



20 East First Street | PO Box 813 | Grand Marais, MN 55604 | 218.387.2503 | www.cookcounty.coop | Spring 2018 Issue

the BOARD REPORT

by Barb Lavigne

If you are someone who shops at the Co-op simply because you like the food choices—YAY—and thank you! Before I joined the board of directors I never really thought about what distinguished our Co-op from most other businesses. One of the best things about being on the board has been the opportunity to learn more about how cooperatives work. I, too shop at the Co-op for the food choices but also, knowing more about the cooperative business model makes me want to shop there because I feel good about spending money at a business that adheres to the following principles:



1) Voluntary and Open Ownership means you can choose to become an owner—or not. Ownership is open to all without gender, social, racial, political or religious discrimination.

2) Democratic Owner Control Co-operatives are democratic organizations controlled by their owners, who actively participate in setting their policies and making decisions. Owners have equal voting rights—one owner, one vote. You elect the Board and we are accountable to you.

3) Owner Economic Participation means a one-time fee of \$120 makes you an owner of the Cook County Whole Foods Co-op. Owners contribute equitably to, and democratically control, the capital of their co-operative. At least part of that capital is usually the common property of the co-op. Owners allocate Surpluses for any or all of the following purposes: developing the co-op; setting up Reserves; benefiting owners in proportion to their transactions with the co-op; and supporting other activities approved by the owners.

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SPRING SPRUCE UP

By Jennifer Stoltz
General Manager



It's hard to believe that almost five years have passed since opening our expanded store. The larger space has been well received and sales continue to exceed projections. But alas, new things never stay shiny forever so it's time to start upgrading some of the equipment and facilities. Here are a few of the improvements that will be happening this spring.

“Natural Pure” Drinking Water

Customers have appreciated our filtered water machine, but we've had issues with breakdowns. We're making the switch from Glacier Water to “Natural Pure” Drinking Water, a locally owned family business in St. Paul, Minnesota. “Natural Pure” Drinking Water is processed by reverse osmosis. The process starts with the water being filtered by charcoal filters to remove all of the chemicals from the water. The water is then forced under pressure into a vessel holding the thin film membrane and the water is propelled through it. The membrane is able to remove all of the dissolved solids in the water. The last step in treating the water is having it pass through an ultra-violet light unit that removes all airborne bacteria. Once the water has been treated, it is held



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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.

The BLUEBERRY JAM NEWSLETTER is printed 4 times a year, designed in-house, and printed on 100% PCW paper.

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.

BOARD OF DIRECTORS

Kathy Bolstad

bolstadedward@gmail.com
Term expires 2018.

Don Grant, President

dcgrant@boreal.org
Term expires 2019.

Barb Lavigne

blavigne@boreal.org
Term expires 2019.

Yusef Orest

yuseforest@gmail.com
Term expires 2020.

Lorrie Oswald

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Term expires 2018.

Nick Vavrichek

kojnlv70@icloud.com
Term expires 2020.

Erin Watson

erin.theresa.watson@gmail.com
Term expires 2019.

All are welcome to attend board meetings, which are usually held the fourth Tuesday of each month. Contact the board president if you would like to be added to the agenda.



Autonomy and Independence provides autonomous, self-help organizations controlled by their owners. 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 owners and maintain their co-operative autonomy.



Providing education, training and information for their owners, elected representatives, managers, and employees so they can contribute effectively to the development of their co-operatives. They inform the general public about the nature and benefits of co-operation.



Co-operation among Co-operatives serve their owners most effectively and strengthen the co-operative movement by working together through local, national, regional and international structures. We are members of National Co-op Grocers which is a business service cooperative for retail food co-ops located throughout the United States. NCG helps unify natural food co-ops in order to optimize operational and marketing resources, strengthen purchasing power and ultimately offer more value to natural food co-op owners and shoppers everywhere.



Concern for Community provides business goods and services in a way that keeps community resources in the community. We buy from 8 Cook County growers, offer a Local Producer's Scholarship and continue to search for ways to keep our food dollars here in Cook County.

These are just a few examples of what our Co-op does and is. Look at the last Annual Report on our website to see a truly impressive listing of ways we put the above principles into action. Choices about where to buy our food are expanding. I think it's worth considering what kind of business you want to support.



SPRING SPRUCE UP

Continued from page 1

in suspension until it is dispensed and is again treated with the UV light. This process makes “Natural Pure” Drinking Water the highest quality product on the market. “Natural Pure” has been highly recommended by other cooperatives in Minnesota so I’m excited to make the change.

Bathroom Tile

Wickwire Clay Works is making soap catchers for our restrooms! I looked for commercial soap catchers but never found something that would work in our space so I was excited when Melissa Wickwire came up with a solution. It’s extra exciting that the tile is made in Grand Marais.

Garbage Enclosure and Loading Dock

The time has come to replace the failing garbage enclosure and loading dock. These are not exciting or glamorous projects but will make everyday work for employees easier and safer.

Additional Drink Cooler

Summers are busy in Cook County, and we struggle to keep our drink cooler filled on hot days. We’re adding a drink cooler by the bulk handwashing sink to increase drink options and reduce the line up for drinks at the front of the store.

Peer Audit

In May a group of National Co-op Grocers staff and fellow co-op general managers will be conducting a peer audit at our store. During the audit they’ll look at what we’re doing well and opportunities for improvement. The group will leave us with a list of ideas on how to enhance operations and the shopping experience. I look forward to hearing their suggestions on further upgrades for our co-op.

WELCOME

New Owners this Quarter, as of March 13, 2018

Susan Anderson	Amanda Duenow	North Shore Music Assn
Kristi & Steve Anderson-Hermann	Elfvín’s Bakery	Leticia Novais
Janet Arneson	Beth Erickson	Bruce Nowlin & Maggie Jones
Jill & Kris Barber	Jeff Johanns	Ruth Olson
Emily Berkness	Ryan & Kelsey Jones-Casey	Jodi & Randy Roberts
Michaela Clingaman	Thomas Just	Joshua & Jennifer Rohde
Cook County Public Health & Human Services	Erin Lange	Lin & Gordy Salisbury
Casey Deschampe	Mike Loeffler	Lena Santos
Kaylan & Josh Dix	Cole Macy	Agne Smith
Jane Donders	Aliya Marxen	Denise Ward
Julie & Jerry Donek	Bruce & Renie McVeety	EliseAuna Whiteford
	Andrew Mergens	Monica Wilson
	Greg Mueller	Jason & Marice Zimmer

THANK YOU

Full Equity Owners this Quarter, as of March 13, 2018

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!

Richard Allyn & Margo Brownell	Susan & Ari Fuad	Linda Newman
Kristi & Steve Anderson-Hermann	Jean Groben	North House Interns
Janet Arneson	Adrian Hess	Paula & Andrea Northwood
Lynn Arnold	Carolyn Higgins	Roger Opp
Jim Ball & Debbie Zweep	Jeff Johanns	Virginia Palmer
Emily Berkness	Patrick & Lori Johnson Rothstein	Erin Petz
Amy Boese & Jay Colond	Ryan & Kelsey Jones-Casey	Sarah Reller
Brenna Bohnen	Denise Joswiak	Donna Roles & Terry Neavin
Nick Burger	Amy Lacina	Lin & Gordy Salisbury
Chad Byers	Carolyn Larsen	Lena Santos
Care Partners/Cook County	Lea Leonard	Paula Schaeftbauer
Michaela Clingaman	Nancy Leonard	Dena Schliep
Lauretta & Peter Cooper	Sarah Lynch	Jess Smith
Kaylan & Josh Dix	Jim & Ann McDermott	Bob & Alina Swanson
Jane Donders	Melanie & Scott McRae	Denise Ward
Julie & Jerry Donek	Bruce & Renie McVeety	Sara Weik
Silviya Duclos	Andrew Mergens	Melissa Wickwire
Elfvín’s Bakery	William Moore	Jason & Marice Zimmer
Beth Erickson	Deborah Morse-Kahn	James Zunker
	Misha Nelson & Max Asche	

COOK COUNTY WHOLE FOODS CO-OP

in the COMMUNITY



— Local Producers Scholarship Recipient —

Congratulations to Ian Andrus of Creaking Tree Farm for receiving this years Local Producers Scholarship. The farm is entering their 4th growing season, and sells most of their produce through the local food market and local restaurants. Last summer they began selling greens to the Co-op.

This scholarship will allow the farm to purchase equipment to help their operation be more efficient and productive. They have determined that a small 4 row seeder would help to effectively plant dense crops like greens and carrots. They plan to add a walk-in cooler to their infrastructure, and the addition of a coolbot will assist in this endeavour. A coolbot is an electronic device that allows the use of an air conditioner

to function at a much lower temperature than normal, to replace an expensive compressor.

We look forward to enjoying more fresh, local microgreens this year!

“ It is our goal to provide the local community with a source of fresh, healthful, and locally grown vegetables. We believe in growing organically and focusing on soil health to improve human health. We practice a no till system to limit our negative impact on the natural soil environment. ”
 — Ian Andrus

CCWFC's Biannual Spring Highway Clean Up

Here is your opportunity to volunteer! Help clean up our section of Highway 61. Your next chance to join in the fun will be

Saturday, April 28, 10:00am -12:00pm. Meet at the co-op and bring your own gloves.

When we are finished, lunch is on us! If you'd like to join us, please sign up at the info desk in April, or give us a call.



Food Shelf by Kim Falter

Quarterly Donation

Thank you all for your contributions to the local food shelf this winter. In **addition** to monetary and food donations, the Co-op was able to purchase these items:

24 cans Amy's Chunky Vegetable Soup



24 cans Amy's Hearty Italian Soup

24 cans Amy's Cream of Tomato Soup



24 containers Creamy Butternut Squash Soup

24 containers Pacific Creamy Tomato Soup

24 boxes Late July Saltine Crackers



local economy
small farms, big flavors

Co+op Explorers Club Lunch Box Winners



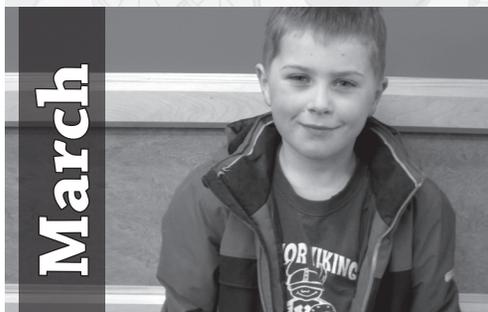
Co+op Explorers members may choose a free piece of fruit from the basket each shopping trip. Make sure to sign up your 12-and-under child for a chance to win the Explorers Club lunch box! The drawing is held on the 5th of each month. Here are our winners for the season:



Harper Henneman



Kian with brother, Rowan, and Mom Andrea Orest



Leif Lindstrom

Is it Safe to Use Essential Oils Internally?

by Kim Falter

I get this question A LOT. Actually, I don't quite get this particular question, most often customers inquire: "Where are your essential oils for internal use?" I'm not going to lie, this question makes me incredibly uncomfortable. I'm uncomfortable because in all my studies, internal use of essential oils was simply not a thing. My degree in Holistic Nutrition spanned multiple topics intensely: aromatherapy, herbalism, homeopathy, proper use of vitamin supplements. It included research into dietary choices and issues such as converting from an omnivore to a vegan properly, how to eat to prevent illness, and healthy weight management. Essential oil ingestion never came up. I remember maybe one or two references to Peppermint essential oil as helpful for digestion, but then it was recommended as a topical, diluted in a carrier oil and applied to the belly. Oregano Oil was mentioned, but as a very powerful remedy, to be used with caution. So this common question of late, "Where are your essential oils for internal use?", feels like a trend. *Is it a healthy trend?*



Its omission from my studies does not mean it does not exist. In fact, internal use of essential oils has been in practice in Europe, yet use was minimal and under the guidance and watchful eye of a doctor very familiar with its safety and practicalities. **The issue: essential oils are not created equally.** Some can be ingested, but accurate knowledge of this use needs to be attained, hearsay is not a safe approach.

The big risk to your health is irritation to the digestive tract. Imagine a glass of water in which you have added a dash of olive oil. We all know that oil and water separate. We can shake it up vigorously, yet it is still inclined to separate. This is what happens to essential oils that are ingested, they separate. Since they do not disperse evenly, these little globs of highly concentrated oils float around inside your digestive tract, irritating the lining.

I said "highly concentrated" so let's talk about that for a minute. There is a significant difference between one fresh lemon and lemon essential oil. When you place lemon essential oil in your water to create that great lemony taste, it equates to thousands of lemons vigorously pressed to produce a highly concentrated, highly aromatic, product. Versus that fresh lemon which, although it does contain components of that essential oil, these components are properly diluted and dispersed in the 'juice' and in balance with its other components such as fiber and Vitamin C for safe consumption. This intensity warrants educated knowledge by a professional.

We can't end a conversation on this topic without addressing marketing and false claims in the cosmetic industry. Essential oils are regulated by the FDA as cosmetics. Any claim of "therapeutic grade" or "clinical grade" are just that: claims.

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WHAT'S NEW *at the* COOP

We Have a New Deli Manager!

Cook County Whole Foods Co-op introduced Adam Mella as the new Deli Manager in February, after Diana Dimitrova pursued a new career opportunity in Grand Marais. Adam has been with the Co-op since April 2017, working as a deli prep cook and also in the produce department. He grew up near Green Bay, Wisconsin and moved to the Gunflint Trail in 2011 after many years working as a newspaper editor. Prior to being hired by the Co-op, Adam worked as a line cook for five years at Trail Center Lodge. "I love cooking and trying new recipes, and I'm looking forward to maintaining the excellent standards of the deli department," said Mella. "I welcome any and all feedback." When he is not at the Co-op Adam enjoys paddling and camping in the BWCA with his fiancée, Natalie, and their new puppy, Arrow, or reading a good book at home with their cat, Agnes.



From the Land of Produce...

by Jeri Person



While looking forward to our 2018 growing season here at the co-op, I have returned to my journal of local produce that I have received here, which goes back to 2008—10 years! I cannot believe it! Not that I have been here that long, but that I have kept a log the entire time and have not lost it along the way. I started a new page last week with our first entry of the season going to Creaking Tree farm for their wonderful micro sprouts. It is the earliest entry EVER.

Looking back at last year's records, I was pleased to see that 4 of our local growers have also been recipients of the Local Producers Scholarship. The very first recipients were Kristen and Nick at Good Nature Farm, who provide the area with produce through their CSA. They have sold kale, chard, potatoes and summer squash to the co-op. Kim and Brian, both employees, also grow for the area. Kim supplies us with Wild Edibles, packaged fresh cut herbs, while Brian and his family are becoming well known for being the LOCAL strawberry family at the farmers market and at the Co-op.

The most recent recipient of our scholarship benefited Ian and his family at Creaking Tree Farm in Lutsen. His radish sprouts were the earliest local produce so far. Here at the co-op we sold his packaged baby spinach and other micro greens. (He also provides the community with great produce at the farmers market.)

Many of the entries in my log are for Dean Einwalter out at Foxlair Farm, who hand picks wonderful raspberries and hand polishes his apples. Some years we are lucky enough to get some of his Mount Royal Plums. Jerry Lawson at the Rhubarb Ranch always comes through with the Rhubarb and Chestnut crabapples every year.

Yet another year is upon us.

If you are interested in selling produce this year to the co-op or have any questions about the Local Producers Scholarship for next year, please contact Jeri.

Thanks and Happy Spring!

Essential Oils

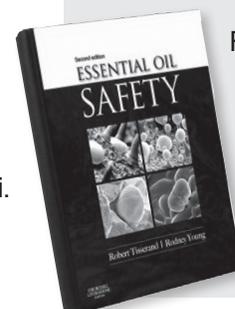
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Similar to claims of "natural" or "anti-aging". We want to believe them, but they are marketing ploys nonetheless.

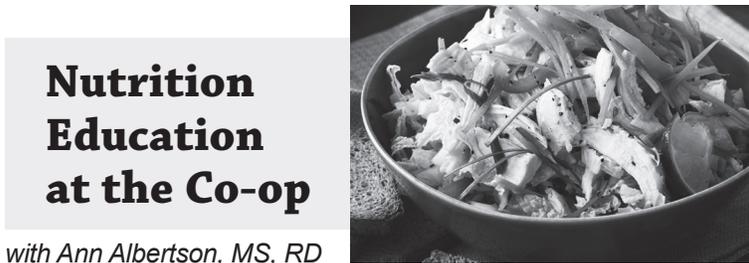


I have been lucky to visit and tour the facilities responsible for the wonderful line of essential oils we carry at our Co-op: Aura Cacia. It is there that I witnessed both the high standards they hold their products to at all stages of production, as well as the incredible knowledge and passion they bring to this industry. I'd like to end with their stance on Internal use of essential oils found on their website auracacia.com:

DO NOT use oils internally. Aura Cacia does not recommend cooking with or taking essential oils internally. There is not enough substantiated evidence to warrant this practice and it is a widely misrepresented and misunderstood topic. Essential oils are highly concentrated and toxicity varies with each oil. In addition, aromatherapy products are regulated by the FDA as cosmetics and must conform to cosmetic labeling regulations. Aura Cacia labels all products in compliance with regulations in order to protect users.



For more on this topic, check out "Essential Oil Safety" by Robert Tisserand and Rodney Young.



Nutrition Education at the Co-op

with Ann Albertson, MS, RD

CCWFC recently sponsored a well-received 2-part nutrition education series: "Nutrition for Active Boomers".

Commitment to healthy eating patterns can present new challenges with aging and cooking for smaller households. CCWFC grocer, Annie Albertson MS, RD, shares some tips and recipes.

- **Create menus** based on an age/activity appropriate Healthy Eating Plan (www.choosemyplate.gov)
- **Make grocery lists** that include new ingredients/bulk items/fresh fruits/veggies to add variety and great flavor to your Healthy Eating Plan
- **Prep ingredients** in batches- especially fruits and vegetables for easy use during the week
- **Cook big-** freeze small for your weekly menu plan:
 - Rice/Grains/Beans
 - Meats
 - Veggies
- **Separate leftovers** into portion-size containers and include in menu planning:
 - Label/Date/Freeze
- **Create rituals** to make meals more enjoyable
- **Make eating more social** – shop with friends/share ideas/menus/ create meal groups/talk about food
- **Enjoy** good, healthy food!

Breakfast Barley with Banana & Sunflower Seeds



Yield: 1 serving

Ingredients:

- 2/3 cup water
- 1/3 cup uncooked quick-cooking pearl barley
- 1 banana, sliced
- 1 T. unsalted or salted sunflower seeds
- 1 tsp. honey

Preparation:

1. Combine 2/3 C. water and barley in a small microwave-safe bowl. Microwave on HIGH 6 minutes.
2. Stir and let stand 2 minutes.
3. Top with banana slices, sunflower seeds and honey.

Napa Cabbage Salad



Yield: 1 serving

Ingredients:

- 4 cups Napa cabbage, sliced thin
- 1 T. olive oil
- 1 T. rice vinegar
- 1 tsp. soy sauce
- 1 T. minced fresh ginger
- 1 medium clove garlic, pressed
- 2 T. chopped cilantro
- 4 oz. cooked chicken breast, shredded or cut into 1" cubes

Preparation:

Toss all ingredients together and serve.

Spring Vegetable Soup



Yield: 4 servings

Ingredients:

- 1 T. extra-virgin olive oil
- 1/4 red cabbage (medium head, 2 cups, finely shredded)
- 2 ripe tomatoes (medium, seeded and chopped)
- 1/2 cup canned artichoke hearts (drained and chopped)
- 1 cup green peas (frozen)
- 2 1/2 cup vegetable juice (tomato or blend)
- 1 cup water
- 2 T. fresh basil (2 tsp. dried)
- Salt and pepper

Preparation:

1. In large soup pot, heat oil over medium heat. Saute cabbage, tomatoes, artichoke hearts and peas for 10 minutes.
2. Add tomato juice and water. Bring to boil. Reduce heat, add basil and simmer for 10 minutes, or until all vegetables are tender and soup is piping hot.
3. Serve in individual serving bowls. Season to taste.





COOK COUNTY
WholeFoods
CO-OP

20 East First Street
PO Box 813
Grand Marais, MN 55604

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facebook.com/cookcountycoop
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HOW MUCH *is an* OWNERSHIP?

Pay full \$120 (not an annual fee) or 10 quarterly payments of \$12.
Benefits start with first \$12 payment.

Stop by the store and register to become an owner.
More info at: www.cookcounty.coop

OWNERSHIP *provides* BENEFITS:

News: A subscription to the Blueberry Jam Newsletter and the Annual Report and keep up with what's new.

Earning: Patronage Dividends in profitable years, the more you spend, the more you earn.

VIP: Attend our annual meetings and get discounts on Co-op classes. Financial aid scholarships are available for low income owners.

Voting: Vote for the Board of Directors and run for the Board. Have a say in our future.

Savings: Enjoy quarterly coupons, owner specials and Owner Appreciation Day.

We would Love to hear from you!

If you would like to be heard, fill out a thought card at the information desk, or email info@cookcounty.coop.

MARK *your* CALENDAR

APRIL

Owner Appreciation Day
Thursday, April 5, All Day

Wellness Wednesday
April 18, All Day

Board Meeting
Tuesday, April 24, 5:30pm-7pm

Highway Clean Up
April 28, 10:00-12:00 (*Lunch is on us!*)

MAY

Owner Appreciation Day
Saturday, May 5, All Day

Wellness Wednesday
May 16, All Day

Board Meeting
Tuesday, May 22, 5:30pm-7pm

JUNE

Owner Appreciation Day
Tuesday, June 5, All Day

Wellness Wednesday
June 20, All Day

Board Meeting
Tuesday, June 26, 5:30pm-7pm