8am - 4pm

Fri., Dec. 25th

Christmas Day

Co-op Closed

Thurs., Dec. 31st

New Year's Eve

Open 8am - 8pm

JANUARY

Fri., Jan. 1st

New Year's Day

Open 10am - 8pm

Sat., Jan. 9th

**National
Apricot Day**



Sun., Jan. 10th

**National
Save The Eagles Day**

Mon., Jan. 18th

Martin Luther King Jr. Day
Use Your Gift Card Day

Thur., Jan. 28th

**Blueberry
Pancake Day**



Sun., Jan. 31st

**Inspire Your Heart
With Art Day**

FEBRUARY

Mon., Feb. 1st

**Freedom
from Slavery Day**

Sun., Feb. 7th

**Send a Card
to a Friend Day**



Sun., Feb. 14th

Valentine's Day
No One Eats Alone Day



Wed., Feb. 17th

**Random Acts
of Kindness Day**

Sun., Feb. 21st

**National
Grain-free Day**

Mon., Feb. 22nd

**Cook a Sweet
Potato Day**



BOARD OF DIRECTORS

board@bluff.coop

PRESIDENT

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VICE PRESIDENT

Ian Nicholson
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Mitch Johnson
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GM Report

BY DAWN SCHREIBER, GENERAL MANAGER

Greetings Cooperators,

I hope this edition of Co-op CuiZine finds you well and with delicious dinner plans. We've been busy at the store, let me catch you up:

The 48th Annual Owners Meeting (AOM) took place online this year via Zoom on October 25th. Hopefully next year we'll be able to meet in person, but the Board did a great job of getting the technology and program together in its new form. The Annual Report is available on our website: bluff.coop/aom. If you would like to watch a recording of the AOM, let me know and I will get you the link.

We have reopened the bulk department at the store, but with some new processes to keep everyone safe. Remember to use the sink in the bulk area to wash your hands before shopping bulk, grab a new scoop for each item, and put the used scoops in the dirty bin. We continue to sanitize high-touch surfaces frequently throughout the store, including the bulk department.

Our staff continue to do a great job navigating the new challenges of our food system. Between the pandemic and climate change, sourcing great food is not as easy as it used to be. Our buyers are diligent and creative in their pursuit of our favorite staples, and we appreciate your patience and willingness to try new things. We remain huge fans of our local producers and are so grateful for their consistent and positive presence.

As we move into the flu season, I strongly encourage you all to stay safe. And help us keep the co-op safe by following some simple rules, and encouraging your fellow shoppers to do the same:

Take advantage of our curbside grocery pickup. Send an email to info@bluff.coop or call (507)452-1815 to place your order. We'll pick your order and deliver it to your car.

Avoid last minute shopping. In a typical year, the days right before a holiday are the busiest. Help us create a safer environment by getting your shopping done early. Shop alone. Leave the shopping duties to one family member. This will create more space in the store and reduce the risk of virus transmission.

Social distance and wear your mask. Always wear your mask properly, and keep at least 6 feet of space between yourself and others while at BCC.

Thank you for your continued support and cooperation! Stay safe out there friends,

Dawn Schreiber
dawn@bluff.coop



Board Report

BY JENN BAECHLE, BOARD VICE PRESIDENT

Traditionally, I've used the Winter Newsletter to thank our staff and owners, and I believe that is especially important given the state of affairs this year.

First to our staff. Thank you for showing up, working hard, answering our questions, and doing it all with a smile on your face. I can't imagine it has been easy when supplies have been short, the "normal" day to day has changed multiple times, and no one knows where the germs are. Despite all this, the Co-op has done well, curbside pick-up has been a success, and sales continue to grow. As an owner and a shopper, I was none the wiser to what was going on behind the scenes and was happy that the co-op continued to be a safe haven to do my shopping and a place to have some much needed socially distanced socializing.

To our owners, thank you for your continued support. While many businesses are closing, the co-op has shown positive sales growth and we continue to increase our ownership. Your belief in what we do has kept us going for almost 50 years. It's good to know a pandemic can't stop us.

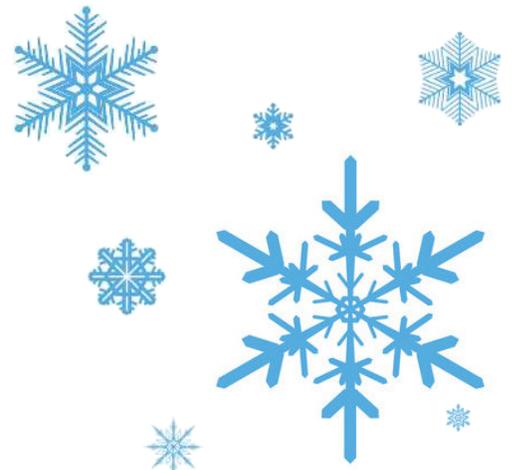
To my fellow board members, thank you for all the work you've done this past year. Zoom hasn't always been easy and I miss the actual face-to-face gatherings, but we've kept the course and gotten some good work done; there is a plan in place for C-share redemption, we've partnered with Winona Volunteer Services to assist their clients through Co-op gift cards, we've continued to increase the Community Fund, and we've been a sounding board to help navigate the store through Covid. Even though our Board will have some new faces next year, I'm sure we will be just as successful.

Speaking of new faces, I would like to congratulate our newest board members; Josh Datta, Laura Johnson, Heather Lorenz, Ian Nicholson, and our alternate Alex Sharp. We look forward to working with you.

In closing, I want to extend a huge Thank You to Dawn, the managers and staff for working every day to make our co-op a wonderful place to shop, engage with the community, and support our local vendors. If you see Dawn, or any staff member, tell them thank you for all their hard work.

To all of our owners and patrons, thanks for being a part of our BCC community.

Jenn Baechle
jenn@bluff.coop





Turn dinner time into a delicacy with scallops

Humans have been eating mollusks found near the coasts (e.g., clams, oysters, mussels, scallops) for thousands of years, and their shells have been used for everything from currency to jewelry. Scallops, generally divided into “bay” and “sea” types, are prized for food across much of the world. Recipes for scallops have been found as early as the Ancient Roman Apicius.

In the United States, the scallop’s adductor muscle, the muscle that opens and closes the shell of the animal, is most commonly eaten. Most scallop species tend to swim around, propelling themselves through the water by opening and closing their shell, and so their adductor muscles are well-developed.

According to the Monterey Bay Aquarium’s Seafood Watch, in most cases, farmed scallops are actually an environmentally sound alternative to wild-caught. Farmed scallops don’t require commercial (external) feed, and no antibiotics, chemicals or fertilizers are used in scallop aquaculture. The best environmental choice is scallops that are farmed on suspended lines.

Northern Atlantic sea scallop populations have rebounded in the last few decades. However, wild-caught sea scallops are often harvested using dredges, which can result in significant bycatch and, in some cases, destruction of sea-floor habitats. As of May 2013, sea scallop-fishing boats in the Mid-Atlantic must use a Turtle Deflector Dredge to keep sea turtles from being caught in the dredges or injured.

On the East Coast, bay scallops are generally harvested from October or November through March. Atlantic sea scallops are harvested year-round. On the West Coast, you may come across Alaskan weathervane scallops, which are in season from August through October, although most of them end up frozen. You may also see Mexican bay scallops (mostly from Baja), which are harvested from April through November, along with Gulf of Mexico bay scallops, whose season generally runs from June through September.

Scallops are one of the most delicate shellfish types — they don't keep well. To store them successfully, put them in a sealable bag in a small stainless-steel bowl. Place the bowl with the scallops inside another bowl full of ice and a little bit of water and refrigerate. This will keep them fresh for a day or two.

Scallops are delightful poached, sautéed, broiled, baked and fried. They are eaten raw as sushi in Japanese cuisine. Larger scallops (i.e., sea scallops) can be seared in a hot pan to develop a deliciously crispy, brown crust. Scallops are excellent paired with dairy products (think butter and cream), fresh herbs, wine and citrus.

Both bay and sea scallops are sweet and tender, with a delicious delicate (and non-fishy) flavor. Sea scallops range quite in size, some up to two inches in diameter. Bay scallops are quite a bit smaller than sea scallops.

The term “scaloped” can refer to a couple of things: “scaloped” in a culinary sense means cooked with cream and butter (and maybe cheese), and comes from a once popular preparation of scallops cooked with cream and presented in their shells. “Scalloped” in a design sense means to have ruffled edges, and refers to the wavy edges of some species of scallop shells.

Source: <https://foodprint.org/real-food/scallops/>

Rosemary, Pepper & Lemon Spiced Scallops

By: Robin Asbell

Source: www.welcometothetable.coop/recipes

Ingredients

- 1 tablespoon fresh rosemary
- 1 tablespoon lemon zest
- 1 tablespoon black peppercorns
- 1 teaspoon kosher salt
- 8 large sea scallops
- Vegetable oil

Preparation

Crush or grind the rosemary, lemon zest, peppercorns and salt coarsely using a spice grinder, food processor, or a mortar and pestle.

Spread half of the spice mix on a plate and dip the flat sides of each scallop into the spice, lightly dusting the surface. Spread the remaining rub over the scallops and pat it on. Heat a large, heavy skillet until very hot, then



pour in canola oil to coat the pan. Carefully place the scallops in the pan and sear; don't disturb them until the edges are turning golden brown and starting to split, about 2 minutes. Flip the scallops and sear the other side, about 2 minutes.

Remove scallops from the pan. Serve hot.

Serving Suggestion

Serve scallops piled on a simple creamy pasta, cooked rice, or a bed of cooked spinach.

Nutritional Information

Calories: 86, Fat: 5 g, Cholesterol: 14 mg, Sodium: 833 mg, Carbohydrate: 3 g, Dietary Fiber: 1 g, Protein: 7 g

Total Time: 15 minutes

Servings: 2



Sugar & Spice

Spice up your holiday spread with these much-loved classic treats.

Recipes by Robin Asbell

Gingerbread Cookies

Makes 48 3-inch cookies. Prep time: 1 hour

- 
- 1 ½ cups unbleached flour
 - 1 cup whole wheat pastry flour
 - ½ teaspoon baking soda
 - ¼ teaspoon baking powder
 - ½ teaspoon salt
 - 1 teaspoon ground ginger
 - 1 teaspoon ground cinnamon
 - ¼ teaspoon ground nutmeg
 - ¼ teaspoon ground cloves
 - 1 stick unsalted butter, softened
 - ¼ cup light brown sugar
 - ½ cup molasses
 - 1 large egg

Royal Icing

- 2 cups powdered sugar, approximately
- 1 large pasteurized egg white or
2 ½ tablespoons meringue powder
- ¼ teaspoon lemon juice
- 2 tablespoons water, approximately

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1. In a large bowl, mix together flours, baking soda, baking powder, salt and spices. Using a stand mixer or an electric beater, cream butter until soft, then add brown sugar and beat until well-mixed. Add molasses and beat, scrape down and add egg, beat again until combined. Stir in the flour mixture. Divide dough into four rectangular pieces, place between sheets of parchment and roll out ¼" thick. Stack sheets of dough on a baking pan and chill for 3 hours.
 2. Preheat oven to 350°F. Lay sheets of dough on counter, remove top layer of parchment and use a cookie cutter to cut into shapes. Using a thin spatula, transfer cookies to parchment-lined baking sheets. Repeat process with scraps.
 3. Bake 12 minutes, switching the pans between oven racks halfway through. When cookies are puffed and look dry, remove and cool on the pan for five minutes, then move cookies to a cooling rack.
 4. Using a stand mixer or electric beater, mix powdered sugar with egg white or meringue powder. Mix in lemon juice and water, a tablespoon at a time, to reach desired consistency. Transfer icing to a piping bag with a small round tip and use to draw outlines on the cookies.



Poppy Seed Rugelach

Makes 24 cookies. Prep time: 6 hours (includes chilling); 1 hour active

- 1 ½ sticks butter, room temperature
- 8 ounces cream cheese, room temperature
- 2 cups flour
- ½ cup sugar
- ¼ teaspoon salt
- ½ cup poppy seeds
- ¼ cup milk
- 3 tablespoons honey
- 2 tablespoons raisins, chopped
- ½ teaspoon lemon zest

1. Cream butter and cream cheese together until fluffy. Add flour, sugar, salt and beat to combine. Form 2 disks, wrap in plastic wrap; chill 4 hours.
2. In a coffee grinder, grind poppy seeds coarsely then heat in a pan with milk, honey, raisins and zest. Stir over medium-low until thickened, approx. 20 minutes, then cool completely.
3. Preheat oven to 325°F and line two sheet pans with parchment. Roll out dough to make two 12" rounds about ⅛" thick, then spread each with half the filling. Use a pizza cutter to cut each round in 12 wedges. Roll up each piece from the wide end, bend in tips to make a crescent. Place on pan, chill 1 hour.
4. Bake for 40 minutes, switching the pans between
5. oven racks halfway through. When done, cool cookies on pan for 10 minutes, then transfer to cooling racks.

Rugelach, a traditional Jewish treat, can also be filled with chocolate chips, walnuts, marzipan or fruit preserves.



Chocolate Glazed Nut Brittle

Servings: Makes 2 ½ lbs. (approx. 27 servings). Prep time: 1 hour; 20 minutes active

- 2 cups sugar
- ½ cup water
- 1 stick unsalted butter
- ⅓ cup light corn syrup
- ½ teaspoon baking soda
- 2 ½ cups roasted salted peanuts or cashews
plus an optional ¼ cup, finely chopped
- 8 ounces dark chocolate, melted

1. Line a large sheet pan with a rim with parchment paper.
2. In a 2-quart saucepan, combine the sugar, water, butter and corn syrup and bring to a boil to create caramel. Cook over moderately high heat, stirring occasionally, until the caramel is light brown and registers 300°F on a candy thermometer, about 10 minutes. Remove from the heat and carefully stir in the baking soda. The mixture will bubble. Stir in the nuts, then immediately scrape the brittle onto the prepared baking sheet. Using the back of a large spoon (oil it lightly if it sticks), spread the brittle into a thin, even layer. Let cool completely, about 30 minutes.
3. Spread melted chocolate over the brittle, sprinkle with the finely chopped nuts, if using, then chill. Break the brittle into large shards. Store in airtight containers for up to two weeks.

A recipe of decadent brittle makes wonderful gifts, a little goes a long way! Portion and package festively for teachers, coworkers and friends.

We're always interested in community and sustainability at BCC, and the place where these two goals meet are in our Beans for Bags program. For each bag or box a shopper uses in lieu of single use bags, they receive one bean that corresponds to a 5 cent donation. They place the bean in a mason jar displayed near our checkout, and each mason jar represents a local organization. Every three months we donate the accumulated funds to each organization, and then switch up the donation recipients.

Since January 2020 we've donated over \$1500 to various local organizations including:

The Winona Warming Center
The Houston Arts Resource Council
Winona Volunteer Services Food Shelf
Ready Set School
The Flyway Trail
The River Arts Alliance
Healthy Lake Winona

If you're interested in having your organization be a recipient of our Beans for Bags program, or have a recipient organization in mind, please reach out to Mitch Johnson at mitchell@bluff.coop.



Although winter is settling in for the next few months, our work in the Co-op's Rain Garden provides us all with a breath of spring.

We had a few work days this past summer. A group of dedicated volunteers gathered to pick up trash, pull invasive weeds, remove sand, and replace erosion-preventing rocks. The hard work of our volunteers helped keep our Rain Garden vibrant and healthy throughout the downpours and droughts of 2020. A special thanks to Ray Felton, Chuck Kernler, John Howard, Julie Johnson, Liz Reach, Anne Morse and Dawn Schreiber for their helping hands.

What's in store for the Rain Garden in 2021? First we will need to dig out more sand, as well as remove and replace some rocks necessary for erosion prevention. It's also been about 3 years since we last mulched the Rain Garden, so we're looking forward to laying a fresh layer this spring.

Interested in becoming involved with the Rain Garden? Send an email to Mitch Johnson (mitchell@bluff.coop), BCC's Community Outreach Coordinator. He'll get in touch and get you involved!





Bluff Country Co-op Community Fund

This past October we had our third annual successful Round-Up-at-the-Register campaign and it raised \$747.87 for our Bluff Country Co-op Community Fund. Here's a big Thank You to all of you who donated at the register. With each donation, we increase the balance of our fund and the amount of charitable contribution that we will be able to give in Winona next year.

In this pandemic year that we are struggling through many of us have taken a hard hit to our pocketbooks. For others, it has been a boom year. If you have had a boom year, please consider a year-end contribution to our nonprofit community fund. It is a fully tax deductible donation and the co-op will provide you with a receipt for your tax records.

All donations to the fund are invested in cooperative enterprises across the nation. The interest earned on the investments is donated back to our community. It's a win win! In the first year of the fund, the co-op donated \$157.54 to Manitou Center. This year we donated \$591.73 to the Advocacy Center of Winona.

In the Spring of 2021, the co-op will learn the amount earned in 2020 that we can donate to a local nonprofit(s). The fund Advisory Committee will meet and determine the 2021 recipient(s).

If you'd like to learn more about our Community Fund, please visit our webpage at www.bluff.coop or the Twin Pines Cooperative Foundation website at www.community.coop.



Checks should be made out to: TPCF/BCCCCF



Bluff Country Co-op

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