

# The ComPost

Fertilizer for the mind.

A Bimonthly Publication of Just Food Co-op

April/May 2011

## I'll Take 'Organic' for \$1000, Alex: My Epiphany in Food and Product

by Michele Merxbauer, Determined Mom and Wife



Merxbauer Family, Fall 2009

My family is your run-of-the-mill Midwest family. The four of us, my husband Eric, myself, and our two children, Grace (7) and Fisher (2), make a point to eat each night as a family. Eric and I both grew up in the 1980's in households where supper consisted of a meat, potatoes and a canned vegetable, like corn or green beans. My good Scandinavian mother was also a pro at the Minnesota hotdish: cream-of-something soup, cheese, a meat like ground beef or tuna, with a noodle product or a potato product of some sort, like tater-tots. This is how I ate for the first twenty something years of my life. Oh, and dessert. We ALWAYS had dessert. Cookies, cake, Little Debbie something or other. My mother truly felt she was feeding us a balanced, healthy diet.

Our first child, Grace, was born with disabilities that involve a g-tube for feeding purposes. Our diet did not change much with her birth, because everything she consumed was through her tube and from a prescribed diet. It was the birth of my son in 2008 that changed everything.

I nursed my son exclusively for the first seven months. When he was seven months old, I started him out on organic avocados. He loved them and quickly became interested in food in addition to nursing. I went to the grocery store to buy some baby food, because that is what we are supposed to do, right? While there, I noticed the expiration date was for 12/12. Ok, but it was July 2009! I was appalled and refused to buy it. Even the organic brands

had a ridiculously long shelf life. I felt that something that could last so long on a shelf likely had something in it I could not pronounce and would not want my baby consuming. I promptly bought a book about how to make my own baby food and for the next six months, spent every Sunday making enough food to last Fisher the week, both at home and at daycare. I used fresh fruits and vegetables from our garden and our fruit

orchard. I shopped the Farmers Market. In short, Fisher nursed for a year and did not eat anything from a can or box until his first birthday, when I baked him a cake. Hey, some traditions just MUST be upheld!

Our food revolution with Fisher quickly spread to the rest of the family. The documentary *Food, Inc.* really made us evaluate our food and where it comes from. We began shopping with more knowledge of what to look for in our food. We shopped more of the perimeter of the store, and less in the middle. We changed how we eat, how we plan meals and how we snack. In addition, we saw our daughter becoming more and more interested in food as she watched her brother at meals. With her nutritional issues at the forefront and now unable to depend solely on her prescribed diet, we became super conscious of what was in the house for the kids to eat.

We had another revelation in 2009. Eric

was suffering from severe skin rashes and after an extensive testing session at the Mayo Clinic, discovered he had developed a level 5 allergy to acrylates. Acrylates are plastics that are in everything: detergents, soaps, containers, shampoos, lotions, eyeglass frames, contact lenses, glues and adhesives. We immediately started to experiment with different brands of products to find soaps and detergents that

do not contain acrylates. We also learned how this chemical leaches out of products and into our skin when we perspire. Eric is blind as a bat and can no longer wear his contact lenses, and

his glasses also cause significant rashes, alleviated only by strong steroid creams. We are in the process of petitioning the insurance company to allow Lasiks, as it is his only hope for a long term solution.

With Eric's allergy and our concern to feed our children food with the least amount of additives and hormones, we changed how our household operates. We started slowly; white potatoes were replaced with brown rice or sweet potatoes. Pasta was switched to a 100% whole grain pasta. Our chicken and eggs are organic and free range, from a local farmer when possible. We switched our beauty aids and cleaning supplies to brands without acrylates and from a more natural source. As one area of our new life becomes routine, we start to alter another area. We

still have a long way to go, and as money is tight in the off-season for us, we have to make concessions. Our beef is not grass fed; we simply cannot afford the extra money this winter. But we are researching how to make some of these choices more affordable for next year. It's a work in progress.

Our journey has really been about making healthier choices for our family, and evolving that into foods and products that are more natural and local. Our goal is to keep the foods and products we use and consume as near to the original source as possible.

Last summer, we were on a road trip with the kids. When we were about an hour from home, the kids started to complain they were hungry. We had been gone a week and I just wanted to get home, so I said, "Ok, we'll run through McDonald's and get some chicken nuggets." Now, mind you, we never eat fast food but I knew that it had been a "treat" at Grandma's house. Both children were in an uproar: they did not want McDonalds, they wanted grapes! Nothing else would do. So we stopped at the grocery store in Mankato and I bought a bag of organic grapes.

They ate nearly the whole bag by the time we reached Owatonna.

*Michele has been the Housing Manager for the City of Northfield since 2007, and is currently also helping with flood preparations. An avid runner and cyclist, she is currently training for the Multiple Sclerosis 150 bike ride in June, and the 200 mile relay run RAGNAR in August.*

**Our journey has really been about making healthier choices for our family.**



## Rural Enterprise Center's Agripreneur Training Program: An Opportunity for Everyone

by Katie Blanchard, Rural Enterprise Center Outreach Coordinator

After several years of development by the Rural Enterprise Center, this summer will mark the launch of the Agripreneur Training Program in Northfield. The program is a critical part of providing the Latino community with a sustainable path out of poverty, and it also gives an opportunity for Just Food Co-op member-owners and the whole Northfield community to engage with our Latino neighbors and participate in local, community-based, sustainable agriculture. Currently, the Latino population of Minnesota faces higher levels of poverty

(21% below the poverty line, compared to 9% for all Minnesotans) and an average annual income of \$22,000, through a precarious balance of multiple jobs. The Latino community faces particularly high social and economic barriers to land access, business financing, and job training.

Latinos currently supply a great amount of labor in our food system. The Agripreneur Training Program will build Latino trainee capacity in business planning and sustainable food production, providing support for families to move from primarily being day laborers and food workers, to becoming business owners and food

producers, or agripreneurs.

The Agripreneur Training Program will take place at the Community Farm site, about 1 mile south of town on 115th St (also the location of St. Olaf students' SEEDS farm). As on any farm, the program will begin with a flurry of activity, and it will continue through our fast and furious Minnesota growing season. This spring we will be constructing two buildings for raising chickens and preparing various other food production areas. Through the summer season, there will be ample opportunities for Just Food Co-op member-owners and the broader community to

participate in the training programs and farm activities.

Please stay tuned if you are interested in doing the real work of building our local food system and supporting the success of Latino entrepreneurs. More information and participation opportunities will be made available at the Co-op's customer service desk, and at [www.ruralec.com](http://www.ruralec.com).

*Katie Blanchard is the new Outreach Coordinator for Rural Enterprise Center. Contact her with any questions, or for more information: (507)786 9900 or [kblanchard@mainstreetproject.org](mailto:kblanchard@mainstreetproject.org)*



## FROM THE DESK OF THE GM

# Happy Spring!

by Melanie Reid, Co-op Owner & General Manager

I recently shared a Saturday morning with a group of students from St. Olaf. During a tour of the Co-op they asked many questions about our operations and our beginnings. It was fun to share with them, and I was reminded of how incredibly rewarding the work of starting our Co-op has been. Not a day has gone by in the last six years that I haven't learned something, met someone new, and really felt the power of people working together toward a common goal. How lucky we are to have grown such a wonderful gem as Just Food.

The growth of our Co-op continues in many wonderful ways. We have just hired a new Human Resources Manager to join our Leadership Team and our staff is now 50 members strong! Thank you for supporting your Co-op to financial health and allowing us to employ so many talented folks. We strive to provide the best workplace possible and I look forward to

working with our new HR Manager, Kevin Bushard, in bringing our staff development goals to life.

As you begin planting seeds in your garden, we are busy planting the seeds of our future. These spring months are our "planning season". We are working on creating a three-year strategic plan and a business plan for our fiscal year 2012, and the Board of Directors recently held their annual planning retreat as well. You may also hear banging and drilling as you shop during April as we are working on a construction project in our Community Room. As part of our plan for sustainable growth, the time has arrived that we need to add some additional prep space for our fresh departments. Our project includes building a wall that will incorporate about one third of our Community Room space into our backroom work area, creating not

**How lucky we are to have grown such a wonderful gem as Just Food.**

only a prep room but some additional office space as well. Everyone involved is very excited about this project and the improved working conditions that it will create for our staff members! Thanks to Steve Schmidt Construction for helping to make the project a reality for us.

Our new Everyone Eats program is growing too! Thanks to your generous contributions, we provided lots of natural, tasty food to our local food shelf during the Minnesota FoodShare March Campaign. Additionally, your Planet Patches and contributions to the Just Change boxes allowed us to purchase hundreds of dollars worth of gluten-free offerings for the Food

Shelf. Nice work, everyone!

And our farm is growing! Well, OK, not quite, but our relationship and collaborative efforts with the Rural Enterprise Center's Agripreneur Training Program and

Community Farm is growing (read more about this program on page 1). I invite you to join us for a celebration of this collaboration on Friday, May 13th, when we are co-sponsoring a presentation of the one act play "Look Who's Knockin'" at the NAG Theater (see details on page 12). I hope to see many of you there!

We've clearly got a lot of seedlings taking root. All we need now is that warm spring sunshine!

By the way, if you need a few seedlings for your own garden, please stop by during our annual Mother's Day Plant Sale—it's sure to be the biggest and best one yet!



Kevin Bushard is our new Human Resources Manager



## BOARD UPDATE

# Shopping for Eggs & More

Diane Burry, Co-op Owner & Director

When asked to write an article for The ComPost, perhaps about a favorite food purchased there, I immediately thought of eggs. My family, I confess, is full of egg "snobs". We love them, compare them, and eat them often. When Just Food was established, we realized we were in egg heaven!

I set out this morning to get more eggs. With so many to choose from, it feels like an embarrassment of riches. Bulk eggs, organic eggs, brown eggs, white eggs... For me (and I can't speak for the other members of my family) I love Nick's Eggs. Nick's Eggs (Nerstrand) are sustainably raised and local, both types of agriculture that I try to support. But more than that, they are delicious and fun. Yes, fun! When you open the carton, it is like opening a box of surprises. The colors of these eggs, from heritage breeds of chickens, are brown, pale green, delicate blue, etc. Despite the snow outside, these colorful eggs remind me that spring can't be far away.

However, for me, shopping at Just Food is more than buying food and supporting the types of agriculture I believe in. It is also a time for connecting with community. As



I walked in this morning, I was greeted by name, and told about a great local agriculture seminar coming up soon. I ran into a friend, and we shared news of our children. In the wellness aisle, I exchanged health hints with the person stocking the shelves. As I checked out and gave my member number, I once again remembered that Just Food belongs to all member-owners equally. There are no majority-versus-minority shareholders. It is what we make of it.

Of course, all are welcome to come and shop. Buy eggs and other yummy things, support local farmers, take a moment for community. Hope to see you there!

### Board meetings

Monthly Board meetings are open to all Just Food Co-op member-owners.

Board meetings are held at 6 p.m. in the Just Food Community Room, generally during the fourth week of each month. The schedule is subject to change. Call Melanie Reid at 507.650.0106 if you wish to attend a meeting.

You can also contact the Board via email: [board@justfood.coop](mailto:board@justfood.coop), or visit with them at Coffee with the Board (please see upcoming dates and times on page 3)

# Everyone Eats Update

Mary Upham, Co-op Owner & Outreach and Education Coordinator

Just Food Co-op kicked off the new ongoing donations program, Everyone Eats, with the Minnesota FoodShare March Campaign. This new partnership with the Community Action Center (CAC) Food Shelf aims to supply the Food Shelf with organic, healthy food for Food Shelf clients to choose. It will also provide enough gluten-free and other special diet items to begin a selection area at the Food Shelf for folks who need these products.

One of the benefits of streamlining the donations is that it's easy for everyone to know and understand the program. Through the promotion of the partnership with the CAC we will help people get in the groove of donating through our Just Change and Planet Patch opportunities and they will know exactly where their assistance is going. The program will start with fortifying the shelves with products, but there are many possibilities in the months and years to come. Providing food for Thursday's Table, offering a CSA share to clients, and whole foods cooking classes are all ideas for the future.

Everyone Eats will also boost the visibility of the Food Shelf, and in turn their mission and needs, through signage in the store. There are signs on the shelves that say "Buy an Extra" to let you know what might be a good item to

donate. You can buy these items with your other purchases and drop them in the collection baskets in the entryway of the Co-op on your way out.

Judy Bickel, CAC Program Director, reports that "The CAC Food Shelf is a safety net that responds to the local need for individuals and families that are struggling to put food on their tables. There are families that simply run out of money to buy the food that they need. The unemployment and underemployment numbers are still high. People aren't earning enough income to pay all their bills plus buy enough groceries; and

now with gasoline prices climbing we are very aware that even more people will be needing to choose to put gasoline in their tank or food on their table. We are fortunate to live in a community that has the resources to help these people, but everyone has to pitch in and do what they can to help keep the CAC's Food Shelf full. We know that we have to strengthen our nutrition safety net for the people we serve and we are confident that Just Food and the Everyone Eats campaign will help us do that."

Each month the food donations will be weighed and the Just Change and Planet Patch donations added up to report back on how the contributions are affecting the way we care for our community.

Thank you in advance for being a part of the Everyone Eats effort.

every  
one  
eats



# JUST FOOD CALENDAR

Just Food Co-op encourages exploration of a variety of approaches to healthy choices, responsible consumption, and sustainable living. The viewpoints expressed in our classes do not necessarily represent endorsement by Just Food Co-op.

## Registration Policy

Please pre-pay for all classes by phone with a credit card (507-650-0106) or in-store at the cash register. Classes that require a minimum number of participants will run only if the minimum is reached three days before the class date, so please sign up early!

## APRIL

### Coffee with the Board

Saturday, April 2, 10 a.m.–12 p.m. at the front of the store.

Co-op owners, chat with your Board members over a free cup of coffee.

### Spring Forest Qigong Practice Group

6 Mondays, April 4–May 16, 5:30–6:45 p.m.

No class May 2.

Cost: \$55. Instructor: Mary Zelmer

Join us for continuing practice of the Spring Forest Qigong principles with Mary Zelmer. Learn techniques to feel the flow of your energy and help relieve physical pain, stress, depression and more. Exercises are simple, effective, and easy to learn. Please wear comfortable clothes. Previous experience not required. Everyone is welcome. Mary is a Certified SFQ Teacher, Master Healer, and advanced student of Chunyi Lin, founder of SFQ.

### Beginning Mantra Meditation

Thursday, April 7, 6:30–8 p.m.

Cost: FREE. Instructor: Katie Milbrett

“A lotus flower rises above the water, untouched by its impurities. Similarly, through meditation, a person can live in this world untouched by its anxieties.” In this introductory class, learn and experience three easy, effective, and enjoyable techniques of meditation to add to your life. Follow-up meditation gatherings are also available. Katie has been practicing meditation for ten years under the guidance of an enlightened master in the Brahma-Gaudiya Vaisnava tradition.

### Ukrainian Egg Decorating for Kids 7 and Up

Saturday, April 9, 9 a.m.–12 p.m.

Cost: \$20/18 owners. Instructor: Laura Heiman. Limited to 12 participants.

Learn how to create beautiful eggs using the traditional hot wax and dye method of pysanky, Ukrainian egg decoration. Participants will take home at least three finished eggs! It's easy to learn and lots of fun to do. Taught by Laura Heiman who has been decorating Ukrainian eggs for more than 25 years. Seating is limited so call today!

### So You Want to Sell Your Veggies to the Co-op?

Saturday, April 9, 1–2 p.m.

Cost: FREE. Instructor: Strider Hammer

If you grow veggies now, or hope to in the future, and would like to learn how to sell to Just Food, this class is for you. Produce Manager Strider Hammer will tell you all you need to know, from the standards we are looking for to how to write up an invoice. Preregistration for this class is required by Thursday, April 7.

### Organic and Local: Why Does it Matter?

Monday, April 11, 6:30–7:30 p.m. at Millstream Commons, 210 West Eighth Street

Cost: FREE and open to everyone. Instructor: Mary Upham

Organic and local are hot buzzwords these days. What exactly do they mean? What are the benefits? Is there a downside? How might organic and local food affect your shopping? Find out the answers to these questions and more and get the low down on why it might make a difference for you, your family, and the local economy. Just Food's Outreach and Education Coordinator, Mary Upham, will lead this presentation.

### Woodland Wildflowers

Tuesday, April 12, 6:30–8 p.m.

Cost: FREE. Instructor: Tom Nelson and co-sponsored by Eco-Gardens

Learn how to find legal and eco-ethical woodland wildflowers, ferns and lady slippers for your shade garden or woodland space. Garden site requirements and horticultural do's and don'ts for these rarely gardened species will be examined. Plenty of time for Q/A. Thomas Nelson is the owner of Blue Heron Lady Slipper Co., a rescue nursery threading back over twenty years.

### Islands in Space: Urban Gardens as Sanctuaries for Bees

Thursday, April 14, 6:30–8:30 p.m.

Cost: \$7/\$5 owners. Instructor: Neil Cunningham

How can we aid the bee community and why is it important? Learn about the importance of bees and how the habitats we provide through gardens can have a positive impact as “links” in the fractured urban environment. Even what we plant in those gardens can have an impact on the future of bees. Join urban naturalist, Neil Cunningham, on a stimulating journey into the world of city bees.

### Level One Spring Forest Qigong 2 Day Intensive

Friday, April 15, 6–9 p.m. AND Saturday April 16, 12–5 p.m.

Cost: \$80/\$78 members (includes manual). Instructor: Mary Zelmer

In this class you will learn the techniques to help you feel the flow of your energy which can help relieve physical pain, stress, depression and more. These qigong exercises are simple and include breath, visualization, gentle movement, and sound. Join us and discover your natural healing abilities. Please wear comfortable clothes. Mary Zelmer is an advanced student of Master Chunyi Lin (founder of Spring Forest Qigong) and has been studying SFQ since 2001. She is a Master Healer and Qissage Practitioner. [www.springforestqigong.com](http://www.springforestqigong.com).

### Turn Your Garbage into Gold

Tuesday, April 19, 6:30–8 p.m.

Cost: FREE. Instructors: Marcia Walters and Anne Sawyer

Composting is nature's way of recycling! Learn how to save money, improve your soil and keep more waste out of landfills. This class will cover a range of composting techniques for both the beginner and experienced composter who want to improve their results. Both Marcia and Anne are Rice County Master Gardeners. Marcia has been backyard composting for over 25 years and Anne is a local gardener and market grower.

### Tapped: The Movie

Wednesday, April 20, 7–9:30 p.m. at Carleton College in Leighton Hall, Room 305

Cost: FREE. Co-sponsored with Food & Water Watch as part of Carleton's Take Back the Tap Campaign

Is access to clean drinking water a basic human right, or a commodity that should be bought and sold? A behind the scenes look into the unregulated and unseen world of an industry that aims to privatize and sell back the one resource that ought never to become a commodity—our

water. This documentary traces the path of the bottled water industry and the communities which were the unwitting chips on the table. It's a portrait of those caught at the intersection of big business and the public's right to water.

### MAKE IT: Rain Barrels

Thursday, April 21, 7–8:30 p.m.

Cost: \$45/\$42 owners. Instructor: Cannon River Watershed Partnership staff

Help clean up the Cannon River and collect free soft water for your flower gardens. Join us to learn about runoff and the benefits of rain barrels. Go home with a fully assembled 55 gallon plastic rain barrel and the knowledge that YOU are doing something for clean water.

### MAKE IT: Cutlery Basket

Tuesday AND Thursday, April 26 AND 28, 6–9 p.m.

Cost: \$40/\$38 owners. Instructor: Mary Simon

This is a great basket to have on hand for all of your summer picnics! It has a removable divider for napkins, cutlery, mustard and ketchup, but the possibilities are endless! Art supplies? Hair accessories? Bills? Just about anything would work in this handy basket. All levels of weavers welcome! Bring 50 snap clothespins, screwdriver, needle nose pliers, ruler or tape measure, heavy duty scissors, old towel, and spray bottle. All other materials supplied. Stop by the front end of the store to see an example of the basket.

### Arbor Day Tree Giveaway

Friday, April 29, 3:30 p.m.–until trees are gone

Cost: FREE. Sponsored by the Rice County Mastergardeners

Come and get a free tree that is specifically chosen for our climate zone. Rice County Mastergardeners will be on hand to answer your questions on tree selection, placement and planting.

## MAY

### Just Good Books Club

Meeting in May, date TBD—See page 4 for more details.

### Fleece Fun

Thursday, May 5, 6:30–8:30 p.m.

Cost: \$17/15 owners. Instructor: Laura Heiman

Spring is here, and it's shearing time so there are beautiful, local, inexpensive fleeces available, just waiting to be turned in to your next fiber project. Minnesota is a wonderful place to find alpaca, llama, and a wide variety of sheep wool, all from small local producers. If you want to know where the best fleeces are to be found, how to choose the right kind of fiber for a particular project, or how to clean and prepare them for spinning, dyeing, or felting, this is the class for you!

### Coffee with the Board

Saturday, May 7, 10 a.m.–12 p.m. at the front of the store.

Co-op owners, chat with your Board members over a free cup of coffee.

### Mother's Day Plant Sale

Saturday, May 7 and Sunday, May 8

It's time once again for our annual Mother's Day Plant Sale! For one weekend only we'll have all of the bedding plants you need to plant your entire organic garden. But make sure to come early, because when they are gone, they're gone.

### Introduction to Pest Management

Tuesday, May 10, 6:30–8:30 p.m.

Cost: \$7/\$5 owners. Instructor: Neil Cunningham

Many growers are learning how insect management is more than passively choosing a pesticide spray; that it involves understanding certain pests and the tools and techniques used to manage them. This class provides a general review of insect classification, behavior, life cycles (including insect degree days), and common IPM tools. This class ultimately asks a few straightforward questions to help gardeners choose the right product to use at the right time for the right insect. Designed for backyard orchard growers, this class aims to help gardeners make well-informed decisions about the products they choose and the techniques they use.

### Look Who's Knocking: A One-Act Play

Friday, May 13, 7–9 p.m. at the Northfield Arts Guild Theater, 311 W Third St, Northfield

Cost: FREE but seating is limited so please reserve your seat at Just Food by Thursday, May 12.

See page 12 for more details.

### Basic Bike Maintenance

Tuesday, May 17, 6:30–8:30 p.m.

Cost: FREE. Instructor: Ben Witt. Limit of 20 participants.

It's time to get back on the road! Is your bike ready to ride? Learn how to do it yourself with expert help from Ben Witt, owner of Milltown Cycles in Faribault. Ben will teach you how to properly grease the chain, air the tires, lubricate the cables, and change a flat. The last part of class Ben will offer a quick diagnostic on your bike (one bike per person, please) to let you know if there's more serious stuff that needs work before you head out for a ride. Don't miss this opportunity to be free-wheeling again! You will be all set for Bike to Work Day on May 20.

### Beginning Spinning

3 Tuesdays, May 24, 31 and June 7, 6:30–8:30 p.m.

Cost: \$80/75 owners. Instructor: Laura Heiman

Limited to 8 participants. Must attend all three sessions.

Learn the ancient craft of spinning, creating your own yarn from locally-grown fibers. Think creatively - everything from sheep's wool to dog hair and beyond will work. Make your own drop spindle, then progress to spinning on a wheel. All supplies provided. If you have your own wheel, please bring it - four wheels will be available for student use. Laura Heiman, spinner extraordinaire will bring you from absolute beginner to a confident spinner.



## INSTRUCTOR PROFILE

# Meet Katie Milbrett

by Mary Upham, Co-op Owner and Outreach & Education Coordinator

Meditation is something we hear about so much, but how many of us follow through every day? Katie Milbrett has been studying and practicing meditation for 10 years. Read on to see how it has impacted her life. Katie will be teaching Intro to Mantra Meditation on Thursday, April 7, 6:30-8. See page 3 for details.

*How did you get interested in meditation?*

I wanted something more in my life. I wanted a life that was real and true. I had questions that needed to be answered!

*Have you had any unexpected benefits from your "sitting" practice?*

Actually, I practice mantra meditation, of which one of the benefits is that one need not be "sitting"! Children, seniors, all people can practice mantra meditation. It is easily accessible to everyone, even if a person is not able to sit comfortably or to be silent for long periods of time. My body is only 32 years old and I certainly am not able to sit comfortably for long! Mantra meditation, then, is also wonderful because entire families can do this together. One can engage in the process while standing, walking, lying down, sitting or even dancing!

Back to your question, the benefits for which I am most grateful are the changes I've experienced in my heart and consciousness. My heart has softened. Instead of noticing and focusing on people's faults or imperfections, I experience more tolerance and love in my heart. I also see more clearly where happiness is really to be found, so I save time and energy and heartache by not chasing after that which will not bring real and lasting happiness or satisfaction to me.

*What are the common barriers to meditation and how can one overcome them?*

One common misperception is that to reap the benefits of meditation, one must require a lot of time. On the contrary, any person will find that even practicing meditation five minutes every day will produce many fruits. Another misperception is that meditation is boring or unsatisfying. One finds, however, that even immediately upon beginning a mantra meditation practice, one tastes a sweetness that surpasses any and all other experiences. The proof is in the pudding! I think that simply giving meditation the old Boy Scout try is the way to overcome these and other barriers. Experiencing the benefits yourself will disprove misperceptions.

*Do you find that when you miss a day or a chunk of time that there are any differences in how you approach things?*

Oh yes. I like to always start my day, when possible, with a period of meditation. I find then, when I start the activities of the day, my mind is more calm and peaceful. Meditation also provides the clarity of consciousness to know what to focus on during the day, and where to apply my time and energy. It sheds light on what is truly important and what will bring true satisfaction. My life doesn't go as well without the meditation!

*How do you fit meditation into your life?*

It is a priority for me; it is my foundation. Without meditation, everything else seems to have nothing firm to stand upon. So I start each day with a period of meditation, and then fit more in when I have time. And increasingly, as the consciousness is more and more enlightened by one's daily meditation practice, every moment can become a meditation in a sense. It becomes more a state of being instead of an "activity" for which a person specifically sets aside time to "do."

*Is there any benefit to meditating with a group? Do you know of any groups who offer this?*

Most definitely there is great, great benefit to practicing meditation with a group. In the process of mantra meditation, different techniques are there to practice in one's life, both individually and with others. Always the great teachers and sages have encouraged gathering together with others for congregational meditation, because it is a powerful and sublime experience, and greatly benefits one's life.

I happily welcome and invite everyone to participate in the meditation programs we host regularly. Every Wednesday evening at 6pm, and the second Saturday of each month at 5:30pm. Please feel free to call me for further information at 507-721-2607. We are also hosting a one-day retreat on Saturday, April 9. All of these programs are free of charge. I humbly ask everyone to try to apply this process to your own life and taste real happiness, joy and peace.

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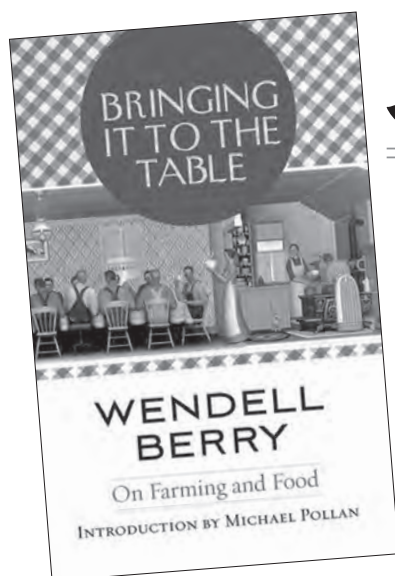
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## JUST GOOD BOOKS CLUB



# Bringing it to the Table

by Wendell Berry

The JGBC will be meeting in May to read *Bringing it to the Table: On Farming and Food* by Wendell Berry. **Please look for date, time and place in the store in late April.**

*Bringing it to the Table* is a collection of essays divided into three parts: farming, farmers, and food. The synopsis provided at [Powells.com](http://Powells.com) says, "Only a farmer could delve so deeply into the origins of food, and only a writer of Wendell Berry's caliber could convey it with such conviction and eloquence. Long before Whole Foods organic produce was available at your local

supermarket, Berry was farming with the purity of food in mind. For the last five decades, Berry has embodied mindful eating through his land practices and his writing. In recognition of that influence, Michael Pollan here offers an introduction to this wonderful collection.

"Drawn from over thirty years of work, this collection joins bestsellers *The Omnivores Dilemma*, by Pollan, and *Animal, Vegetable, Miracle*, by Barbara Kingsolver, as essential reading for anyone who cares about what they eat. The essays address such concerns as: How does organic measure up against locally grown? What are the differences between small and large farms, and how does that affect what you put on your dinner table? What can you do to support

sustainable agriculture?"

"A progenitor of the Slow Food movement, Wendell Berry reminds us all to take the time to understand the basics of what we ingest. "Eating is an agriculture act," he writes. Indeed, we are all players in the food economy." And if that doesn't convince you to pick up this book, "It is essential reading for anyone who cares about what they eat," says a review of the book at [www.readandlead.blogspot.com](http://www.readandlead.blogspot.com).

This book is available through interlibrary loan at the Northfield Public Library, at St. Olaf's Hustad Science Library (area residents can get a borrower's card at the Circulation Desk), and for 20% off the cover price at Monkey See Monkey Read on Division Street in Northfield.

The Just Good Books Club meets every other month to discuss books that deal with sustainability, in a very broad sense. Topics may include growing/preserving/buying/cooking/eating healthy foods, simplifying lifestyles, mindfulness, and ecological/environmental issues. Although most of the books will be non-fiction, appropriate works of fiction may be included.

The days and times vary from month to month, depending on the availability of the members. Some meetings are in the early evenings during the work week, while others are on the weekends.

If you're interested in joining the group, please contact Ann Iijima by email at [aiijima@carleton.edu](mailto:aiijima@carleton.edu) or by calling her at 651-707-3545.

**LOCAL & DELICIOUS**

# Local Roots Soups

by David Pennock, Co-op Owner and Frozen & Bread Buyer

Courtney Norgaard started Local Roots Fine Foods and Catering one year ago. This turned out to be good news for us when recently Just Food was looking for a replacement of Soluppa's heat-and-serve soups.

Jesse Turgeon, co-owner of Tivoli (a local distributing company that delivers Sno Pac frozen fruit and veggies and Sonny's, Izzy's, and Pumphouse ice cream) told me about Courtney's frozen soups.

Courtney says, "I've always had an interest in local food. I started out working in catering fifteen years ago. Then went to Le Cordon Bleu and ended up managing a corporate café. Our contract was bought out and I was laid off. So, I just did what I

always wanted to do.

"My Grandmother was a fabulous cook. I remember when I was little she used to make a big pot of soup and put half in the freezer, so I'm not exactly doing anything new. I like to think of it as bringing back something old.

"As fate would have it my neighbor, Jesse Turgeon, asked over the fence one day, 'Have you ever thought of selling to the Co-ops?' At the time I was only selling on my website, [www.localrootsfinefoods.com](http://www.localrootsfinefoods.com). Of course, now we feel like we have found a home. The response to our product has been very positive."

Just Food currently sells five varieties of soup from Local Roots: Creamy Chicken

with Wild Rice, Chicken Noodle, Spicy Vegetable Black Bean, Chili w/Beef and Pork, and Red Potato and Broccoli Chowder. They can be found in the freezer aisle in quart-size containers. All Local Roots products are made from scratch and are preservative and antibiotic/hormone free. Courtney sources from sustainable local producers (many of whom are already familiar to shoppers here at Just Food) including Callister Farm, Grass Run Farm, Bushel Boy Tomatoes, East Henderson Farm, Harmony Valley Farm, Featherstone Farm, Whole Grain Milling, and Hope Creamery.

Courtney recommends putting the soup in the refrigerator overnight to defrost, then pouring into a pot to heat on the stove top.



**WELLNESS**



Bulk teas (l-r): White Peony, Blueberry Rooibos, and Peach Blossom

## TEA FOR YOUR TRAVELS

by Meg Jensen Witt, Co-op Owner and Wellness Manager

We've all heard that tea is good for you. Drinking green tea in particular is said to lower blood sugar, decrease food cravings, help stop the signs of aging and even provide antioxidants that may ward off cancer.

But were you aware of the sheer number of different types and varieties of tea? There are teas with as much caffeine in them as a cup of coffee and there are teas that are caffeine free. There are black teas, green teas, white teas, and red teas, not to mention all the herbal teas. Just within the green tea family there are: Japanese green teas, Chinese green teas, Matcha green teas, Sencha green teas, Bancha green teas, and Jasmine green teas. Each has a history and flavor that is uniquely its own.

Tea is the second most commonly consumed beverage in the world next to water, and each culture has its own way of preparing and drinking tea. Here at Just Food Co-op we want to be able to trace the tea leaf back to the garden where it was grown. That's why we have selected to work with Rishi Tea in Milwaukee, Wisconsin.

At Rishi Tea, it is their mission to "offer superb loose-leaf tea imported directly from tea gardens across Asia, made according to ancient artisanal practices using Organic cultivation techniques and Fair Trade standards." Rishi Tea has even helped to create cooperatives for the growers to support the communities where these artisanal teas are produced. For instance, in the Hubei Province of Central China, Rishi Tea has helped to establish the Xuan En Fair Trade Organic Cooperative, which has helped to support over 2,300 families in the Xuan En County. Most of the tea produced at the Xuan En Fair Trade Organic Cooperative doesn't leave China, but with the help of Rishi Tea you can have a "Huang En Chong Xi" (the great favor of the emperor) tea at home.

If you are looking for the benefits of a green tea without the caffeine, you might want to try Rooibos (pronounced ROY-boss). Rooibos tea is a lush red tea grown in the Western Cape of South Africa. It is the only none-herbal based tea that is naturally caffeine free, and its purported to have a wide spectrum of nutrients that help to support the immune system. If you are trying to reduce or eliminate caffeine from your diet, you should know that black teas have the highest quantity of caffeine, but even the delicate white teas have small amounts of caffeine as well.

If black tea is too bold a flavor and green tea is too bitter, try Oolong tea. Oolong tea (pronounced WU-long) is grown in southwestern China in the Fujian and Guangdong Provinces and also in select areas in Taiwan. In southeastern Asia, Oolong tea is called the 'slimming' tea and is said to be safe to use every day to help curb cravings.

Another great light-flavored tea is white tea. White tea originates from a small area north of the Min River in China's Fujian Province and is the least processed of all teas. Most tea leaves are either fired, roasted, steamed or rolled to help preserve and enhance their colors and flavors. But white tea leaves are withered in an ancient process unique to Fujian Province. White teas are the least bitter of all teas and are very low in caffeine; they also contain high concentrations of antioxidant polyphenols (tea catechins) and L-Theanine amino acids.

So whether you are looking for the bold and rich flavors of black teas or the delicate floral notes of white teas, each can be found in our bulk loose leaf tea section at the Co-op. And while you're there, check out some of Rishi Tea's photos from their travels across Asia collecting fantastic teas. Take a trip with a cup of tea, and drink to your health.

# Just Food Co-op Mother's Day Plant Sale

May 7 & 8

Selling organic and IPM herb, flower & vegetable starts 8 a.m. - 9 p.m. Saturday and 10-7 Sunday.



Plants will be sold until they run out. Come early for the best selection!



Gertie the Gardener design by Emily Haskell

Just Food Co-op • 516 Water Street S, Northfield • 507-650-0106

## Gearing up for the 1000 Print Summer 2011



In 2010, ArtOrg printed at 33 venues  
around the state for 2348 kids and adults.  
For our 2011 schedule,  
please check: [www.artorg.info](http://www.artorg.info)



## Jessica Peterson White with her daughter Astrid

We have a tiny new person in our household who is learning to eat. Our 8-month-old, Astrid, eats with gusto, and her joy in exploration has been ours, as well. Food is a chance to introduce a new kind of independence to babies. Through our experiments together, Astrid has taught us over and over that she is capable, adventurous, and constantly becoming more so.

The information available to parents on baby food can be a little baffling and overwhelming. As with everything baby-related, opinions are strong and advice is abundant. Your pediatrician (and probably your friends, parents, and in-laws) will have plenty to tell you about when to start, what to start with, what to avoid, etc. I think it's important to be well-informed about the current medical recommendations, but you can also learn a lot by simply observing your child and trying things out.

Astrid let us know she was ready for food when she started grabbing bites off our plates and gleefully putting them in her mouth. We started with things we knew wouldn't irritate her novice tummy, but which we were eating anyway: banana or avocado, mashed with a fork and a little water or breastmilk (to make it easier to mash, mainly). The first try got a clear "blech!" response, but a few days later, Astrid was seizing the spoon from us and going for as much mush as she could get her hands on. Messy, but incredibly fun.

A couple months into the Great Food Experiment, we mostly do without pureed baby food and cereal (though the newfangled pouches at Just Food are incredibly convenient for travel, and prunes are sometimes, um, necessary). We try to give Astrid things she can eat on her own, even if it means a dip in the kitchen sink after meals. Eating is as much about learning motor skills and self-sufficiency as it is about nutrition in the beginning, and it's so much fun for her to practice picking things up and getting them into her mouth.

I often make cooked carrots, baked potatoes or sweet potatoes, peas, or simply sliced avocado or banana that we can all eat together. I just make sure things are cut into baby-palm sized pieces with no skins or crusts, that they're not too hot, and that they're well-cooked. Here's a recipe that allows the whole family to eat something delicious, nutritious, and largely local:

### Whole-Wheat Pasta with Squash, White Beans, & Optional Bacon

Serves 2-3 hungry adults and one hungry baby, with a few extra baby meals for the fridge

#### Ingredients:

½ pound whole-wheat rotini, farfalle, or other smallish bite-sized pasta	1 15-ounce can or 1 ½ cups home-cooked cannellini or garbanzo beans
½ package Lorentz's bacon (optional)	3 Tablespoons olive oil
1 medium butternut squash	Singing Hills Chevre or freshly grated parmesan (optional)
½ bag Sno-Pac frozen chopped spinach	salt and pepper to taste

#### Directions:

Preheat the oven to 400 degrees. Peel the squash, scoop out its guts, and cut it into ½ inch or smaller cubes. Toss it in a roasting pan with the olive oil and a little salt and pepper. Bake for 15 minutes, toss again, and bake for another 15-25 minutes, or until quite tender. Set aside about a third of the squash cubes for the baby. You can do this step hours or even a day ahead of time if you like.

When you're ready to make dinner, boil a large pot of water, salt it lightly, and cook the pasta according to the package directions. Leave about a third of the pasta in the water to cook for an extra couple of minutes, and, if you have the presence of mind (which I often do not), reserve a cup or so of the cooking water.

Chop the bacon into small bits, if you are using it, and cook in a large skillet over medium-high heat until it's just beginning to get crispy. If you like, you can pour off some of the bacon fat, but why mess with such a delicious thing? If you're going vegetarian, just put a couple of tablespoons of olive oil in the skillet over medium-high heat.

When the bacon is cooked or the oil is hot, add the beans and spinach and stir for less than a minute. Add a splash of the pasta water and salt and pepper to taste, cover, and simmer until the spinach is hot, about 2 minutes. Add the squash, stirring just a little, and when everything's hot, toss with the pasta. Don't worry if the squash gets a little mushy; the bacon and whole wheat pasta will provide a nice textural counterpoint. Garnish with chevre or parmesan for an extra-delicious finish.

Sit the family down to dinner, with pasta for the big folks and squash and noodles for the littlest. If you had an extra-long day (or even if you didn't), try this with a glass of cool Pinot Grigio, and toast the joy of discovering new flavors.

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# Celebrating Co-op Moms!

In celebration of Mother's Day this May, we asked a few of our Co-op Moms to share their family's favorite recipe.

Look for our Co-op Dads feature in the next edition!



## Kelly Scheuerman with her daughter Sofie and son Zac

When asked to be a featured Co-op mom, I had to chuckle because I don't have any memories of cooking with my kids. Don't get me wrong, we spend lots of time together in the kitchen, but mostly dancing or blowing things up with baking soda and vinegar. It's not for a lack of trying that I don't cook with my kids or for a lack of values around healthy, local and organic food. I'm a die hard. Really, it's just that my family's perception of food is slightly more utilitarian than my own: I love to eat; they have to eat. Over the years, I have come to respect their position and hope that all my delighting in food and its origins will rub off. They indulge me at times by letting me rave about Erin and Ben's veggies or Nick's eggs and how buoyant the yokes are, but I know they are not truly interested or invested. So, I continue to cook, talk about, and eat a variety of foods, all the while hoping that the activity around the kitchen will someday translate into greater collaboration in cooking and eating. Here is one of my favorite recipes. My family eats it.

### Greek Pasta Salad

#### Ingredients:

16 oz. of medium sized pasta (penne or cavatappi)  
2 handfuls of sun-dried tomatoes  
1 lb. fresh greens (totsoi or spinach), chopped into bite size pieces  
1/4 cup kalamata olives-pitted  
4 oz. feta cheese, crumbled  
1 clove garlic  
1/2 cup olive oil  
1/3 cup lemon juice (fresh or concentrate) or your favorite vinegar  
fresh basil (handful chopped)  
salt and pepper

#### Directions:

1. Boil a large pot of water for the pasta. Once the water comes to a rolling boil, add the pasta and cook for 7-9 minutes.
2. Extract several cups of boiling water to put over the dried tomatoes. Cover and let sit.
3. Line the colander with the chopped greens. When the pasta is al dente, drain into the colander over the chopped greens.
4. Put pasta and greens (now semi-cooked and volume greatly reduced) into a large serving bowl.
5. Add the olives, drained tomatoes, and feta.
6. Whisk together in a separate bowl the olive oil, lemon juice, pressed garlic clove, basil and salt and pepper.
7. Add the dressing to the pasta and veggies and serve warm or cold.



## Angie Ekern with her son Elias

Since the birth of our son, Elias, we have gained a deeper appreciation and awareness of the food we eat. Our favorite weekly adventures include trips to the Co-op and our summer CSA where we have been able to explore different foods, where they come from and the importance of being part of a community! Through this awareness and appreciation, we've realized the importance of cooking and eating together as a family. Sitting down for dinner each night has become such a precious ritual, especially with a three year old, as we talk about our day and what we are thankful for (which usually includes some conversation around ice cream and jellybeans)! We hope you enjoy the tortellini recipe! It is family favorite and a staple for many family events!

### Delicious Tortellini

#### Ingredients:

1 cup olive oil	1/2 tsp thyme
1 red onion (chopped)	white pepper
4 garlic cloves (minced)	1 can artichoke hearts (drained and cut)
3 Tbsp basil	1/2 Lb fresh mushrooms
1 tsp. ground oregano	6 ripe tomatoes (chopped) or 2 cans
1/2 cup fresh parsley	2-12 oz boxes of tortellini
1/4 tsp crushed red pepper	1/2 cup parmesan cheese
1 tsp onion salt	

#### Directions:

1. Heat olive oil, onion, garlic, and rest of seasonings.
2. Add artichoke, tomatoes and mushrooms.
3. Bring to a slow boil, reduce heat and simmer for on low for 15 minutes.
4. Cook tortellini according to the directions on the package.
5. Add together with cheese and toss.
6. Serve warm and enjoy!



# In the News...

## Hearing aid discount offered to Just Food member households

The Hearing Aid Doctor of Northfield now offers a discount to Just Food member-owner households. As a member-owner, you will receive 20% off hearing instruments.

The Hearing Aid Doctor was founded in 1994 by Mark Rother and has since provided SE Minnesota with quality hearing care. With an office in Northfield since 2000, they offer all brands of hearing aids, and free hearing testing and hearing aid repairs are also provided. Visit their website at [hearingaiddoctor.com](http://hearingaiddoctor.com) or call 645-0860.

## Winter Eat Local Challenge—How did it go?

Over 60 people signed the poster at the front of the store and committed to taking the Winter Eat Local Challenge this year! Kudos to each of you for challenging yourself and for seeking out local foods.

We also had a great turnout for CSA Day, where consumers had the opportunity to meet local CSA farmers and purchase a share of the harvest. We are very fortunate to live in an area with abundant local producers, and CSA Day is a great reminder of that.

## “Cooking Up the Good Life” Book Launch at the Minnesota Landscape Arboretum

Authors Jenny Breen and Susan Thurston will be in Chaska in April for a book launch event for their new book, *Cooking Up the Good Life: Creative Recipes for the Family Table*.

Chef Jenny Breen will discuss her journey as a chef and talk about how she created the recipes in the new release from the University of Minnesota Press *Cooking Up the Good Life*. She'll talk about her concepts and values behind using locally produced sustainable food, the fun of “the family kitchen,” and how she and co-author Susan Thurston brought the collection together. Recipe food samples and refreshments to be served.

**ABOUT THE BOOK:** Veteran Minneapolis chef Jenny Breen knows that cooking at home can be a joyful, rewarding, and healthy experience for the whole family. In *Cooking Up the Good Life*, Breen—along with writer Susan Thurston—presents a scrumptious journey through the seasonal ingredients of the upper Midwest with an enticing variety of her most-loved recipes for the family table.

**When:**  
Saturday, April 9, 10:30 a.m.–12 p.m.

**Where:**  
Minnesota Landscape Arboretum  
Oswald Visitor Center  
3675 Arboretum Drive  
Chaska, MN 55318

**Admission:**  
Minnesota Landscape Arboretum members: Free  
Non-members: \$15.00.

Please call membership at 952-443-1440 to register.

<http://www.arboretum.umn.edu/cookingclasses.aspx>

# Make Your Mark

by Philip Spensley, Co-op Owner, former Co-op Board member,  
and current Chair of the Arts and Culture Commission

Poem courtesy of Public Art St. Paul.

Wet cement,  
Opportunity.  
It only takes a second  
To change this spot forever.

—Zöe Jameson, St. Paul

Everyone wants to make their mark in the world. And everyone has a poem inside them. Northfielders now have the opportunity to see poems written by their friends and neighbors and even themselves stamped into sidewalks around town.

Sidewalk poetry, the brain child of former Northfield resident and Carleton student, Marcus Young, was initiated in St Paul in 2008. It began modestly with a competition, the best dozen poems being stamped into sidewalks in the neighborhood surrounding the Library. It has continued as an annual competition and community celebration and St Paul residents vie to have a poem stamped in front of their houses. Numerous communities across the nation have adopted the concept. Now, sidewalk poetry is coming to Northfield, thanks to the Arts

and Culture Commission which proposed the idea and has adapted it to serve our community, to the Street Scape Task Force and the Friends of the Library who have embraced it and who are helping to fund it, and to City Council and City Administrator Tim Madigan who have lent their support.

All Northfield residents of any age may submit up to two short poems. There is no charge for submission, though there are criteria to be followed. Selected poems will be stamped into Northfield sidewalk pavements and will be considered for other public purposes including publication and readings. Poems stamped into sidewalks will not be identified by author, but authors will be identified on websites and in all news releases. Depending on available funds, up to 10 poems will be selected. The following are criteria for submission.

- Each person may submit up to two poems. Text and subject matter must be appropriate for the general public. Poems that are explicitly religious, political, graphically violent or overtly sexual will not be considered.

- Each poem must fit within a maximum of 10 lines, with no more than 40 characters per line (including spaces and punctuation.) The maximum number of characters for each poem is 250 (including spaces and punctuation marks.) Titles are optional; if titled, count the title and any blank lines within the text limitations outlined above.
- Poems can be previously published or unpublished, as long as they are the original work of the entrant.
- All entries are reviewed by a panel in a blind judging process.
- All poems must be submitted in typewritten form on 8 1/2” by 11” paper, one poem per page. No poet's name, email, or other identifying text can be on the page on which the poem appears.
- Each entrant must also include a cover page with the poet's name, contact information, and the first line(s) of each poem submitted.
- Send your entry to: Friends of the Northfield Public Library, 210 Washington Street, Northfield, MN, 55057, Attn: Sidewalk Poetry, or leave them at the circulation desk at the Library.
- The deadline for submission of poems is Monday, April 11. Winning poems will be announced later in April.

For further information, see the Friends of the Library's website, [www.northfieldlibraryfriends.org](http://www.northfieldlibraryfriends.org). For examples of St. Paul's winning poems, see <http://www.publicartstpaul.org/everydaysidewalk/poems.html>

If anyone would like to make a financial donation to the project, please contact the Friends of the Library, or Arts and Culture Commission members, Leslie Schultz ([lschultz35@earthlink.net](mailto:lschultz35@earthlink.net) or (507) 645-653); Philip Spensley ([pspensley@earthlink.net](mailto:pspensley@earthlink.net) or (507) 663-7141); or Bonnie Jean Flom ([bjflom@gmail.com](mailto:bjflom@gmail.com) or (507) 645-6845).

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where a moth  
can shake the stars

**MAKE YOUR MARK**

The Arts and Culture Commission of Northfield, in partnership with the Friends of the Northfield Public Library, announces a Sidewalk Poetry competition to mark National Poetry Month in April.

All residents of Northfield—young and old, professional writers and amateurs—are eligible and encouraged to submit short poems (10 lines, 240 characters maximum) that are appropriate for the public sphere. Up to 10 winning poems will be stamped into Northfield sidewalk pavements and will be considered for other public purposes including publication and readings.

The contest is open from March 14 to April 11, 2011. For full guidelines, please see the Friends of the Library website: [www.northfieldlibraryfriends.org](http://www.northfieldlibraryfriends.org).

Look for the Make Your Mark posters around town!

# Fresh Fish: Where does it come from?

by Lynne Reeck, Co-op Owner and Meat & Cheese Buyer

*If there is one thing most of us know about the ocean, it's that it's big.*

—Bill McKibben

Coastal Seafood in Minneapolis brings in fresh fish from Scotland, Costa Rica, Indonesia, and many other countries worldwide. Every Thursday by 3 p.m., a tiny portion of this fresh seafood ends up on ice at Just Food Co-op. As with every other food we eat, there are questions about sustainability and safety. These questions are complicated by the complexity of the issues involved. We cannot hope to address every issue in one short article. Tim Lauer, General Manager at Coastal Seafood says, "the fishing industry is comprised of millions of small businesses and entrepreneurs who are governed by regulations that are different in each country." It is as important to know "the fisherman" as it is to know the farmer.

Coastal Seafood seeks to educate their customers, to be honest about the source of the product, and to offer choices such as the choice between farmed and wild seafood. According to Lauer, "There is a place for wild fish, and a place for farmed. There is not enough wild fish for everyone in the world not to mention the animals.

The need for protein sources far exceeds the number of wild fish in the ocean."

Wild fisheries need to be carefully managed. Fishermen have had to adapt their practices to stay in business. The salmon fisheries have been well managed for the last 80 years according to Lauer. Canadian fish, such as cod and haddock, were not seen in decent quantities for almost thirty years, but the widespread increase in sustainable practices among fishermen is helping some of these threatened populations to rebound. Strictly controlled seasons and fishing limits are part of this equation.

When it comes to farmed fish, Lauer says that, "Just as in terrestrial farming, some farmers are responsible and some are not." Unsustainable fish farms often stock fish so densely that the animals are actually swimming in their own feces. Antibiotics are then given to keep the fish from getting sick. Some farms are not careful about the amount of waste they release into the oceans. Coastal Seafood's General Manager says, "One of the sources of information they use to research fish farms is the Clean Fish website ([cleanfish.com](http://cleanfish.com))." The website offers background information and videos of

the farms Clean Fish supports.

For example, Clean Fish supports Lantern Bay scallops, one of the farmed fish Just Food Co-op carries. Clean Fish says, "This Peruvian Lantern Scallop farm combines the best of old world techniques and new world technologies. Japanese-style lantern cages placed above the sea floor insure protection of the surrounding ecosystem. Furthermore, since scallops are filter feeders, feasting on naturally occurring plankton, they actually improve water quality."

Loc Duart salmon, another one of Just Food's farmed fish, is said to be the gold standard of farmed salmon. The fish are fed a human grade protein. The stocking density is one-fourth the rate of commodity salmon farms. The

pens are rotated. Many commodity farms paint their nets to prevent bacterial contamination. Loc Duart does not need to paint the nets because they rest one pen every year a practice that allows the nets to be naturally cleaned by the ocean. Loc Duart is also certified organic.

One interesting side note about salmon is that their bodies naturally contain selenium, which prevents the salmon from absorbing

mercury. Generally speaking (salmon being one of the exceptions), the bigger the fish, the greater the heavy metal contamination in the animal's fat. Lauer says, "Avoid eating fish skin and fat when the methyl mercury contamination may be the greatest, such as in large fish." Fresh water fish also contain more mercury than salt water fish, so it is important to vary your diet.

Another fish farm closer to home is Star Prairie Trout farm. Lauer says they practice very high standards, and do not use any electricity to raise their fish. They can do so because their naturally occurring trout ponds just off the Apple River in Wisconsin remain the same temperature in the winter as they are in the summer! Star Prairie stocks the ponds at a much lower rate than the Idaho trout farms which supply much of the country. Star Prairie is able to manage disease without antibiotics because their water is so naturally cold.

When it comes to eating fish, especially fish from the ocean, it is important to be educated about your choices. Sylvia Earle says in the introduction to her book *The World is Blue*, "Green issues make headlines these days, but many seem unaware that without the "blue" there could be no green...Water-the blue- is the key to life."

**It is as important to know the fisherman as it is to know the farmer.**

## Become a Bean Counter



by Courtney Eby, RD, LD, Nutrition Therapist, Northfield Hospital & Clinics

If you don't know beans about beans, consider adding them to your diet.

They are an efficient vehicle for delivering power-packed protein and other important vitamins and minerals that promise a host of health benefits. The United States Department of Agriculture recommends we consume three cups a week.

There are thousands of bean varieties. Some of the most common to our region are butter beans, black beans, black-eyed peas, kidney beans, lentils, lima beans, pinto beans and white beans. Research suggests that they contribute to lowering our risk of colon cancer, heart disease, and diabetes, while giving a boost to our immune systems.

It's a good plan to always have a supply of canned beans on hand to give your meals a quick nutritious boost. To weave beans into your menu, try tossing them onto a salad or into a rice dish. It is easy to add them to stews, soups or pasta dishes.

It's also a good idea to have dried beans on hand. Here are a few suggestions for selecting a quality bean:

- Choose beans that are uniformly sized and brightly colored
- Look for signs of insect damage

- Do not purchase beans if many of them are cracked or broken
- Know that a small amount of dirt or debris often is found in dried beans.

Dried beans can be stored in a cool area for up to a year if they are sealed tightly. Leftover beans can be stored for up to three or four days in the refrigerator. Cooked beans can be frozen and used later.

To prepare dried beans, follow these steps:

- Rinse the beans under cool water and remove any stones or debris. You do not have to rinse split peas, lentils, or mung beans.
- Soak beans in water in a large bowl that doubles the height of the beans for 8 ½ hours.
- Replace the water every few hours.
- Transfer the beans to a pot and boil them for 10 minutes.
- Lower the flame and simmer the beans for 1-2 hours until tender.

If you would like to consult with a nutrition therapist, call 507-646-1410 and ask for Courtney Eby, RD, LD, or Kristi Von Ruden, RD, LD.

### Cowboy Caviar

Serves: 8; 2 tablespoons per serving

*A delicious toasted walnut flavor permeates this rich-tasting sauce. It's perfect with poached chicken or grilled fish.*

#### Ingredients

- 1 (15.5 ounce) can black beans, drained
- 1 (15.5 ounce) can black-eyed peas, drained
- 1 (14.5 ounce) can diced tomatoes, drained
- 2 cups frozen corn kernels, thawed
- ½ medium onion, chopped
- ¼ green bell pepper, finely chopped
- ½ cup chopped pickled jalapeno peppers
- ½ teaspoon garlic salt
- 1 cup Italian salad dressing
- ¾ cup chopped cilantro

#### Directions

Mix beans, peas, tomatoes, corn onion, bell pepper, and jalapeno peppers in a large bowl. Season with garlic salt. Add dressing and cilantro; toss to coat. Refrigerate for 20 minutes or until ready to serve.  
Prep Time: 20 minutes; Ready in 40 minutes; Serves 8.

Source: Allrecipes.com

## THE INTERNATIONAL COOPERATIVE PRINCIPLES

### VOLUNTARY AND OPEN MEMBERSHIP.

Cooperatives are voluntary organizations, open to all persons able to use their services and willing to accept the responsibilities of membership, without gender, social, racial, political or religious discrimination.

### DEMOCRATIC MEMBER CONTROL.

Cooperatives are democratic organizations controlled by their members, who actively participate in setting their policies and making decisions. Men and women serving as elected representatives are accountable to the membership. In primary cooperatives, members have equal voting rights (one member, one vote) and cooperatives at other levels are organized in a democratic manner.

### MEMBER ECONOMIC PARTICIPATION.

Members contribute equitably to, and democratically control, the capital of their cooperative. At least part of that capital is usually the common property of the cooperative. They usually receive limited compensation, if any, on capital subscribed as a condition of membership. Members allocate surpluses for any or all of the following purposes: developing the cooperative, possibly by setting up reserves, part of which at least would be indivisible; benefiting members in proportion to their transactions with the cooperative; and supporting other activities approved by the membership.

### AUTONOMY AND INDEPENDENCE.

Cooperatives are autonomous, self-help organizations controlled by their members. If they enter into agreements with other organizations, including governments, or raise capital from external sources, they do so on terms that ensure democratic control by their members and maintain their cooperative autonomy.

### EDUCATION, TRAINING AND INFORMATION.

Cooperatives provide education and training for their members, elected representatives, managers and employees so they can contribute effectively to the development of their cooperatives. They inform the general public — particularly young people and opinion leaders — about the nature and benefits of cooperation.

### COOPERATION AMONG COOPERATIVES.

Cooperatives serve their members most effectively and strengthen the cooperative movement by working together through local, national, regional and international structures.

### CONCERN FOR COMMUNITY.

While focusing on member needs, cooperatives work for the sustainable development of their communities through policies accepted by their members.



## WORKING AT JUST FOOD

# Staff Spotlight: Jennifer Wolcott

Melanie Reid, Co-op Owner and General Manager

For those who read The ComPost regularly, you have probably guessed that writing this column is one of the high points of my schedule. We have an amazing staff here at Just Food. I can't think of a single person around here who doesn't deserve their very own spotlight column! The most difficult part about this task is deciding who to feature each issue. This month I have chosen a talented artist who has been around the Co-op for some time now. I hope you have already had a chance to meet Jennifer Wolcott in our produce aisle. Jennifer is definitely one of the jewels in our cooperative crown. She brings energy, passion, artistry and joy to her shifts at Just Food and in my experience she takes great pleasure in sharing her interest in produce with those who shop the aisle on her shifts.

Jennifer shares a glimpse into herself by identifying three separate but unique and inter-related positions within her role as a produce stocker:

First there is the role of Produce Stocker: As a produce stocker she is responsible for keeping the produce racks full and looking good. That's what those big carts, stacked high, and parked in the produce aisle are about. She says of this role, "We are constantly bringing veggies and fruit

from the big cooler out back to replenish the displays as our hungry customers take it all away." Jennifer shares that sometimes there are funny runs on one product or another. For example; recently the produce staff members noticed that the Dino Kale kept disappearing. They later found out that the Carleton kids were making lots of kale chips. It's funny how culinary experiments or food fads can become mysteries for those of us working at the Co-op! By the way, good idea

on the kale chips...and we are happy to bring in more kale.

Next there is the Produce Stalker: You see, before the veggies are put out, lots of them need to be prepped. This prepping ranges from removing loose outer leaves or stalks, re-cutting the ends, or wrapping, weighing and labeling. Prepping takes place in the room in back known around the co-op as "the cave". (Sounds scary, huh?) The cave is definitely one of the more happening rooms at the store! Many people come together in this space to do a variety of tasks associated with food prep. It's a rather happy cave with music playing and there's almost always a lively conversation taking place! Time spent in the cave allows for a change of pace and some quality time spent focused on quality control. By the way, if the cauliflower heads are too big for your family, let us know and we will cut one in half for you.

Lastly, the fun part... Produce Stalker 2: This is Jennifer's favorite part. There is so much to learn about produce. There are Kaffir Limes and sweet limes; seven kinds of tangerines (or are those Mandarins?). Did you know that arugula is also Roquette? Have you heard of Broccolini? In our produce aisle you'll find Dandelion greens and endive... and then there are Kumquats. Jennifer says; "If you ask, we will tell you and if we don't know, we will find out." All this learning means that she gets to stalk veggies through books and the internet until she can tell you where and when it grows, how to cook it

### Jennifer's favorite products at the Co-op:

- Cedar Summit whole milk
- Nicks eggs
- Singing Hills Chevre
- fresh berries
- Valdosta snacks



and who it's related to! What a great perk!

Why does Jennifer love her job at the Co-op? She says, "There are a number of things I enjoy. The simple act of physical work, the good community of customers and co-workers, and the changing seasons reflected in the available produce."

When asked why she feels the Co-op is important to the Northfield community Jennifer shares these words of wisdom, "The Co-op is a place where diet choices are honored rather than disparaged. Those choices could reflect the customer's homeland or politics, health or sense of adventure. The Co-op also acts in the community to educate and improve access to a safe food supply, and provide a market for local producers."

I mentioned that Jennifer is an artist, so it will come as no surprise that her days off from the Co-op are days on at her other job welding and forming steel to make spheres, gates, arches, obelisks and other garden structures. She also recycles glass jars and discarded office furniture into amazing toys and lanterns. Her summer schedule includes a couple art fairs each month and some Saturdays at the Riverwalk Market Faire here in Northfield. I encourage you to check out Jennifer's art if you get the chance. It's really cool!

www.northfieldlines.com



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# Adopt a Green Pledge for Earth Day

by Monica Caldwell, Co-op Owner and Bulk Buyer  
and Diane Taggart, Co-op Owner and Grocery Stocker

*Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it's the only this that ever has.*

-Margaret Mead

Congratulations! We hope you all had a wonderful experience during the Eat Local Challenge in March. March is not the easiest of times to eat locally in this chilly state, but it sure is fun and exciting to get creative with your winter local cuisine. Here at Just

Food Co-op we are continually striving to make a positive environmental impact on our community... and we couldn't do it without the help of all of you!

This is where we'd like to introduce a new initiative. Just as you had taken a pledge to eat locally for one week in March, we are asking you to make a Green Pledge for the whole month of April. At the front of the store we will provide a large poster, simply write down your name and one "greener" lifestyle change that you will commit to for April (or choose to be anonymous and

write down just your Green Pledge - this is your own personal challenge, after all). Your Green Pledge may be bringing in your own bags to the grocery store, unplugging appliances when not in use, walking or biking to work, etc. The most important component is that you truly commit to this habit during the challenge - and hopefully beyond!

We will be celebrating the culmination of our Green Pledge month at Transition Northfield's Earth Day Celebration, co-sponsored by Just Food Co-op, on Saturday

April 30th from 12 pm - 4 pm. There, we will celebrate the positive impact that you all have had during the month! You will also have the opportunity to learn about a plethora of other organizations in the area that are also making a positive environmental change.

So, please stop on by your amazing locally owned grocery store and make a Green Pledge today!

## SOME "GREEN PLEDGE" IDEAS:

- Invite friends over for a "local" meal and spread the word about eating locally.
- Recycle #5 plastic containers in Just Food Co-op's new recycling corner.
- Use cloth bags at the grocery store or reuse your paper bags.
- Buy products with the least amount of packaging.
- Pick up trash in a community space around your neighborhood. Invite some neighbors to join you!
- Bring a to-go cup to the coffee shop.
- Carry your own reusable and refillable water bottle.
- Whenever possible, choose products in glass over plastic, and then reuse the glass jars!
- Plant a tree that is native to Minnesota (get a free seedling at the Arbor Day Tree Giveaway on April 29. See page 3 for details).
- Reuse plastic bags for your produce and bulk items when grocery shopping.
- Be mindful about how much water you use and how much is actually needed.
- Walk or bike whenever possible.
- Cook one to two meals a week totally from scratch.
- Start a small garden plot this season.
- Plan a weekly outdoor experience.
- Dry your clothes on a clothes line.
- Be creative. The list goes on and on!

## SO YOU WANT TO SELL YOUR VEGGIES TO THE CO-OP?

Then this is the class for you!

### So You Want to Sell Your Veggies to the Co-op?

Saturday, April 9, 1 p.m. - 2 p.m.  
Cost: FREE. Instructor: Strider Hammer.

If you grow veggies now, or hope to in the future, and would like to learn how to sell to Just Food, this class is for you. Produce Manager Strider Hammer will tell you all you need to know, from the standards we are looking for to how to write up an invoice. Preregistration for this class is required by Thursday, April 7.

## Northfield's Perennial Earth Day Celebration:

### Cows, Colleges and Compost!

by Mary Jo Cristofaro, Co-op Owner  
& Earth Day Celebration Organizer

Celebrate Earth Day with your community on Saturday, April 30, 12 - 4 p.m. at Riverwalk! This family event will feature earth-friendly activities: make a hemp bracelet and origami animals, get a free bike tune-up, handsew a coin bag from a pair of jeans, and make hats and banners to join in the Earth Day parade.

Other attractions include a rain barrel workshop by Cannon River Watershed Partnership (call 507-786-8400 to register), a dance clinic with the NAG's Mexican Folkloric dancers, wool spinning demos, a compost exhibit by Prairie Creek Community School, and more.

Enjoy break dancers, music, and local food. There's something for everyone!

Local exhibitors include Transition Northfield, Just Food Co-op, Cannon River Watershed Partnership, Waste Management, The Sustainable Farming Association, Rice County Soil and Water Conservation, Innovative Power Systems, Community Supported Agriculture and many others!

This is a zero waste and carbon-offset event. We encourage you to walk, bike, or rollerblade down to the river. Water Street between 4th and 5th St will be closed to traffic.

Sponsored by: Transition Northfield,



Cannon River Watershed Partnership, Just Food Co-op, Carleton's ACT Center, Prairie Creek Community School in partnership with the Minnesota Pollution Control Agency, Healthy Community Initiative, and the Center for Sustainable Living.

If you are interested in being an exhibitor, you can download the registration from at [www.transitionnorthfield.org](http://www.transitionnorthfield.org).

**When:**  
Saturday April 30th,  
12 - 4 p.m.

**Where:**  
Riverwalk - Water Street  
between 4th and 5th.  
The street will be  
closed to traffic.

**RAIN SITE:**  
First UCC Church

**Why:**  
To raise awareness of our  
community's sustainability  
efforts, make connections,  
and celebrate!



natural foods market & deli

## Board of Directors 2011

board@justfood.coop

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 Joni Karl VICE PRESIDENT  
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 Dirk Peterson SECRETARY  
 Diane Burry  
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Board Administrative Assistant:  
 James Wedell

Board meetings are held at 6 p.m. in the Just Food Community Room, generally during the fourth week of each month. The schedule is subject to change. All members are welcome. Call Melanie Reid at 507.650.0106 if you wish to attend a meeting.

## Management Team

**Melanie Reid**  
 GENERAL MANAGER

**Bobbi Baker**  
 FINANCIAL MANAGER

**Alex Beeby**  
 OPERATIONS MANAGER

**Kevin Bushard**  
 HUMAN RESOURCES MANAGER

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**Martha Jirovec**  
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**Joey Robison**  
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**Kate Wall**  
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**Meg Jensen Witt**  
 WELLNESS MANAGER

## Owner Benefits

- Supporting a locally-owned, sustainable and socially responsible business
- Subscriptions to two Co-op newsletters: The ComPost and The Mix
- Profits returned to member-owners as patronage rebates, at the discretion of the Board.
- Owner-only rates on Co-op classes
- Check writing for up to \$20 over the amount of purchase.
- Owner-only specials on selected items throughout the store
- 10% case discounts

## The ComPost: Fertilizer for the Mind

Editor: Joey Robison

The ComPost is a bimonthly publication of Just Food 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 submissions, contact Joey Robison at 507.650.0106 or [outreach@justfood.coop](mailto: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 Co-op is a proud member of the Twin Cities chapter of the National Cooperative Grocers' Association, [ncga.coop](http://ncga.coop).

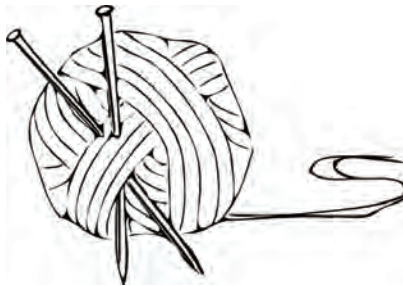
Just Food Co-op will be closed on **Sunday, April 24 & Monday, May 30** so that our employees may spend these holidays with their family and friends. We will be open regular hours the rest of the week.

## Ongoing Opportunities in the Community Room

### Knitting Group

Mondays, 7:00-9:00 p.m.  
 Cost: FREE

Everyone is welcome. Bring your project for conversation and knitting.



### T'ai Chi Ch'uan

Saturdays, 9:00-11:30 a.m.  
 Cost: \$12. Instructor: Paul Magee

Open to people of all fitness and skill levels, we welcome you to join us in the longest running T'ai Chi class in the Northfield area (18 years and counting) and see why this is the most popular form of exercise in the world. Your first lesson is free. Drop in fee for subsequent classes is \$12.



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**Look Who's Knockin'**  
 A retiring couple wrestles with the future of their farm

One night only in Northfield!  
 Friday, May 13  
 7-9 p.m.

Who will farm the land in the next generation?

www.landstewardshipproject.org

LAND STEWARDSHIP PROJECT

The Land Stewardship Project (LSP) will be presenting a public performance of *Look Who's Knockin'* at the Northfield Arts Guild Theater at 411 W. 3rd St. on Friday, May 13 at 7 p.m. The play raises questions of land ethics and the moral dilemma posed by wanting to get top dollar for selling one's land while desiring to help the next generation of farmers get started farming. Admission is free, but space is limited, so we request that you reserve a seat by speaking with a cashier at Just Food Co-op or calling the store at 507-650-0106. If you reserve a seat but cannot make it, please let us know as soon as you can so we can contact those on the waiting list.

Created out of numerous interviews

and stories of both beginning and retiring farmers in recent years, the play uses humor, story-telling, and the common everyday tension in an elderly farm couple's relationship to prompt personal reflection and community discussion in the audience.

The play was written by LSP Policy program organizer Doug Nopar and directed by LSP member Eva Barr. At the performance, LSP will provide resources and first-step guidance for those landowners interested in learning more about renting or selling their land to a beginning farmer.

"Look Who's Knockin'" and the discussion that follows will provide both the

inspiration and the means for retiring landowners to begin to connect with aspiring, young, conservation-oriented farmers," said Nopar.

This Northfield event is cosponsored by the Rural Enterprise Center, Just Food Co-op and the Northfield Arts Guild.

**When:**  
 Saturday, May 13th, 7-9 PM.

**Where:**  
 Northfield Arts Guild Theater,  
 311 W Third St

**Details:**  
 Admission is free, but please reserve your seat at Just Food by Thursday, May 11. Donations will be accepted at the door.