

# The ComPost

Fertilizer for the Mind. A Bimonthly Publication of Just Food: Northfield Community Co-op

February/March 2006

## Create It.

BY ALEXANDER J. BEEBY, EDITOR

For many the Just Food cabaret on Jan. 14 exemplified the “community” sought through cooperation. The event included many diverse performances from co-op staff, members and friends.

“The Cabaret was by turns entertaining, amusing and moving,” Ron Griffith, board president, says, “We have almost become accustomed to Just Food surprising and delighting by being more than is expected.”

Nearly one year ago, Jennifer Weaverling, former frozen foods buyer, produced the idea of a grass-roots performance of co-op talent – more as something fun to do as anything else. Outside of work, staff members pulled the event together – recruiting acts, arranging for space and food, publicizing the event, etc. After some rather disorganized rehearsals, everything fell into place with the actual performance.

“I will never be able to think of you the same as I meet you in the store...,” Griffith says in a note to staff, “I will always know that, usually hidden, there goes the performer, the comic, the entertainer, the dreamer, the talented one, the courageous one...”



Jennifer Weaverling

Co-op staff received many such notes after the performance. “It captured more than I could ever have dreamed when we think of the word ‘community,’” says Elizabeth Hutchins, another board member, “Last night will remain for me a highlight of the past 11 years I have spent in Northfield.”

*more pictures on page 4*

## Live it.

BY ÍRIS (THE MERMAID) LEE, WELLNESS MANAGER

Your very own Just Food fish monger and mermaid is very happy to report that our “Fresh Fish Fridays” have been a great success. Every week, the demand increases. Since our first Fresh Fish Friday, the amount of fish sold has quadrupled

However, for Just Food to be able to continue to provide the wonderful food available here – the beautiful, fresh, organic and local produce, meat, fish and dairy, all foods you can trust are clean and safe for you and your family, in addition to supporting our local economy – we need you to make a commitment to shop here. We need you to be more than just an occasional consumer of Just Food.

Actually, you need to. Just food is your store, your investment, and it needs your commitment and dedication to succeed. Think of it as a delicate plant. If it receives your constant care and watering, your nurturing will make it grow and bloom into a gorgeous flowering tree -- a source of joy and pleasure to everyone. But if you just water it occasionally, when you remember or when convenient for you, it will surely wither and die.

I am writing this from my perspective as a Just Food owner, as a mother of five children, and as a member of the co-op's staff. Just Food is not at Death's door, but we are a young business; we are a baby out there -- competing with the big-box stores that have lots of money to advertise and buy in huge amounts to sell back cheaply to you. Don't get me

*continued on page 3*

## Taste It.



BY ALEXANDER J. BEEBY, EDITOR

“Many aphrodisiac recipes are basically wholesome ingredients prepared in a tasty way,” says Harry E. Wedeck, author of Dictionary of Aphrodisiacs, “The receptivity to romance probably comes from the general sense of relaxation and well-being good food induces.”

All living things need food to survive; when we share a meal with someone, we are sharing in the fulfillment of this core need. Food with complex and rich flavor deepens this experience further. Cheese and chocolate and wine provide this complexity and through their added flexibility become ideal aphrodisiacs. For our purposes, we will tame the definition of aphrodisiac slightly from something that increases romantic desire to that which increases receptivity to romance.

Cheese and chocolate and wine stimulate the senses and sooth and relax the mind and body. While one can certainly have too much of a good thing, when shared in moderation, they can provide a couple with a shared sense of pleasure and comfort – a good thing on the romantic scale. In fact, less may be more in this sense by adding the emotions of nostalgia and desire -- rather than complete satisfaction or worse: excess.

Each of these may be consumed individually or in conjunction with each other or other foods. They all work well for a wide variety of romantic occasions: before or after dinner, an evening night-cap, etc. This flexibility makes these highly versatile aphrodisiacs.

The sensually pleasing complexity in flavor that cheese and chocolate and wine provide is evident in the following of connoisseurs they hold. True, there are other things that fit these descriptions – coffee for one. But three is a magic number, and I picked cheese and chocolate and wine.

*continued on page 3*



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Northfield MN 55057

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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 Management Team

**Stuart Reid**  
General Manager

**Bobbi Baker**  
Accountant

**Alex Beeby**  
Front End/IT Manager

**Melanie Brunell**  
Operations Manager

**Íris Lee**  
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**Joey Robison**  
Marketing and Member Services Manager

**Kathie Smith**  
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 (This Issue)  
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 Joey Robison at 507-650-0106 or thecompost@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

# What about rBGH in my cheese?

**Q** I've noticed that, the milk carried at the co-op says things like, "Milk from cows not treated with rBGH." What exactly does this mean, and how can I be sure that my cheese is also rBGH free?

**A** A synthetic version of a naturally-occurring hormone made by Monsanto, rBGH (Recombinant Bovine Growth Hormone) is used to increase milk production in dairy cows. It was first introduced in 1994 and is widely used throughout the United States. Current labeling laws do not require that milk from rBGH-treated cows be labeled as such. In fact, several dairies have been taken to court by Monsanto for labeling their products as rBGH-free.

The known risks of rBGH include significant side effects to the cows, including high incidence of udder infections, severe hoof problems and reduced life expectancy. Because of the risk of infections, these herds typically are treated with higher levels of antibiotics, which are known to remain in the milk sent to market.

Human risks include the exposure to these residual antibiotics and the associated risk that more pathogens will develop antibiotic resistance, increased levels of IGF-1 -- a hormone whose production is increased in cows due to the presence of the rBGH -- which has been linked to breast and prostate cancer, and potential changes in milk protein composition which might favor allergic reactions.

Since dairies are not required to report whether or not they use milk from treated herds, it is best to assume that all American-made cheeses contain milk from rBGH herds unless they are organic or specifically labeled "rGBH-free." Sheep's and goat's milk cheeses are also safe, since rBGH is only used with dairy cows.

American cheeses that we carry regularly or occasionally that are rBGH-free include:

- Organic Valley, all varieties (certified organic)
- Brunkow Cheddar (certified organic)
- Horizon American slices (certified organic)

- Pastureland, all varieties
- Pleasant Ridge Reserve
- Northern Meadows, all varieties
- Tillamook
- Salemville, Blue and Gorgonzola
- Grafton Village Cheese
- Maple Leaf Cheese Co-op, smoked gouda, etc.
- Old Chatham Shepherding, Nancy's camembert
- Shepherd's Way Farms, all varieties

On the other hand, almost all imported cheeses will be rBGH-free, since rBGH is banned from use throughout Canada, New Zealand, Australia and the European Union countries.

For a detailed analysis of the issues surrounding the growth hormone controversy, check out the following website: <http://www.ifst.org/hotspot8a.htm>

*Stuart Reid,  
General Manager and "Big Cheese"*

## GENERAL MANAGER'S UPDATE

# Cooperation Raises all Boats

BY STUART REID



January is usually considered a slow month for the retail food business. This year everyone must have decided to take advantage of that to schedule all their meetings and activities, because it sure has not been slow around here. After record-setting sales in December, our daily sales have stayed pretty strong. Maybe there were a lot of New Year's resolutions to eat healthier?

The co-ops that make up the Central Corridor of the National Cooperative Grocers Association have been working on our plans for the coming year (five conference calls lasting one to two hours each -- thank goodness for speaker phones). This is the cooperation among cooperatives that makes it possible for us to provide the great specials in our flyer, negotiate lower prices with service providers and obtain support, training and financial data that we could not dream of doing alone.

Here in the store we are reshuffling the deck to create more effective department structures. Some of the people you know will be taking on new responsibilities. Among them, Alex Beeby (this will be his last newsletter as editor!) will be taking over the responsibilities of managing our front end

and maintaining our computer networks. Joey Robison will be leaving the grocery department to take over the membership and marketing duties. Our grocery manager, Chris Broughten, has decided to work part time as a perishable grocery buyer (the groceries are perishable, not Chris) so that she can devote more time to family and personal interests. We hope you will welcome her replacement, Kathie Smith, who comes to us with many years of experience in both retail and wholesale natural foods companies. As everyone settles into their new responsibilities we expect to aggressively pursue ever-higher levels of service and satisfaction for

you, our owners.

Please take a few minutes to read the wonderful commentary by Íris in this edition. She has made a clear and compelling case for all of us to rethink our commitment to the co-op and not to lose sight of the fact that it is, indeed, our business and we are the ones who will determine Just Food's future. I say this as one of the 1,300 member-owners, as well as the store's manager. A great staff and an attractive store can make a big difference, but our support and patronage—you and I and all of our community—will determine our future.

## FUN FACTS

If each person spends an extra dollar every time they shop (a cup of coffee, a cookie, a few bananas), our sales will increase more than \$10,000 per month.

If ten additional customers buy a typical amount of groceries (about \$23) every day, it would add about \$7,000 in sales each month.

Did you know we have wireless internet access at the co-op? Grab a seat with a sidewalk view and enjoy a tasty snack while you cruise.

Can you believe that some people don't realize they can shop at a co-op without being a member? Let's get the word out -- and new customers in.

## BOARD OF DIRECTORS UPDATE

# Policies Passed -- Require Refining

BY RON GRIFFITH, PRESIDENT



I hope you were as pleased as I was by our first year celebration in the store on December 17th. Live music, product samples, birthday cake, chatting with old and new friends, memories of Co-op beginnings, stories of progress, caricatures, cocoa and shopping contributed to the festivities for those who stopped by the store that day. Even if you weren't able to celebrate in person, as member-owners we can all congratulate ourselves on a great first year and look forward to an even greater second year.

At the last Board Meeting in 2005 the Board planned its activities for the coming year. The Board's major focus in 2006 is on

Policy Governance implementation. Now that the Board has developed the Co-op's complete set of Policies and has monitored compliance for a few months, the necessity of continuing Policy revision is apparent. In retrospect that need shouldn't be a surprise since dynamic, responsive Co-op governance is accomplished through avoiding ad hoc decisions and by refining as well as implementing Board Policies.

Continued work on Policies requires the Board to develop deeper insights into Co-op business -- especially the opportunities and challenges of sustainability and the role of Just Food in building community. A variety of resources and means will be used to discern and represent member-owners' aspirations for the Co-op and to improve Board effectiveness.

Support for this work will be provided through participation in CBLD (the Cooperative Board Leadership Development program) provided by CDS (Cooperative Development Services). CBLD is comprised of three elements: training for new Board members, a retreat for all Board members and on-going consultation with CDS. To enable the Co-op's participation in CBLD, the Board accepted with gratitude financial assistance offered to Just Food by NCGA (National Cooperative Grocers Association). CBLD has been tested and has proven effective in helping co-ops in the east. The Board is excited by CBLD's new availability in the Midwest and anticipates many benefits from participating.

# Dining à Deux

BY ÍRIS (THE MERMAID) LEE

If you read "Kitchen Confidential," by New York celebrity chef Anthony Bourdain, you'll know that when it comes to restaurants there are two things to avoid: breakfast buffets, and dining out on Mondays. Actually he lists one more thing: hollandaise sauce and we won't get into the murky details here. If you are a "foodie," you probably have a pretty good idea why; if not, head for the library and check out Bourdain's fascinating account of life behind the culinary scenes.

There are at least two days of the year, no matter what day of the week they land on, that I think should belong to the avoid-restaurants category: Mother's Day, and for the same reason, Valentine's Day.

The best option is to dine at home on these days. It allows you to avoid the overcrowded, stressed-out restaurant scene and, if you do the cooking, gives you an opportunity to demonstrate your love and appreciation to that special person in your life. Technically, cooking for someone is an opportunity to convey all kinds of other messages, but that's material for another column.

When it comes to dining à deux, I've learned from experience that less is more. Avoid copious quantities of food and stay away from pieces of large livestock. The first Valentine's Day dinner I cooked for my husband was prime rib, and although it was very good, fussing over the temperature and doneness of a big chunk of meat kind of took the sparkle out of the meal. Plus, I recall still being full at breakfast the following morning, a

sensation that wasn't exactly in my plans.

When cooking a special meal for two, I recommend going with seafood, because it's usually easy to cook and doesn't take long. The purists will be looking for foods traditionally considered to be aphrodisiac, such as asparagus and oysters, both of which are available at your co-op, but I think almost any seafood has the potential to end up a tantalizing meal. This tuna recipe certainly does and fulfills the "less is more" requirements in more ways than one.

It is simple and quickly prepared and, as with most seafood, the less it's cooked, the better. And you can serve it with freshly cooked asparagus...

P.S. I am going to let you in on a little short-cut secret here, a secret recipe. Skip the sauce preparation – simply salt and pepper the tuna and cook it according to directions. Shake well and open a bottle of Ginger-Sesame dressing, available at Just Food, made by the Ginger People. Pour over cooked tuna steaks.

I gave my friend this recipe at last week's Fresh Fish Friday, and she cooked it that evening. Her husband said it was the best meal he'd had in three years.

(The government recommends overcooking seafood. Just Food is not responsible for any consequences you may experience as a result of eating raw or "undercooked" seafood)



Íris and her husband James Lee

# RECIPE

## Korean-Style Seared Tuna (serves 2)

- |                                      |                                          |
|--------------------------------------|------------------------------------------|
| 4 tablespoons soy sauce              | 1 tablespoon cooking oil                 |
| 1 teaspoon sugar                     | 1 teaspoon dark sesame oil               |
| 1/8 teaspoon dried red pepper flakes | 1 scallion, including green top, chopped |
| 1/2 fish or vegetable stock          | 1 teaspoon fresh ginger, finely minced   |
| 2 tuna steaks, 3/4 - 1 inch thick    | 2 cloves garlic, finely minced           |
| 1/4 teaspoon salt                    |                                          |
| 1/4 teaspoon freshly ground pepper   |                                          |

Combine soy sauce, sugar, red pepper flakes and broth in a small bowl. Sprinkle the tuna steaks with salt and pepper. Heat cooking oil in a large frying pan over medium high heat. Add tuna and cook until brown, about 1 minute. Turn and cook the fish for 1 minute more (depending on thickness) for medium rare. Turn tuna filet again and tent with foil; cook over very low heat for 2 more minutes. Keep warm.

Reduce heat to medium and add sesame oil to pan. Stir in scallion and garlic and cook for 1 minute. Add the soy-sauce mixture and simmer for about 2 minutes or until mixture is slightly reduced and thickened.

Cut tuna into slices and serve with sauce.

(No mermaids were harmed in the making of this recipe)

Taste it., continued from page 1:

Just Food carries a wide selection of cheeses and chocolates (and coffees) that meet our standards for fair-trade and sustainability. The Northfield liquor store carries several organically grown wines (and other liquors).

Visualize a small portion of this really good cheese or chocolate or wine (or coffee) -- the color meeting your eyes, the evolving flavor moving through your mouth and over your tongue, the memory left behind. Now visualize sharing this moment with someone special. I think that satisfies at least my tame definition of aphrodisiac.

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Live it., continued from page 1:

wrong; we are not asking for special treatment. We're good; we have (to quote a certain Ms. Stewart) best-of-class products, and we know that when it comes to quality we'll always come out on top.

What **...we know that when it comes to quality we'll always come out on top.**

I'd like to see from members is more dedication to the store. Yes, some things cost a little more, but you are getting produce free of pesticides; meat, fish and dairy free of hormones and drugs; grocery products with un- or less refined sugars or altogether different sweeteners than the next supermarket's corn-syrup and saturated-fat laden diabetes-inducing Ding-Dongs (I'm not joking; did you read last month's Star Tribune article on diabetes in American children?). My personal shopping habits changed when I became a member of Just Food. I got hooked on the fresh produce and local meats – I loved knowing where the food I was feeding my family was coming from. I couldn't go back to the big grocery stores, and yes, my family's eating habits changed as a result. Some of us are thinner, and we definitely eat a lot less sugar and junk food!

I want to ask you to make a commitment to Just Food. Make a commitment to ensuring that your investment will thrive. You will truly be investing in your future. It will be one of the most important contributions you will make. Make the commitment and contribute not only to your store and community, but also to your and your family's health.

# THE RESOURCE CORNER

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

**Democracy's Edge: Choosing to Save our Country by Bringing Democracy to Life.** [St.Olaf JK1726. L36 2006, Just Food]

Why did Frances Moore Lappé refer to Just Food and our own Phil Stoltzfus on p. 205? Because we're an example of people described in a book that's a call to "hone our democratic selves" by fully participating in an "underrecognized common ground" and by "discarding long-held stifling assumptions about power, self-interest and public life." As in Hope's Edge, Lappé peppers her discussion with vibrant examples of what is working and is working well (including us!) and urges active involvement in democratic life.



**Complete Idiot's Guide to Solar Power for Your Home.** [NfldPubLib 621.31244 Ra]

As with other books in the CIG series, this is an easily digestible introduction to the topic of solar power and its applications for the individual. From what it is and how much

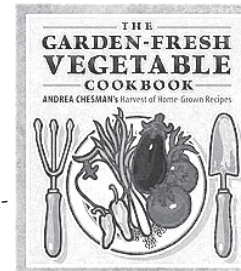
energy you'll need, to how to finance, install and maintain it, this manual explains clearly and in a straightforward manner. Written in 2003 so some materials will be a bit dated, but the basics still hold.

**The Garden-Fresh Vegetable Cookbook.** [NfldPubLib 741.65Ch]

Beginning to dream about your garden or local produce in the co-op vegetable section? Here's a wonderful cookbook set up by harvest-times! Planting and kitchen tips for the produce, great recipes and fascinating facts... you might even be tempted to buy vegetables from afar just to make it through the next six months.

**Magical Hands.** [available by request through NfldPubLib]

William is a cooper and his three friends include a baker, a grocer and general store keeper. As they were talking one day about birthdays and how special it would be if their work could be done magically for just that day, William thinks of a way to give a special gift to each of his friends. A very lovely story to inspire projects in the long days of winter.



Kris MacPherson,  
Outreach/Education Committee

## FEATURED ITEMS

# Clean Cotton

BY THERESE MARTIN, MERCANTILE MANAGER

What comes to mind when we pull on our favorite cotton t-shirt, slip into cotton sheets, or wrap baby in cotton clothes? Cleanliness? Purity? Think again!

Cotton is the second most pesticide-laden crop in the world. Coffee is the first, and tobacco is the third. Although grown on only 3 to 5 percent of the earth's cultivated land, cotton consumes 10 percent of the world's pesticides and 25 percent of all insecticides each year.

Often sprayed from the air, only one quarter of the pesticides used on cotton fields reaches its intended crop. The remainder drifts on for miles, resulting in the contamination of soil, water and other crops -- endangering wildlife and compromising human health.

Before you rush out and buy an organic cotton t-shirt, perhaps you should sleep on it first. Research shows that our body is many times more sensitive to environmental influences while asleep. Since one third of our lives are spent sleeping, our bedrooms can be the cause of severe irritation rather than comforting rest.

Organic quality fibers allow smooth breathing and proper exchange of heat and water to flow through the body -- along with permitting natural electro-magnetic energy from the environment.

Synthetic fibers, in contrast, impede this natural process and disrupt the normal metabolic processes.

Chemical free, organic cotton, wool and hemp offer safe, sensible home furnishing and clothing alternatives. By purchasing chemical free furnishings and clothing, you honor our past and promote a sustainable future.

Our mercantile store carries organic Coyuchi cotton sheets, towels and blankets. We also carry a full line of Under the Nile organic cotton baby clothing and toys. Look for our February Valentine's special on both Coyuchi and Under the Nile organic cotton products!



# Chocolove

BY ALEX BEEBY, EDITOR

Cool, tangy bitterness melts into a buttery pot-pourri of aromas and flavors then dissipates into soothing nostalgia. There are few experiences quite as sensual as savoring really good chocolate. Chocolove provides a complete package to enable a consistently premium but sustainable experience.

Tall and slightly eccentric chocolatier Timothy Moley, perhaps a little like Willy Wonka, started the Boulder, Colo., business like many small businesses -- on extended credit and a dream. Exposed to a variety of high quality spices, teas and wines while volunteering with USAID, Moley became infatuated by chocolate. The idea formed of pairing premium chocolate with the romance of love.

What begin as fruit of the tropical Theobroma cacao tree become bars with a satiny smooth sheen and a rich, complex flavor and aroma. Each bar is then wrapped with a romantic poem to further deepen the taster's experience.

So tasters can be sure of the bars' quality, the wrappers also include the cocoa content and lot number of the bars. Chocolove claims to be the first U.S. company to indicate the cocoa content on their bars -- an important factor in determining quality. Because cocoa is the most expensive but important ingredient in chocolate, knowing the cocoa content helps tasters find the balance of cocoa to sugar (and milk in the case of milk chocolate) they are looking for. By knowing the lot number of the bars, connoisseurs can age their chocolate to ultimate perfection -- yes, people age chocolate.

At Just Food, we strive for more than just quality of product -- we look for sustainability as well. Chocolove is a member of the World Cocoa Foundation. The foundation's mission is promoting "a sustainable cocoa economy

through economic and social development and environmental conservation in cocoa growing communities."

Chocolove's cocoa bean supplier meets the European organic standards where most of their beans are sold. "All of our chocolate bars are 100% natural and certified kosher dairy," Chocolove says in their FAQ sheet.

"A Chocolove bar is a delightful treat that delivers more than you might be expecting," Chocolove says, "And for the true chocolate connoisseur, a Chocolove bar delivers the ultimate chocolate experience."

Chocolove is on special for \$1.69 in February. Just Food carries eight varieties of their bars.

On-line: Chocolove: <http://www.chocolove.com>. World Cocoa Foundation: <http://worldcocoafoundation.org>.



## Just for Fun



# Cabaret!

Photos courtesy of Stuart Reid, General Manager

## 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, (507)650-0106 or [classes@justfood.coop](mailto:classes@justfood.coop).

### Cultivation and Preservation

#### Landscaping Basics

Glen Switzer, Switzer's Nursery & Landscaping  
Thursday, March 2 at 7 p.m.

Please preregister; walk-ins welcome  
Introduction to basic landscaping philosophy.

#### Integrative Pest Management (IPM)

Therese Martin, Mercantile Manager, Master Gardener

Tuesday, March 7 at 7 p.m.

Please preregister; walk-ins welcome  
What is IPM and how can it help us?

#### Water Gardens & Native Plants

Brad Easterson

Thursday, March 30 at 7 p.m.

Please preregister; walk-ins welcome  
Working with nature.

### Food Preparation and Consumption

#### Cheese Tastings

Stuart Reid, General Manager  
Friday, March 17 from 7 to 8:30 p.m.

\$10, preregistration required

Come experience these popular evenings of cheese and conversation. Feel free to bring wine to share.

(Feb. 16's tasting is at the Grand in conjunction with the Northfield liquor store's wine club. Contact the liquor store for more info.)

### Personal Wellness

#### Awesome Fish Oil

Dr. Kurt Hornnes, Northfield Chiropractic  
Thursday, Feb. 9 from 7 to 8:30 p.m.

Please preregister; walk-ins welcome  
Behold: the amazing benefits of fish oils.

### Group Gatherings

#### Sustainability Book Group

Thursday, Feb. 16 from 7 to 8:30 p.m.

Book: Gussow, Joan Dye, *This Organic Life*

Thursday, March 16 from 7 to 8:30 p.m.

Book: Steingraber, *Living Downstream*

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

#### Voice of Minnesota Farm Women

Land Stewardship Project

Thursday, Feb. 9 from 7 to 8:30 p.m.

Documentary and discussion at the Northfield Arts Guild.

#### Board Meeting

Thursday, Feb. 23 from 7 to 9 p.m.

Thursday, March 23 from 7 to 9 p.m.

Contact Stuart Reid if you are interested in attending.

**Do you have suggestions for the sustainability book group? Let us know.**



### Fresh Fish Fridays

Every Friday starting at noon

Some of the freshest fish available -- in our meat case. Hurry; it goes quickly.

### Sustainability Around Town

#### Family Farms Exhibit

Northfield Arts Guild

Through Feb. 10

Contact the Northfield Arts Guild for info.

#### Local Farmers to Buyers

Sustainable Farming Association

Saturday, Feb. 11 from 9:30 a.m. to 3 p.m.

Contact Kathy Zeman for info: (507) 789-6375  
of [kzeman@myclearwave.net](mailto:kzeman@myclearwave.net)