

for December 2005/January 2006

Meat

Fresh Fish Fridays & Organic Valley Half Ham

Bread

Rudi's Whole Grain

Produce

Root Veggies for Soups

Grocery

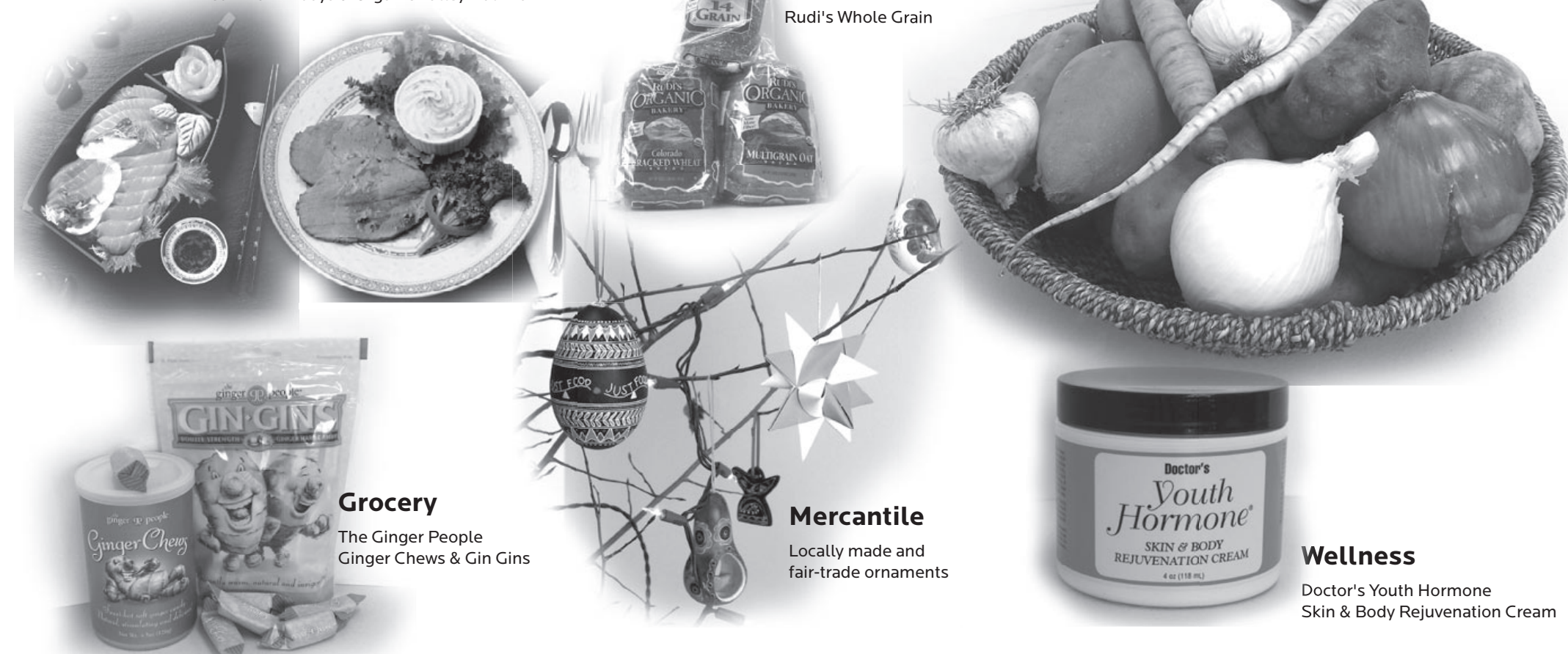
The Ginger People
Ginger Chews & Gin Gins

Mercantile

Locally made and
fair-trade ornaments

Wellness

Doctor's Youth Hormone
Skin & Body Rejuvenation Cream



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Just for Fun

Snowflake Search
See how many of these types of snowflakes you can spot this winter.

- Stellar Dendrite
- Capped Columns
- Triangular
- 12-Sided
- Needle
- Sectorated Plates
- Spacial Dendrite

Learn all about snowflakes and find stunning pictures at www.snowcrystals.com or check out *The Snowflake: Winter's Secret Beauty* by Kenneth Libbrecht and Patricia Rasmussen.

What's Happening?

Classes are open to all. Unless otherwise noted, all class fees are voluntary. Please preregister at the Just Food customer service desk or by phone at 507-650-0106.

Food Cultivation and Preservation

Planning Flower Gardens

Late Bloomers
Thursday, Jan. 5 from 7 to 8:30 p.m.
What better time to plan your flower garden than the dead of winter?

Food Preparation and Consumption

Cheese Tastings
Stuart Reid, General Manager
Friday, Dec. 21 from 7 to 8:30 p.m. and
Friday, Jan. 20 from 7 to 8:30 p.m.
\$10 Voluntary, please preregister
Come experience these popular evenings of cheese and conversation. Feel free to bring wine to share.

Consummation: the act of bringing something to its completion or fruition; fulfilment



Magic Pot Soups

Hortense MacLeod, Meat, Cheese & Deli Manager
Wednesday, Jan. 11 from 7 to 8:30 p.m.
Please preregister
How to cook scrumptious soups in a crock pot.

Personal Wellness

Tired of Being Tired
Dr. Kurt Hornmes, Northfield Chiropractic
Thursday, Dec. 8 from 7 to 8:30 p.m.
Please preregister
A presentation on Adrenal Fatigue and recognizing risk factors.

Living in this Toxic World
Dr. Kurt Hornmes, Northfield Chiropractic
Thursday, Jan. 12 from 7 to 8:30 p.m.
Please preregister
How to keep your family safe in an unsafe world of chemicals.

Group Gatherings

Sustainability Book Group

Thursday, Dec. 15 from 7 to 8:30 p.m.
Book: McDonough, William and Michael Braungart, *Cradle to Cradle: Remaking the Way We Make Things*

Thursday, Jan. 19 from 7 to 8:30 p.m.
Book: Ableman, Michael and Cynthia Wisehart, *On Good Land: The Autobiography of an Urban Farm*
Join staff and members of Just Food Co-op in lively discussion of sustainability related books. Look for the books at the co-op, River City Books, and the local libraries.

Knitting Night

Tuesdays from 7 to 9 p.m.
All are welcome to come to knit, chat, share ideas and get help. Previously met at Cottage Industry; now at the co-op.

Other Just Food Co-op Events

Board Meeting

Thursday, Dec. 8 from 7 to 9 p.m.
Thursday, Jan. 26 from 7 to 9 p.m.
Contact Stuart Reid if you are interested in attending.

Winter Farmers' Market

Saturday, Dec. 10 from 10 a.m. to 1 p.m. at The Village School -- off Hwy 3 in the barn-red building, West of AmericInn

Buy fresh food and farm-crafted goods directly from local farmers.

Anniversary Celebration

Saturday, Dec. 17 all day
Our first birthday celebration. Music, food, friends and more. Watch the store for details.

Just Food Cabaret

Saturday, Jan. 14 at 8 p.m. at the Northfield Arts Guild Theater
Join Just Food members, community customers and staff in an evening of revelry and performance. Contact Jennifer or Hortense at the co-op if you are interested in performing.

Special Hours at the Co-op

Saturday, Dec. 24: 9 a.m. to 5 p.m.
Sunday, Dec. 25: Closed
Saturday, Dec. 31: 9 a.m. to 9 p.m.
Sunday, Jan. 1, 2006: Closed

The ComPost

Fertilizer for the Mind. A Bimonthly Publication of Just Food: Northfield Community Co-op December 2005/January 2006

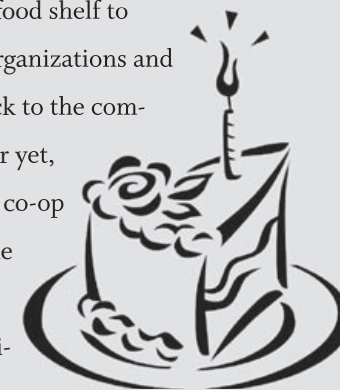
Happy B-Day! Just Food Turns One

On Dec. 15th, the Just Food Co-op natural food market will be one year old. We will be celebrating our anniversary on Saturday, Dec. 17. You helped us get here, so join us as we rejoice, reflect and look to a bright future.

In one short year, we have exceeded expectations to such a degree that we have had to throw those projections out of the window. We have expanded our selection with Northfield Community Mercantile and begun promising educational programs. From facilitating assistance to Shepherd's Way Farms and giving to the food shelf to providing meeting space to a variety of organizations and groups, we have already begun giving back to the community. While we are not out of the water yet, with your support, we will build a strong co-op that will justly nourish and strengthen the community for years to come.

As of this writing, many of the anniversary celebration plans are still preliminary, but one thing is certain: anytime you put a bunch of members in one place, a good time results. From music and demos to store specials and activities, we hope to make this an event to remember. Watch your e-mail and in-store signage for more information and mark your calendars that the place to be Dec. 17th is Just Food Co-op and Mercantile.

- Alexander J. Beeby, Marketing and Member Services Manager



Celebrate Soups!



Just Food "Demo Dude" Luigi Sison creating a smooth and soothing squash soup.

ADAPTED WITH PERMISSION FROM KELLI REESE, HENDERSONVILLE (N.C.) COMMUNITY CO-OP

Fill your bowl and get out the BIG spoon, because January is not only a great time to enjoy a steaming bowl of hot soup, it's also the National Celebration of Soup! Soup is the ultimate comfort food. In the winter months, it fills the tummy and warms the soul. In summer, chilled soups like gazpacho are perfect with a tossed salad and crusty bread. Soup is also known to have a medicinal quality; didn't mom always make us a nice hot bowl of chicken soup when we were sick?

I can't say enough about soup. I love it! In a mug, in a bowl, straight out of the pan, spooned into bread, hot, cold - anyway is fine. For me, making soup has become an art form, finding the perfect blend of spices and vegetables that excite the taste buds and the appetite.

What can be called soup? Just about anything these days. There are soups that border on being stews as well as thin consommé, soups made from fruit such as watermelon or cantaloupe, cucumber soup, and even soups made from frogs. Just add liquid, and it will pass for soup. The art form comes from making a truly inspiring concoction where you just can't eat one bowl.

Where did soup come from? The word soup comes from the source of an English term "sop," which means a piece of bread soaked in liquid. Later, the word soup replaced sop and the bread that was present in the liquid was removed, leaving us with a choice - bread or crackers.

It's likely that people have been cooking up some form of heated water with meat cooked in it since prehistoric man walked the planet. According to Rhonda Parkinson in her article "Soups On!," nearly all cultures have their own specialties: "hearty Russian borscht, garlicky Spanish gazpacho, and the French have Pot-au-Feu (a clear soup made from boiled beef and vegetables)." It doesn't stop there, even locations

continued on page 3

USDA Organic?

ADAPTED WITH PERMISSION FROM MARY BETH LADENHEIM, ROANOKE (VA.) NATURAL FOODS CO-OP

On Nov. 10, President Bush signed a \$100 billion food and farm spending bill, which included a rider that amends the Organic Food Production Act and, thus, the laws underlying USDA Certified Organic Standards.

This rider, proposed by the Organic Trade Association (OTA), overturns Harvey v. Veneman and has proven divisive within the industry.

While the OTA claims that the amendment "restores the national organic standard," other nongovernmental organizations such as the Organic Consumers Association, National Cooperative Grocers Association, National Campaign for Sustainable Agriculture, Rural Advancement Foundation International, and Beyond Pesticides call the amendment a dilution of the standard.

Another aspect of the debate lies in the fact that, unlike the initial passage of the Organic Food Production Act, the attachment of this rider was not part of an open and transparent public process.

It is not yet clear what specific impact this amendment of organic standards may have, and what options remain to consumers of organic food. Since the issue now goes to the USDA for rulemaking, a public commenting period is expected.

For more information, articles, and disparate opinions on this subject, visit the Organic Consumers Association (www.organicconsumers.org) and the Organic Trade Association (www.ota.com).



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Board of Directors, 2005-2006

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- Ron Griffith, President
 - Linne Jensen, Vice President
 - Therese Whitesong, Treasurer
 - Craig Rice, Secretary
 - Mary Ellen Frame
 - Elizabeth O. Hutchins
 - Leona Openshaw
 - Bardwell Smith
 - Kaaren Williamsen
- Board meetings are held at 7 p.m. in the co-op meeting room, generally on the fourth Thursday of each month. The schedule is subject to change. All members are welcome. Call Stuart Reid at 507-650-0106 if you wish to attend a meeting.

Co-op Managers

- Stuart Reid**
General Manager
- Bobbi Baker**
Accountant
- Alex Beeby**
Marketing and Member Services Manager
- Chris Broughten**
Grocery Merchandiser
- Melanie Brunell**
Operations Manager
- Iris Lee**
Wellness Manager
- Hortense MacLeod**
Meat, Cheese, and Deli Manager
- Therese Martin**
Northfield Community Mercantile Manager
- Lynne Reeck**
Produce Manager
- Joey Robison**
Grocery Manager

Member Benefits

- Member-only specials on selected items throughout the store
- Subscriptions to two co-op newsletters: Compost: Fertilizer for the Mind The Mix
- 10% Case discounts
- Check writing for up to \$20 over the amount of purchase.
- Members-only rates on co-op classes
- Profits returned to the community as patronage rebates—based on store profits and your yearly purchases
- Supporting a locally owned, sustainable, and socially responsible business

The ComPost: Fertilizer for the Mind

Editor
Alex Beeby, Just Food Co-op
Original Design
Pat Thompson, Triangle Park Creative

The ComPost is a bimonthly publication of Just Food: Northfield Community Co-op and is published for the benefit of our membership and the community. The opinions expressed herein are those of the authors and not necessarily those of Just Food Co-op or its members.

For information about submitting articles, artwork, or advertising, contact Alex Beeby at 507-650-0106 or outreach@justfood.coop. Letters to the editor are welcome and may be sent to the same email or 516 Water St. S., Northfield, MN 55057.

Just Food: Northfield Community Co-op is a proud member of Twin Cities Natural Food Co-ops and Midwest Natural Food Co-ops (a chapter of the National Cooperative Grocers' Association).

www.justfood.coop

COMMENTS

COMMENT CARDS

Q: Sushi: How about it?

A: As of this time, we have not found a distributor that delivers this far from the metro area. We are still searching, however, sushi would still be a once a week event, because it is only good for one day.

Q: Could we get fresh Icelandic fish through Iris' connection?

A: Yes, we now feature Fresh Fish Fridays. Every Friday, stop by to get some of the freshest North-Atlantic fish available in Minnesota.

Warm Winter Community

My wife and I met in the winter of '96-'97, and our love for each other blossomed during long night-time walks in sub-zero weather through St. Olaf's Norway Valley – bundled arm in bundled arm. I look forward to this time of year, when nature encourages the intimacy of community.

Many people know Minnesota for its exceedingly cold winters, but with a record low of minus 70 F – more than 10 degrees colder than Minnesota's – my home state of Montana holds the top spot for cold weather in the lower 48 states. So while I didn't grow up here – I, too, know cold weather.

As winter approaches, my subconscious recognizes the signs and signals me to prepare. I suddenly hunger for hot soups, mashed potatoes and gravy, and hot, spiced cider or hot-chocolate – my desk drawer at work holds a wide array of "comfort" snacks. I also experience a heightened need to be close to others.

The contrast between the frigid outdoors and the warmth of community creates an added appreciation for those around me. Sitting at the table and eating filling meals

with family, enjoying a sip or two while debating trivial and essential matters with friends at a local establishment, laughing with co-workers and customers (friends) at the co-op, huddling in a cushy chair with a blanket and book, playing board-games with my kids: to these things, our climate gives new dimension.

So as winter blankets our community, call a friend (or better yet, make a new friend), stop by the co-op for more than just groceries, spend time with family, check out a book, take a long walk with someone special: take advantage of this natural excuse to sustain and nourish our community.

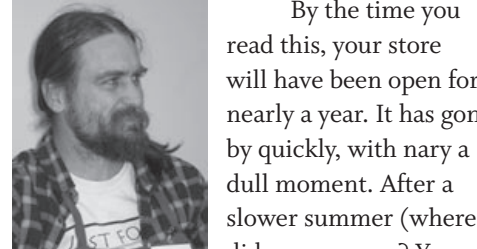
– Alexander J. Beeby, Editor



GENERAL MANAGER'S UPDATE

Spread the Word; 1,200 Down, 30,000 To Go

BY STUART REID



By the time you read this, your store will have been open for nearly a year. It has gone by quickly, with nary a dull moment. After a slower summer (where did everyone go? You had to be eating something?!), we are glad to see people coming back with their appetites. In October we ran a new owner-member drive to celebrate co-op month and had over 40 households sign on, bringing our total to just over 1,250.

So, I did a little research and found that Northfield has about 7,000 households. Since many of our members are from surrounding communities, I am guessing that about 1,000 households, or 14%, of the Northfield population has an ownership stake in Just Food. As impressive as that sounds, it also means that we have 6,000 more households to sign up in Northfield and something on the order of 30,000 in our market area. Of course I do not expect that every household from Farmington to Owatonna will feel moved to invest in Just Food, but I sure want them all to consider it.

One of the store's big projects over the next few months will be to try to reach all of the households within a 25 mile radius, to tell them what we are about, and to invite

them to stop in. This is going to take more than a little creativity and legwork to find ways to get the message out. You can help with your ideas and suggestions, but most of all by talking to your friends and neighbors. There are a lot of people out there that still do not understand what a co-op is and do

not realize that we may have products, services and a welcoming atmosphere that they cannot find anywhere else.

Thank you all for your on-going support and patronage, and enjoy the holiday season!

BY THE NUMBERS

- 1,000 number of owner-households that have shopped at the co-op
- \$51,000 weekly sales currently attributed to members
- \$58,744 weekly sales needed from members to achieve budgeted sales goals for next quarter
- \$7.64 additional amount each owner-household needs to spend per week at the co-op for it to reach its sales goals

Just Food Co-op's success depends on your support. Let's all do our part to ensure a strong future for Just Food Co-op.

BOARD OF DIRECTORS UPDATE

New Board Reviews Feedback, Plans Year

BY RON GRIFFITH, PRESIDENT



The Just Food Board of Directors welcomed newly elected members Leona Openshaw and Therese Whitesong at its October meeting. The following officers were elected by the Board: President – Ron Griffith, Vice President – Linne Jensen, Secretary – Craig Rice, Treasurer – Therese Whitesong.

At the annual meeting we presented the newly developed board policies and requested feedback on the ends policy. In our October board meeting a week later, we

conducted an initial review of the feedback. The questions, comments and suggestions are very helpful to the board. As a result we began discussions of additional ways to gather information from the membership.

If you attended the annual meeting and have been planning to give us your responses but haven't done so, it's not too late. Send your information to board@justfood.coop or leave the questionnaire at the store. We will accept information from you at any time. If you didn't attend the meeting and would like to know more about this topic, send us an email, and we will provide the information that

was presented at the annual meeting with a request for your feedback.

Our immediate plans include organizing for the New Year by building the board's annual calendar as well as on-going activities such as considering monitoring reports. The November and December board meetings will be combined on Dec. 8 at 7 p.m. and will include a tutorial on financial statements by Stuart Reid. That will be presented in conjunction with the financial condition monitoring report. We welcome attendance of co-op members who are interested in learning more about the organization. Please let Stuart or me know if you will attend.

Soups, continued from page 1:

have soups they are famous for: at Fisherman's Wharf in San Francisco many enjoy clam chowder served in a bread bowl and it's to die for. On the East Coast, visit NYC and try some Manhattan Clam Chowder (the red one), Texas Tortilla Soup is an adventure in eating, and nothing beats the truly authentic homemade version of Louisiana Gumbo with its fresh ingredients from the garden to the sea.

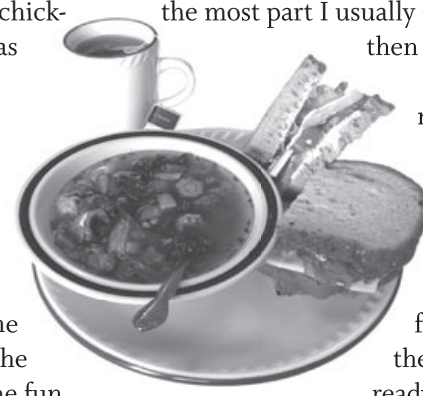
Soup is not only to be enjoyed on its own; it is also a helpful additive to many meals. Most everyone knows that when you add a can of Creamy Mushroom Soup to any meat dish (chicken or turkey with rice) or a casserole (such as Tuna), it creates a delicious quick and easy meal. It also makes people think you are an extraordinary chef with an excellent palate.

Think soup only comes in a can? Think again. If you have never ventured into soup making, it's time to get out the pot, cutting board and wooden spoon. You can always opening a recipe book to get some ideas, but be willing to throw the recipe to the wind and use your instincts – that's when the fun really starts; it's hard to mess up soup.

When I first opened my restaurant in NYC, my biggest fear was making a giant pot of soup for 50! I was told over and over again how easy it was to make soup, but in the beginning it always made me nervous. In looking back it was true: it is truly hard to mess soup up. Also, it's a wonderful place to plop vegetables that aren't as pretty as when I first bought them, but are delicious enough for my soups. The more soups I make the better they become. Soups were actually one of my favorite items to cook in the restaurant. There was always something so gratifying when a customer would take their first bite of soup on a chilly winter day, and I could see the expression on their face telling me how delicious it was.

The best thing to do when making soup

is start with a good base. Nothing compares to homemade vegetable broth. I must admit, however, time constraints don't always allow for that, so I use Imagine Vegetable Broth (Chicken can be used too for you carnivores out there). I put a little bit of extra virgin olive oil in the bottom of the pan, toss in chopped onion and sauté for a few minutes. I then add chopped celery, chopped carrot and sometimes potato (for thickening). That is my typical base for a soup. If I plan on making something specific such as French Onion or Corn Chowder, obviously my base is a bit different, however for the most part I usually sauté the onions and



then build from there. Soup really is easy to make and even better to enjoy when you make it from scratch, however if you just don't have the time, we have some wonderful soups available on the shelves in the co-op, ready in minutes.

As you can see, there are many choices when you want a hearty soup in a pinch. However, as I said before, NOTHING beats a good old homemade soup. Try some of these delicious recipes (right) courtesy of our all time favorite soup makers Kelsey and Jake in the Blue Mountain Cafe which, by the way, is an excellent choice for a fast and delicious homemade soup.

One last thought on soup. Here's a creative way to Celebrate National Soup Month. Collect cans of soup and drop them off at one of our local non-profit organizations in town. This is about the time that soup kitchens are running low on canned goods and it's a great way to help out those in need. In closing, stoke up the fire, pull the afghan over your legs and curl up with a good book and a piping hot cup of soup – you can't go wrong.

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RECIPES

Groundnut Soup

- 3 cups chopped onion
- 2 stalks celery, chopped (-1 cup)
- Garlic olive oil
- 2 red bell peppers, diced
- 1 cup uncooked brown rice
- 1 28 oz. can stewed tomatoes
- 6 cups filtered water
- 1/8 tsp. cayenne
- 2 Tbsp. curry powder
- 1 tsp. salt
- 1/2 cup peanut butter
- 2 Tbsp. Agave
- 2 Tbsp. lime juice

In a large soup pot, saute the onions and celery in oil until translucent and soft (about 10 minutes). Add the bell peppers and saute for five more minutes.

Add the cayenne and curry powder; stir. Add the rice, tomatoes, water and salt and stir. Cover and bring to a boil; then reduce heat and simmer for about 40 minutes, until the rice is tender. Wisk the peanut butter, agave and lime juice together and add to soup. Serve with a topping of chopped cilantro.

Wild Rice and Asparagus Soup

- 1/2 cup uncooked wild rice, rinsed
- 1 cup filtered water
- 1/2 tsp. salt
- 6 bay leaves
- 2 cups chopped red onions
- 2 cloves roasted garlic
- 1/2 cup chopped celery
- 1 Tbsp. olive oil
- 1 lb. asparagus
- 5 cups filtered water
- 1/4 tsp. dried thyme
- 1/4 tsp. dried tarragon
- 1/2 tsp. salt
- 1 cup diced red bell peppers
- 4 cups Reising wine
- black pepper to taste

In a small pot, combine the first 3 ingredients, cover and bring to a boil. Reduce heat and simmer until tender (about 45 minutes). Drain off any liquid remaining.

When the rice has about 15 minutes left, in a soup pot combine the onions, garlic and celery and saute in oil on medium heat until the onions are translucent. Rinse the asparagus and cut off the stem ends. Slice off the tip ends and set aside. Cut the remainder into 1 inch pieces and add to soup along with the water and spices. Bring to a boil; lower heat and simmer for 5 minutes. Add the bell peppers, wine, cooked rice and asparagus tips and simmer for another 5 minutes. Add black pepper.

Makes a great gift!

Blue Sky Guide
COUNTRIES AND REGIONS
5th Anniversary Edition

Available now at area natural food co-ops and other retailers.

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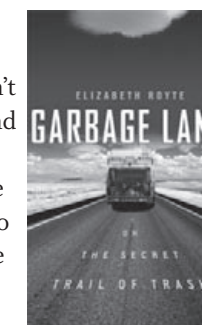
THE RESOURCE CORNER

Looking for more information on sustainable agriculture, social justice, practical tips for cooking coop groceries? Here are some suggestions. Materials are available at the Northfield Public, St. Olaf or Carleton Libraries (all of which allow townspeople to borrow materials). Suggestions for inclusion welcome!

Collapse: How Societies Choose to Fail or Succeed. Jared Diamond. [NfldPubLib 304.28DI; Carl & StO HN13.D5 2005]

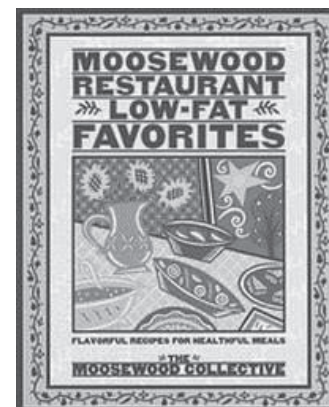
Garbage Land. Elizabeth Royte. [NfldPubLib 363.72Ro]

We know where our trash goes – don't we? Elizabeth Royte wanted to find out, and takes us on a fascinating journey of discovery through landfills, recycling centers, the politics of bottle bills and the dream of zero waste. Although centered around NYC, the issues and challenges will ring true.



Although environmental damage is a contributing factor, whether a civilization continues or fails is also dependent on four other factors: climate change, hostile neighbors, friendly trade partners and, most significantly, the society's response to its environmental problems (Page 11). Diamond explores stresses in contemporary sites (Montana, Rwanda, China, the Dominican Republic, Australia, China), collapses in past societies (Easter Island, Norse Greenland, the Anasazi, the Maya), as well as successful societies, and asks the essential question: "How could a society fail to have seen the dangers that seem so clear to us in retrospect?"

Moosewood Restaurant Low-Fat Recipes. [NfldPubLib 641.5636Mo]



The bottom line is fat carries flavor and satisfies the palate. But there are alternatives to relying on fats and Moosewood has compiled a collection of highly appetizing dishes. From New England Squash Soup to No-Butter Brownies with stops along the way such as Thai Fried Rice and Curried Sweet Potato Roti, this "oldie but goodie" cookbook is well worth a try.

Composting web sites: <http://www.compostguide.com/> and http://www.rco.on.ca/factsheet/fs_ee09.html

So how does one keep a compost pile perking through our long, cold winter? For tips on insulating and feeding during this time, browse through these informative sites.



Kris MacPherson, Outreach/Education Committee