



BLUFF COUNTRY
CUIZINE

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

Summer
2021



Calendar

JUNE



June 16-20
Steamboat Days

June 18-20
Meat Grilling Sale
10% OFF
Entire Meat Selection



Sun., June 20
Father's Day

Wed., June 23
Shakespeare Festival Begins



Late June
Pre-Order Blueberry Cases
5 lb and 10 lb boxes



JULY

Sat., July 1
International Plastic Bag Free Day



Sun., July 4
Independence Day
Co-op Closed

Sun., July 11
Rainier Cherry Day

Thurs., July 15
Clean Beauty Day

July 25 - 31
Owners Save 15% OFF
on the entire Wellness Dept.



AUGUST

Fri., Aug. 6
Cycle to Work Day



Sun., Aug. 15
World Honey Bee Day



Fri., Aug. 20
Lemonade Day



Tue., Aug. 24
Waffle Day



Thurs., Aug. 26
Women's Equality Day



August
Pre-order Peach Cases

BOARD OF DIRECTORS

board@bluff.coop

PRESIDENT

Kay Pedretti
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VICE PRESIDENT

Ian Nicholson
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TREASURER

Aurea Osgood
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SECRETARY

Jenn Baechle
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Laura Johnson	laura@bluff.coop

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WELLBODY

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OUTREACH

Mitch Johnson
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Send us your grocery list for

**Curbside
Pickup**

FREE!

email: info@bluff.coop



GM Report

BY DAWN SCHREIBER, GENERAL MANAGER

Greetings Co-op Owners!

Good food abounds at BCC! The Kitchen Team has been cooking up some great new recipes for the Grab & Go case; the Jack's Magic Beans and the Peanut Butter Pretzel Bars are among the staff favorites! Yum! We are looking forward to welcoming back all the fresh local produce we can find soon! A few fun things planned for the summer to look forward to: like 10% off Meat Sale for Father's Day!, Owner's Save 15% on all Wellness items the last week of July!, and submit your summer recipes for the 50th Anniversary Potluck Cookbook You can also count on the annual pre-book blueberry case sale, peach lugs, and apple cases this summer as well. The salmon pre-book will also be happening again this year in September, too!

Our community continues to be cooperative: Thank you to the folks who've helped us maintain the rain garden this year. We are excited to partner with the Prairie Island Campground folks to supply their camp

store with good food. Appreciation to Emilio DeGrazia, who helps us keep our Free Cookbook Library stocked.

Finally, I want to wish you all a warm farewell. This co-op, staff and community have been my primary focus for nearly 25 years! Thank you so much to all of the folks who have reached out to thank me and wish me well on my transition out of the co-op and community in July. I truly appreciate all we have accomplished together! It is staggering to me how many, many great and kind people I have gotten to know during my time here. And I look forward to keeping in touch with social media and visits. I will be in the store through June and I look forward to seeing you in the aisles! I am going to miss you all!

In cooperation,
Dawn
dawn@bluff.coop



Bluff Country Co-op's
energy source is now

100% Wind Power



Board Report

BY IAN NICHOLSON, BOARD VICE PRESIDENT

It's summertime, which means that it's time to get out and enjoy the great weather and even better outdoor activity options in the bluff country! If you're the grilling type, be sure to check out our awesome local meat and produce vendors, and grab a bag of charcoal on your way to the checkout line.

While you've been enjoying our rainy spring, the Board has been very busy in the search for a new General Manager, as we try and absorb every bit of information that Dawn has learned in her time with us. We're going to miss her thoughtful leadership and steady hand that has led us through the chaos of 2020.

Our Food Access Committee has rolled out a project in collaboration with the Produce department to provide themed bags of fresh produce, including a stir-fry bag and a snack bag; this helps with choice overload and so far has proven to be very popular. Meanwhile,

our Outreach Committee is looking forward to this fall, and has begun planning our Annual Owner Meeting, currently scheduled for October 17th. Our Board Development committee also put together an excellent spring retreat that taught us a great deal. If any of this sounds fun and interesting, we'd love to have your assistance, please email me at ian@bluff.coop and I can direct you to the correct committee chair.

Ian Nicholson
ian@bluff.coop

Save the Date
**Annual
Owner Meeting**
Sunday
October 17, 2021



**Join Bluff Country Co-op's
Board of Directors!**

For more info,
contact
Ann@bluff.coop





The Well-Body Minute

BY AMY SHEA, WELL-BODY MANAGER



Dandelion (*Taraxacum officinale*)

The bane of lawn fanatics the world wide, this beautiful and resilient plant was once a staple part of the average person's diet. Dandelions is perhaps one of the most common and easily identified plants. It grows darn near anywhere. Not even concrete can stifle this sunny weed from blooming where it lands.

Right now is the perfect time for gathering dandelion's fresh young leaves which can be added to salads. As a nourishing green tender young dandelion greens offer

us a great source of vitamins, minerals, inulin and potassium. They also stimulate our digestive system from top to bottom. Their fresh bitter properties trigger our bodies into producing the enzymes and bile that we need to properly digest other foods. In doing this dandelion also acts as a liver tonic that helps to clear sluggishness within the liver, helping this very important organ to stay healthy and ready to work.

Their bright yellow blossoms make a variety of delicious and nourishing foods, and beverages. They are used in syrups, jellies, and even in cakes. Their scent can't help but make you smile because it's like inhaling warm sunshine.

Dandelion is an awesome plant that really just loves us...in spite of ourselves.

Amy Shea
amy@bluff.coop

Co-op Owners
Go Paperless!

Have your receipt sent to
your email at check out.

Get your newsletter and e-newsletter
delivered to your email.



The Community Corner

BY MITCHELL JOHNSON, OUTREACH COORDINATOR

At long last, summer is finally upon us. The trees are full, our gardens are coming into their own, and everywhere, life abounds.

What fresh, vibrant recipes do you associate with summer? If you're at a loss, the Co-op is here to help. Check out the Free Cookbook Library in the front of our store. It's full of cookbooks that will satisfy every diet and every taste bud. Or maybe you're like me and you're drowning in cookbooks at home. Never fear! The Co-op's Cookbook Library is always accepting donations. Just drop by our customer service desk with your books and we'll make sure they find a good home.

Perhaps you're a walking cookbook, the holder of all your family's sacred recipes. If you're willing to share some of the deliciousness, the Co-op would love to hear from you! In honor of our 50th anniversary in 2022, we are creating a Bluff Country Co-op Cookbook, crowdsourcing all of our Owners best recipes. If you have a tried-and-true summer recipe you're willing to share, please email it to me (mitchell@bluff.coop).

We'll be sifting through all the recipe submissions in the coming months with the help of a panel of BCC Owners, so there's no guarantee any one recipe will make it into the cookbook. That being said, I'm eager to hear from our Owners and get some ideas for my summer table!

Finally, as time passes, and our pandemic-forced isolation relents, I'm looking forward to bringing back food and wellness classes for our community. They will certainly look and feel different after such a long hiatus, and I'd love to hear from our Owners who have expertise in gardening, cooking, and holistic health with ideas for classes. If you're an expert in any of these fields, and have an idea for a community class, I'm excited to hear from you and hopefully find a way to work together!

With warm weather and a bright summer buoying our spirits, I'm thrilled to continue serving our community, and as always, I hope you'll join me.

Mitchell Johnson
mitchell@bluff.coop

Bluff Country Co-op
turns **50** next year!

To celebrate we are creating a new version of the **Potluck Cookbook**.

This edition will reflect the seasons and we are currently accepting recipes for summer!

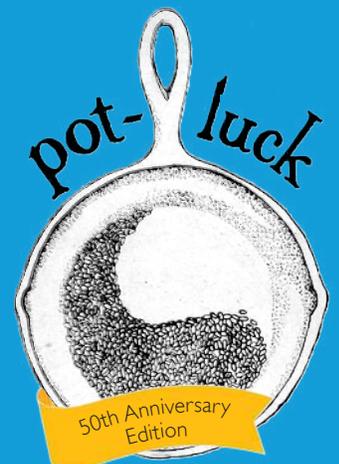
Recipe



Send your favorite summer recipe to:

mitchell@bluff.coop
by **August 31, 2021**

All recipes will be reviewed and submission does not guarantee publication in the cookbook.



Ripe for Picking

Scoop up fresh, local strawberries while they're in season — these desserts are sure to delight.

They are among the most anticipated fruits of the summer — sweet, juicy strawberries are so enticing! It's hard to resist those plump, glossy red berries with their fresh green caps. But let's face it: They're also quite perishable. When you go overboard with your berry buying and are left wondering what to do with all those beauties before they go bad, turn to these dessert recipes.

Strawberry Cake

Serves 8. Prep time: 1 hour, 15 minutes; 20 minutes active.

¼ cup unsalted butter, softened
¾ cup all-purpose flour
½ cup whole wheat pastry flour
½ teaspoon baking powder
½ teaspoon baking soda
½ teaspoon salt
¾ cup sugar
1 large egg
½ teaspoon vanilla
½ cup fat-free plain yogurt
¾ pound strawberries, hulled
and halved vertically
2 tablespoons turbinado sugar

1. Preheat oven to 350°F. Use a ½ teaspoon butter or vegetable oil to grease a pie pan.
2. In a medium bowl, combine the all-purpose flour, pastry flour, baking powder, baking soda and salt. Whisk to mix.
3. In a stand mixer with the batter paddle, or a large bowl with an electric mixer, beat the butter until creamy, and then beat in sugar. Beat for about 2 minutes, until fluffy and light. Beat

in the egg and vanilla, scraping down and mixing again to make a creamy mixture.

4. Alternate beating in half the yogurt, half the flour mixture, then half the yogurt and half the flour mixture, just until mixed.
5. Spread the batter in the prepared pie pan. Arrange the strawberry halves on top, placing them lightly, starting along the rim, then filling in concentric circles to cover the batter completely. Sprinkle with turbinado sugar.
6. Bake for 50 to 55 minutes, until the top is golden and crackly, and a toothpick inserted in the center of the cake comes out with no wet batter.
7. Cool on a rack for 5 minutes before slicing. Keeps, tightly wrapped, for up to 4 days in the refrigerator.

A touch of butter gives this meltingly tender cake rich flavor. It's light enough for a weeknight dessert and equally delicious for breakfast with a dollop of yogurt.





Strawberry Walnut Scones

Servings: 8. Prep time: 45 minutes; 20 minutes active.

- 3 cups whole wheat pastry flour
- ½ cup sugar
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- ½ teaspoon salt
- ½ cup butter, chilled
- 1 large egg
- ¾ cup low-fat plain yogurt
- ½ teaspoon vanilla
- ½ cup walnuts, coarsely chopped
- 1 cup fresh strawberries, halved
- 2 tablespoons sugar

1. Heat oven to 400°F. Line a baking sheet with parchment or coat with vegetable oil spray. In a large bowl whisk the flour, sugar, baking powder, baking soda and salt. Cut chilled butter into cubes and work the butter into the flour mixture quickly with your fingers or a pastry blender until the mixture is crumbly but small chunks of butter remain. In a small bowl, whisk the egg, yogurt and vanilla; mix well. Make a well in the dry mixture and pour in the wet, stir just until mixed, then stir in walnuts. Place half the dough on a floured counter or breadboard and shape into a circle 8 inches across, then cover with halved strawberries. Crumble the remaining dough over the strawberries and pat to cover, and form a disk about ¾-inch thick. Sprinkle with sugar and pat to adhere.
2. Use a knife to slice like a pie into 8 wedges. Place each wedge onto the sheet pan with at least 1 inch between them. Bake for 15 to 20 minutes, until golden. Transfer to a wire rack to cool.
3. Serve warm, or cool completely and store, tightly covered, for up to 4 days at room temperature.



Mixed Berry Crumble

Serves 8. Prep time: 40 minutes; 15 minutes active.

- 1 cup rolled oats
- ¾ cup light brown sugar
- ¾ cup whole wheat pastry flour
- ½ teaspoon salt
- 2 teaspoons lemon zest
- ½ cup unsalted butter, melted
- 4 cups fresh strawberries, stems removed
- 2 cups fresh raspberries
- 1 cup fresh blueberries
- 2 tablespoons sugar
- 1 tablespoon arrowroot or cornstarch
- 1 teaspoon vanilla

1. Heat the oven to 400°F. In a large bowl, combine the oats, brown sugar, flour, salt and zest. Add the melted butter and stir to mix. Reserve.
2. Place the berries in a 2-quart baking dish, and sprinkle with sugar, arrowroot or cornstarch, and vanilla. Toss gently to coat, until well combined. Crumble the oat mixture over the berries in the dish.
3. Bake for 25 minutes, or until the topping is golden and the juices are thick and bubbly all the way around the dish. Let cool on a rack for 5 minutes before serving.

Juneteenth celebrations often feature red foods to symbolize the perseverance, strength and resilience of enslaved ancestors. Carry on this culinary tradition with a festive Strawberry Slab Pie (pictured on the facing page), which brings familiar pie ingredients together in a baking pan instead of a pie plate.



Strawberry Slab Pie

Serves 12. Prep time: 2 hours, 30 minutes; 1 hour active.

3½ cups all-purpose flour
1½ cups sugar, plus 2 tablespoons
1½ teaspoons salt, plus ¼ teaspoon
2½ sticks unsalted butter (10 ounces)
¾ cup ice water
3 pounds fresh strawberries,
hulled and halved
¼ cup cornstarch
1 tablespoon fresh lemon zest
1 teaspoon vanilla
2 tablespoons half and half
3 tablespoons turbinado sugar

1. In a large bowl, mix the flour, ½ cup sugar and 1½ teaspoons salt. Cut in the butter, then drizzle in ice water as you toss with a fork. If needed, drizzle in an additional tablespoon or so of ice water to make a dough. Form into a rectangle, wrap in plastic wrap, and refrigerate for 30 minutes. Note that the crust will have a biscuit-like texture when baked.
2. Place the hulled, halved strawberries in a large bowl. Add the remaining sugar, cornstarch, lemon zest, vanilla and remaining salt. Mix.
3. Heat the oven to 425°F. Get out a 10 x 15-inch baking pan that is 1 inch deep.
4. On a floured counter, cut off one third of the dough. Roll the larger piece to 12 by 16 inches. Transfer the dough to the pan, pat lightly to fit into the pan, leaving the edges hanging over.
5. Roll out the remaining piece of dough into a piece 11 by 16 inches. Distribute the berries over the dough in the pan. Place the second sheet of dough over the pie. Fold the edges of the lower crust over the upper crust, crimp the crust and slash the top.
6. Brush the top of the pie with half and half and sprinkle with turbinado sugar.
7. Bake for 15 minutes at 425°F. Reduce temperature to 400°F. Place a sheet of foil over the pie, then bake 25 to 30 minutes, until bubbling.



Bluff Country Co-op

We know good food.

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GOOD FOOD DAILY

8am - 8pm



Father's Day
Meat Grilling Sale

10% OFF
Entire Selection
fresh and frozen meats

June 18th - 20th

While supplies last.