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

the BOARD REPORT

by Erin Watson, Board Member

Well friends, summer is upon us! This is the time of year we see our Cook County Whole Foods Co-op (CCWFC) in peak action. Local produce is bountiful, visitors from far and wide are perusing our aisles, and your CCWFC Board of Directors is beginning our search for candidates to run for board elections. If you are someone who cares about our Co-op and its values and would like to play an integral role in its continued success, I invite you to consider running this fall. No previous board experience is necessary and we welcome diverse experiences and fresh ideas into our meeting space.

1. Besides playing an important role in our Co-op's successful present and future, being a part of the CCWFC Board of Directors is a great way to:
2. Build valuable networks and relationships with fellow board members
3. Better understand board governance through personal experience
4. Develop a deeper understanding of cooperative values and what it takes to successfully operate a Co-op
5. Grow as a leader through board service

Board information packets and applications are available on CCWFC's website, cookcounty.coop, or at the Co-op. The deadline for declaring your candidacy is September 1, 2018.

Inside *this* **Issue:**

The Board Report.....1
Affordability at the Co-op.....1-2
New & Fully Vested Owners.....3
Choking on Plastic.....3
The Co-op in the Community.....4
Explorers Club News.....5
Quick Sunscreen Facts 5
What's New at the Co-op.....6
Salmon Recipes for the Grill.....7
Mark Your Calendar!.....8

AFFORDABILITY *at the* CO-OP

By Jennifer Stoltz
General Manager

One of the Co-op's Ends Statement reads that our Co-op should be a successful, cooperative grocery that is a trusted source of affordable, healthy, local and sustainable products and services for all.

We offer a variety of healthy food and classes to teach healthy lifestyles. However, affordability is a concern that many shoppers share. We are dedicated to carrying organic and natural foods which often cost more than conventional foods, but good food should not be out of reach for our customers. To answer the question of affordability, we offer a variety of programs and deals.

Co+op Basics

Looking to stretch your grocery budget? So are we! That's why we offer the Co+op Basics program. Co+op Basics offers everyday low prices on many popular grocery and household items. Don't worry, we aren't paying our farmers or employees any less. We're simply committed to improving our selection so that everyone can find more value when shopping the Co-op. You'll find more than 570 Co+op Basics items in the store.

Continued on page 2

the Blueberry Jam

COOK COUNTY WholeFoods CO-OP

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.

Nutrional & 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

Don Grant
President
dcgrant@boreal.org
Term expires 2019.

Lorrie Oswald
Vice President
boreallor@gmail.com
Term expires 2018.

Barb Lavigne
Secretary & Treasurer
blavigne@boreal.org
Term expires 2019.

Yusef Orest
yuseforest@gmail.com
Term expires 2020.

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.

AFFORDABILITY *at the* CO-OP

Continued from page 1

Pick up a Co+op Basics shopping list at the Information Desk or just look for this logo:

co+op basics

Co+op Deals

Bimonthly sale prices on a wide selection of organic, fair trade, environmentally friendly and high-quality items at competitive prices — making it possible for you to stock up on family favorites, purchase greener cleaning products or try something new. Co+op Deals features discounts on seasonal items year-round; get great deals on snacks and lunchbox staples in the fall, picnic and barbecue supplies in summer and obtain all your holiday baking supplies each winter for less.

Good Harbor Hill Coupon

Love healthy food, but shopping on a limited income? We created the Good Harbor Hill Coupon to help owners with a fixed budget. It's an additional $5 coupon credited to your purchase when you spend $25 or more on one shopping trip per quarter.

Good Harbor Hill Scholarship

Being an owner of Cook County Whole Foods Co-op offers benefits such as patronage refunds, owner specials, ability to special order products and a quarterly $5 off coupon. You also get the opportunity to vote in elections and shape the future of your store. It costs $120 to join the Co-op and can be paid in 10 quarterly installments of $12. If Co-op ownership seems out of reach for you, apply for the Good Harbor Hill Scholarship. Funds are available for recipients of qualifying government programs. We ask all owners to pay at least the first two $12 payments then you may ask for the remainder in scholarship funds.

How do You Qualify?

Co+op Basics and Co+op Deals are available for all shoppers. More information and financial requirements for the Good Harbor Hill Coupon and Scholarship can be found on the web at cookcounty.coop/ownership. You can also stop by the information desk at the Co-op to pick up an application which describes the requirements for each program.

Want To Help Out Someone in Need?

We are accepting donations for the Good Harbor Hill Scholarship fund. Simply let a Co-op cashier know that you would like to donate and they can add it you your grocery bill. Any donation amount is welcome.

Questions?

All of these programs are still evolving. Feel free to contact me with suggestions or questions at jennifer@cookcounty.coop or 218-387-2503.

WINNER! NORTHERN WILDS RESTAURANT AWARDS 2018 READERS CHOICE

The 2018 Northern Wilds Readers Choice Resturant Award Winners have been announced. The Co-op is the 1st place winner in the Soup Catogory!

WELCOME *to* ***New Owners this Quarter, as of 6/ 8/2018*** ••••

Jan & Art Anderson
Philip Barsody
Kathy & Leslie Bates-Roe
Chris Beal
Ben Belland
Gary & Jean Blosberg
Lawrence Bottorff
Nan Bradley
Jessica Brayman
Marge & Bob Brown
Inez & James Collie
Austin & Rachel Damiani
Tyler Dolcetti
Jodi & Mark Ellis
Robert & Nancy Evans
Bridget Flanery
Ellen & Steve Frank
Madeline Frey
Tyler Gordon
Justus Grunow
Rachel Haaversen
Jerome Harsdorf
Simon Haslam
Kitty Heise
Brian Homola
Trevor Huggins
Jasmine Ingersoll
Kia Johnson
Kaw Khang
Janis Ketcher
Julie Kinney
Chris Lavigne
Michelle Lewis
Garrett Lima
Valerie Marasco
Beth McClain
Dorothy Miller
Trisha Miller
Katherine Morency
Tom Morse
Karen & Joseph Nease
Amy & Denny Neilsen/ Pechacek
Carmen Norlien
North Shore Health Care
Callie O'Kelley
Tim & Jenny Rowe
Deanna Roy
Aine Ryhn
James Schmidt
Jane & Bob Schneeweis
Cheri & John Schneider
Michael Semon
James Stephens
Sara Taylor
Kay Touchette
Megan & Mark Trumper/ Relson
Adrian Welch
Benjamin Wright
Hanna Zakrzewski
Pamela & Tom Zalesky/ Huberty
Kimberly Ziegler

THANK YOU *to* ***Full Equity Owners this Quarter, as of 6/ 8/2018***

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!

Mark & Steve Abrahamson/ Byers
Mikolai Altenbe
Jan & Art Anderson
Inger & Brad Andress
Kathy & Leslie Bates-Roe
Elizabeth Belz
Bud & Patti Beyer
Erin Blegen
Gary & Jean Blosberg
Tom Bradovich
Marge & Bob Brown
Joan Burrows
Andi Dash
Carrie Cochran
Inez & James Collie
Vallen Cook
Sheila, Mike & Gloria Costello
Ashley & Christine Curtis
Austin & Rachel Damiani
Victoria Doane
Tyler Dolcetti
Jodi & Mark Ellis
Jason Ernst
Robert & Nancy Evans
Beth Faraone
Ron Foster
Ellen & Steve Frank
Joe Friedrichs
Lori Goertzen
Tyler Gordon
Valerie Gustafson
Nicholas Hingos
Hannah Hoaglund
Dianne Hudson
Kia Johnson
Arno Kahn
Andrew Keith
Christal Kelahan
Janis Ketcher
Elise Kyllo
Gregg & Lisa Larson
Janice/Gary Latz
Chris Lavigne
Kathy & Mike LaVigne
Kathy Lewis
Greg & Cathy Lindsey
Mary Liudahl
Kris Maritz
Ellie McCann
Marcy McGleno
Carrie McHugh
Dorothy Miller
Tom Morse
Rachel Murrin
Karen & Joseph Nease
Matthew Nesheim
North Shore Health Care
Palmquists
Barry Pederson
Joey Pederson
Cory Pederson
Stephanie & Gary Radloff
Nicole Rice
Tim & Jenny Rowe
Deanna Roy
Dottie & Rodney Roy
Jolita Rysdahl
Jane & Bob Schneeweis
Dave Schorn
Michael Semon
James Stephens
Vince Stilla
Yvonna & Dale Swenson
Melissa & Justin Thompson
Kay Touchette
Charley Trovall
Megan & Mark Trumper/ Relson
June Tveekrem
Bert/Kim Van Beck/ Dunsmoor
Karin Van Dyke
Laurel Wilson
Pamela & Tom Zalesky/ Huberty

CHOKING *on* ***PLASTIC***

By Denny Fitzpatrick
Co-op Owner

Our world is choking on plastic.

Put an end to single-use plastics. When you're grabbing produce or bulk, use a reusable bag instead of that single-use plastic bag. If you forgot your reusable bag, grab a paper bag instead, paper will break down sooner in the landfill. Some plastics take hundreds, or possibly thousands, of years to decompose.

According to the UN, up to five trillion grocery bags are used each year, and like most plastic garbage, very little is recycled. In a report for International Environment Day, the UN warned at current levels the earth could be awash with 12 billion tons of plastic trash by the middle of the century. Most of this plastic garbage clogging waterways and landfills is single-use items like straws, bags, and cutlery. American shoppers use 380 billion plastic bags annually. That's about 60,000 plastic bags every five seconds. Avoid using single-use plastic bags, opt for reusable alternatives. But if that's not possible, tie plastic bags into a large, dense knot before tossing them, to lower chances that the wind will blow them from a garbage truck into a wild habitat. Better yet, repurpose that plastic bag somehow. And reduce, reuse, and recycle other plastics when possible.

We don't have time for excuses or delay.

The planet will thank you.

COOK COUNTY WHOLE FOODS CO-OP
in the **COMMUNITY**

In May, Anne Mundell brought her Bear Cubs kindergarten classroom to the Co-op for their "Our Town" study. They visited businesses around town and learned about the types of jobs people have, as well as the goods and services each business provides.

The class got to see the inner workings of the Co-op to get an idea of how a grocery store works and what kinds of jobs people have here.

We enjoyed their cheerfull presence during the visit!

Community Gardens

In an effort to promote healthy eating and a positive lifestyle, we are working with the children of Cooperation Station in the new raised beds near the Community Center. The Co-op has sponsored a plot and seven sessions are scheduled throughout the Summer. We plan to learn all about the basics of planting and gardening, plus have some BIG fun in the garden.

An enormous ***THANK YOU*** goes out to The Blue Moose, and Cook County Home Center, who donated generously, to get us up and running!

We'll be enjoying tomatoes, peppers, zucchini, cucumbers and a whole lot more!

Care to join in the fun? Contact Becky at becky@cookcounty.coop.

Winning Large at the Co-op

Marcy McGleno won this Annie's Compost & Gardening Kit
Congratulations, Marcy!

Reed Schmidt won the highly-coveted Honest Tea cooler!

Thank you for you generous donations to our local Food Shelf! Your contributions have gone to providing these much needed items:

- **180 rolls of Seventh Generation toilet paper**
- **120 rolls of Seventh Generation paper towels**
- **36 boxes Late July saltine crackers**
- **Fifty $20 Co-op gift cards**

Minnesota FoodShare March Campaign

For a number of years, Minnesota food Co-ops have worked together to raise food and money for neighborhood food shelves as part of the Minnesota FoodShare March Campaign. This campaign has been going on for over 30 years, supporting 300 food shelves, and is held in March because that is typically when all the holiday donations run out and food shelves are at their barest. Some of us collect food, some collect money and some collect both. We register together and report our totals together and typically rank 3rd in the state among businesses for our donations! Last year the 14 Minnesota food Co-ops that participated together raised a total of $125,464 for food shelves across the state!

This offers us an opportunity to do good in our individual communities and reap the benefits of working together, like showcasing a big, impactful number.

Great news! We received 2nd place for business supporters across the state! We raised $128,964.80 for over 25 local food shelves throughout the state of Minnesota — **increasing our donations by over $3,000 from last years' totals.**

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:

April

Anston Travis

May

Idella McAllister and Mom, Rebecca

June

Soren Wahlstrom

QUICK SUNSCREEN FACTS

by Kim Falter, Wellness Coordinator

UVA and UVB Rays:

Ultraviolet A (UVA) and Ultraviolet B (UVB) are rays from the sun that can affect human skin. Most of the rays that reach the Earth's surface are of the UVA variety. They pass through clouds and glass no matter the time of day or year and penetrate deep into the skin causing suntan, not sunburn. This is the ray most responsible for premature aging, odd pigmentation, and cancers such as melanoma.

UVB rays, in contrast, do not reach the Earth in considerable quantities, are typically responsible for sunburn as they only penetrate the outer layer of skin, and can lead to basal or squamous cell carcinomas.

Broad Spectrum Sunscreens:

Unless a sunscreen states that it is 'Broad Spectrum', it is only protecting you from UVB rays. The US does not require sunscreen manufacturers to offer UVA protection, only UVB.

SPF:

SPF is a measure of how well a sunscreen protects from sunburn. It is based on the theory that if you would normally burn after 10 minutes, applying an SPF 15 will allow you to stay in the sun, without burning, for around 150 minutes, or 15 times the amount of time it would take you to burn. Skin type, sun intensity, and amount of sunscreen are not considered in this formula. The FDA recommends, but does not require, sunscreen manufacturers to cap their sunscreens at SPF 50 as protection only increases slightly at this level.

SPF Protection Breakdown	
SPF Designation	% Protection
SPF 15	93%
SPF 30	97%
SPF 50	98%

This means that the difference between an SPF 30 and an SPF 50 only amounts to 1%!

Water Resistance:

'Water Resistance (40 minutes)' and 'Water Resistance (80 minutes)' are the only two water resistance claims regulated by the FDA. To make this claim, a product must maintain its SPF after exposure to jacuzzi-like conditions for 40 or 80 minutes. After the 40 or 80 minutes of sweating or water exposure, the SPF will begin to decline.

Chemical vs. Mineral:

Mineral sunscreens are comprised of the active ingredients zinc oxide and/or titanium oxide. They work by reflecting the sun's rays off of the skin, and typically do not rub into the skin, leaving a white film. These are regarded as generally safe.

Chemical sunscreens work by absorbing the sun's rays via a chemical reaction in the skin. The active ingredients tend to be a combination of either oxybenzone, avobenzone, octisalate, octocrylene, homosalate, and/or octinoxate. They apply sheer, and absorb into the skin easily. Recent studies have shown that these ingredients, especially oxybenzone, can potentially lead to endocrine disruption and allergy problems.

WHAT'S NEW *at the* CO-OP

By Adam Mella, Deli Manager

Return of the Dragon

Co-op shoppers may have noticed a new sandwich in the deli lately, a rare and adventurous creation we named The Dragon Wrap. While it is a new item, this dragon has roots in Cook County, and it returned to us in part by random luck and in part through creative reverse engineering.

Every item in the Co-op has a unique identifying number. When we try a new item, we assign it a name and number. We have a labelling machine that lists all the ingredients and a price for each item based on that system number. Sometimes when a deli cook prints a label, the wrong number is entered, and something pops up from the past. These old ghosts of the labelling machine usually cause a raised eyebrow or a chuckle and nothing more, but earlier this year an errant number conjured a truly intriguing relic: **#88305, The Minnesota Dragon**.

This one came with a great name and a bit of a backstory, and the ingredients, but no recipe or mention of this sandwich were found. We slapped the old label on the deli wall of fame, the introduction was written in playful and colorful language, by someone clearly proud of their work:

> ***"Thoughtfully created for the tame and mild pallet of the wonderful Minnesotan, read the label. With a smidge of pizzazz and blend of Asian flavors, we hope you enjoy your Minnesota Dragon."***

I read this and determined we must resurrect this dragon. We tinkered with version 2.0, eventually arriving at The Dragon Wrap that is the topic of this story: Szechuan-marinated baked tofu, spicy with thinly-sliced cucumbers and carrots, mixed greens and a wonderful cooling avocado and pickled ginger spread balancing the entire sandwich.

I think it remains true to the original, although I have never seen nor tasted one. The new Dragon is quite popular, it gives us another exciting vegan sandwich option, and we try to make a batch once a week.

And so, the story comes full circle, or so it seems. The Dragon has returned but I still wonder about the original that once graced our shelves, years before our current building was even built. We asked around and nobody could tell us who penned the original label and created the original Dragon. A few staff members have vague memories, an idea of who it could have been, but the label remains unsigned.

Try the new Dragon Wrap from the Deli Grab-N-Go shelf. And let us know if you remember the original Minnesota Dragon!

Dietary Nutrition Guidelines

by Ann Albertson, MS, RD

The Cook County Safety and Wellness Committee recently featured Cook County Co-op Grocer and Nutritionist, Annie Albertson, as part of an ongoing training series for Cook County employees. The topic discussed was "The Dietary Guidelines for Americans — *We All Have A Role!*"

The Guidelines, a joint effort of U.S. Department of Health and Human Services and USDA are published every 5 years to reflect the advancements in scientific knowledge and translate the current science into sound, food-based guidance to promote health in the United States.

The 2015-2020 Dietary Guidelines provide five overarching Guidelines that encourage healthy eating patterns, recognize that individuals will need to make shifts in their food and beverage choices to achieve a healthy pattern and acknowledge that all segments of our society have a role to play in supporting healthy choices.

Five Dietary Guidelines

1. Follow a healthy eating pattern across the lifespan.
2. Focus on variety, nutrient density and amount.
3. Limit calories from added sugars and saturated fats and reduce sodium intake.
4. Shift to healthier food and beverage choices.
5. Support healthy eating patterns for all.

These Guidelines advise us to follow a healthy eating pattern throughout our lives in order to maintain a healthy body weight, get enough nutrients, and reduce our chronic disease risk. This can be achieved by focusing on variety, nutrient density, and amount. In order to get all the nutrients we need without going over daily calorie limits, it's important to choose a variety of nutrient-dense foods and choose beverages carefully. Limiting calories from added sugars and saturated fats while also reducing sodium intake is an essential part of a healthy eating plan. Small, consistent shifts to healthier food and drink choices help make a healthy eating pattern attainable and sustainable.

We can all help support each other as we make shifts toward a healthier eating pattern. For more information choosing a healthy eating pattern based on your individual age/gender/activity level visit: www.choosemyplate.gov

Pescatarian's Delight

By:Co+op, stronger together

Grilled Salmon *with* Blueberry Salsa

Total Time: 30 minutes | Servings: 4

Break the mold with this fruity salsa atop chipotle pepper-spiced salmon.

Ingredients:

- 4 4-ounce salmon fillets
- 1/2 teaspoon chipotle pepper powder
- 1 tablespoon olive oil
- Pinch of salt
- 1 cup fresh blueberries
- 1 large jalapeño pepper, finely chopped
- 2 tablespoons finely chopped red onion
- 1/4 cup chopped cilantro
- 1 tablespoon lime juice
- 1/4 teaspoon salt

Preparation:

Heat the grill. Place the salmon skin-side down on a plate and rub with olive oil, sprinkle with chipotle pepper and salt; let stand.

In a medium bowl, combine the blueberries, jalapeño, red onion, cilantro, lime juice and salt. Stir vigorously, coarsely mashing some of the blueberries to release the juice.

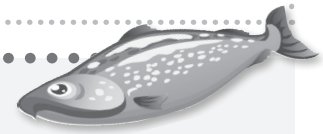
When the grill is hot, use tongs to swab the grate with a paper towel dipped in vegetable oil. Place the salmon on the hot grill, skin-side up. Let the salmon cook until it has grill marks and the edges look browned, about 3 minutes. Carefully lift each fillet and turn over. Close the lid of the grill and cook about 4 minutes more for thin, wild-caught fillets, longer for farm-raised salmon. When the fish is just cooked through, transfer to a clean platter. Top each fillet with about a quarter cup of salsa, and serve hot.

Serving Suggestion:

Cook foil-wrapped baked potatoes and sweet corn on the grill to make this a summer celebration. A patio and a bottle of Chardonnay complete the scene.

Nutritional Information:

- 260 calories
- 12 grams fat
- 65 milligrams cholesterol
- 390 milligrams sodium
- 7 grams carbohydrate
- 1 grams fiber
- 31 grams protein



A Family Tradition in Alaska and Minnesota

Rogotzkes have been making their way to Alaska for salmon fishing ever since 1982. Following the path of his brother, Dave bought a boat and permit with the help of his father. Every June and July was then spent gill-netting for sockeye and king salmon in Bristol Bay, where salt water merges with fresh. Years later, his three children — Katie, Leah and Matt — each found themselves crewing as deckhands, and this tradition continues today.

When people caught word of the salmon that Dave fished for each summer, he began to bring home to Minnesota a few extra boxes of this tasty and freshly caught fish. One thing lead to another and soon he began to supply salmon, halibut and cod all over Minnesota and Wisconsin.

You can find Rogotzkes sockeye salmon on the top shelf of our meat freezer section.

Rogotzke's Simple Gifts Salmon Sauce

Ingredients:

- 2 Tbsp Minced Garlic
- 2 Tbsp Olive Oil
- 2 tablespoons Maple Syrup
- 1 Tbsp Soy Sauce

Preparation:

Combine ingredients into a sauce pan. Simmer over medium heat. Apply over the top of cooked/grilled salmon. This sauce is excellent over many other types of seafood or meat as well.

COOK COUNTY
WholeFoods
CO-OP

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

218-387-2503
facebook.com/cookcountycoop
cookcounty.coop

Open 7 Days a Week
July & August | 8am - 8pm
September - June | 9am - 7pm

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:

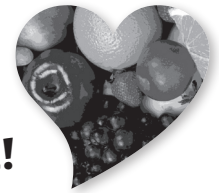
News: A subscription to the Blueberry Jam Newsletter and the Annual Report and keep up with what's new.

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

JULY

Owner Appreciation Day
Thursday, July 5th

Wellness Wednesday
Wednesday, July 18th

Board Meeting
Tuesday, July 24th
5:30pm-7pm

AUGUST

Owner Appreciation Day
Sunday, August 5th

Wellness Wednesday
August 15th

Board Meeting
Tuesday, August 28th
5:30pm-7pm

SEPTEMBER

Owner Appreciation Day
Wednesday, September 5th

Board Meeting
Tuesday, September 18th
5:30pm-7pm

Wellness Wednesday
Wednesday, September 19th