



**BLUFF COUNTRY**

# **CUIZINE**

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



# Calendar

## DECEMBER

Sat., Dec. 4

### Winter Farmer's Market

East End Rec Center  
9 am - Noon

Dec 12 - 18

**Holiday Nut Sale**  
**20% OFF**  
all Bulk Nuts



Tue., Dec. 21

### Winter Solstice



Sat., Dec. 18

### Winter Farmer's Market

East End Rec Center  
9 am - Noon

Fri., Dec 24

**Christmas Eve Day**  
Co-op Hours  
**8 am - 4 pm**

Sat., Dec 25

**Christmas Day**  
Co-op Hours  
**CLOSED**

## JANUARY

Sat., Jan. 1

### New Year's Day

Co-op Hours  
**10 am - 8 pm**

Sat., Jan. 8

### Winter Farmer's Market

East End Rec Center  
9 am - Noon



Mon., Jan. 10

### Houseplant Appreciation Day

Mon., Jan. 17

### Martin Luther King, Jr. Day

Sat., Jan. 22

### Winter Farmer's Market

East End Rec Center  
9 am - Noon

All January

**National Slow Cooking Month**



## FEBRUARY



Tue., Feb. 1

### Chinese New Year

Year of the Tiger

Wed., Feb. 2

### Groundhog's Day



Sat., Feb. 5

### Winter Farmer's Market

East End Rec Center  
9 am - Noon



Feb. 9 - 13

### Frozen River Film Festival

Mon., Feb. 14

Valentine's Day



### Lasagna Dinner for 2



Sat., Feb. 19

### Winter Farmer's Market

East End Rec Center  
9 am - Noon

## BOARD OF DIRECTORS

[board@bluff.coop](mailto:board@bluff.coop)

### PRESIDENT

Kay Pedretti  
[kay@bluff.coop](mailto:kay@bluff.coop)

### VICE PRESIDENT

Jenn Baechle  
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### TREASURER

Brenna Curry  
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### SECRETARY

Josh Datta  
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### BOARD MEMBERS

Ann Lichliter	<a href="mailto:ann@bluff.coop">ann@bluff.coop</a>
Aurea Osgood	<a href="mailto:aurea@bluff.coop">aurea@bluff.coop</a>
Laura Johnson	<a href="mailto:laura@bluff.coop">laura@bluff.coop</a>
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Rose Dikel (alternate)	<a href="mailto:rose@bluff.coop">rose@bluff.coop</a>

## STORE CONTACTS

### GENERAL MANAGER

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[gm@bluff.coop](mailto:gm@bluff.coop)

### CUSTOMER + OWNER SERVICES

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### MERCHANDISING

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### WELLBODY

Amy Shea  
[amy@bluff.coop](mailto:amy@bluff.coop)



Minimum Order: \$25  
Curbside Pickup Fee: \$10  
FREE for Owners

# Curbside Pickup

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](mailto:info@bluff.coop)



# GM Report

BY KRISSEY ROWLAND, GENERAL MANAGER

Greetings Cooperators!

We are in the season of thankfulness, and my thoughts are filled with gratitude and appreciation as we approach 2022, the Bluff Country Co-op's 50th year! And a new year brings new beginnings. My name is Krissy Rowland and I am the new General Manager here at the Bluff Country Co-op. Dawn Schreiber has built an amazing foundation for us during her time with Bluff Country and I was lucky enough to witness her leadership and learned so much from her. It is an honor to carry that torch forward and continue towards our community mission! As the holidays approach and the year comes to a close, the store will see the return of a few annual events that align with that mission.

We will be doing a food drive for the 10 Days of Giving so bring in your dried goods to donate! We will have a barrel to collect the donations near the entryways starting the week of Thanksgiving through December 12th. There will be a few other options to donate to the cause as well. The store will have some pre-prepared bags of grocery items that can be purchased at a discounted price to donate to the food drive and there will also be a can to collect cash donations for the Food Shelf at the service desk.

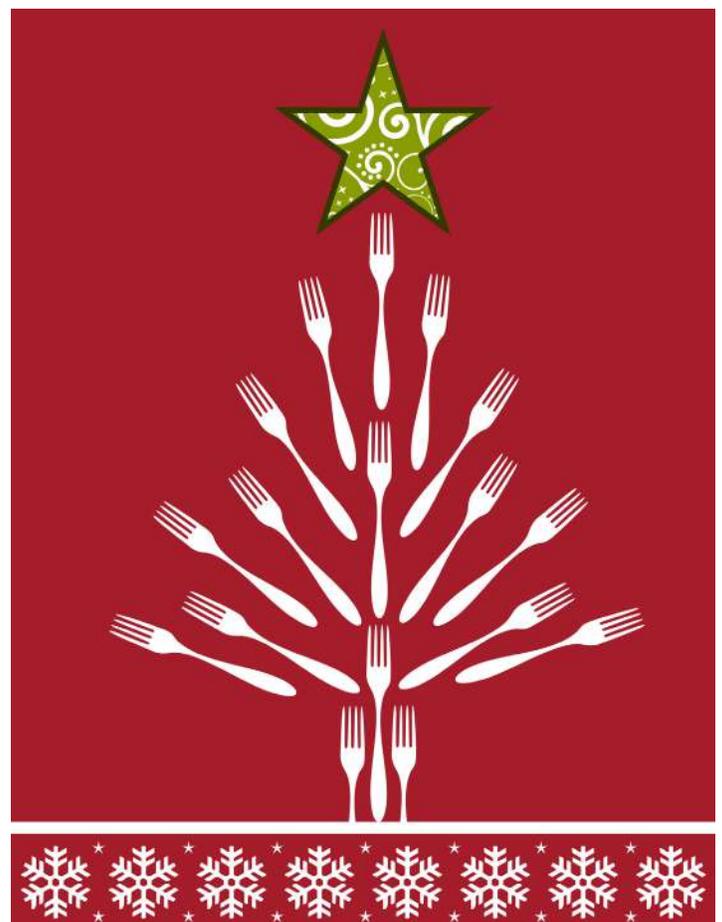
This is also the 2nd year we will be collecting used holiday cards to donate to the Recycled Card Program for St. Jude's Ranch for Children. Instead of disposing of the holiday cards you receive, you can donate them to the program to be repurposed into new cards and sold to raise funds for St. Jude's! We will have the can out to collect the cards starting in December and going through the end of January.

We will be doing another round-up-at-the-registers during the month of December to raise funds for kicking off a new store program in 2022 called Double Up

Food Bucks! This program focuses on providing members of our community with an option to stretch their EBT/SNAP dollars further by purchasing produce at the Co-op. Keep an eye out for updates as we get closer to the program launch!

I look forward to seeing you all in the aisles! Happy Holidays from all your friends at the Bluff Country Co-op!

Krissy Rowland  
gm@bluff.coop





# Board Report

BY KAY PEDRETTI, BOARD PRESIDENT

As we all start to envision the holidays filled with delicious food from the Co-op, let's take a moment to reflect thankfully on the past year. Although 2021 was (and continues to be) filled with multiple challenges, we really have a lot to be thankful for. Our community of owners and customers continue to support Bluff Country Co-op, taking our sales to new levels. Our dedicated employees continue to shine during these challenging times of both changing staffing and short staffing. Our Board continues to strategically look forward into the future, keeping us on a steady path. We are thankful for it all as the Co-op looks forward into 2022 to celebrate 50 years in business.

The Board would officially like to welcome Krissy Rowland as our new General Manager. Dawn Schreiber served our Co-op for many years, first as an employee and then later as our General Manager. With Dawn's retirement this past June, the Board searched for the best person to continue to lead the Co-op. We looked far and wide, but it turned out the best person was right under our nose in a current employee. The Board looks forward to Krissy's upbeat attitude in

guiding Bluff Country Co-op forward into its 50th year. Be sure to extend your congratulations to Krissy next time you see her in the store.

With the Board's recent approval, the Food Access Committee is moving forward with a program called 'Double Up Food Bucks' in 2022. The program has been implemented in several states; however, it has not been implemented in Minnesota yet. Bluff Country Co-op will be the first Minnesota store to offer this program. This generous program matches SNAP EBT dollars so a customer can get twice the amount of fruits and vegetables when they shop at the Co-op. The logistical details are being worked out as I write this, but it will be a great program to encourage SNAP users to use more fruits and vegetables on a regular basis in their diet. This is a win-win for us all.

Happy New Year to you and your loved ones. Let's make 2022 the best one yet for Bluff Country Co-op.

Kay Pedretti  
kay@bluff.coop

**All owners are welcome to attend!**

## Board Meetings

**2nd Monday of each month**

*6 PM in the Co-op Community Room*

For more info, contact: [ann@bluff.coop](mailto:ann@bluff.coop)





# Rooted in Tradition

Hearty, comforting sweet potatoes are a natural for winter meals and festive gatherings with loved ones.

**W**hy are sweet potatoes at the heart of so many beloved family recipes? Is it the warm color palette? The subtle, sweet flavors? Or a versatility that lends well to being roasted, mashed or candied in dishes that are perennial favorites of the holiday season? Well, yes! Besides being delicious, sweet potatoes are practical: They're affordable, they store well after harvest and they're quite nutritious, offering a good source of vitamins A and C, potassium and fiber.

## Sweet potato or yam — which is it?

Though the terms “sweet potato” and “yam” are often used interchangeably, they are actually two different vegetables. Related to the morning glory, sweet potatoes have thin, smooth skin and moist flesh. Yams, with their drier, starchy flesh and rougher skin, are tubers related to the lily that grow in tropical regions, primarily West Africa, the Caribbean and Asia. You're less likely to see true yams in U.S. grocery stores — in fact, the “yams” you find in the produce aisle may be sweet potatoes, such as the Garnet yam.

To complicate matters, there are white-fleshed or firm sweet potatoes that are nuttier and less sugary. But the more common varieties — including Garnet, Jewel and Beauregard — are soft and intensely sweet, with vibrant orange flesh.

*Folks have been turning humble sweet potatoes into a caramelly celebration for much longer than we have been making chips out of them. These butter-soft, sweet treats will melt in your mouth.*

## Candied Sweet Potatoes

Serves 6. Prep time: 1 hour, 20 minutes; 20 minutes active.

3 pounds sweet potatoes, peeled  
4 tablespoons unsalted butter  
½ cup light brown sugar  
1 teaspoon vanilla  
1 teaspoon cinnamon  
½ teaspoon ground ginger  
½ teaspoon salt

1. Preheat the oven to 375°F. Cut the sweet potatoes into 1½-inch chunks, placing in a 2-quart baking dish as you cut.
2. In a small pan, melt the butter over low heat, then stir in the brown sugar, vanilla, cinnamon, ginger and salt.
3. Pour the butter mixture over the sweet potatoes in the baking dish, and stir and turn the pieces to coat.
4. Cover the pan with foil and bake for 1 hour, or until the potatoes are very tender when pierced with a knife. Let cool slightly before serving warm.



## Sweet Potato and Parsnip Latkes

Serves 12 (12 latkes). Total time: 30 to 40 minutes.

- 2 cups shredded sweet potatoes
- 1 cup shredded parsnips
- 3 scallions, sliced
- 2 eggs, beaten
- 1/3 cup flour
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- Vegetable oil for frying

### Topping

- 1/2 cup light sour cream
- 1 cup apple, peeled and minced

1. Peel the sweet potato and parsnip and shred using a grater or food processor. Wrap the shredded sweet potato and parsnip in a few paper towels and squeeze to remove excess liquid.
2. In a large bowl, mix the sweet potato and parsnip with the scallions, eggs, flour, salt and pepper.
3. Heat a large iron skillet over medium-high heat. Add enough vegetable oil to cover the bottom and come up the sides at least a quarter of an inch. When the oil is hot, scoop about 1/4 cup of latke mixture into the pan and slightly flatten. Repeat until the pan is full but not crowded. Brown the latkes on each side 3 to 4 minutes. Set aside on a plate lined with paper towels when done. While the latkes are cooking, stir together the sour cream and minced apple. Serve the apple sour cream on top of the warm latkes.

*Latkes are crispy, fried potato pancakes often prepared as part of the Jewish holiday Hanukkah. This tasty variation calls for a duo of sweet root vegetables.*



## Spiced Sweet Potato Pie

Serves 8. Total time: 1 hour, 50 minutes.

- 1 1/2 pounds sweet potatoes
- 3/4 cup half and half
- 2 eggs
- 1/2 cup maple syrup
- 1/2 cup light brown sugar
- 1 teaspoon cinnamon
- 1/2 teaspoon allspice
- 1/2 teaspoon ginger
- 1/4 teaspoon nutmeg
- 1/4 teaspoon salt
- 1 pie shell, unbaked
- Roasted pecans halves for garnish (optional)

1. Preheat oven to 425°F. Bake the sweet potatoes, skin on, for 30 minutes. Remove the skin and purée. Measure 2 cups to use in the pie, reserving any leftover for another use.
2. Return the purée to the food processor and add the half and half, eggs, maple syrup, brown sugar, cinnamon, allspice, ginger, nutmeg and salt, and process until smooth.
3. Pour the sweet potato mixture into the pie shell and bake for 15 minutes, then reduce the heat to 350°F and bake for about 45 minutes longer. When the center of the pie is puffed and a paring knife inserted in the center of the pie comes out with no wet batter, remove it from the oven.
4. Cool the pie on a rack for at least 30 minutes before slicing.

*The perfect finale to a holiday feast! Fans of pumpkin pie will love this Southern favorite made with sweet potatoes and garnished with pecans.*



## Sweet Potato Maafe

Serves 6. Total time: 30 minutes.

1 tablespoon vegetable oil  
1 large yellow onion, diced  
3 cloves garlic, minced  
1 to 2 teaspoons fresh ginger, minced (optional)  
 $\frac{1}{4}$  cup tomato paste  
1 pound sweet potato, peeled and cubed  
2 carrots, peeled and chopped  
2 turnips (or other root vegetable),  
peeled and chopped  
 $\frac{1}{4}$  to  $\frac{1}{2}$  teaspoon red pepper flakes  
2 cups vegetable stock or chicken stock  
 $\frac{1}{3}$  cup smooth, natural peanut butter  
2 cups green cabbage, chopped  
Salt and pepper to taste

*A popular West African dish, maafe is a rich, hearty stew that you might serve during the celebration of Kwanzaa. This vegetarian version features the satisfying flavors of sweet potato in a spicy peanut and tomato sauce.*

1. Heat the oil in a large pot over medium-high heat. Add the onion and sauté until it begins to soften, about 5 minutes. Stir in the minced garlic and ginger, if using, and sauté for 1 to 2 minutes more. Stir in the tomato paste and cook for 1 to 2 minutes. Add sweet potato, carrot, turnip, stock and red pepper flakes and bring to a boil. Lower heat and simmer until the sweet potato, carrots and turnip begin to soften, about 10 minutes.
2. In a small bowl, whisk together the peanut butter with a little hot broth from the pot. Add the peanut butter mixture to the pot along with cabbage and stir to combine. Simmer for 5 minutes more or just until the cabbage has wilted and the other vegetables are cooked through. Add salt and pepper to taste, if needed, and serve hot.



# The Well-Body Minute

BY AMY SHEA, WELL-BODY MANAGER

## Cardamom for Winter

There are certain scents that, for me, brighten and enliven the frosty late fall and winter days. Cinnamon, nutmeg, citrus, evergreens, fresh coffee, treats baking in the oven, savory meals bubbling away in a crock pot, and cardamom.

Green Cardamom, (*Elettaria cardamomum*), is a relative of another well loved culinary herb, ginger. Cardamom has been a plant ally to us since at least 3500 BCE when it was documented by Ancient Sumerians on clay tablets which may represent some of the oldest medical texts still in existence. Ancient Egyptians are said to have not only used this powerful aromatic herb as a ceremonial herb, but also as a part of their oral hygiene practices.

Working with the seeds we can find it dried in three forms, whole pods, desiccated seeds and powdered. As a culinary herb it frequents a wide range of dishes both savory and sweet as well as a common ingredient in chai blends. To me, the scent of cardamom is soothing, centering and sings of coziness.

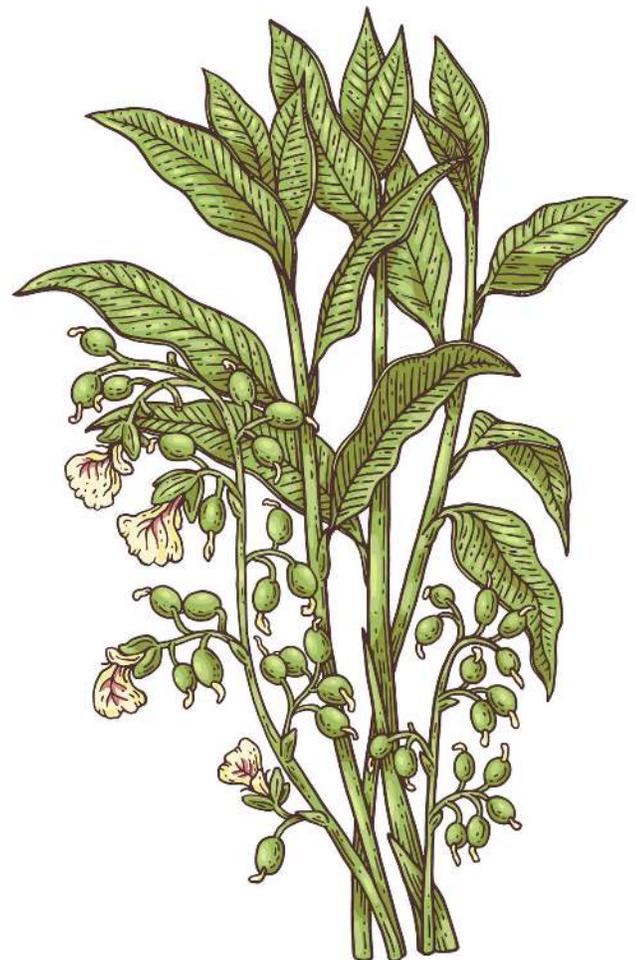
The most commonly known benefits we find when working with cardamom as a cooking herb and medicinal plant, we tend to focus in the lower regions of the body where it assists us by stimulating digestion, dispelling gas, and soothing indigestion. It is a wonderful herb to incorporate into our sometimes rich and heavy winter meals.

In Ayurvedic practices, cardamom's warm stimulating properties are sought out to help reduce the build up of toxins within the body, as well as to reduce congestion in the lungs and stomach. Cardamom relieves coughs by soothing rough dry respiratory pathways. The rich volatile oils within cardamom offer antimicrobial properties that may be helpful to maintaining good oral hygiene. This can be accomplished simply by chewing on the seed pods, something those ancient Egyptian

people understood without really knowing the benefits of the modern scientific research we have today. Recent studies have shown that cardamom may offer us some support in maintaining healthy cholesterol and triglyceride levels.

If you've not become acquainted with cardamom as a fall and winter plant ally, stepping into the holiday baking season is a perfect time to treat your taste buds, savor the aroma, and enjoy.

Amy Shea  
amy@bluff.coop





# The Community Corner

BY ALEXA SHAPIRO, OUTREACH COORDINATOR

Hello, Cooperators! My name is Alexa Shapiro and I'm the new Community Outreach Coordinator at the Bluff Country Co-op. I stepped into the role in early September following Mitch's departure from our team (we miss you, Mitch!). Community is a personal core value of mine and something I hold very close to my heart. To bring this focus into my work here at BCC has been incredibly rewarding, and I'm so excited about all of the good things we have in store for our community this winter.

Fall is often a time of transition and that was certainly true for the BCC this year. As the bluffs began to transform into their fiery hues, we welcomed our new General Manager, Krissy Rowland, to the team. As students and educators returned to school, we began to prepare for the ever looming holiday season. And as life began to slow from the chaos of summer, the BCC hosted their annual Owner Appreciation Month - giving gratitude to the community that supports us through weekly gifts and a 10% discount off a grocery visit.

As we approach winter, we're preparing to relaunch a number of programs that focus on our principle of "Concern for Community". Soon, we will be reinvigorating our Co+op Explorers program, which provides free produce to youth ages 12 and under during each

grocery visit. As early as January of 2022, we will be bringing community classes back to the calendar - this time, with a focus on engaging more staff and owners in sharing their passions with our local community. We will also be reinstating our Sustainability Coordinator position, which will bring renewed focus to our "Environmental Integrity" principle and increase the BCC's efforts at reducing our own environmental impact.

We're always looking for new ways to support our local community, and we're thrilled to be launching a handful of new programs in 2022 that aim to do just that. I'm personally most excited for our Life In Color: Artist's Corner program, which will feature local artists each month throughout the year. Artwork will be found outside of the BCC, on the Community Room windows facing 2nd Street. If you're interested in applying for our Life In Color: Artist's Corner program, you can send me an email at [alexa@bluff.coop](mailto:alexa@bluff.coop).

With colder weather and darker days on the horizon, there is always an opportunity to find the light and celebrate the good. I look forward to these efforts this winter, and I hope you'll join me.

Alexa Shapiro  
[alexa@bluff.coop](mailto:alexa@bluff.coop)

**Holiday  
Nut Sale!**

December  
12 - 18

**20%  
OFF**

**all bulk nuts**





**Bluff Country Co-op**

*We know good food.*

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WINONA, MN  
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**GOOD FOOD DAILY**  
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**12 Amazing**  
**Cheeses**

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