

# The ComPost

Fertilizer for the mind.

A Bimonthly Publication of Just Food Co-op

October/November 2011



## Cooking with Heirloom Apples

by Gaelyn Newbury, Co-op Owner & Prepared Foods Coordinator

October is that magical month when many heirloom apples ripen here in Minnesota and tempt me into the kitchen. Three of the best-tasting heirloom varieties have had good local crops this season: Prairie Spy, Haralson, and Wealthy. These venerable apple varieties will often last past Christmas with careful storage. Vintage apple varieties are as distinct and different from each other as good wines. Try buying samples of four or five different varieties, some local cheeses, and local honeys and have a tasting party. While the University of Minnesota has introduced some interesting eating varieties such as the popular Honey Crisp in the last 15 years, there is nothing to touch the time-tested heirloom varieties for cooking and baking, due to their complex not-so-sweet flavors.

### Prairie Spy

Prairie Spy is crisp, spicy, and intensely flavored apple with a rich perfume. Prairie Spy apples are bright lime with a red cheek and are great keepers. I prefer them above all others for pie baking. Prairie Spy descended from a 1914 seed of unknown lineage bred at the University of Minnesota Farm at Excelsior, and was introduced in 1940.

The rich custard filling in this pie really sets off the tart Prairie Spy flavor:

### Cottage Cheese Apple Pie

#### Ingredients:

Pie pastry for bottom crust  
1 ½ cups thinly sliced apples  
two eggs  
½ cup cottage cheese  
¾ cup sugar  
½ cup cream  
two large pinches of salt  
1 teaspoon grated lemon rind  
½ teaspoon cinnamon OR ¼ teaspoon vanilla  
¼ teaspoon nutmeg

#### Directions:

Line a deep 9" pie pan with pastry and cover with the sliced apples. Beat eggs lightly, then add cottage cheese, 1/2 cup sugar, cream, salt and lemon rind. Mix the remaining 1/4 cup sugar with cinnamon and nutmeg and sprinkle over the apples, then cover with egg and cheese mixture. Bake in oven at 425° for 10 minutes, then reduce temperature to 350°F and bake 30 minutes longer.

### Wealthy

The Wealthy apple was grown by farmer Peter Gideon in Excelsior, Minnesota. Gideon planted a basket of apple seeds on his new homestead on the shores of Lake Minnetonka, but most varieties failed and

by 1861 he was left with one surviving tree, a Siberian crab apple. He sent to New England for another batch of apple seeds, and one seed, crossed with his crab apple, produced a successful seeding, which he called "Wealthy" after his wife, Wealthy Gideon. Wealthy apple trees are very hardy and long-lived and are a great all-around family apple tree. The apples are a bright greenish-yellow with a red cheek and sometimes the flesh has a pink stain. Tender and juicy, they excel in classic applesauce.

### Slow Cooker Applesauce with Honey and Ginger

#### Ingredients:

12 Wealthy or other cooking apples, peeled and cut into large chunks  
¼ cup honey  
½ cup water  
2 tablespoons lemon juice  
2 tablespoons chopped crystallized ginger  
¼ cup butter or vegetarian margarine

#### Directions:

Combine all ingredients except the butter in a slow cooker, cover and cook on low for around six hours, or until apples are very tender. Then mash by hand for a chunky sauce or use a hand-held mixer for a smooth sauce. Stir in the butter and either refrigerate or freeze. This wonderful sauce will perfume your whole house while it is cooking. For variety you can use half pear and half apple.

### Haralson

The Haralson apple was introduced by the University of Minnesota in 1922. It is a vibrant, shiny red with a very firm texture. It was one of the parents of Honeygold and Honeycrisp apples. Since they keep their shape very well when cooked, I use Haralson for classic baked apples, or in this savory Turkish dish.

### Turkish Chicken and Apples

#### Ingredients:

3 boneless chicken breasts  
3 cloves of garlic, minced  
1 large leek, thinly sliced  
4 apples, cored and sliced  
¼ cup dried apricots or cherries, chopped  
¼ cup chopped walnuts (optional)  
½ cup soft or hard fresh cider  
1 bay leaf  
1 teaspoon fresh or dried marjoram  
1 hot chili pepper, like jalapeno, seeded and very thinly sliced (optional)  
3 tablespoons olive oil  
Salt and pepper to taste

#### Directions:

Cut each breast into two pieces lengthwise. Brown the chicken well in the olive oil. Add the garlic and leek and sauté for 2 more minutes. Add the remaining ingredients, cover and simmer on low for about 25 minutes, or until the chicken is no longer pink inside. Serve chicken and sauce on brown rice or cooked couscous. Serves 3-4.

Each of the apples introduced in this article is grown by Sogn Valley Orchard and available right now at Just Food Co-op. Enjoy!

## OCTOBER IS A BIG MONTH AROUND HERE!

October is perhaps the most important month on the cooperative calendar. It's **Fair Trade Month**, a time for us to help remind shoppers of the importance of fair compensation and safe working conditions for workers a world away. You can ensure that the folks growing and making your coffee, chocolate, bananas, teas, gifts and more are treated fairly by looking for the "Fair Trade Certified" or other reputable certification label on the package. Learn more about the importance of fair trade at [transfairusa.org](http://transfairusa.org) (and read the article "Transforming Tea" on page 4).

It's also **Celiac Disease Awareness Month**. Providing alternatives for those with food allergies and sensitivities is

something we take very seriously at Just Food Co-op. During October, we'll highlight delicious gluten-free foods available for those who can't eat wheat and other gluteny grains. Look for them at the end of the aisles, and please be sure to ask a helpful staff person if you have any questions.

October is **Non-GMO Month** as well. Did you know that products containing genetically modified organisms (GMOs) do not have to be labeled as such? The Non-GMO Project aims to promote those companies who don't use GMOs. We will place shelf tags in front of those products that have been non-GMO certified, and we encourage you to find out more

about this certification project at [www.nongmoproject.org](http://www.nongmoproject.org).

But perhaps the very best part of October is that it is **Co-op Month**, and it reminds why Just Food, your little community-owned grocery store, concerns itself with educating shoppers about fair trade, foods without gluten, and GMOs in our foods; why we promote local farmers; why we give (and encourage you to give) through our donations programs; why everyone is welcome, and anyone can join; and why over 2,100 local households have done just that. Because we're more than a grocery store. We're a co-op. And you are a part of it all.

If you are an owner of Just Food, please

be sure to review your Board nominees on pages 6 and 7 and vote on or before October 15. We also hope that you will be able to join us for the Owner Celebration and Annual Meeting, where you'll enjoy pizza and live music, free of charge (see details on page 5). And don't forget to come in on October 15 and receive 5% off your purchases for Owner Appreciation Day.

If you are not yet an owner, you can join today and receive the benefits of ownership (and an invitation to the Annual Meeting) immediately. And if you're one of the first 30 households to join in October, you'll also receive a free Just Food Chico Bag. Happy Co-op Month!



## FROM THE DESK OF THE GM

# Contemplating Appreciation

by Melanie Reid, Co-op Owner & General Manager

Fall always feels like a new beginning. More so than at New Years or in the springtime, at this time of the year I tend to feel most inspired to begin anew. Of course it's related to school getting underway and the seasonal changes that take place, drawing us indoors for the winter hibernation. I always want home to feel cozy for that long winters nap so alongside deep cleaning, change usually happens—sometimes it's big change, sometimes it's just moving a rug from one room to another or finding a new corner for my reading chair. This year I find myself taking an internal approach to the new beginning. I'm teaching myself to focus on all the things in my life that I'm truly appreciative of. I'm hoping we have a nice long temperate fall season so I can enjoy long walks under colorful leaves to continue my contemplation and spend at least a couple

**Many events this summer gave me reason to pause and contemplate just how lucky I am in my life.**

of Saturday mornings at the apple orchard appreciating the beauty of autumn.

Many events this summer gave me reason to pause and contemplate just how lucky I

am in my life. With so many spring tornadoes causing devastation to so many communities around the nation, I was appreciative that not only do I have a sturdy roof over my head, but that our immediate area was spared by the

storms that raged as close to home as North Minneapolis. The stories of loss were heartbreaking. It was hot in June, very hot, but I learned later in the summer that it could have been much hotter for much longer, as it was in other parts of the country—like Texas, for example and I began to appreciate the Minnesota climate for what it is—ever-changing! Sure it was hot, but it didn't last for long. I have an incredible family—a beautiful son who just turned ten and a fabulous husband who takes really

good care of us. While we have moments when all is not perfect, in general, I have learned to appreciate the joy of all that we do have. We are healthy, have a comfortable home and enough land to grow some of our own food and find peace during our down time by tending to our yard and gardens. Most of our extended family lives near enough that we can see them as often as we choose—we are lucky. We have much to be thankful for, much to appreciate.

Of course, if not for the co-op, I would not be your General Manager—which provides me with much to appreciate. I'm so thankful that I can get up and go to a job that I like, that is close to my home and allows me the freedom to be present for my family. I appreciate that the co-op provides me with health care, great food, all the coffee I can drink and a whole bunch of passionate, dedicated, intelligent and inspired people to spend my days with. Lucky me! Thank you for this. I am truly appreciative of the opportunity to serve in this capacity in our community.

We are experiencing a new beginning in

our produce department this season. Many of you will have already met him by the time you receive this issue of the Compost, and I am excited to share the news that I have recently hired Matt Malecha as our new Produce Manager! Some of you may know Matt from his years on the CRWP Board or through his involvement with the Riverwalk Market Fair. Matt and his family have been co-op owners and shoppers since before we had a store and he brings a strong commitment to sustainable agriculture and the cooperative business model. Matt has many years of experience in retail management and sales, is a systems oriented person, has strong supervisory skills and I believe he's going to be a great addition to our Leadership Team and to the produce department. Please join me in welcoming Matt to our Co-op team.

I encourage you to take time to reflect this fall. Think about all in your life that you are grateful for and appreciative of. I have found it helps me to see everything around me through new eyes. Enjoy.



## BOARD UPDATE

# The End of Just Food Co-op

by Jay Johnson, Co-op Owner & Director

No need to be alarmed... The end's not in sight. But a revised Ends statement is in sight, and it forms the basis for the life of this organization—the outcomes that we expect from our collaborative participation in Just Food Co-op. For owner/members this is what we've bought into, and we count on the board and the staff to represent us in making sure that the end is not in sight, and that our values about food, community, the environment, and business are fully realized.

The founders carefully defined the goals of the organization in the Ends statement, and gave it the name **Just Food Co-op** to reflect those values. Virtually everything we do flows toward the Ends, and the way they are expressed is critical to an understanding by members and staff of what we expect the organization to be. John Carver, who defined the Policy Governance model upon which organizations worldwide operate, said that the board's job is to *define what effects, for whom, and at what cost are sufficient to justify the organization's existence*. In short, what is the organization for, rather than what does it do?

As a board, we thus need to be sure that Just Food Co-op is meeting all of the policies and procedures that provide a framework for reaching the Ends. And we have the opportunity to carefully craft changes based on a clear understanding of the needs and values of our member/owners. We have worked with the Ends over the first six years as the economy, the community, and the board composition has changed, and while we came to realize that the values are rock solid, we've chosen to simplify the language of the Ends a bit.

You've heard Just Food Co-op lauded over and over, especially in the ComPost, but not always in the context of the Ends. Maybe repetition isn't so bad when it comes to continually focusing on the co-op for what

it is—a progressive, viable business owned by all of us, one that nourishes a just, healthy, and sustainable community.

It's the contemporary version of the old-time corner market and gathering spot—owned, operated, supported and supplied by friEnds, neighbors, and others from the community and beyond.

It bases all of its work on justice and fairness, conducting business with integrity, providing a comfortable, participatory, and valuable workplace for staff, cultivating synergistic relationships with local producers, and working with strategic partners with similar values, including Fair Trade partners around the world.

The staff collaborates on clear guidelines for products that are offered in the store, including healthy, high quality, organic, local, fair trade, and positive environmental impact. And there is ongoing research and updating of products as new opportunities surface. As a result, we offer the best selection of organic and locally produced food in the area, at competitive prices.

Just Food Co-op pioneered the "Eat

Local" movement, and we continue with efforts to strengthen the "local foodshed," encouraging the CSA movement and the Rural Enterprise Center Agripreneur Training program, partnering with the Northfield CAC Food Shelf, as well as selling products from local farms and other vendors.

We are a prime educational resource in the community for issues and information and activities regarding food, healthy lifestyles, environmental impact, sustainable agriculture, and more.

And, importantly, Just Food Co-op is a viable co-operative business that survives because of our own initiative, commitment, values, expertise, and purchasing decisions. In the past year 28% of our business was with local products; this means that \$1.3 million stayed in our community rather than being siphoned away to larger and remote ownership and supply entities.

So, we can be confident that our bottom line goes well beyond the typical business, and it is expressed in our revised Ends:

**Just Food Co-op nourishes a Just, Healthy and Sustainable Community**

- **Justice** – We strive for fairness in all our relationships in the community and throughout the supply chain.
- **Health** – We provide healthy, sustainably produced products, and we work to strengthen our local foodshed through ongoing support and partnerships.
- **Sustainability** – We work to build a resilient social, economic and ecological environment in our community and beyond
- **Education** – We are a community resource for education and information about healthy, sustainable food and lifestyle.

**We do this in the context of being a financially viable, member-owned cooperative business.**

So as we look to the future, envisioning the role of the Co-op in the community, we should all keep our eyes on the Ends, considering all options against these desired outcomes.

## TREASURER'S REPORT

*Fiscal Year Ends with \$4.7 Million in Sales; Profitability Continues*

by Lee Runzheimer, Co-op Owner, Director & Treasurer

Our fiscal year ended July 3rd, and what an outstanding year it was!

Sales for the year were \$4.7 million, with bottom line profit of 2.4% of sales. All four quarters of the year were profitable, making it eleven consecutive quarters of profitability.

Also very important was the addition of 131 new owners during the year, bringing our total to 2,157 JFC owners. Please help spread the word by recruiting friends, neighbors and co-workers as new Just Food Co-op owners and patrons, so that we can achieve our aggressive

growth targets in 2012.

We continue to expand our impact on the local economy, with over 45 full and part-time employees, and a payroll of just over \$1 million per year. Our sales volume of locally-sourced products increased to approximately \$1,300,000 for the fiscal year.

Our continued profitability, and good inventory and equipment management, enabled us to pay down \$167,000 in loans during the past year, including \$99,000 in owner loans.

In addition, we completed the funding

of the upgrade to our computer hardware, software and cash register system, as well as funding facility improvements in the food prep and office areas.

The past year of successful results in all these areas positions our Co-op well for the challenging, competitive year ahead.

Thanks again to our management and staff for their efforts in meeting our many project deadlines, improving our operations, and maintaining the great customer service that sustains our growth!



## 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!

## OCTOBER

### Coffee with the Board

Saturday, October 1, 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.

### College Cooperator Tour

Sunday, October 2, 1-2 p.m. Cost: FREE. Instructor: Mary Upham

Whether you've already got your College Cooperator Card or you've been wondering where to find healthy food in town, join us for some local snacks, fun and information. We'll talk about how to use the card, the advantages and costs, and go on a tour of the Co-op so you'll know your way around. So come for food, fun, and fava beans, and bring a friend!

### CODEX: Its Impact on GMO Labeling and Supplements

Thursday, October 6, 7-8:30 p.m. Cost: FREE. Instructor: Diane Miller

Codex is an international UN Food Safety body of 182 countries making global guidelines for food safety. The current debates about labeling GMOs and debate about the safety of vitamins and minerals are key topics. Learn how these issues could affect the supplements you use. Diane is the Legal and Public Policy Director for National Health Freedom Coalition and it's sister lobbying organization, National Health Freedom Action.

### Acupressure for Headaches, Tired Eyes and Sore Shoulders

Tuesday, October 11, 7-8:30 p.m. Cost: \$15/\$10 owners. Instructor: Mary Zelmer

When we are stressed too much energy can get stuck in the shoulders and then move up into the head causing pain. Learn three acupressure techniques to open up the energy channels in the head and eyes. We will also cover three points on the shoulders to relax and open the energy channels, which also aids digestion. These techniques can be done on yourself or others. Mary is a Certified Spring Forest Qigong Teacher, Master Healer, and advanced student of Chunyi Lin, founder of SFQ.

### Co+op Deals Case Order Deadline

Thursday, October 13

Place your order by today for October's Co+op Deals flyer A to receive the sale price + case discount.

### Owner Orientation and Tour

Thursday, October 13, 12-1:30 p.m. Cost: FREE. Instructor: Mary Upham

New owner or founding owners, you will learn new stuff about the Co-op. Join us for local snacks, then delve into your Co-op's history, the scoop on how to best use the Co-op, and a store tour with special info. Receive a \$5 store coupon for each owner household that completes the tour. What you learn will make your Co-op ownership more valuable to you! (Coupon only available for households who have not been on the tour yet.)

### Owner Appreciation Day (all day) & Co-op Tasting (11-2)

Saturday, October 15. Cost: FREE. Instructor: Mary Upham

In appreciation of Just Food owners, all owners will receive 5% off purchases all day (some exclusions apply). Plus, come in from 11-2 and sample some delicious foods made by cooperatives in celebration of Co-op Month!

### Owner Celebration & Annual Meeting

Saturday, October 15, 4:30-7 p.m. Cost: FREE. Location: Red Barn Farm, 10063 110th St E., Nfld

Just Food Owners: you are invited to our family-friendly celebration at Red Barn Farm! We'll provide the pizza, salad and dessert. Just bring your own beverages. Dinner served at 5, live music by Chance Meetings starts at 6. Tickets required, and available at Just Food Co-op.

NOTE  
DATE  
CHANGE

### Shopping Co-op on a Budget

Tuesday, October 18, 7-8 p.m. Cost: FREE. Instructor: Mary Upham

Would you like to shop at the Co-op but feel it's too expensive? Learn the secrets to buying healthy food while staying within your budget. Mary is the Outreach and Education Coordinator for the Co-op and a thrifty shopper.

### Co+op Deals, Owner Specials Case Order Deadline

Thursday, October 27

Place your case order by today for October's Co+op Deals flyer B and for Owner Specials to receive the sale price plus the case discount.

## NOVEMBER

### Create Your Own Flower Essence Remedy

Thursday, November 3, 7-8:30 p.m. Cost: \$10/\$8 owners. Instructor: Robb Doser

The applications of flower essences span from grieving a loss to resolving interpersonal conflicts. We'll discuss how to choose the best essences for a condition, then create a personalized flower essence blend for you. Robb has studied Traditional Chinese Medicine, Aromatherapy, and Homeopathy and works as a broker of natural products.

### Turkey Pre-order Deadline: Friday, November 4

We're taking orders through November 4 for fresh Thanksgiving turkeys. We'll have a limited number of heritage birds, and we'll have organic birds as well. Be sure to order early!

### Coffee with the Board

Saturday, November 5, 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.

### Make It: Soap on a Rope

Saturday, November 5, 1-2:30 p.m. Cost: \$12/\$10 owners.

Instructors: Kathy Zeman & Nick Zeman. Ages 8 & up are welcome.

Have a great time and make a fun gift with Simple Harvest Farm goat milk soap and yarn from their Icelandic sheep. Choose from naturally colored Icelandic wools, and shape it around the soap. You'll go home with a handsome soap on a rope to give as a gift or keep for yourself. Kathy Zeman is the owner of Simple Harvest Farm Organics and an enthusiastic soap maker, spinner and felter. Nick Zeman is the owner of Nick's Eggs.

### Gluten Free for the Holidays

Thursday, November 10, 7-8 p.m. Cost: \$10/8 owners. Instructor: Amy Leger

Anxious about the holidays due to gluten restrictions? You can have delicious, stress-free, gluten-free holiday meals. Amy will recommend gluten-free holiday fare for Thanksgiving, Christmas, Hanukkah & New Year's. She has GF recipes for standard holiday baked goods and tells how to convert other recipes to gluten free. You're invited to stay for the free Gluten-Free Tour of the Co-op after class. Amy is the mother of a celiac child and has been making her holidays gluten-free for 11 years. She blogs about her GF adventures at [www.thesavvyceliac.com](http://www.thesavvyceliac.com)

### Gluten-Free Tour of Just Food

Thursday, November 10, 8-8:30 p.m. Cost: FREE. Instructor: Mary Upham

The gluten-free market is booming. Join us for a free store tour to learn about some of the newest offerings, including breads, tortillas, cookies, crackers, and more.

### Make It: Bandana Basket

Saturday, November 12, 9 a.m.–3 p.m. Cost: \$42/\$40 owners. Instructor: Mary Simon

All levels welcome! This cute basket is lined with a removable bandana (provided). Basket measures 9" x 9" x 5 1/2". Please bring these supplies: 30 snap clothespins, screwdriver, needle nose pliers, ruler or tape measure, heavy duty scissors, old towel, pencil and spray bottle. Mary works in Montgomery-Lonsdale Community Ed and is a long time basket maker and instructor.

### Getting the Most Out of Grains, Legumes, and Nuts: An Intro to the Weston A Price Diet

Thursday, November 17, 7-8:30 p.m. Cost: FREE. Instructors: Lois Taylor and Jeanine Taylor

Grains, legumes and nuts make up an essential element of the diet. Lois and Jeanine will introduce you to one of the four food groups which Weston A Price discovered to prevent dental problems, chronic illness, and infections, and get you started on preparing them in the most optimal way. Lois Taylor is a long time registered nurse who has studied the medical correlation of health to a nutrient dense diet. Jeanine Taylor is the Grocery Buyer for Just Food Co-op and a Weston A Price devotee.

### Thanksgiving Tasting

Saturday, November 19, 11 a.m.–2 p.m.

Come for the delicious food we're sampling, and leave with some great ideas for your holiday feast!

### Owner Orientation and Tour

Saturday, November 19, 12-1:30 p.m. Cost: FREE. Instructor: Mary Upham

New owner or founding owners, you will learn new stuff about the Co-op. Join us for local snacks, then delve into your Co-op's history, the scoop on how to best use the Co-op, and a store tour with special info. Receive a \$5 store coupon for each owner household that completes the tour. What you learn will make your Co-op ownership more valuable to you! (Coupon only available for households who have not been on the tour yet.)

### Turkey Pickup Day

Tuesday, November 22, 4-7 p.m.

Pre-order your fresh bird by November 4, and pick it up today from 4-7!

### Closed on Thanksgiving Day: Thursday, November 24

## ONGOING CLASSES

### Spring Forest Qigong Practice Group

Mondays, 5:30-6:45 p.m. New students welcome to start on October 3.

Drop in fee: \$10 Instructor: 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. Mary is a Certified SFQ Teacher, Master Healer, and advanced student of Chunyi Lin, founder of SFQ.

### Knitting Group

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

Everyone welcome. Bring your project for conversation and knitting.

### T'ai Chi Ch'uan

Saturdays, 9-11:30 a.m. Drop in fee: \$12. Instructor: Paul Magee

This class covers traditional Taoist meditation and the Yang style T'ai Chi system. Everyone welcome. Your first lesson is free. Drop in fee for subsequent classes is \$12.

# Transforming Tea: Supporting a Small Farmer Tea Model

by Phyllis Robinson, Campaigns and Education Coordinator at Equal Exchange



In the foothills of the Himalayas, the Potong Tea Garden, once a colonial plantation, now collectively run by its workers, is making history. If this revolutionary new model is successful, not only will it generate significant improvements for the garden's 350 workers and their families, but the seeds planted in Darjeeling, India, could help spark a badly needed transformation of the tea industry. Equal Exchange is proud to partner with the Potong worker-owners and food co-ops across the United States, to support this exciting social, economic, and environmentally sustainable small farmer tea model. We believe partnerships such as these hold the key to the future of a fair and equitable tea system.

The Potong Tea Garden represents a unique effort to address a difficult challenge: how to build a new tea system out of a decaying and crumbling plantation model that remains largely unchanged from the days of the British Empire. Approximately 50 million workers throughout the developing world make their livelihoods from this industry. Sadly, even consumers trying to make ethical purchases, might still unknowingly prop up this archaic plantation system. Even 98 percent of tea that is labeled "Fair Trade" is sourced from large-scale plantations still working with bonded labor and other vestiges of colonial legacy.

Due to the feudal nature of tea plantations, workers are often trapped in a system of dependency. In many cases, workers receive their housing, schooling and medical care from the estate. If a worker loses his/her job, or if the plantation is abandoned, thousands of workers and their families are left without any form of income, housing, or services. Tea workers need committed fair traders and consumers to take action now to create a new model based on human rights and economic justice.

Established over 100 years ago by the British, Potong Tea Garden was repeatedly abandoned, taken over, mismanaged, and

abandoned again. Throughout that time, 2500 people depended on the plantation for their livelihoods, shelter, medical needs and educational services. As Sher Bahadur, Potong's board president told us in November 2009, the plantation system was structured in such a way that workers were never taught any other means of livelihood. "We were 100 percent dependent on the tea plantation," he said. "So when the plantation was abandoned, what could we do?"

In 2005, after a series of government and private-industry take-overs which ran the garden further into the ground, the owners of Potong approached Tea Promoters of India (TPI), one of the tea industry's most progressive and visionary companies, asking them to consider running the estate. Committed to making small farmer ownership possible, representatives of TPI proposed a solution to keep the estate in operation. The workers agreed to take over management and 51 percent ownership of the estate. TPI agreed to purchase 25 percent of shares and provided the workers with technical assistance and market support. As one worker-owner told us, "Before, the management was the supreme authority and we were scared of them. Now we discuss things amongst ourselves. We have a new structure and we can work with dignity and for our own development and for no one else. This is our model; if we are successful, then we will have a future."

The workers are learning to own, manage, and operate their tea garden. With training and technical assistance from TPI, they are learning new skills, taking risks, and rebuilding operations. Decades of neglect, however, have also taken their toll on farm productivity. We were told that some of the tea bushes are the original bushes that were

planted when Lincoln was president, in 1860. Production is half what it could be as many of the tea bushes have died, leaving acres of fallow land.

Potong's leaders are working hard alongside TPI to bring about badly needed economic and social change. They understand that environmental restoration and farm maintenance are equally important to the equation. The need for new tea bushes, organic fertilizer, and improved irrigation systems is critical to their success. For this reason, TPI asked Equal Exchange to partner with them and invest in the planting of new tea bushes. We, in turn, are inviting our food co-op partners and their shoppers to participate with us in this exciting new experiment in worker control and small farmer empowerment.

During the month of October, for each Equal Exchange product sold through food co-ops, we will donate 25 cents (up to \$15,000) to the Potong community for the planting of 30,000 new tea bushes.

When the original bushes were planted during Lincoln's presidency, the tea garden experienced its first phase of labor and land use. This next round of tea planting, and worker ownership and control, provides an opportunity to begin anew, to reconsider and rebuild a better and more sustainable tea model. We can learn from the past, be creative and envision a new future where workers and the environment both gain. Literally and figuratively, we are planting new seeds for a far more equitable, sustainable, and dignified future.

The Potong worker-owners, TPI, Equal Exchange, and your food co-operative, invite you to join us in building this exciting new model of small farmer empowerment!



every  
one  
eats  
update

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

We had another successful round of donations for the Community Action Center Food Shelf for August and September! We collected \$420.11 which will be used to restock the Food Shelf for the fall with Busy Family Solutions. This includes quick and healthy foods like family size mac and cheese, dry cereals, pasta, rice dinner mixes, and peanut butter. This helps busy families who are struggling to have some easy, healthy foods to put on the table for dinners and snacks.

June and July donations for Operation Backpack totaled \$560.76 and purchased 195 pounds of Annie's crackers to use for healthy school snacks. Program

Coordinator, Judy Bickel, said, "Thanks for all the crackers. The families were excited to get snacks along with their backpacks and school supplies."

The donations collected during October and November will be distributed in December and used for holiday staples like lasagna noodles, sauce, pie crusts, baking mixes, sweet potatoes, etc. The contributions you are making, through bringing in your own bags and donating your Planet Patches, putting your change in the Just Change box at the register, or dropping a food item into the donations basket at the front, truly do make a difference in the lives of people in our community.

STAFF PICKS



## What is your favorite easy dinner for busy evenings?

David, Frozen and Bread Buyer:

Tacos made with Sunshine Harvest Farm ground beef, Valley View Monterey Jack cheese, Green Mountain Gringo salsa, and whatever produce we have on hand. My kids think this is a treat.

Kathy K, Pricing Coordinator:

I fry up Kadejan frozen chicken burgers and local sweet potatoes and add some steamed broccoli on the side.

Leona, Produce Buyer:

A really quick one is Rising Moon stuffed frozen pasta with a jar of sauce and a big salad. I also love to make a kale stir fry. Stir fry onions and garlic with the kale stems in a little oil, throw in some Hans' chicken sausage (spicy is best) and some peppers and mushrooms. Toss in the kale leaves, cut in strips, and drizzle tamari over them. Cook just until the kale leaves are wilted and serve over rice.

Kevin, Human Resources Manager:

I cook up burgers with fried potatoes and onions. Serve it with bread and a veggie, either peas, green beans, or broccoli.

Natalie, Local Produce Buyer:

Quesadillas. They are super easy and quick. Spread refried black beans on a Stacy's tortilla, add sweet peppers, corn, cheddar cheese. Top with another tortilla and cook on both sides until the cheese melts.

From August 1 to  
September 15, you gave  
approximately  
**\$420**  
to Everyone Eats

Since the inception of  
Everyone Eats, your  
donations have totalled  
**\$2,130**

## 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.

# cooperation

## Land of 10,000 Co-ops

by Martin Brown, Co-op History Enthusiast

Our beloved Minnesota is home to the highest number of co-op stores per capita of any state in the country. Take a gander at the paper grocery bags the NCGA issues, and you will see that it's by a long shot!

People often ask me why Minnesota is such a co-op stronghold. Having researched the history and social, economic, and environmental impacts of two of Minnesota's consumer cooperative movements, I'm somewhat qualified to answer the question\*. However, I must disclose: "Why so many co-ops?" was my original research question. I backed away from it because, the more I looked at the co-op movements, the bigger the question seemed to become!

So, what I am presenting to you here is my "short list" of reasons that Minnesota has been a hotbed of cooperativism for over a century.

- 1) Ethnic and cultural make-up – You can hardly gather the ingredients for a hotdish without running into three Scandinavians and a Finn in these parts! The folks from these socialist-leaning countries played significant roles in the settlement of Minnesota. And, of course, they brought their left-leaning ways with them, organizing cooperative organizations in many arenas of economic and social life.
- 2) Social history – Minnesota has hosted some pretty radical social movements over the years. From early twentieth century labor movements in the

logging and mining industries to draft resisters in the Vietnam era, the socially conscious have peers 'round here. These folks are the ones who kicked off the co-op movements. The rest of us just followed along for the good food! In the case of "Old Wave" co-ops from the teens and twenties, forming a co-op was often the only alternative to the company store. The company store would put you into debt if you bought there and cut you off if you went on strike. An alternative was critical. For the radical folks in the '70s, forming a co-op provided an alternative to supporting the food-for-profit system.

- 3) Education – According to Mississippi Market General Manager Gail Graham, education is the primary demographic indicator of the co-op shopper. Minnesota, which is the highest ranked state in the percentage of residents with at least a high school diploma, has always valued education. Educated consumers are more likely to understand the democratic model of the food cooperative and to have the economic means and personal motivation to purchase natural foods.
- 4) Kris Olsen, the All-Cooperating Assembly, and their present-day contemporaries – '70s co-op pioneer Kris Olsen led a Minneapolis-based organization called the All-Cooperating Assembly from 1975 to 1980. The main purpose of the ACA was to provide education and outreach to start and

strengthen co-op stores in the region. And start they did! Kris provided technical support to dozens of co-ops that started during this time in five states. These days, we have the Food Co-op Initiative performing a similar task. Having dedicated educators promoting the co-op model pays off, big time.

- 5) It's Cold Here – We are in Minnesnowta, dontchaknow?! One of my favorite quotes from my research is from Seward Co-op Board Member Dan Nordley: "In Minnesota our climate sucks." Huh? With such a long winter, Dan reasons, there's not too much to do except organize. In Lutheran church basements. Out on the farm. In well-insulated living rooms with fires blazing under kitsch-covered mantles. Countless co-ops have been started under our snow-covered roofs.

That's the short list. And then...there's just us. Out here, in farm country as we are, a place to get good food and catch up with our neighbors just seems to resonate. And co-ops interest us perpetually – I have younger folks ask me about resources for their research projects all the time. We truly love them and appreciate all that they do for us. For lack of a better expression...we Minnesotans just eat 'em up!

\* If you would like a copy of *Legacies and Impacts: An Account of Consumer Cooperation in Minnesota*, please contact me at [mabrown@graffiti.net](mailto:mabrown@graffiti.net).

# OWNER Celebration

## & Annual Meeting

Saturday, October 15 at Red Barn Farm

Barn doors open at 4:30 p.m., dinner will be served at 5.  
Short business meeting at 5:30, followed by the live music of Chance Meetings from 6–7.

We'll provide the pizza, salad, and dessert. Please bring your own beverages.  
This is a family-friendly event. We hope to see you there!

## TICKETS REQUIRED

Owners can pick up their free tickets from a cashier beginning October 1.  
This event is only open to Just Food Co-op owners.

# Just Food Co-op 2

## MEET YOUR BOARD CANDIDATES!

### DIANE BURRY



*Why would you like to serve on the Board of Directors of Just Food Co-op?*

Serving on the Just Food Board of Directors would be an opportunity to support a part of our community in which I

believe strongly – that is, a sustainable local food system that provides healthy food to all the people of Northfield.

*What experience or involvement have you had with Just Food Co-op or other cooperative enterprises?*

I have been a member of Just Food from early on, have attended classes, and am part of the spin-off Just Good Books Club. I have been an appointee member of the Just Food board since January 2011. My mother is part of a senior housing cooperative, and so I have some knowledge of that type of cooperative, too.

*What opportunities and challenges do you see in the future for Just Food Co-op?*

Opportunities and challenges are two sides of the same coin. I believe one current opportunity and challenge is to extend membership to people with limited income. This current economic situation has pushed many of us to the limit financially, and we need to find a way to make good, local, healthy food available to all.

Another opportunity/challenge will be how to handle our ever improving financial situation. We can expand (perhaps a deli?), become more involved in the greater community (joint initiatives with other organizations such as working to create a community root cellar?), or focus on further strengthening our current situation in the uncertain economic climate. We will need to balance these ideas, and not choose just one.

*What skills, formal training, education, or professional or volunteer experience would you bring that directly contribute to the mission of Just Food Co-op?*

I feel that my experience as a small business owner is one that has trained me in many of the skills the board requires. In particular, I can read a financial statement, think in terms of systems and contexts, can make tough decisions, and face the consequences of those decisions.

I work well on a team, so collaborative decision-making, communication, and group process skills are second nature to me. I have integrity, flexibility, and common sense. I would draw upon my experience as a small business owner, a restaurateur, a commercial kitchen manager, an enthusiastic cook and a grateful eater.

### MONICA CALDWELL



*Why would you like to serve on the Board of Directors of Just Food Co-op?*

I feel a strong connection to Just Food Co-op because I believe in its values, principles, and support everyone who works and shops

here. I want to see the co-op continue to stick to its mission, succeed, and prosper. I was fortunate to be voted to serve on the Board as the Employee Director this past year and have valued every minute of it. I am running again to hopefully be voted into a 3-year term where I wish to continue to be a part of the team that oversees the success of such a wonderful place of business and gathering. I feel that my experience as an employee has brought an important voice to the Board of Directors, I have a unique insight that has benefited important decision making.

*What experience or involvement have you had with Just Food Co-op or other cooperative enterprises?*

I have been employed at Just Food Co-op for two years, first as a Lead Cashier and now as the Bulk Buyer. I truly appreciate and enjoy the friendships I have made with staff and our customers. I continue to educate myself on natural cooking and products and teach classes on cooking and nutrition in our Community Room. I am involved in the farming and local food community of Northfield through my experience operating a farm last season and managing the Riverwalk Market Fair Farmers Market last season. I have been part of the Riverwalk Market Fair Farmers Market Committee and Northfield Earth Day Committee. This season I continue to work with local farmers through my involvement with SEEDS Farm writing and teaching sustainable farming curriculum to their youth CSA members.

*What opportunities and challenges do you see in the future for Just Food Co-op?*

Some opportunities that exist for Just Food Co-op definitely include a dialogue about expansion. Whether this be re-evaluating our current space, looking beyond our location, and/or expanding the deli is yet to be determined. I would also like to see a continued and expanded relationship with local growers and producers. A great opportunity that is still being developed is the Co-op's partnership with the Rural Enterprise Center, I look forward to deepening our relationship with this enterprise and getting more of our customers involved on the great work they have been doing.

I believe that an ongoing challenge for Just Food Co-op is broadening its membership and bringing in new customers. Another challenge is proving to the community-at-large that our prices are competitive with other grocers in the area and disproving the myth that our prices are just too darn high.

On a personal note, I'm extremely interested in education and would love to see more

continuing education and youth education programs offered at the co-op in the Community Room.

*What skills, formal training, education, or professional or volunteer experience would you bring that directly contribute to the mission of Just Food Co-op?*

I have almost one year of Board experience under my belt now and am familiar with policy governance. I'm very dedicated to the co-op, its mission statement, natural foods, and the local food movement. I am comfortable reading and interpreting the financial statements that are reviewed every month. I enjoy working collaboratively and communicating in a group. I have experience in community outreach through farming, management, and education positions. Finally, I have a professional attitude and will maintain confidentiality.

### PENELOPE HILLEMANN



*Why would you like to serve on the Board of Directors of Just Food Co-op?*

I have lived in Northfield for 21 years and was a founding member/owner of Just Food Co-op. My loyalty to the Co-op and my

appreciation for what it has brought and can offer to Northfield and the surrounding region have grown enormously since making that initial investment. I remember the days when there was no food co-op in Northfield, and now I can hardly imagine my life, or Northfield's community life, without Just Food Co-op. I became an advocate for the local food movement about four years ago after reading Barbara Kingsolver's book *Animal, Vegetable, Miracle*, and devoted some of the earliest posts of my blog, *penelopedia.com*, to issues of local food, sustainable agriculture, and the importance of putting our food dollars where our values are. I feel that Just Food holds an extraordinarily important role in this community, and I would be privileged to play a role in its continued evolution and success.

*What experience or involvement have you had with Just Food Co-op or other cooperative enterprises?*

In addition to being a founding owner and regular shopper, I've gained exposure to cooperative governance and the concept of the "triple bottom line" through a project my employer, Neuger Communications Group, worked on (and which I managed) for Just Food a couple of years ago. At the invitation of the Just Food staff, I have written for the ComPost newsletter and the Eat Local blog.

*What opportunities and challenges do you see in the future for Just Food Co-op?*

Through good governance, careful management, and dedicated employees, Just Food has done remarkably well in the last several years, growing and remaining profitable in a difficult economy. Greater public awareness of food issues – including sustainability, food safety, the

obesity epidemic, the benefits of organic production, and the value of a local food infrastructure – creates a positive environment for food co-ops and the issues they help advocate for. I believe this environment has been and will continue to be a significant factor in Just Food's success as well. Success leads to new opportunities and new choices to be made. I look to Just Food's future with great optimism, while recognizing that the ongoing economic issues are likely to continue to shape some of the choices that lie ahead.

*What skills, formal training, education, or professional or volunteer experience would you bring that directly contribute to the mission of Just Food Co-op?*

I have a bachelor's degree in psychology from Brown University and a law degree from the University of Wisconsin-Madison. After moving to Northfield from Milwaukee in 1990 I no longer practiced law, but found my way eventually into the communications/marketing field. I worked at WCAL radio at St. Olaf College for seven years, serving as web manager for the last several years, until the station was sold. I am now a vice president and senior communications counselor at Neuger Communications Group, where I have worked since 2004. I advise and manage projects for clients in a variety of industries – primarily healthcare and nonprofit organizations. In addition to managing Just Food's graphic identity and website projects in 2009-10, I have also recently worked with the Mississippi Market co-op in St. Paul in developing their new website.

I hope my communications background and skills will be a useful addition to the Just Food board, but I also believe some of my greatest strengths lie in clarifying issues, solving problems, and building relationships. I have served on the board of Nerstrand Elementary School (a charter school, which my daughters attended), and I currently serve on the boards of Children's Culture Connection and Northfield Healthy Community Initiative.

### JENNY HOWENSTINE



*Why would you like to serve on the Board of Directors of Just Food Co-op?*

The existence of Just Food is one of the reasons I'm proud to live in Northfield! For years I'd search out co-ops in the cities I'd

travel to for work, finding the local co-op to bring out the best energy of that particular place. Co-ops offer a sense of place, a gathering space, and of course a source of good food! Having visited many, I can say with confidence that our hometown Co-op is my favorite place to shop. I'm interested in serving on the board because I feel a strong sense of ownership and pride in the development of Just Food.

I was a member of the Founding Team and a co-coordinator of the Membership and Community Relations Committee before the

# 2011 Election



store opened in 2004. After putting in many hours helping to get the co-op off the ground at the time I was happy to hand over the next phase to the well-qualified general manager, staff, and new Board of Directors and enjoy my role of shopping and seeing friends and neighbors at the store! Now, seven years later, I am looking forward to having the opportunity to re-invest my time to a place that has been important to me since the first general interest meeting and that has become an increasingly important and visible part of the Northfield community.

*What experience or involvement have you had with Just Food Co-op or other cooperative enterprises?*

I was very involved in the development of Just Food working with an inspiring and hard working group of people on the Founding Team and co-leading the Membership and Community Relations Committee before the store opened. As part of the Membership/Community Relations team, I represented Just Food at the Farmers Market, at various Northfield events, and on the phone when encouraging new members to join and then later to ask for financial support through the member loan program. I believe in the mission of Just Food and have confidently related that to others since before the store opened both publicly and during informal conversation. I have supported Just Food with my time during the development phase and with my money through the member loan program. In addition to the Co-op I have also been involved in the Greenvale Community Garden since its creation.

*What opportunities and challenges do you see in the future for Just Food Co-op?*

A concept that really resonates with me is Wendell Berry's idea of "solving for pattern". Making decisions and finding solutions that positively address a number of needs with one action. I believe that Just Food is a great example of this. The co-op provides good, healthy, often local food to our community. When people come together to buy and sell good food with the pictures of the producers hanging around the store, a gathering place is created that facilitates conversation, education, and strengthens the community. As our society becomes increasingly globalized, fast-paced, and connected through technology, I think that there is both an important challenge and great opportunity to create local face to face connections around good food. A continual challenge will be to make sure that this is a place that is welcoming and accessible to everyone. I think the main opportunity is continuing to grow the educational opportunities that the Co-op provides around healthy food and food politics. The more that we can draw non-co-op owners/shoppers to

store activities, the more people will benefit from all of the good work that the staff and educational volunteers are already doing. Drawing new interest, whether to shop or to a class or community event, is both the main challenge and the great opportunity.

*What skills, formal training, education, or professional or volunteer experience would you bring that directly contribute to the mission of Just Food Co-op?*

Having worked in admissions at St. Olaf for the last 13 years, I feel confident (and enjoy!) representing a place that I believe in and support. Through my professional background I have developed strong communication skills, have gained experience in event planning and volunteer management, and am able to efficiently work in teams to accomplish goals. I believe that all of these skills would serve me well on the board of Just Food as we continue to work towards growing and strengthening a co-op that will be sustainable for years to come!

## JAY JOHNSON



*Why would you like to serve on the Board of Directors of Just Food Co-op?*

I'd like to continue serving as a board member of this organization whose values mirror my own – environmental stewardship along with a healthful personal and community lifestyle.

*What experience or involvement have you had with Just Food Co-op or other cooperative enterprises?*

- I've served on the Just Food board for the past three years.
- My wife, Kirsten, and I have been JFC supporters and members from the start, and we contributed to discussions and planning prior to opening.
- We were members at Lakewinds in Minnetonka prior to 1997, and working members at it's predecessor (St. Luke Community Co-op) in the 1970's.

*What opportunities and challenges do you see in the future for Just Food Co-op?*

- We must continue to capitalize on the growing awareness of healthful and organic foods produced and marketed in the community, and to expand community resources (and sources) for environmental stewardship and healthful living.
- We need to continue to build on the notion of the enhanced value of small

scale organic foods produced by our friends and neighbors- in the face of increasing costs for food and other commodities and that we build on the communal, personal nature of the organization as a means of competing with the corporate/big box move into organics.

- The organization has worked very hard to reduce the debt incurred upon opening in 2004. With dedicated board members and excellent store management we are now approaching the time when we will be essentially debt-free. We thus have an immediate opportunity to work together to better satisfy the needs of members, staff, and community, and to enhance the value of the cooperative business model in Northfield and surrounding areas; the challenge is to consider options for the future with great care, based on our stated mission (Ends.)

*What skills, formal training, education, or professional or volunteer experience would you bring that directly contribute to the mission of Just Food Co-op?*

- I seek creative and innovative solutions based on careful evaluation of ideas, issues, problems, and opportunities. I've developed organizational and analytical skills based on thirty seven years' experience as an architect and manager of ideas, staff, work process, and business. Prior to my retirement in 2010, my career centered on energy conservation, daylighting, and sustainability. I lead teams that designed, developed, and facilitated a wide-ranging program of collaboration and analysis with engineers, architects, owners, and contractors to find optimal building solutions. This program addressed nearly five hundred buildings during my time, resulting in energy savings equivalent to a new power plant. Regents Hall at St. Olaf, with a LEED platinum rating, is one of those buildings, as are the Cassat and Memorial Halls and the Weitz Center for Creativity at Carleton. I currently teach a graduate course on Energy and IEQ in Sustainable Design at the University of Minnesota.
- My wife Kirsten and I have been organic gardeners since the early '70's, and in the last fourteen years we've promoted and actively restored prairie around our passive/ active solar home near Valley Grove. Additionally, we are members (and parents/grandparents) at Open Hands Farm, providing occasional transplanting, harvesting, babysitting, and ongoing wholehearted support.
- We are ongoing volunteers at the Northfield Food Shelf, addressing another important aspect of food in our community.

## Voting for Board Members

Voting for your Board of Directors is one of the many benefits of being a member-owner of Just Food Co-op. Owners, get to know your candidates by reading over these two pages, then fill out your ballot and put it in the ballot box at Just Food or bring it to the Annual Meeting at Red Barn Farm on October 15 by 5 p.m. Not a member-owner yet? Join by October 15 to vote in the election!

As noted on your ballot, you may vote for up to four candidates. Your ballot will be counted even if you vote for only one candidate.

## Just Food Co-op Board of Directors

Members of the Board of Directors:

- Serve as trustees on behalf of member-owners;
- Provide leadership of Northfield's 100% democratically member-owned co-op;
- Set long-range goals for Just Food Co-op;
- Ensure sound management of Just Food Co-op through the use of Policy Governance.

Your Current Board of Directors:

- Aaron Wills, President
- Joni Karl, Vice President
- Lee Runzheimer, Treasurer
- Dirk Peterson, Secretary
- Diane Burry
- Monica Caldwell (*Employee Director*)
- Ann Iijima
- Jay Johnson
- Arion Thiboumery

## Criteria for Board of Directors

(Not in order of priority)

- Dedication to the Co-op, its member-owners and its mission.
- Ability to read a financial statement. (This skill will be taught, if necessary.)
- Propensity to think in terms of systems and contexts.
- Experience with tough decision-making and subsequent consequences.
- Ability to participate in collaborative decision-making.
- Communication and group process skills.
- Professional attitude, including maintaining confidentiality.
- Time commitment of at least 10 hours per month.
- Understanding of the Board's role and responsibilities.
- Integrity, flexibility, & common sense.

# VOTE! 2011 Ballot

One ballot per membership number.

Note: Ballots without member numbers or with duplicate numbers will not be counted.

Member #: \_\_\_\_\_ Printed Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Since four Directors are to be elected, you may vote for up to four (4) persons.

- Diane Burry
- Monica Caldwell
- Penelope Hillemann
- Jenny Howenstine
- Jay Johnson

Please return completed ballot to the ballot box at Just Food Co-op by 3:30 p.m. on Saturday, October 15, or bring to the Annual Meeting at the Red Barn Farm by 5:00 p.m. to be counted.

# To Grow or Not To Grow

by Melanie Reid, Co-op Owner & General Manager

It has, from time to time, been suggested that the co-op should someday have a larger deli. And considering the question of whether or not to build a deli has prompted many conversations over the last year about growth. Additionally, we have experienced enough sales growth in some of our fresh foods departments that we have begun to wonder whether our perimeter might need to be expanded in the not too distant future. If we build it, will they come? Is bigger necessarily better for Just Food Co-op? As we look ahead, the big question on our minds is “what does sustainable growth look like?”

As consideration of the question of growth encompasses both Board level visioning responsibility and operational level research and planning, there will be natural overlap in the work of the Board and Leadership Team surrounding the question of growth.

With our Ends policy to guide us, we will work together to determine how best the Co-op will nourish a just, healthy and sustainable Community well into the future.

In the space and parking that we currently have, expanding seating and/or opening a full deli would be very difficult and expensive with numerous possible consequences. This warrants an abundance of caution when exploring the idea. As one step in the process of exploration, we will be conducting a professional market study this fall. This will provide a strategic evaluation of JFC's long-term opportunity in the Northfield area. We have contracted with Debbie Suassuna, Location Research Consultant with G2G Research Group to conduct our market study for us. Debbie has a wealth of experience conducting research for co-ops around the country including having worked with Pete Davis who



conducted our original market study before we opened Just Food. Debbie will be able to compare the current data with that gathered prior to our opening and assess our success in the first six years of operations as well as provide an updated sales projection for the next 5-10 years.

The purpose of the market study is to learn as much as we can about our store's trade area by gathering information from our customers and gaining knowledge about the consumers in our trade area. We believe that the more we know about our market area, the better equipped we are to plan for future fine tuning of our operations to best serve those consumers.

## Customer address & transaction (CAT) Survey

This excerpt from an article written by Debbie Suassuna and published in the Cooperative Grocer magazine's July-August 2010 edition provides a clear explanation of the CAT Survey that we will be conducting in the store during early October:

“The first step in researching your co-op is to better understand your store's trade area—its geographic extent, socioeconomic and demographic characteristics, competitive environment, and sales performance throughout its various sectors. Knowing where your store draws its business from, and whether it is performing the way it should throughout its trade area, can provide you with many benefits. For example, you can identify the prevalent demographic characteristics of the co-op's trade area population base, which can then be compared against your co-op's customers; you can identify certain areas within your trade area where your store underperforms and which should be targeted by future marketing efforts as a means of improving your co-op's sales performance; and you can determine how well your co-op does (or does not) draw past other food store competitors. In any event, you will have a better understanding of how your co-op performs and how best to improve its performance. In order to determine your co-op's trade area, and to calculate the levels of sales penetration that it achieves within the various sectors of its trade area, a CAT survey should be conducted among a representative sample of your customer base (members and non-members alike). From these customers, you

would obtain information such as where they live and how much they spent at the co-op on the day of the survey. If your co-op is located in a downtown area, for example, the CAT survey can be designed to determine whether your customers are shopping your store from home, work, school, or other shopping. This will enable you to determine the importance of each customer segment (trade area resident, office worker, student) with respect to your co-op's sales performance. Once the survey is completed, the customer data will be used to determine your store's trade area. Census tracts are used instead of zip codes since they comprise smaller geographic areas, and as such they allow for a more precise definition of a co-op's trade area and a more detailed evaluation of its trade area sales performance levels. Much of the information obtained from a CAT survey—especially when compared to other existing co-ops that exhibit similar market area sizes, location types, facility sizes, demographic characteristics, merchandise mix, and competitive environment—will lead to a determination of whether your store is performing as it should. An accurate determination of a co-op's trade area is extremely important since it weighs heavily on the advertising, sales promotions, and “finetuning” decisions that management implements in order to better serve its existing customer base or to convert trade area residents who don't currently shop at the co-op into customers. Once a co-op's trade area has been determined, other types of research activities can be applied throughout this geography.”

Those customers who shop during the times that we are conducting the CAT surveys will be asked a few brief questions as they exit the store. We thank you in advance for your understanding and cooperation with this process and thought it would be helpful for you to know the story behind the research. The Board and management of the Co-op look forward to learning from Debbie when she is here conducting her research and utilizing the results of the market study as we plan for the next phase of Just Food's evolution.

As we move forward with our process we will utilize the ComPost to keep owners updated on what we are learning. Stay tuned!



## GLEN HANSON GALLERY : THEN AND NOW

OPENING: SUNDAY OCTOBER 2, 2011 3PM - 10 PM

BRUCE ANDERSON  
RICHARD COOPER  
HARMONY HAMMOND  
GLEN HANSON  
STEVE HARTMAN  
PHILIP LARSON  
MIKE MANZAVRAKOS  
JOHN MARSHALL  
STUART NIELSEN  
TOM ROSE  
T.L. SOLIEN  
STEVE SORMAN

artorg

ArtOrg at Switzer's Nursery 26601 Chippendale Avenue Northfield, MN 55057

www.artorg.info

Just Food Co-op  
Owners-  
Don't forget  
to vote!

OFFICIAL BALLOT ON BACK

# The Green Team at Just Food Co-op

by Monica Caldwell, Co-op Owner & Bulk Buyer

Within this past year a few employees from the Grocery Department at Just Food Co-op decided that it was time to develop a "Green Team". I sat down with one of our hard-working grocery stockers and leader of the "Green Team" initiative, Diane Taggart, to ask her some questions about the new program. And here's what she had to say...

*First of all, what is Just Food's "Green Team"?*

Last winter at a Grocery Department meeting we saw a need for the grocery area to focus on "greener" initiatives so our committee has come out of that desire. Around the same time the "It's In the Bag" recycling program and the Preserve "Gimme 5" program took affect for the whole store. Before these programs and a new stronger commitment to recycling from the "Green Team", we were throwing away a lot of the plastic packaging that arrives when our grocery products are delivered. Now we are recycling all of this plastic plus more. The Grocery Department's "Green Team" has been a great success, and starting next January Just Food Co-op is going to establish a "Green Team" store-wide in all departments.

*You've been very involved in the recycling programs here at Just Food Co-op. Can you briefly describe these new recycling programs?*

When our products are delivered most of them come in cardboard, plastic, and shrink-wrap. We are now able to recycle these items through the "It's In the Bag" program. Previously, we were unable to recycle the plastic and shrink-wrap and they, unfortunately, were finding their way to the landfill. When I first started working at Just

Food Co-op a year ago, I would look in the dumpster out back and it was filled ¾ full of plastic, now the dumpster is virtually empty.

The Preserve "Gimme 5" program gives customers the opportunity to deposit all their #5 plastic containers at Just Food Co-op in a designated container at the front of the store. We then fill 1-2 large boxes of this plastic weekly and send it to Preserve where this plastic is then re-used to make plastic cutlery, toothbrushes, razors, etc.

*What can customers bring in and recycle here?*

Customers have the opportunity to recycle their #5 plastic containers, metal bottle caps, cell phones, eyeglasses, and old batteries. Containers for all of these are located in the same area at the front of the store. If you're interested in this there is more information in the recycling area.

*Is there anything that customers must do before they bring in their recyclables?*

The most important thing is that plastic bags must be clean, dry, and with zippers/handles removed. Plastic #5 containers must also be clean and dry.

*What do you hope to see Just Food Co-op do in the future for recycling?*

It is a big dream of mine to implement a full organics program at the co-op where we could recycle all food scraps, deli containers, and non-recyclable paper products. Right now I'm in conversation with Prairie Creek Community School where they already implement this program. I have also been in discussion with Waste Management about how to make this possible at Just Food Co-op.

This idea is just starting to make progress and we have to determine if this is a feasible long-term goal for the co-op to undertake.

*Okay, it's clear that you are very committed to recycling here at the Co-op! What are some other Green Team Initiatives/Ideas?*

A large initial focus has been on our recycling program but we've also discussed and implemented a lot of large and small ways that we can conserve energy and promote a "greener" environment here at the Co-op. For example, since the implementation of the "Green Team", the grocery team now turns off their computers at night. We also now re-use plastic bags that our bulk items arrive in for many of the store's garbage cans. We save a lot of our delivery boxes and re-use these ourselves or save them for other local businesses to re-use. A great step in conserving energy was the purchase of insulating covers that cover our open coolers at night. Finally, a program that we promoted was the Green Pledge initiative for Earth Day month this past April, this consisted of a large poster at the front of the store where employees and

customers wrote down a greener lifestyle change that they would implement for the month. This program was a huge success, many pledges were made!

*I can definitely see your strong commitment to the grocery department's "Green Team". As a "green" expert, what do you recommend as some ways our customers can be greener when they shop at Just Food Co-op?*

It's always an option to re-use bags and participate in our recycling programs that I described earlier. Customers can bring in their own shopping bags or use used paper shopping bags for their groceries instead of new bags, these used paper bags are located at the registers, simply ask a cashier where they are located. You can also bring in your used paper shopping bags and drop them off at the front end to be re-used for other customers. Customers can re-use bags and containers when purchasing produce or bulk items. For example, you can purchase bulk coffee in a paper coffee bag and then continue to bring this bag back to re-fill over and over again. It's fun to be creative, there are many ways to be green!

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# SOLAR ELECTRIC REBATES BRING DOWN COSTS

by Joe Gransee-Bowman, Co-op Owner

If you have considered investing in solar electricity, the timing is ripe for those of you in Xcel Energy's service territory. Although a portion of current funding has been allocated for 2011, their rebate programs combined can reduce the cost of a solar electric system by up to 60% for residential and commercial building owners purchasing Minnesota manufactured panels. Half of this rebate depends on how Xcel allocates its 2012 rebate funds. Combined with the Federal 30% tax credit, the cost of the system may be up to 90% off the sticker price for an installed solar electric system. Get informed and plan now for a system in 2012. Part of the process calls for an energy audit to

be conducted by Xcel approved contractors. By investing first in energy efficiency upgrades your future solar electric system may have more of an impact financially and is a more effective use of renewable energy. Energy efficiency upgrade rebates and loans are available from groups listed below.

Experience what a solar electric home looks and feels like, talk to system owners, and get contractor referrals by attending the FREE MN Solar Tour of Homes and Businesses on October 1st. Before the snow flies make energy efficiency improvements and start planning your solar electric system. Visit the following websites for more details.

### Solar Programs

Xcel Solar Energy Programs:  
www.xcelenergy.com/Save\_Money\_&\_Energy/Find\_a\_Rebate/Solar\_Rewards\_-\_MN  
MN Department of Commerce, Division of Energy Resources: www.energy.mn.gov  
MN Renewable Energy Society - Solar Tour: www.mnRenewables.org  
State and National Rebates: www.dsire.org  
Renew Northfield: www.renewnorthfield.org  
Energy Efficiency Loan Programs  
Neighborhood Energy Connection: www.thenec.org  
Center for Energy Efficiency: www.mncee.org

*Joe Gransee-Bowman provides energy performance auditing and weatherization services, as well design development consulting for residential living systems, integrating year round food production, Certified Passive House planning, and effective use of renewable energy. For more information contact him at joegb@northfieldwifi.com or 952.406.1215.*

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## WORKING AT JUST FOOD

# Staff Spotlight:

*Gaelyn Newbury, Prepared Foods Coordinator*

by Melanie Reid, Co-op Owner and General Manager

If you've been tempted by one of the amazing desserts offered by our deli lately, you have likely tasted some of the magic that Gaelyn Newbury works in our deli kitchen. Gaelyn joined our team as a deli cook after having been a Co-op shopper for some time and with a willingness to share her repertoire of delicious desserts and vegetarian and vegan recipes. Gaelyn loves to cook and experiment with food- much to the delight of anyone who eats lunch here regularly - and those of us on staff who have the pleasure of enjoying her wonderful creations! We recently did some internal restructuring of our Deli, Meat and Cheese department and Gaelyn was promoted into a new position, Prepared Foods Coordinator. In this role she does a lot of hands-on cooking, supply ordering, menu planning, and staff supervision back in the kitchen- a part of the co-op that many owners and shoppers never see. I asked her to share a bit about herself and her experience working at the co-op. Enjoy!

Gaelyn's day usually starts around seven o'clock when she comes in to make breakfast and get the preparation of the day's goodies going. She's also always trying to dream up new things to make. Gaelyn thinks many owners and shoppers would be surprised to see all the activity and just how much food actually comes out of our small kitchen. While chopping and stirring, the kitchen

staff members like to catch up with each other. They laugh a lot and listen to jazz while they work. It's very fast paced, and the day flies by!

### What do you love about working at Just Food?

The best part about working in the Just Food kitchen is that I know we have a chance to inform customers through the food that we make. For example, some people may be unfamiliar with some of the ingredients that we use, like quinoa. If I can make a great tasting quinoa dish, a customer who eats it will hopefully really enjoy the dish and want to eat quinoa more often. This may lead them to find out what it is and why it is not only yummy, but great for them too. It's a great opportunity and a challenge too. I am spoiled by being able to walk out onto the sales floor and cook with any of the beautiful, fresh, seasonal ingredients that I want to use. The creative part of my job fills me with energy!

### In your opinion, why is the Co-op important to the Northfield community?

I think Just Food is very important to Northfield as an educational center. I have learned so much; first by shopping here and

then by joining the staff. I see new products, fruits and veggies and supplements come in every week- just being here provides an opportunity to learn more about healthy choices. I am a firm believer that the choices we make daily about our food really have a direct impact on our health, attitude and energy. I think the quality of the food we carry at the Co-op is just wonderful, and I want customers to know why it tastes great and why we chose to stock the particular item.

### Tell us about your family and what you like to do on your day off...

I live in a 1920's bungalow with my husband, our beagle Bertie Wooster and my cat Oona. Our yard is a very large flower garden with a small garden house at its center. I spend a lot of time out there watching all the birds and butterflies that the flowers attract. I hike often, taking in the beautiful parks around Northfield. I especially love the regional park with its huge, ancient willows. I often hunt for mushrooms there. Our house is done in 1940's style, so I do a lot of junking and antiquing for retro décor and fun things to fit in with the vintage atmosphere.

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

- My number one favorite product has to be the **Mount Sterling Co-op Mild Goat Cheddar**. It's subtle and rich-tasting with a piece of fresh fruit or some warm homemade bread.
- I love any of the **Crofter's homemade-tasting preserves**. The blueberry is really intense and I use it to make sauces and as a garnish. I find their preserves just as good as the expensive European brands I used to buy before I learned about buying local. You can drizzle their mango preserve on sorbet or cake as a sauce. Yum!
- I use the **Beautiful Curls** line of hair care products. I've got stubborn wayward Irish hair and the stuff works miracles! It's enriched with shea butter, is mild and gentle and smells great.

## HEALTHY CHOICES

# Chocolate Can Be Good for Your Health

by Kristi Von Ruden, RD, LD, Nutrition Therapist, Northfield Hospital & Clinics

I know. It sounds too good to be true. But eating dark chocolate does have its health benefits.

Nutrition experts say cocoa-based chocolate adds flavonoids to the diet. Flavonoids are naturally-occurring compounds found in plant-based foods that are thought to keep arteries supple, protect against cancer, and work as an anti-depressant by stimulating the production of serotonin, an important brain neurotransmitter. Recent studies suggest that eating dark chocolate can also help lower blood pressure and raise good cholesterol while reducing the bad.

It's the flavonoids that give cocoa its strong, pungent taste. That taste dissipates when chocolate is processed through fermentation, alkalizing or roasting. But the tradeoff for a better taste is the loss of flavonoids. And you know how this goes, the more processing, the fewer flavanoids, the fewer flavanoids, the fewer health benefits.

If you find yourself reaching for chocolate, choose wisely. The darker the chocolate the better it is for your health. Milk chocolate, the kind we find in most commercial candy bars, uses cholesterol-raising milk fat. Commercial candy bars contain a host of other high-caloric ingredients such as sugar

and saturated fat.

I recommend dark chocolate with a cocoa content of 65 percent or higher. Some chocolate in moderation is not a bad thing, but remember it is a high caloric food, and you don't want it to crowd out more nutritious foods that have even more health benefits. Avoid chewy caramel, marshmallow or nut covered chocolate. They contribute unnecessary calories, not health benefits.

*If you would like to learn more about chocolate and flavonoids from a nutrition therapist or discuss other nutrition issues, call 507-646-1410 and ask for Kristi Von Ruden.*



### Quinoa Pudding with Cocoa

#### Ingredients

1 ½ cups cooked quinoa  
¼ cup assorted nuts  
1/3 cup assorted dried fruit  
1/2 cup assorted berries  
2 tablespoons shredded, unsweetened coconut  
1/3 cup plain or vanilla low-fat yogurt  
2 tablespoons cocoa powder

#### Directions

Place ingredients in a bowl and mix thoroughly.

Source: MayoClinic.com

**Just Food will be closed on Thanksgiving Day. We will be open regular hours the rest of the week.**



# Nutrition a Focus for Olympic Hopeful Nichole Porath

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

It's not often that Northfield gets to claim one of their own residents as an Olympic hopeful. But this year Nichole Porath, 28, is headed to the Olympic Trials on January 14th in Houston. She qualified during Grandma's Marathon in Duluth in June with a time of 2:44:46 - over a full minute less than she needed to make the 2:46:00 qualifying time.

Right now, as she prepares to race against the country's fastest women in the trials, Nichole's training is intense to say the least. On top of a full time job in the financial department at Red Wing Shoes and her daily commute, she runs about 80-105 miles each week, more mileage than ever before for her. She usually runs twice daily and covers about 15 miles total each day.

She is also working on what she calls "little things" to become faster: strength work, stretching, and nutrition. Of the nutrition part she says, "I am terrible! Before Grandma's I tried to change my diet a bit, including many more fresh things, healthy dishes, etc. - but I know I can do better." One of Nichole's tough spots is late night snacking. "I eat the worst stuff at night. Like leftover brownies!"

Nichole says she is quite sure better nutrition can make a difference for her. Even when she improved her diet a little while training for Grandma's she dropped seven pounds in two months and noticed that she felt better overall. "Of course I was running a lot too, but still I saw a change when I ate better," she said.

At the Co-op we know that eating well can make a big difference in how you feel and perform so Just Food is sponsoring Nichole and working with her on improving her diet through more fresh fruits and vegetables and healthy meal and snack ideas.

After a tour of the Co-op and some brain storming of food possibilities Nichole said she felt really hopeful. "I knew there were things to do, I just didn't quite know how to go about them. Now I feel like I have some recipes and ideas for more than just frozen pizza!"

Nichole will be blogging about her diet changes and their impact and perhaps also doing a video blog for our website. Check out Nichole's running blog at <http://nicholerunning.blogspot.com/>.

We will keep you posted on her progress throughout her training as she prepares for

the Olympic Trials in January. Watch for an appearance at the Co-op in January as she reviews the changes she made during training and how she did at the trials.

In the meantime, if you see a young

woman with a determined look running through town, it just might be Nichole, our own Olympic hopeful.



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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

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## 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).

# THANKSGIVING DELICIOUSNESS

## Turkeys!

### Fresh

Turkeys available for preorder:

**Heritage Turkeys** from Simple Harvest Organics, \$4.99/lb

**Fresh Turkeys** from Ferndale, \$2.69/lb

- Preorders can be made with a cashier & must be made by Friday, November 4.
- Turkey Pickup will be November 22 from 4-7 p.m.

### Frozen

Beginning November 12 you'll find Ferndale frozen turkeys at \$2.29/lb and Shultz Organic turkey at \$3.29/lb in our freezer. We will also have frozen organic turkey breasts available.

## Desserts!

### From the Deli

The Just Food Co-op Deli is the place to go for delicious holiday desserts!

Everyone will love our vegan, gluten-free pumpkin pies! Plus, we will have specialty cookies and desserts available for an easy treat for the family or a party host.



## Trays!

Want to entertain without the fuss? We'll have pre-packaged entertainment trays available in the deli for easy entertaining.

If you want something specific, or are having a big party, be sure to pick up one of our deli brochures for some ideas on what we can do for you. Whether you'd like salads, artisan cheeses, soups, or finger foods, we've got just what you need to feed the masses! With just a few days notice we'll have your delicious food ready for pick up. Ready to place your order? Give Martie a call at 507-650-0106.



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# In the News

## Register Online for Classes!

Do you get the ComPost, see a class you'd like to go to, and then forget to register? Yeah, us too. But now you won't have to wait until the next time you shop to sign up for that cool class.

Beginning on October 15, you will be able to register and pay for Just Food classes on our website. We'll have more details at [www.justfood.coop](http://www.justfood.coop) then.

Note: we will no longer accept phone registrations after November 30, 2011.

## Price of Callister Chicken Increasing

Our friends at Callister Farm have notified us that they will need to increase their prices for chicken in October. Many factors are to blame, including weather's effect on the chicken population, increased feed costs, increased fuel costs, and considerable expenses for their processing plant in order to meet new USDA regulations.

In her letter to customers, Lori Callister said, "Each of us here at Callister Farm understands what increased prices mean to all customers and what the consequences could be for our sales. We feel we must take that chance since it doesn't make sense for us to continue if we can't make a profit." If you have any questions, please feel free to talk to Martie or Josh in the meat department, 507-650-0106.

## My Co-op Rocks Contest

The third annual My Co-op Rocks contest is back—with something new! Just Food is excited to kick off this year's contest with TWO ways to show everyone how much your co-op rocks. This year, create an original video or take a photo that's inspired by or features your co-op. Head over to [www.MyCoopRocks.coop](http://www.MyCoopRocks.coop) to submit your video or photos, or rate and leave your two cents on others' submissions. Winners in both categories will be in for some super sweet prizes!

Unleash your sense of humor, show your mad video story-telling skills, or let your inner shutterbug shine. Videos should be two minutes or less—so show us what you've got! The contest ends October 31, but the sooner you enter, the more votes you can get!

Run with your own idea, or get inspired by one of these suggestions:

- Top 10 Reasons My Co-op Rocks
- Still Life with My Co-op
- Just Food Co-op: a Rock Opera
- Unexpected Delights at the Co-op
- A Co-op Love Story
- How Great Food Fuels Me/My Family/My Life

The only limit is your imagination! Check [www.MyCoopRocks.coop](http://www.MyCoopRocks.coop) for more contest details and updates.

## Area Farmers Markets

**Northfield Farmers Market**  
 Riverside Park (on West 7th Street)  
 May-October  
 Tuesdays 11:45 a.m.–1 p.m.  
 Fridays 11:45 a.m.–1 p.m.  
 Saturdays 9 a.m.–11 a.m.

**Riverwalk Market Fair**  
 Bridge Square and the River Walk  
 June-October  
 Saturdays 9 a.m.–1 p.m.

**Dundas Farmers Market**  
 Mill Park  
 June–Mid October  
 Saturdays 9 a.m.–12 noon

**Dennison Farmers Market**  
 At the City Park on Goodhue Avenue  
 May–September  
 Wednesdays 6 p.m.–dusk

## Hurricane Irene Cooperative Recovery Fund

Citing the need to help in the recovery of the cooperative community that was in the path of Hurricane Irene, the Cooperative Development Foundation (CDF) announced the launch of the Hurricane Irene Cooperative Recovery Fund at [www.cdf.coop](http://www.cdf.coop).

The fund will direct tax-deductible contributions specifically to individuals and cooperative businesses along the East Coast and throughout New England who have experienced losses. The fund also will seek to assist organic farmers who are prime suppliers to food cooperatives.

Online donations to the Hurricane Irene Cooperative Recovery Fund can be made at [www.cdf.coop](http://www.cdf.coop). Checks can be made out to CDF-Irene Fund and sent to: CDF at 2011 Crystal Drive, Suite 800, Arlington, VA 22202. For more information, contact Ellen Quinn at [equinn@cdf.coop](mailto:equinn@cdf.coop) or 703.383.8094.