



Board Report

By Nick Vavrichek | Board Member

It's there in nearly every issue of Blueberry Jam, posted on a bulletin board in the store, and read aloud at nearly every Board of Directors (BOD) meetings: the CCWFC Ends Statement. Official looking, straightforward, easy to read, maybe even a bit boring for some, but the Ends Statement contains the guiding principles of our Co-op. When we, the Co-op, are true to the five statements that make up our Ends, our Co-op is successful. The Ends are like a moving target for the BOD and subsequently for the staff and all our owners. It is the BOD and the General Manager who officially evaluate our success in living up to our Ends Statement. Earlier this year, the BOD combed through the first statement in our Ends. Read on to see if we are succeeding!

The first statement in our Ends is: *As a result of all CCWFC does, we will be a successful cooperative grocery that is a trusted source of affordable, healthy,*

We will be a successful cooperative grocery that is a trusted source of affordable, healthy, local, sustainable products and services for all.

local, sustainable products and services for all. For a grocery cooperative, "successful" means profitable. A store must be profitable to stay in business, grow, and move into the future. This past financial year, the CCWFC had a sales growth of 11+% overall and a net income of over \$70G. We succeeded in attracting 184 new owners whose investment deepens the strength and hopes of the Co-op. We are profitable and growing: so far so good.

Now Hiring for the Summer!

Pick up an application in the store or fill it out online at cookcounty.coop

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Is the Co-op affordable? Affordable is evaluated as "affordable as possible" considering our circumstances of location, high standards of quality products, employee compensation, and overall financial success. The Co-op managers frequently evaluate the profit margin on products and keep the margins as low as possible. When the Co-op gets a good deal it passes the deal on to the shoppers. We offer \$5 quarterly coupons, Owner Appreciation Day, and Wellness Wednesday savings. We have the

continued on page 4

Thank You

Full Equity Owners

Leanne Avery
 Alana & Aaron Bates
 Kirsten & Zack Brune
 John Ceryes
 Olivia Clay
 Sam Dalal & Lynn Arbogast
 Erinn & Kris DeLorenzi
 Susan Donnelly
 Ryan & Beth Drost
 Karen & Donald Fehr
 Kristin & Michael Garey
 Sarah Hallberg
 Harbor House Grille
 Anne Hathaway
 Paul Holmes
 Bernice Kloster
 Gillian Kunze
 Justine Lasley
 Tom Lynch & Daria Day
 Susan McGowan-Stinski
 Frank & Sherri Moe
 Tom Nalezny
 Irene Peterson
 Christopher Rauzi
 Rhonda Silence
 Leonard & Lennie Sobanja
 Cindy Spillers
 Paul & Jennifer Spry
 Amanda St John & Pete Heiden
 Shane Steele & Emma Spoon
 Shelley Strohm & Steven Boda
 Susan & Kevin Thompson
 Adam Treeful
 Colin & Jessica Venasky
 Melissa & Jacob Vevea
 Judith & Robert Vincent
 Michael & Barbara
 Youngquist

WHAT IS FULL EQUITY?

Full Equity means an owner has paid their total \$120 equity share into the Co-op. The more full equity payments we have, the more we can grow, the more we can give back to the community!

Welcome New Owners

Darrellyn Barrett
 Jeffery & Jodie Barry
 Bethany Bartz
 Daleri Brown
 Josh & Jenny
 Christensen
 Olivia Clay
 Hana & Tom Crosby
 Erinn & Kris DeLorenzi
 Susan Donnelly
 Jourdan Engesser
 Karen & Donald Fehr
 Skyler Hawkins
 Mike LaFreniere
 Justine Lasley
 Scott Michel

Tom Nalezny
 Jessi Nicholson
 Pamela Norris
 Jenna Olson
 Christina Robley
 Anna Ross
 Amanda Sepin
 Cindy Spillers
 Paul & Jennifer Spry
 Amanda St. John
 & Pete Heiden
 Shane Steele &
 Emma Spoon
 Colin & Jessica Venasky
 Melissa & Jacob Vevea
 Amber Waldrop



Food Shelf Report

Thank You! The winter months can be a struggle for a lot of families in Cook County, so we appreciate all of those who contributed to the local Food Shelf either with your monetary or food donations. These past three months we were able to contribute these items to our local food shelf:

48 boxes of Love Grown Foods Instant Oats
 12 packs of Mr. McDougal Split Pea Soup
 12 packs of Mr. McDougal Ramen
 36 boxes Pacific Chicken Noodle Soup
 36 boxes Pacific Chicken & Wild Rice Soup
 24 boxes Pacific Rosemary Potato Chowder
 24 Field Day Peanut Butter
 24 boxes of Late July Saltines

If you would like to make a donation the Co-op has a box available for monetary donations, as well as a basket for food donations, located at the info desk. The Co-op will match your monetary donation in order to stretch those dollars to help our community.

Did you know? :)

Edible carrots date back to 10th Century Persia. The original carrots weren't orange, though: they were dark purple with a white core.



Explorer's Club Corner



February Winner Amelia gets her lunch box!

QUINLEE, RAY, AMELIA, & AITAN were the Explorer's Club monthly-drawing winners from January to March. They each got a nifty, tin lunch box. Thanks for exploring! Drawings are held monthly, usually on the 5th. *All shoppers may sign up their children 12 & under. Kids get a free piece of fruit when they visit!*

Event Calendar

April to June | CCWFC

April

- Owner Appreciation Day** | Wednesday, April 5
- Queen of the Sun Film Screening** | Sat. April 8 | 7pm at the Arrowhead Center for the Arts | free to public!
- Wellness Wednesday** | Wednesday, April 12
- Earth Day** | Saturday, April 22

May

- CCWFC Board Meeting**
Tuesday, May 2 | 5:30-7:30pm
- Owner Appreciation Day** | Friday, May 5
- Spring Highway 61 Clean Up**
Saturday, May 6 | 10-12pm
- Sun & Bug Class Share* with Kim Falter | \$30/a group**
Summer is coming! Join us for a discussion on natural sunscreens and bug sprays, and a chance to make your own natural bug spray using essential oils. Call or stop by the Co-op to schedule. *Max 8 students.*
- Wellness Wednesday** | Wednesday, May 12
- Making Vinegar Class** | Thursday, May 11 | 5-7pm
Cindy Hale of Clover Valley Farms & Vinegery will lead you through the steps of creating your own homemade fruit vinegar. **Bring an unopened bottle of wine and an empty, clean quart-sized canning jar.**
\$5 owners, \$10 non-owners
- CCWFC Board Meeting**
Tuesday, May 30 | 5:30-7:30pm

June

- Sun & Bug Class Share with Kim Falter | \$30/a group**
Call to Schedule Sun & Bug in June. *Max 8 students.*
- Owner Appreciation Day** | Monday, June 5
- Wellness Wednesday** | Wednesday, June 14
- Board Meeting** | Tuesday, TBD | 5:30-7:30pm

CLASSES: Classes have limited space, so sign up in advance! We also appreciate if you pay can pay in advance. Sign up in the store or give us a call! **218.387.2503**

CLASS SHARES: Class Shares are shaped custom to you and your schedule. Get together the folks you'd like to take a class with, and give us a call to arrange the time and date! **Please schedule 1-2 weeks in advance to ensure instructor availability.**

HIGHWAY CLEAN UP: Co-op highway clean ups are community volunteer opportunities that happen once in the spring and once in the fall. If you'd like to volunteer, please sign up at the info desk, or give us a call. Free lunch provided to all the volunteers!

BOARD of DIRECTORS



KATHY BOLSTAD



DON GRANT



BARB LAVIGNE



LORRIE OSWALD



JUDY PETERSON



NICK VAVRICHEK



ERIN WATSON

Come to a meeting!

Board meetings are usually the fourth Tuesday of each month, from 5:30 - 7:30. All are welcome to attend!

CCWFC BOARD

- Kathy Bolstad:** bolstadedward@gmail.com
- Don Grant, president :** dcgrant@boreal.org
- Barb Lavigne, v.p. & treasurer :** blavigne@boreal.org
- Lorrie Oswald:** boreallor@gmail.com
- Judy Peterson:** gjjpete@boreal.org
- Nick Vavrichек:** kojnlv70@icloud.com
- Erin Watson, secretary:** erin.theresa.watson@gmail.com

the BLUEBERRY JAM NEWSLETTER

Printed 4 times a year, designed in-house, and printed on 100% PCW paper.

DESIGN, EDITING, & PHOTOGRAPHY:

Reed Schmidt

Some photos taken from free, online sources.

GO PAPERLESS! Send an email to info@cookcounty.coop and we will put you on the email list. Once a year, however, the ANNUAL REPORT is mailed to all members by mandate of our bylaws.

COOK COUNTY WHOLE FOODS CO-OP

PO Box 813 | 20 E 1st Street
Grand Marais, MN 55604

ABOUT the BLUEBERRY JAM:

The opinions of the authors featured in the Blueberry Jam do not necessarily reflect the opinions of the Cook County Whole Foods Co-op. Nutritional & health information found in these pages is not meant to substitute consultation from a licensed health care provider.



February 2017 Odd weather patterns briefly turned our parking lot into a gorgeous reflecting pool.

BOARD REPORT continued from pg. 1

Good Harbor Hill Scholarship and quarterly coupon program for anyone who needs financial assistance in becoming an owner. A beautiful thing about our Co-op is that the more profitable we become, the more affordable we seek to become.

Do we offer “healthy, local, sustainable products?” Customers shouldn’t have to always read the fine print on the products the Co-op carries. We’ve adopted a “Product Policy” that generally excludes a lot of the nastiness found in the food stream: things like MSG, high fructose corn syrup, or partially hydrogenated oils (trans fats), are not sold at the Co-op. We carry as much certified organic, Fair Trade, and non-GMO products as we can. We strive to buy and sell local products whenever available (we saw a big increase in local product availability this year, so watch for more local products on our shelves). We even award a “Local

Our Ends Statement: As a result of all that the Cook County Whole Foods Co-op does, we will be:

1. A successful, cooperative grocery that is a trusted source of affordable, healthy, local, sustainable products and services for all.
2. A leader in environmentally sustainable practices.
3. A source of employment that provides meaningful work and fair compensation.
4. A welcoming and friendly gathering place where the community has a sense of belonging.
5. A trusted resource for information on food, wellness and the value of cooperative principles.

Producers” scholarship (see page 7) to encourage more local food production in Cook County.

How about “services for all”? Our store welcomes everyone. We’re open Sundays and most holidays. We offer classes and outreach programs to owners, schools, and organizations (see page 3) including our Explorer’s Club program (see page 2) and two highway clean-ups (see page 3). We even provide discounted food for children in pre-schools and schools. Services for all? Definitely.

Throughout the year, we, the Board of Directors and General Manager, evaluate each component of the Ends Statement and seek to deepen our commitment to it. We can all feel good in the knowledge that our Co-op is striving every day to hold true to our Ends Statement. Thank you to everyone, owners, shoppers, employees, and board members who help keep our Co-op true to its Ends.

RECIPES

Spring Salad with Baby Greens, Herbs, Meyer Lemon, Almonds and Goat Cheese

from Faith Durand at thekitchn.com

“This is just a template for what you can do with your own garden greens - or fresh greens from the market. You don't need a strict recipe or template - make it different every time! Just tear up fresh greens and herbs, toss with nuts and a little cheese and you have a beautiful, delicious salad that literally tastes of spring.”

Salad Greens:

- about 6 cups of washed baby greens (like arugula and baby spinach) torn into bite-sized pieces
- about 1/2 cup of fresh herbs - lemon thyme, lemon verbena, Thai basil, and Italian parsley - chopped
- 1 Meyer lemon, zested
- 1/4 cup chopped fresh chives or spring garlic
- 1/4 cup chopped fresh scallions
- 1/2 cup sliced toasted almonds
- 4 ounces good goat cheese
- 2-3 chive blossoms

Meyer Lemon and Honey Vinaigrette:

- 1 Meyer lemon, juiced
- 1/3 cup good olive oil
- 1 tablespoon honey, or to taste
- Salt and pepper, to taste

- **Toss** the greens, chopped herbs, lemon zest, and chives and scallions with the almonds.
- **Add the vinaigrette.** Divide the salad among four salad plates.
- **Pull the chives apart** into small flowerets and scatter evenly over each salad. Top each salad with a lump of cheese and serve.

CHIMICHURRI SAUCE

from Kathi at laughingspatula.com

“Chimichurri Sauce – recipe originated in Argentina for use on steak. But it does so much more! It is a wonder condiment and marinade for fish and chicken. It packs a punch of flavor and takes only a few minutes to assemble. If you have the time, let it sit in the fridge over night. Feel free to arrange the recipe to your liking. Don't like cilantro? Use only parsley. Too much garlic for you? Cut it in half. You can make this any way you want. There are many, many versions online but the basics are parsley, garlic, vinegar and olive oil. The oregano, jalapeño and lemon seem to be hit or miss. I like the spice of the jalapeño and the lemon helps keep that wonderful green color!”

- 1/2 cup packed fresh parsley leaves
- 1/2 cup packed fresh cilantro leaves
- 4 cloves garlic
- 1/2 seeded and chopped jalapeño pepper
- 2 tablespoons chopped scallion or onion
- 2 tablespoons lemon juice
- 1 teaspoon dried oregano
- 1/4 cup red wine vinegar
- 3/4 cup good olive oil
- salt and pepper

- **Pulse** parsley, cilantro, garlic, onion and jalapeño in a food processor until smooth. Add remaining ingredients and pulse until well combined.
- **Store in sealed container** in fridge for up to 2 weeks.
- **Serve** on chicken, fish and beef.

NO BAKE RASPBERRY CHOCOLATE TART

from Rachel at bakerita.com

“This No-Bake Chocolate Raspberry Tart might take the cake. In addition to being super easy, it's also healthy – it's gluten-free, refined sugar-free, vegan, and Paleo-friendly! Oh, and you don't even have to turn on your oven. It's perfect for those hot summer days when you can't even bear the thought of adding more heat to your house.”

For the crust:

- 1½ cups almond flour
- ¼ cup unsweetened cocoa powder
- ¼ cup coconut oil, melted
- 1 tablespoon pure maple syrup
- Pinch coarse sea salt

For the filling:

- ½ cup canned full-fat coconut milk
- 6 oz. bittersweet chocolate, finely chopped
- ¼ cup raspberry preserves (100% fruit)
- 2 cups (1 pint) raspberries

- **Lightly grease a 9-inch pan** with a removable bottom with coconut oil.
- **In a bowl**, combine all of the ingredients for the crust and stir together. Press evenly into the prepared tart pan; set aside.
- **Place finely chopped chocolate** in a large bowl. In a small saucepan, bring coconut milk just to a boil. Pour hot coconut milk over chocolate and let stand 1 minute, then stir until smooth and creamy. Stir in raspberry preserves. Pour the filling into the prepared crust.
- **Garnish the top** with raspberries.
- **Place tart in the refrigerator** to set and cool completely, about 1-2 hours.
- **Slice and serve.**

Staff Recognitions Through the Seasons



January

Marietta Berneking for all the overtime she put in to get the equity checks out. Her financial wizardry keeps this ship afloat!



February

Susan Shelley for her patience, expertise, and indispensable good nature!



March

Kent Jones for his aplomb in cleaning emergencies and going above and beyond in all catagories.

Wellness Report:

What is Healthcare?

By Kim Falter | Wellness Coordinator

Healthcare is a hot topic these days. We talk of healthcare affordability, healthcare coverage, healthcare reform, but is this really caring for our health? Although important issues, a true discussion of healthcare really begins with a better understanding of what caring for our health necessitates. Whether we are dealing with illness, disease, or simply trying to maintain an already healthy body, we have many options at our disposal.

Here are just a few of the approaches available, including some common remedies from these “genres” of both alternative and conventional medicine. Note that a healthy diet is assumed when discussing these approaches to health as there is no true way to heal, or maintain health, without an abundant dose of nutrient-dense foods.

Homeopathy: Homeopathy is commonly used to describe the entirety of natural remedies, yet it is unique in its approach. Homeopathic medicine functions under the concept that a plant, animal or mineral that causes an issue at large doses can remedy said issue when ingested in tiny, diluted doses. So for example, onions (*allium cepa*) can cause eyes to water, yet a diluted homeopathic dose would aid in itchy, watery eyes due to allergies. It attempts to heal with extremely minimal risk of side effects.

Immune System: There are no specific homeopathic remedies for the immune system. The objective is to find the proper medicine that will fit to your unique symptoms.

Cold & Flu: Echinacea
Inflammation: Turmeric
Allergies: Nettle
Stress: Lemon Balm
Sleep: Valerian
Immune System: Astragalus

Herbal Medicine: Herbal Medicine is simply the use of herbs (and sometimes mushrooms) to work in conjunction with your immune system to aid in the body’s natural healing process. Herbal remedies come in the form of teas, tinctures, salves or capsules. The result being a more balanced, and ideally stronger, immune system. For example, when experiencing a cough, an herbal cough syrup works to make the cough more productive in order for you to heal naturally.

Supplements: Most supplements are simply vitamins or minerals produced by the body, or required through food, to maintain proper function of the body. Supplements are used both to maintain adequate levels, and in the case of illness, to boost levels of the vitamin or mineral within the body to aid in healing. Typically supplements are not as direct as a homeopathic or herbal remedy. A supplement’s task is more to work with the body systems already in place. Vitamin C, for example, is often used when the common cold abounds, but its role is more about how its antioxidant properties enhance the immune system: it’s not a direct target on the infection.

Immune System: Several supplements have a positive effect on the immune system, which is why a nutritious diet is so important in promoting health.

Cold & Flu: Oscillococcinum
Inflammation: Arnica Montana
Allergies: Histaminum hydrchloricum
Stress: Ignatia amara
Sleep: Coffea cruda

Cold & Flu: Vitamin C
Inflammation: Omega-3’s
Allergies: Quercetin
Stress: 5 H-T-P
Sleep: Melatonin

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Earth Day

Saturday, April 22

Bring your own bulk foods bags/containers and get 10% off each bulk purchase contained in a reusable vessel.

COOK COUNTY
WHOLE FOODS
CO-OP



Manager's Report: Board Visioning and the Future

By Jennifer Stoltz | General Manager

The co-op management team was invited to participate in this year's board retreat. We did a brainstorming exercise to envision a future in which the Co-op continues to be successful and thriving. A number of the ideas were about expanding either up, out, or to additional locations. Unfortunately, reality hit after all of the ideas were on paper: summer staffing in Cook County is tight. While it was easy for the board to envision more locations or a larger store, it was tough for managers to figure out how we would find enough staff for the busy summer months. Cook County's low population reduces the pool of possible work candidates, and the lack of affordable housing makes it tough to hire people from outside of the area.

To tackle the housing issue, the board has formed a committee to research what is being done in the community to increase workforce housing. The committee will also examine ways the Co-op may be able to help support workforce housing initiatives that are in the works. New housing isn't going to be available this summer so I'm working with the management team to interview, hire and train staff that are

already in the community. We participated in the Job Fair at Cook County High School and started advertising for summer staff. This year we're hiring earlier than ever.

Another piece of the employment puzzle is ensuring that our staff are receiving excellent wages and benefits. Employees receive great benefits such as store discounts, health insurance, and a simple IRA plan with a company match, but it may be time for a cost of living raise. I am currently researching livable wage models and how our pay and benefits stack up to other jobs in the community and similar food co-ops. Offering the best wages and benefits possible are a great way to entice future employees.

While the employment issues in Cook County will not go away overnight, I hope that the steps we're taking will reduce the summer staffing crunch in the future. I look forward to future board brainstorming sessions where the sky is the limit to our ideas, and the result will be a cooperative business that continues to be successful and thriving.

"Healthcare" continued from page 6

Conventional Medicine: It is difficult to define what remedies would be prescribed for the issues listed above if you are not a doctor. Conventional medicine has been revolutionary in human lives, but its approach is very different from the approach of alternative medicine. There is no merit in comparing the two as most of us are alive today because of antibiotics or surgery, but it is important to know that when conventional treatment is undertaken, it is often working to suppress your symptoms. For example, the herbal cough remedy is there to make the cough more productive in order for your immune system to do its job naturally, leaving it stronger for the effort. Conventional cough syrups work to suppress the cough. In the case of inflammation, we might take an over-the-counter NSAID, such as *Aleve*™. This works to inhibit the inflammatory process as opposed to aiding the body in its natural ability to bring down the offending inflammation.

LOCAL PRODUCER'S *Scholarship Winners*

Kim Falter & Brian Wilson are the Local Producer's Scholarship recipients this year! The Scholarship is awarded once a year by the Co-op to one or two Cook County producers. **The Falter family** will use their scholarship to finish construction on their greenhouse. With the new greenhouse, they plan to cultivate enough basil to keep the Co-op stocked with fresh, local basil for a much longer season! **The Wilsons** will use their scholarship to help purchase enough honey berry plants to start a field. Honey berries mature earlier in summer than strawberries (the Wilson's main crop), so over time our local berry season will be longer and more diverse in selection. Find out more about the Falter and Wilson farms in the next issue of the Blueberry Jam!

COOK COUNTY
WholeFoods
CO-OP

PO Box 813 | 20 E 1st St
Grand Marais, MN 55604

September to June:

Mon-Saturday: 9am - 7pm

Sunday: 10am - 6pm

July & August:

Mon-Saturday: 8am - 8pm

Sunday: 9am - 7pm

Now hiring for the summer!

stop by or visit or apply online.

218.387.2503 | cookcounty.coop

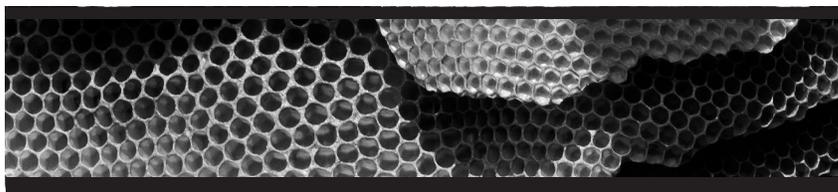


Queen of the Sun

at the Arrowhead Center for the Arts | April 8, 2017 | 7pm

Queen of the Sun is a film that takes us on a journey through the catastrophic disappearance of bees and the mysterious world of the beehive. This engaging and ultimately uplifting film weaves an unusual and dramatic story of the heartfelt struggles of beekeepers, scientists and philosophers from around the world, including Michael Pollan, Gunter Hauk and Vandana Shiva. Together they reveal both the problems and the solutions in renewing a culture in balance with nature. *Learn more at queenofthesun.com.*

Sponsored by Cook County Whole Foods Co-op, this film is free for all to attend. Let Queen of the Sun be your portal to the spring!



MN Adopt-a-Highway

HWY 61 Clean Up Day | May 6 | 10-12pm

Everyone is invited to meet up at the Co-op at 9:45am on May 6 to help beautify our strip of HWY 61 just west of town. See the lake, wave at friends, and stretch your legs. After we'll meet back at the Co-op for lunch, complements the Co-op. Call or stop by to sign up.

Event Calendar | *More event info on page 3.*

April

Owner Appreciation Day | Wednesday, April 5

Queen of the Sun Film Screening | Sat. April 8 | 7pm
at the Arrowhead Center for the Arts | free to public!

Wellness Wednesday | Wednesday, April 12

Earth Day (see p.7) | Saturday, April 22

May

CCWFC Board Meeting

Tuesday, May 2 | 5:30-7:30pm

Owner Appreciation Day | Friday, May 5

Spring Highway 61 Clean Up

Saturday, May 6 | 10-12pm

Sun & Bug with Kim Falter | Class Share (see p.3)

Making Vinegar Class | Thursday, May 11 | 5-7pm

Wellness Wednesday | Wednesday, May 12

Board Meeting | Tuesday, May 30 | 5:30-7:30pm

June

Sun & Bug with Kim Falter | Class Share (see p.3)

Owner Appreciation Day | Monday, June 5

Wellness Wednesday | Wednesday, June 14

Board Meeting | Tuesday, June TBD | 5:30-7:30pm