

The ComPost

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

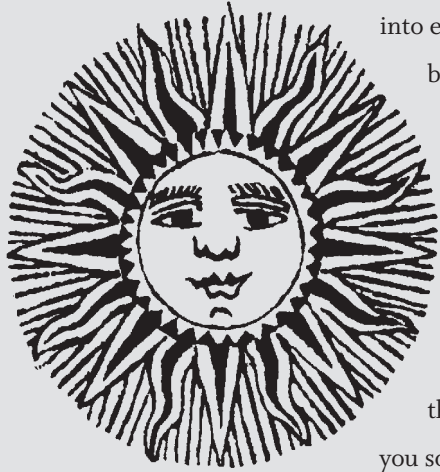
June–July 2005

Grow Local

The land out here is infinitely interesting. There are places with gentle hills where the rolling light brings out deep, almost black greens and soft creamy browns. And there are places where the land stretches out flat until it meets the sky giving us a big horizon, a wide view, the sense of openness. This place where we Northfielders live is a land that, when not frozen, yields buttery lettuce, robust kale and sweet, sweet corn—among many other delights.

When I sit down to a meal of new potatoes with stir-fried ramps and sweet mini-bell peppers, it's fun to remember these wonderful red, yellow, and green flavors are composed of four basic elements: the sunlight, some water, rich soil, and the farmer's effort or love. It's a magical combination, and it's the lifeblood of our community. Now that we are in the season of fresh local food, I would like to encourage you to explore its bounty. There are many ways to become involved and informed about this local resource.

Here at Just Food, we are developing relationships with a dozen farmers that we hope will last far into the future. You will see their produce displayed here throughout the summer and



into early winter. We also intend to bring each grower into the store and provide an opportunity for you to meet them, talk about your favorite fruits and veggies, and taste some of the flavors from the field. Inside Just Food, you can also find a book that profiles these growers, giving you some background information on each one.

I would also like to encourage you to frequent the Farmer's Market in Northfield. Some of the same growers that sell to Just Food sell there too—as well as many others. The market hours are 11:45 a.m. to 1:00 p.m. on Tuesdays and Fridays. And it is open on Saturday from 9:00 a.m. to 11:00 a.m. This market is a local treasure, and it is just another way to buy fresh food—no extra miles added.

Lastly, and maybe most importantly, start raising some of your own food. If you don't want the responsibility of caring for a garden all summer, plant a lettuce or herb patch. It will provide the freshest most succulent salads you've ever eaten, and it will be done growing in six to eight weeks.

Caring and nurturing the basic elements that somehow, through the force of life, combine to give us our supper is a primary concern of the community. Grocery stores depend on skilled enthusiastic farmers. And farmers depend on fertile, open land—and on and on. Our obvious connection to each other is amplified when we start talking about food. And when we start talking "local food," the one-to-one relationship between you and the farmer, you and the land create a balance rarely experienced in this hustle and bustle world. Plus, the flavors resulting from this food connection are reason enough to sing the praises of summertime—"and the living is easy."

—Lynne Reeck, Produce Manager

Coming Soon to a Co-op Near You

The New Northfield Community Mercantile

BY ALEXANDER J. BEEBY, MARKETING AND MEMBER SERVICES MANAGER

At its March meeting, the Just Food Board of Directors voted to move ahead with the project to open a home-store department in the space adjacent to the current natural food store. Having access to this space will be beneficial when we need to expand the size of our natural food store. At its April meeting, the Board of Directors

voted to approve the name of "Northfield Community Mercantile" for the new store.

Northfield Community Mercantile will carry a similar product line to the Linden Hills and Lakewinds co-op home stores. These stores, located in the Twin Cities, carry a wide range of household products including: cleaning products, clothing and linens made from organic cotton or hemp, toys, pet supplies, kitchenware, juicers, air and water purifiers, and organic gardening supplies. Northfield Community Mercantile's focus will be on fair trade, local, and "green" products that promote sustainable living.

Just Food hired Therese Martin to manage Northfield Community Mercantile. She comes to us from Red Wing with a diverse background of experience that will help her run this venture. She has worked in the Health and Body Care/Wellness departments at the Wedge and Whole Foods in Minneapolis and has experience buying for a variety of retail establishments. Therese is also a Master Gardener who has managed her own landscaping business.

The process for Northfield Community Mercantile is well on its way. Therese is looking at the product lines at the Twin City home-stores and downtown Northfield shops to find a product mix which best complements the Northfield shopping environment. Rollie Jacobsen is assisting her with his unique knowledge in this field. Northfield Community Mercantile will likely open sometime in early July; watch for more information as we move forward.



Just Food:
Northfield Community Co-op, Inc.
516 South Water Street
Northfield MN 55057

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Board of Directors, 2004-2005

Ron Griffith, President
Karen Olson, Vice President
Linne Jensen, Treasurer
Craig Rice, Secretary
Alex Beeby
Angel Dobrow
Mary Ellen Frame
Bardwell Smith
Kaaren Williamsen

Board meetings are held at 7:00 p.m. in the Co-op Meeting Room, generally on the fourth Thursday of each month. The schedule is subject to change. All members are welcome. Call Stuart Reid at 507-650-0106 if you wish to attend a meeting.

Co-op Managers

Stuart Reid
General Manager

Marji Amperse
Wellness Manager

Bobbi Baker
Accountant

Alex Beeby
Marketing and Member Services Manager

Chris Broughton
Grocery Merchandiser

Melanie Brunell
Front End and Human Resources Manager

Hortense MacLeod
Meat, Cheese, and Deli Manager

Therese Martin
Northfield Community Mercantile Manager

Lynne Reeck
Produce Manager

Joey Robison
Grocery Manager

LivKarin Sulerud
Assistant Grocery Manager

Member Benefits

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

Compost: Fertilizer for the Mind

Editor
Alex Beeby

Designer
Pat Thompson, Triangle Park Creative

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

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

Just Food Co-op's website is www.justfood.coop.

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

COMMENTS

Co-operation Within the Hope of Our Future

BY EFIE WAHLSTROM

There are customers with whom I often carry on brief conversations as they present their basket or cartload of groceries and related products for me to scan through our system. I smile and proudly ask, "Are you a member of the co-op?" which, I have to say is a question that has become transfixed into my consciousness. That one, along with the enthusiastic, "Good Afternoon, Just Food ..." when I pick up the ringing phone at the Customer Service Desk (and sometimes at home to my daughters' symphonic comments of, "Uh, Mom? This isn't Just Food. You're at home now."), is like a tape-recording playback that automatically rolls off my tongue. I anticipate the smiles, insights, information exchanges, and other functions of customer service that occur each day at this co-op between our customers, my co-workers, and me. That's what co-operation means to me.

Originally, I worked at Valley Natural Foods in Burnsville before our family moved from Lakeville to Northfield in mid-July of 2004. Valley Natural is where I learned about and became immersed in the natural foods world since starting to shop there during the winter of 2002. I learned how to research information about what I was eating by asking knowledgeable people, both employees and customers, to share their

experiences and their resources. It was the beginning of connective root building for my family and me. Prior to this time, I shopped at "your average suburban grocery store" and ate "your average quickly prepared and/or boxed food items" with a helping of fast food often thrown into the mix for good measure. In other words, I hadn't taken much time out of my schedule to modify my lifestyle. However, I've come to realize in these past few years that whenever I've taken the time, and it truly does take time, to learn, listen, and incorporate the knowledge I've sought, my body, both inwardly and outwardly responds to the effort directly. This has been my greatest teacher, the co-operation between the inner me, the outer me, and the world around me.

Chris Ryding, NCGA prepared foods coordinator and my manager's manager a while back said two things that I can still recall, and along these lines: "It's all about you isn't it, Efie?" and "Efie, you could sell ice cubes to Eskimos." These two statements are pretty accurate characteristics that epitomize what I've come to embrace as my passion for the good life. I have found good living within the realm of cooperatives. I don't know where I'll live "forever" because I've come to accept that it's not for me to control, but wherever it may happen to be

(hopefully it is still Northfield because we chose this enigma of a place with much deliberation), it will be a place where cooperation and team-work is valued, and a cooperative is nested. This is a legacy I will leave with my children. They may not embrace it the way I have, but I know that they see the life I've grown to live authentically every day, imperfections and all (and trust me, there are imperfections around my every corner ... remember the line from the movie, "Mrs. Doubtfire," where the old city bus driver looks shamelessly back at Robin Williams who is dressed as Euphigenia Doubtfire, and says, "I like that Mediterranean look in a woman. It's natural ... just the way God made you.")

So, to wrap this up nicely into a recycled paper bag and send you home with a smile, I leave you with an exchange I had about a month ago with one of our fine customers. As we finished up our normal tidbits of "this and that" and as he was walked out the door, he made this statement. "You know, we're all going to die someday." I opened up my goody bag and offered this, and so to you. It's not about the dying ... this life's about the living, and living it to your fullest. This, my dear co-operators, is the hope of our future.

GENERAL MANAGER'S UPDATE

Less than a Year, and So Much Accomplished

BY STUART REID



As we go to press, Just Food has been open four and a half months, and I am celebrating my one year anniversary as your General Manager. And I am celebrating, because not only is the

Co-op doing well, but because I am thrilled with my dedicated staff, the wonderful members and customers that shop here and the enthusiastic community support.

We have gotten a lot of praise and suggestions for improvements. Some have been easy to accommodate, and others will have to wait. In the short time since we opened we have already added dozens (if not hundreds) of products you requested, expanded our ready-to-eat sandwich and salad program, and added more shelves wherever they could fit. Frankly, we are getting to the point where we will not be able to add anything else without something going.

This leads nicely to our decision to open a complementary storefront adjacent to the food store where we will be able to

offer some of the products that just do not fit here. Many of you have asked for bulk cleaning products such as Restore the Earth, more choices of pet food and pet care products, and other household goods. All of these things will find a place in Northfield Community Mercantile, along with organic and natural gardening products, organic bed linens and clothing, and much more.

Therese Martin has been hired to manage the new store (which will actually be a department of Just Food, rather than a separate business) and has already begun researching vendors and products. We are committed to offering the same high value, excellent customer service and respect for producers that we provide in groceries. Look for locally-made products, organic alternatives, quality tools for the yard and kitchen, and companies that have shown a commitment to fair treatment of their employees. Our projected opening is early July and we will keep you updated on our progress. Thanks again for the opportunity to work with you in this great community endeavor.

Financial Summary

The third quarter of our fiscal year ended on April 3, providing us with our first set of meaningful financial results for a full quarter of operations.

For the quarter, sales were \$651,300, or 42 percent higher than we budgeted! Our expenses were \$434,100 for the cost of goods we sold and \$234,400 in operating expenses. Other expenses (mostly interest on loans) came to \$8,900. This resulted in a net loss of \$26,100, compared to a budgeted loss of \$51,100.

Our original projections called for profitability around the end of Year 2. We can easily beat that date with your continued support and patronage. Bring a friend shopping!

BOARD OF DIRECTORS UPDATE

Expansion, New Policies

The Board is excited to have authorized the business expansion which will be described elsewhere. Your enthusiastic patronage is what motivated this plan. We look forward to the Co-op being of greater service to you through the expanded offering.

We have completed the first draft of Board Policies. During the next month we will resolve a few open issues. Our target is to consider the Policies for Executive Limitations, Board-General Manager Relationship and Board Process at our Board meeting on May 26, 2005. The next step in implementation of Policy Governance will be to develop Ends Policies and to develop Policy Monitoring. We welcome member

participation in this process and attendance at Board meetings on the fourth Thursday.

Two Board members, Linne Jensen and Alex Beeby, will attend the Consumer Cooperative Management Association conference this June in order to help the Board continue its development.

The Board has begun to prepare for the Annual Members' meeting in October.

We will elect three Directors at the meeting and conduct other association business. Please plan to attend in order to learn more about the Co-op and to exercise your voice as a member.

We invite you to browse the Board board in the store.

—Ron Griffith, President

BOARD PICKS

Mary Ellen Frame:
Cedar Summit milk

Craig Rice:
Holy Land Baba Ganoush and Holy Land Whole Whole Wheat Pitas

Ron Griffith:
Beauty Heart radish

Alex Beeby:
Wuyi Tea

Just for Fun



Z F D K I T O S F O
P F A A F H Y A C A
E L A H I R I F A E
E O B E R R I E S D
Q C O L T O Y E P E
X A G R M A E F N T
C L A L I H E R B D
R D G T C O O P N D
E C O M M U N I T Y

B E R R I E S
C H E E S E
C O M M U N I T Y
C O O P
D A I R Y
F A I R T R A D E
F R I E N D
H E R B
K A L E
S A F E



Word Scramble

C A R G O I N ' _____

I S S A N T A B L U E ? _____

RECIPES

Gazpacho

3 medium tomatoes cored & cubed (cube core too)	2 medium garlic cloves minced
2 small red bell peppers cored, seeded, cubed	2 tsp. salt
2 small cucumbers (one peeled) cored and cubed	1/3 C. sherry vinegar
1/2 small sweet onion or 2 large shallots peeled and minced	1 tsp. ground black pepper
	32 oz. tomato juice
	1 tsp. hot pepper sauce
	8 ice cubes

Combine first 8 ingredients (tomato innards too!) in large (at least a gallon) non-reactive bowl. Let stand 5 minutes to allow the vinegar to do its stuff then stir in the remaining ingredients. Refrigerate at least 4 hours to let the flavors blend before serving cold. Try with drizzled olive oil and fresh croutons.

Salad of baby greens

8 cups baby greens or mesclun	1 cup toasted pine nuts
1 cup sliced fresh strawberries	Bottled red wine vinaigrette dressing

Divide baby greens among 8 salad plates. Add strawberries and pine nuts. Serve at once with dressing on the side.

Note: Toast pine nuts by cooking 2-3 minutes.

GOODBYE BLUE MONDAY
COFFEE HOUSE
319 Division St., Northfield

OPEN DAILY
6:00 am to 11:30 pm

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Coming soon to a co-op near you:
NORTHFIELD COMMUNITY MERCANTILE

Opening Early July

Fair Trade
Local
"Green"



 **Used a Bit Shoppe**
Next Door in Riverpark Mall
640 Water Street South

Stop in and browse through our gently used household furnishings.

Wednesdays: 10-2
Thursdays: 4-8
Fridays: 10-2
Saturdays: 10-3:30

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Proceeds support program and services of Northfield Senior Citizens

 **Gunderson Home Grown**

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info@badbraincomputers.com

EMPLOYEE SPOTLIGHT

Sundae Morse, Lead Cashier

Tell me about yourself.

I am married and have a 13-year-old son. I have lived in Northfield for eight years and love the community.

I am a lover of music, art, reading, and interior design. Prior to the Co-op, I worked at 3 Pines and was a florist at Stems and Vines Flower Shop.

How long have you worked at Just Food?

Since we opened.

What brought you to the Co-op?

My interest in organics, or I should say my concern over conventional foods. I wanted to immerse myself in the Co-op ideals and learn all I can along the way.

What is your favorite thing about working at the Co-op? All the things I am learning and, of course, my co-workers and managers—I love them all!



STAFF PICKS



What is your favorite product?
The produce!!

THE RESOURCE CORNER

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

Food, Inc.: Mendel to Monsanto—the Promises and Perils of the Biotech Harvest. Peter Pringle. New York: Simon and Schuster, 2003. [St. Olaf call number S494.5.B563P74 2003.]

Pringle presents the results of his investigation of the GMO debate in a thorough and understandable manner. He claims to be neither for nor against, but to walk the middle ground. His findings, however, make clear that the perils certainly balance the possible gains, and that consumers should be well-informed as they make their choices about the foods they buy and the companies they ultimately support.



Moosewood Restaurant Celebrates: Festive Meals for Holidays and Special Occasions. The

Moosewood Collective. New York: Clarkson Potter Publishers, 2003. [Northfield Public Library call number 641.568MO ; also for sale at Just Food Co-op.]

Ever since *The Enchanted Broccoli Forest* vegetarians and other lovers of good food have mined Moosewood's recipe collections for ideas. Here, at long last, are suggestions for vegetarian and vegan Thanksgiving meals, Fourth of July, Cinco de Mayo, Kwanza, and Chinese New Year. From Spinich Callaloo with Crabmeat to Cranberry Cornmeal Biscotti to Mexican Lime Cumin Slaw, your tastebuds will welcome this fresh take on traditional celebrations.

Earth Friends at Home Reduce, Reuse, Recycle; Earth Friends at School Reduce, Reuse, Recycle. Both by Francine Glako. Chicago: Heinemann Library [Publishers], 2004. [Northfield Public Library Children's collection: 363.728 Ga]

Aimed at the early elementary set, these two books show straightforward ways of following the 3Rs for kids. Full of photographs of peers setting examples.

—Kris MacPherson,
Outreach/Education Committee



for June/July 2005

Refrigerated

Valley View Farms Milk from Hastings Co-op Creamery



Produce

Berries



Meat

Misty Fjord Salmon
Callister Farms Free Range Chicken

Frozen

Cedar Summit Farms Ice Cream
Kinnikinnick gluten-free breads



Wellness

Nettles and Nettles plus Quercetin from Eclectic Institute

For allergy relief: All Terrain remedy rack

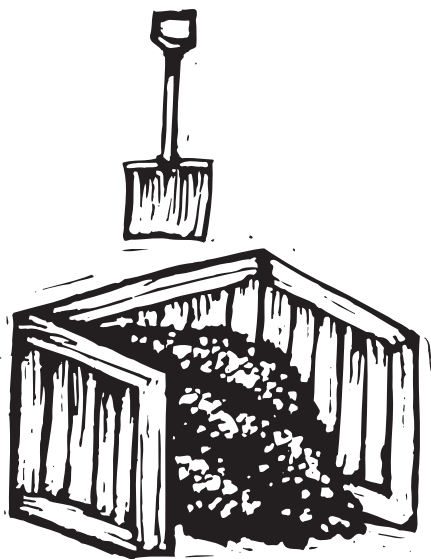
For gardening, camping, and the outdoors: Buzz Away Insect Repellent: DEET Free



Packaged

Thousand Hills Cattle Company Barbeque Sauce
Chébé gluten free bread mix

What's Happening?



Composting Panel

June 2; 7:00 p.m. at Just Food
A panel discussion of local experts on composting and the environment with Ed Stuart, Brad Easterson, and a Center for Sustainable Living (CSL) representative. Come to learn how to compost, what programs are available in town to help you, and how the process works. Please sign up now at the Just Food customer service counter.

Can't Eat Wheat Potluck Picnic

June 6; 6:30 p.m. at Oddfellows Park
The Northfield "Can't Eat Wheat" group is having a gluten-free/wheat-free summer potluck picnic. Please bring a dish or two to share (with recipes), plates and utensils, and your choice of beverage. Bring family members too!

OMEGA 3 Supplements: What They Are and Their Benefits

June 7; 7:00 p.m. at Just Food
Dr. Kurt B. Hornnes, D.C., F.A.S.A., P.A. of Northfield Chiropractic Health Center will be discussing OMEGA 3 Supplements and Muscle Testing.

Book Group

June 16; 7:00 p.m. at Just Food Meeting: Third Thursdays at the Co-op meeting room
June Book: Fast Food Nation by Eric Schlosser
Join staff and members of Just Food Co-op in lively discussion of food related books and related topics. Look for the books at the Co-op, River City Books, and the Northfield Library.



Local Cheeses

June 17; 7:00 p.m. at Just Food
Led by General Manager and Cheese Tzar Stuart Reid. Taste the wonderful cheeses produced locally. Space is limited, so sign up now at the Just Food customer service counter.



Flower Remedies

June 21; 7:00 p.m. at Just Food
Led by Wellness Manager Marji Amperse PhD. Learn about the history and use of English flower essences for emotional and spiritual well-being. Please sign up now at the Just Food customer service counter.

Summer Stroll

June 23; Downtown Northfield
A Sesquicentennial Retail event.

Board Meeting

June 23; 7:00 p.m. at Just Food
Watch the Board Board at the Co-op for more information on these meetings.

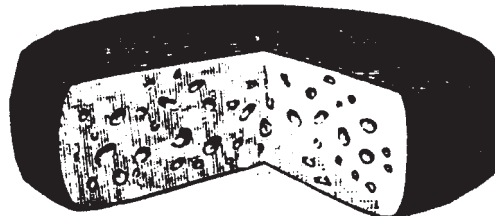
Food Preservation: Jams and Jellies

July 7; 7:00 p.m. at Just Food
A presentation on preserving Jams and Jellies by Diane Horman. Please sign up now at the Just Food customer service counter.



Entertaining with Cheese

July 15; 7:00 p.m. at Just Food
Another of the popular cheese tastings with General Manager Stuart Reid, come learn the ins and outs of entertaining with cheese. Space is limited, so sign up now at the Just Food customer service counter.



Edible Flowers

July 19; 7:00 p.m. at Just Food
Explore the uses of common flowers and "weeds" with Wellness Manager Marji Amperse PhD. Please sign up now at the Just Food customer service counter.

Book Group

July 21; 7:00 p.m. at Just Food Meeting: Third Thursdays at the Co-op meeting room
July Book: TBA
Join staff and members of Just Food Co-op in lively discussion of food related books. Look for the books at the Co-op, River City Books, and the Northfield Library.

Crazy Daze

July 28; Downtown Northfield
A Chamber of Commerce Retail Committee Event

Board Meeting

July 28; 7:00 p.m. at Just Food
Watch the Board Board at the Co-op for more information on these meetings.

Board Policy Retreat

July 29 and 30
Board members and interested co-op members will explore "ends" policies with Marilyn Scholl. Contact General Manager Stuart Reid if you are interested in attending.