

COOK COUNTY
WholeFoods
CO-OP

ANNUAL REPORT



FALL 2018

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About the BlueberryJam

The opinions of the authors featured in the BlueberryJam 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.

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.

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COOK COUNTY WHOLE FOODS CO-OP

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

218-387-2503

facebook.com/cookcountycoop
cookcounty.coop

The Board Report

by Don Grant, President



Another fiscal year has come to an end and it's time for our annual meeting – 6pm October 30 at Voyageur Brewing Company. Our Co-op continues to grow and prosper. We gained 204 new members last year, annual sales increased to more than \$4.8 million (8.7% increase over the previous year) and are expected to exceed \$5 million this year, and we continued to sustain our Ends. Our Ends give definition on how to provide cooperative commerce for the greater good of our members, staff, and community. They state that we will be:

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

This annual report includes descriptive charts that depict some of the key metrics relating to these Ends. I hope that after you review the report you agree that things are going well.

We'd like to hear your thoughts about how we're doing, what might be improved, and what should be done to move the Co-op forward. We will be conducting a shoppper survey this month and encourage you to complete the survey. In addition, we will have a "People Shuffle Activity" at the annual meeting in which we will ask the attendees "How do you think the Co-op should grow in the next 10 years?" It will be a fun activity. Please come to the meeting and participate.

Also, we have a contested election for Board Members this year and it's time to vote. The work of the Board is important as it sets the Ends of the Co-op based on owner input and oversees General Manager Jennifer Stoltz's implementation of the Ends. We encourage you to vote!! Your vote must be in by 8pm on October 30.

We hope to see you at the annual meeting!



State of the Co-op

by Jennifer Stoltz, General Manager

Cook County Whole Foods Co-op continues to thrive and grow. Data throughout this report highlights how much we've done over the past year. As we reflect on the past, we also look toward the future to ensure that we're taking care of our customers, owners and staff.

Our success has allowed us to increase community donations to the Cook County Food Shelf and other nonprofit organizations. It's our goal to give even more this year, eventually reaching a donation level of .5% of sales.

We raised our starting wage and wage ceiling for all staff members in March. The Co-op has quarterly profit sharing opportunities for staff and paid out \$67,905 in profit sharing along with offering a Simple IRA with company match, health insurance, paid vacation time and store discounts.

Outreach and education is always a big part of what we do. Highlights include sponsoring a community garden where we taught preschoolers how to plant and grow their own produce. We also offered a number of nutrition classes in the store and for community organizations.

The Co-op used 3% less electricity this past year. Our solar panels which were installed in 2016 have been reducing our usage, and we replaced a few light fixtures with ones that use more efficient LED bulbs.

One fun behinds the scenes event that happened at our Co-op was a National Co-op Grocers (NCG) peer review. Four general managers from Midwest co-ops along with two staff from NCG spent time at our Co-op in May reviewing what we do well, and where we can improve. One exciting suggestion was to add an additional refrigerated meat case and a freezer. These have been ordered and will be installed this winter. Meat has been one of our fastest growing departments so adding cooler space will decrease out of stocks and increase variety. Another suggestion was to add national brands to our product mix such as Heinz Ketchup or Charmin toilet tissue. We haven't made that change yet, but would like to hear how you feel about adding conventional products. We'll be conducting an online survey during the month of October. Please fill it out to let us know how we're doing, what we should focus on and what products you feel are missing from our store.

Please join us at our Annual Meeting at Voyageur Brewing Company on October 30th to discuss the future of our Co-op.



Our Ends Statement

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

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

A leader in environmentally sustainable practices.

A source of employment that provides meaningful work and fair compensation.

A welcoming and friendly gathering place where the community has a sense of belonging.

A trusted resource for information on food, wellness, and the value of cooperative principles.



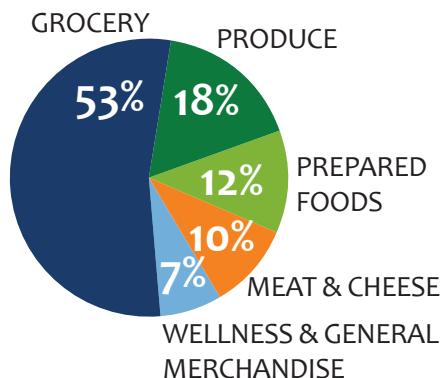
NUMBERS

2018 Preliminary Financial Report

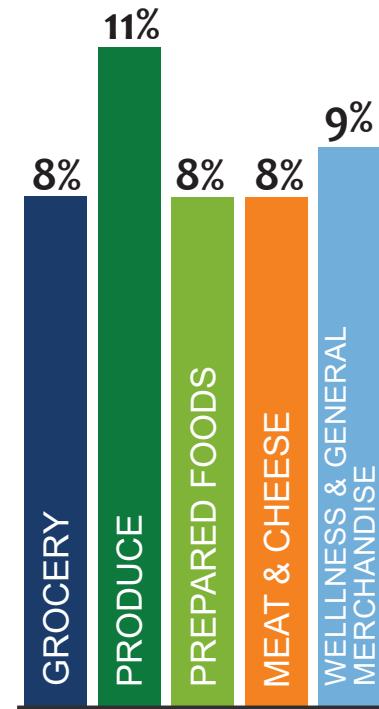
Cook County Whole Foods Co-op preliminary financial statement is below. The board is still waiting to receive final numbers and patronage dividend options from our accountant, but it's looking very likely that we'll once again pay out a patronage dividend. Patronage dividends are great for everyone. They give money back to you, our owners, based on how much you spent at the co-op, and they reduce the co-op's tax burden. We'll keep you posted on the status of a patronage dividend and expect to have final financials available at the annual meeting.

	Fiscal Year End	Fiscal Year End
Comparative Balance Statement	June 30, 2018	June 30, 2017
Assets		
Current Assets	\$811,881	\$755,094
Property/Building/Equipment	\$1,965,344	\$2,067,188
Other Assets	\$169,787	\$66,955
TOTAL ASSETS	\$2,947,011	\$2,889,237
Liabilities & Equity	FY 2018	FY 2017
Current Liabilities	\$526,607	\$552,617
Long Term Liabilities	\$1,165,747	1,328,823
TOTAL LIABILITIES	\$1,692,354	\$1,881,440
Member Equity	\$568,851	\$506,233
Capital Reserve Fund	\$68,445	\$62,105
Earnings/Assets/Income	\$617,362	\$439,458
TOTAL EQUITY	\$1,254,657	\$1,007,797
Total Liabilities & Equity	\$2,947,011	\$2,889,237
Comparative Income Statement	FY 2018	FY 2017
Sales	\$4,810,305	\$4,423,908
Less Cost of Goods Sold	(\$2,919,256)	(\$2,694,984)
NET SALES	\$1,891,049	\$1,728,924
Operating Expenses	(\$1,632,490)	(\$1,548,431)
Other Income/Expense	(\$80,654)	(\$135,246)
NET INCOME	\$177,905	\$45,247

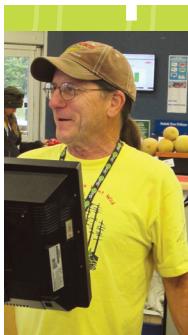
Percentage of Total Sales by Department



Sales Growth by Department



The Fiscal Year



SUCCESSFUL

8.7% Sales Growth in FY 2018

12% increase in owner equity

2508 Owners and
204 New Owners



TRUSTED

Source of Healthy,
Local and Sustainable
Products and Services



30% of Sales were local products
39% of products sold were organic



AFFORDABLE

\$464,155 in sales of Co-op Basics
Everyday Low Price Items

\$2,200 spent on free fruit for kids
12 years of age and under

Good Harbor Hill Scholarship and Coupons
available to low income shoppers

\$55,320 in Shopper Discounts





A **LEADER** in Environmentally Sustainable Practices

15% increase in composting waste

Energy Star Certified with a score of **100**

3% decrease in energy consumption

10% of sales in Bulk and

36,486 reusable bags used minimizes packaging and reduces waste



A **SOURCE** of employment that provides meaningful work and fair compensation

41 Employees all earning paid time off and eligible for retirement plan

59% of staff eligible for full health insurance benefits

\$67,905 shared with staff in profit sharing

\$1.1 million+ in staff wages and benefits



A **WELCOMING** and friendly gathering place where the community has a sense of belonging

Everyone is Welcome! Miigwech Biizhaayeg!

Free use of our Conference Room with daily meetings

Positive Feedback. ★★★★☆

"I'm here almost every day! Love it and the people there! Great food!"

A **TRUSTED** resource for information on food, wellness and the value of the cooperative principles

32 community classes and events

\$13,655 in community contributions

100 staff hours helping other co-ops



OWNERS

New Owners (6-11-18 to 9-11-18)

Carol & Peter Bennett
 Rene & James Block
 Paul Bolstad
 Carol & James Bosman
 Phil & Kat Brandsey
 Dan Bredmus
 Barbara Bridgeman
 Nate Brooberg
 Angel Burnett
 Benjamin Byron
 Jessica Carlson
 Gib & Rachel Carpenter
 Patrick Dierking
 Carolyn Dry
 Matthew Eckland
 Lacy Fischer
 Fionnuala Fisher
 Andi Foster
 Daniel Garcia
 Gail & Michael Gieseke

Gregory & Cindy Hanson
 Margaret Hedstrom
 Sidni Hendren
 Karin & Todd Holen
 Pam & Jim Kersten
 Jess Koski
 Sarah Law
 Janae Lee & Mark Gulsvig
 Jane Ljungkull
 Lorenz Loch-Wouters
 Jacqueline Mallinson
 Scott McClure & Tina Gatzke
 David McDonald & Laurel Ulland
 Elizabeth & Andrew McRae
 Peter Mott
 John Nelson
 Ann Norton
 Jude O'Reilly
 Edward Peschko
 Jessica Pickett

Greg Pierce
 Sherry & Jack Preus
 Antonia Rathbone &
 MarynTourtelotte
 Theodore Rex
 Moses & Margritt Rodriguez
 Sheila Rudin
 Samantha Savoie
 Nicki & John Schiewe
 Mark Schoenbauer
 Jody & Paul Schwab
 Eva Sorawat
 Andrea Stimmel
 Kristie Svaleson
 Jean Thomas
 Twin Pines Construction
 Matthew Van Horn
 Jodi Wolfe

Paid in Full Owners (6-11-18 to 9-11-18)

Amanda & Lance Anderson
 Carmen Anderson
 Marissa Andreacchi
 Todd Armbruster
 Jane Asay
 Mike Bartz
 Matthew Baxley & Lindsey Gau
 Deborah Baxter
 Rene & James Block
 Devin Boerboom
 Paul Bolstad
 Phil & Kat Brandsey
 Dan Bredmus
 Cynthia Burton
 Nancy Carlson
 Gib & Rachel Carpenter
 Sid & Lisa Cook
 Laurie Corwin
 Jacob & Elizabeth Davis
 Patrick Dierking
 Mike & Devlin DuVall
 Matthew Eckland
 Lacy Fischer
 Stephen & Deborah Foster
 Dan Fowlds
 Herb & Fran Garn

Gail & Michael Gieseke
 Gary & Jean Grover
 Valerie Gustafson
 Danielle Hansen
 Gregory & Cindy Hanson
 Maeri Hedstrom & Corey Belt
 Margaret Hedstrom
 David Hoffman-Dachelet
 T.J. Johnson
 Pam & Jim Kersten
 Susan Krage
 Hannah Laky & Carlos Palma
 Lynn Landry-Rody
 Nora & Doug Livesay
 Jane Ljungkull
 Lorenz Loch-Wouters
 Dave & Nancy Luenzmann
 Wendy & Mike McBain
 David McDonald & Laurel Ulland
 Fred Morris & Connie Noterman
 Peter Mott
 Joanne Nichols
 Jessica Norgaard
 Ann Norton
 Forrest & Ericka Parson
 Lauri & Peter Paulson

Annalisa Peck
 Edward Peschko
 Jessica Pickett
 Sherry & Jack Preus
 Cara Price
 Katie Purnell
 Antonia Rathbone & Maryn
 Tourtelotte
 Patricia Reilly
 Jayne Richards
 Joshua & Jennifer Rohde
 Teresa Rothausen-Vange
 Sheila Rudin
 Norm Sakamoto
 Michael Sassano
 Mark Schoenbauer
 Vera Schumann
 Jody & Paul Schwab
 Bob, Mike, & Bryan Shier
 Jean & Randy Mathis-Spry
 Thomas Stamps
 Kathy Steinbach
 Andrea Stimmel
 Kristie Svaleson

HOW MUCH IS A MEMBERSHIP?

Pay full \$120 (not an annual fee)
 or: x10 quarterly payments of \$12.
 Benefits start with first \$12 payment.

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

BENEFITS OF OWNERSHIP:

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.
 Eligible to apply for financial aid scholarships

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

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!

Pursuant to our bylaws, you may request a refund of your equity account balance. Refunds will be made within 90 days of a written request if replacement funds are available at that time as determined by the Co-op Board of Directors. If your ownership account expires and you do not request a refund, your account balance will be added to the Co-op's capital fund after two years of inactivity.

The

BOARD

Our 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 and Treasurer
blavigne@boreal.org
Term expires 2019.



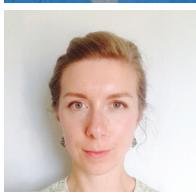
YUSEF OREST

yuseforest@gmail.com
Term expires 2020.



NICK VAVRICHEK

kojnlv70@icloud.com
Term expires 2020.



ERIN WATSON

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

Do you have questions, comments or suggestions for the Co-op's Board of Directors? Send us an e-mail, leave a note, or come to a board meeting. Board meetings are typically the fourth Tuesday of each month (check our Events Page for times), and owners are always welcome. Notify the Board President in advance if you would like a topic to be added to the agenda.

It's time to fill two seats on our Board. Please take time to read about the candidates and VOTE—it's easy and vital to the well-being of our Co-op and community.

The Cook County Whole Foods Co-op has been serving Cook County since 1976. Both then and now, we strive to be a cooperative grocery store that provides healthy food, fair wages and trade. We support a healthy community and sustainable business practices. Please help us to maintain our Mission Statement by being involved.

Our Mission Statement:

Cook County Whole Foods Co-op is a member owned community grocery, working to create a healthy and sustainable society.

THREE WAYS to VOTE

1.) at the Annual Meeting:

Voyaguer Brewing Company
October 30, 2018, 6pm-8pm.

We will have ballots there for you to cast, snacks, prizes and a free drink token.

2.) in the Store: The Ballot Box will be in the store from October 1-30, 2018.

3.) by Mail:

Mail your completed ballot to:

Cook County Whole Foods Co-op
PO Box 813
Grand Marais, MN 55604

All ballots must be received by October 30, 2018 to be counted.

The BALLOT is on PAGE 15 along with other important information about the annual meeting.

Our Candidates



Jane Alexander —

I love the Co-op and believe it is my duty as a member to find ways to contribute to its continued strength and vitality. Before retiring to Grand Marais in 2016, I spent 30 years as a management consultant to companies large and small, and I have seen the difference that ownership can make in driving sustainable results. I believe in the cooperative business model and would enjoy listening to members and imagining new ways to involve them so that they feel they have a real stake and meaningful input into the Co-op experience.

William Clayton —

I've held a deep respect for the ideals of the co-op movement, and have for most of my life. Ideals such as providing high-quality foods, organic food production practice, and the co-op's role in building and maintaining vibrant communities. I've spent 20 years working in public land management, and during that time gained a wide variety of skills and experience in planning, policy evaluation and implementation, legal compliance and impact assessment. Add to that considerable experience in project development and management, and staff/crew leadership. Based on that, I feel I have much to bring to the Co-op Board to help achieve long range goals and planning. Thank you for your consideration.

Lorrie Oswald (*Incumbent*) —

I am excited to place myself in a position to be re-elected to the Board of Cook County Whole Foods Co-op. I have been a Board member since 2016. This year I have served as Vice-President. I have also worked on the committee for the 40th anniversary (infographic in the dining area) and chaired and now sit on the New Initiatives Committee.

I came to the Board soon after the Co-op moved to its new location. The Co-op has eased into greater community awareness and participation. This has led to many new members, increased sales, as well as recognition county-wide (and beyond!) of the Co-op's welcoming attitude and of course, the Restaurant Award "#1 Place for Soup in Cook County"!

With Owner support, I wish to continue on the Board to further sustain the cooperative ends employed by our Co-op. I also want to participate in developing ideas for further growth and presence in the community. Thank you for your continued support of our Co-op.



The STAFF Speaks



Your CBD Questions Answered

by Kim Falter, MS Holistic Nutrition, Wellness Coordinator

CBD is new to the supplement market, and a very controversial one. Several questions abound when discussing this product, here are some of the most common:

WHAT IS CBD?

CBD is Cannabidiol, a fascinating natural component found in industrial hemp.

IS CBD MARIJUANA?

CBD and marijuana are both Cannabis sativa. The difference lies in the THC content. THC is the phycoactive component of Cannabis sativa, the part that makes you feel “high”. If a Cannabis sativa plant contains .3% THC it is considered marijuana. If it contains less than this amount it is called industrial or agriculture hemp.

A BRIEF HISTORY OF CANNABIS:

Cannabis was first noted as a medicine over 8000 years ago. It was introduced into western medicine in the 1840s where it was commonly promoted as an analgesic, sedative, anti-inflammatory, ant-spasmodic and anticonvulsant. It was also used as feed for livestock, fibers for rope and textiles, paper products, and water and soil purification to just name a few. Restrictions on the use of marijuana in this country began in 1906, and it was officially outlawed in 1970. Industrial hemp, although it contains almost no THC, was lumped in to the Controlled Substance Act that banned marijuana because of their relation to one another.

WHAT ARE THE CURRENT USES OF CBD OIL?

We actually have a system throughout our body called the Endocannabinoid System (ECS) which is composed of

cannabinoid receptors, cannabis-like compounds created within the body, and enzymes that produce and inactivate these compounds. The goal of the ECS is to maintain human health regardless of the external influences affecting the body. CBD balances and strengthens the ECS, which helps keep healthy people healthy!

IS IT LEGAL?

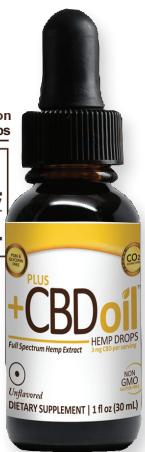
Yes, Because all of the CBD products are derived from agricultural hemp, it is not unlawful to use and ship across the United States. These agricultural sources insure that they are non-psychotoxic (they do not result in the feelings of euphoria). The plant based nutrients play a key role in optimizing balance and enhancing quality of life.



Supplement Facts Information 30ct Softgels

Supplement Facts	
Serving Size: 1 Softgel	% DV
Hemp Oil (Aerial Plant Parts)	13 mg †
(Cannabidiol (CBD) 3 mg)	
† Daily Value (DV) not established.	
Other Ingredients: Extra Virgin Olive Oil, MCT Oil (Soybean Glycerin), Silica, Monostearate, Quillaja Saponaria, Ascorbyl Palmitate, Alpha Tocopherol	

Other Ingredients: Extra Virgin Olive Oil, Vegetarian Softgel (Vegetable Cellulose, Water), Silica



Supplement Facts Information 1oz 250mg Drops

Supplement Facts	
Serving Size: 15 drops (1/8 dropper)	% DV
Servings Per Container: about 80	
Amount Per Serving	% DV
Hemp Oil (Aerial Plant Parts)	13 mg †
(Cannabidiol (CBD) 3 mg)	
† Daily Value (DV) not established.	
Other Ingredients: Extra Virgin Olive Oil, MCT Oil (Soybean Glycerin), Silica, Monostearate, Quillaja Saponaria, Ascorbyl Palmitate, Alpha Tocopherol	

Other Ingredients: Extra Virgin Olive Oil, MCT Oil (Soybean Glycerin), Silica, Monostearate, Quillaja Saponaria, Ascorbyl Palmitate, Alpha Tocopherol



Why Margherita?

by Adam Mella, Deli Manager

There were two quarts of bright red tomatoes and basil marinating in garlic and olive oil when I arrived for work on Friday, a sure sign the deli crew was making Margherita wraps for the weekend. The beefsteak tomatoes were cut generously-thick and the basil was so fresh I snapped a picture that would look delicious even in black and white. By Saturday they would be a lunch for some lucky customer.

I wondered aloud why this combination was called "Margherita," and nobody knew the answer, so I ended up on the History of Pizza Wikipedia page. Raffaele Esposito, considered the father of modern pizza, baked the first Margherita pizza in 1889 for the Queen of Italy, Margherita of Savoy, crafting an Italian flag with the tomatoes, mozzarella and basil. At the time pizza was considered food for poor people—an easy way to use up leftovers.

No surprise: the queen loved pizza and it was named in her honor, or so the story goes. People rich and poor eventually forgot about Queen Margherita and King Umberto, the wars, the Circolo Della Regina, and her distaste for democracy, but Raffaele's pizza remains a powerful culinary combination, and Margherita is a fun word. Time melts memories like the

glaciers of the Italian Alps, but here in 2018 you can still find a Margherita Chicken Wrap for lunch in our deli grab and go case whenever the tomatoes and basil are perfectly ripe. Or better yet, grab the fresh ingredients from our produce and cheese departments and make a pizza for dinner!

Buon appetito!

Meet Ray White, New Grocery Manager

Ray has a work history steeped in Co-ops! He began his career in 1979 and is excited to step into this new position, after holding several others here at Cook County Whole Foods Co-op. Ray has also been on the Board of Directors and

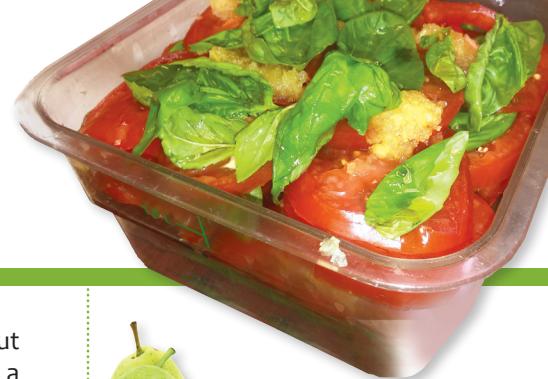
encourages you to vote in the upcoming election!

Meet Bill Shelley, New Cooler Buyer by Bill Shelley

Finally back in Minnesota! The family home was Fridley, so to land on the North Shore is very special to me.

I spent the first 18 years of my career in the grocery industry, so I've come full circle in returning to work at the Co-op. The challenges of working with perishable products have not changed.

What has changed is the availability of organic products. To have this variety of organic milk and cage-free organic eggs is exciting!



Meet Brian Wilson, New Produce Manager

Brian lives in Hovland where he grows organic strawberries with his wife Laura and sons Jack and Beck. Organic produce has been his passion since 2002. Brian has worked at the Co-op since 2013, when he moved to Cook County with his family. Brian looks forward to providing the community with the finest quality organic and local produce available.





The Health Benefits of Whole Grains

Annie Albertson, M.S., R.D., Co-op Grocer

Fall is upon us and the appeal of rustic whole grains goes way beyond their delicious nutty flavors and textures.

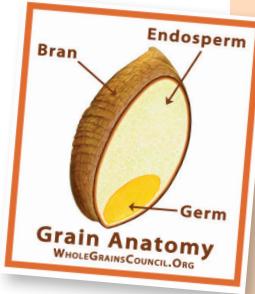
Current scientific evidence indicates that whole grains play an important role in lowering the risk of chronic diseases such as coronary heart disease, diabetes and cancer, and also contribute to body weight management and gastrointestinal health. The essential macro and micronutrients, along with the phytonutrients present in whole grains, synergistically contribute to their beneficial effects.

WHAT IS A WHOLE GRAIN?

Whole grain foods can contain the intact whole grain or be reconstituted with the three original parts- the bran, germ and endosperm- present in the same proportions as when the grain was growing in the fields. So, whole grain foods can undergo some processing and still be whole grain with all the health benefits.

COMMON WHOLE GRAINS:

Wheat	Maize	Amaranth
Oats	Rye	Buckwheat
Barley	Millets	Quinoa
Brown Rice	Teff	



WHOLE GRAINS RECOMMENDATIONS

2015-2020 Dietary Guidelines for Americans recommends we shift to make at least one-half of our grain consumption whole grains (i.e. 3 servings/day). One serving of whole grains = 16 grams whole grain. Most Americans currently consume less than 1 serving whole grains per day. The most common food sources of whole grain are ready-to-eat cereals, yeast breads, hot cereals, popcorn and crackers.

The Cook County Whole Foods Co-op offers a wide variety of whole grain foods to help you and your family enjoy the many benefits of Whole Grains.



Here are a few suggestions from the Whole Grains Council*:



- Switch half the white flour to whole wheat flour in your regular recipes. Or be bold and add up to 20% of another whole grain flour such as sorghum.
- Replace one third of the flour in a recipe with quick oats or old-fashioned oats.
- Add half a cup of cooked bulgur, wild rice, or barley to bread stuffing.
- Add half a cup of cooked wheat or rye berries, wild rice, brown rice, sorghum or barley to favorite canned or home-made soup.
- Use whole corn meal for corn cakes, corn breads and corn muffins.
- Add three-quarters of a cup of uncooked oats for each pound of ground beef or turkey when you make meatballs, burgers or meatloaf.
- Stir a handful of rolled oats in your yogurt, for quick crunch with no cooking necessary.

TRY NEW FOODS

- Make risottos, pilafs and other rice-like dishes with whole grains such as barley, brown rice, bulgur, millet, quinoa or sorghum.
- Enjoy whole grain salads like tabouli.
- Buy whole grain pasta, or a blend that's part whole-grain, part white.
- Try whole grain breads. Kids especially like whole grain pita bread.
- Look for cereals made with different grains like kasha (buckwheat) or spelt.

* wholegrainscouncil.org

Whole Grain Recipes



Jamaican Chicken and Quinoa

from Co+op, stronger together

Servings: 6 - 8, Total time: 4 hours 15 minutes

Active prep: 15 minutes

Ingredients:

- 1 1/2 cups quinoa
- 2 1/2 cups chicken stock
- 4 cups chopped sweet potatoes
- 4 medium boneless, skinless chicken thighs
- 2 tablespoons jerk seasoning
- 1/2 teaspoon salt

Put quinoa, stock, sweet potatoes, jerk seasoning and salt in the crock of a slow cooker and stir to mix well. Nestle the chicken thighs down into the quinoa.

Cover and cook on low for 4 hours. uncover and taste; everything should be tender and fragrant. Serve warm.

With the magic of jerk seasoning, this simple slow-cooker meal takes on a spicy island vibe. Chicken thighs simmer with quinoa, infusing the grain with flavor as they become fall-apart tender.



Teff Peanut Butter Cookies

from Bob's Red Mill®

Servings: 24 cookies, Prep time: 30 minutes

Active prep: 15 minutes

Ingredients:

- 1 1/2 cups Bob's Red Mill Teff flour (gluten free)
- 1/2 teaspoon sea salt
- 1/2 cup maple syrup
- 1/2 cup canola oil
- 1 teaspoon vanilla
- 1 cup peanut butter

Preheat oven to 350° Set aside an ungreased cookie sheet. In a large bowl combine dry ingredients and set aside. In a food processor blend syrup, oil, vanilla and peanut butter. Add the wet ingredients to the dry ingredients; blend well. Shape dough into walnut size balls. Place on cookie sheet and flatten gently with the tines of a fork. Bake about 13-15 minutes. Cool on wire rack.

Substitute up to 1/4 cup of wheat flour in your favorite baked goods recipes for added nutrition and Teff's unique and wholesome flavor. Teff flour is gluten free.

In the

COMMUNITY

Co+op Explorers Lunchbox Winners



Here are our Explorers Club Lunch Box winners for this last quarter.
Congratulations!



Ari Nordlund



Runa Morse



Teagan Shelley

Giving Back!

As part of continued efforts to fulfill our mission statement, we have made contributions back to the community that include (but not limited to) the following recipients:

Cook County Youth Baseball
North House Folk School
Explorers Club
Superior Cycling Association
Cook County Health & Human Services
Grand Marais Public Library
Economic Development
Association
Cook County Schools, ISD 166
Cook County Volunteer Fair
Great Expectations School
Ted Smith Jr. family
Superior Hiking Trail Association
WTIP
Sawtooth Mountain Clinic
Cook County Higher Education
Arrowhead Electric
North Superior Ski and Run Club
Beargrease Sled Dog Marathon
Care Partners of Cook County
Arrowhead Animal Rescue
Empty Bowls
Leeanna Deschampe family
Grand Portage Community Center
AOEA
Grand Marais Playhouse
Midwest Organic and Sustainable
Education Services
Cook County Higher Education
Lion's Club/Fisherman's Picnic
North Shore Health Care
The Grand Marais Lioness Club
Cook County Extensions
Violence Prevention Center
YMCA
Local Producer's Scholarship
Cook County Social Justice
Cook County Food Shelf
Grand Marais Art Colony
North Shore Music Association
and more...

The Calendar

OCTOBER

Owner Appreciation Day
Friday, October 5, All Day

Board Meeting

Tuesday, October 16, 5:30-7pm

Wellness Wednesday

October 17, All Day

Adopt-A-Highway

Saturday, October 20, 10am-12pm
Meet at the Co-op at 9:45am
to carpool. Free Lunch after!

Annual Meeting

October 30, 6:00pm
Voyageur Brewing Company

NOVEMBER

Owner Appreciation Day
Monday, November 5, All Day

Korean Cooking Class

Monday, November 5th, 2018
7pm - 8:30pm (*includes a late dinner!*)
\$20 for members, \$25 for nonmembers
Call Becky to reserve your place.

Wellness Wednesday

November 21, All Day

Board Meeting

Tuesday, November 27, 5:30pm-7pm

DECEMBER

Owner Appreciation Day
Wednesday 5, All Day

Holiday Open House

Join us for Holiday music & treats!
Wednesday December 5, 4-6pm

Wellness Wednesday

December 19, All Day

Holiday Hours:

December 24 Open 9am-4pm
December 25, Closed all day
January 1, Closed all day

The

VOTE

Annual Meeting

Voyageur Brewing Company

Tuesday, October 30 | 6pm-8pm

Join us at our annual meeting to hear about the state of the Co-op, vote for two open seats on the Board, discuss the Co-op's next 10 years of growth, and socialize. We start with a social hour complete with complimentary appetizers, 1 free drink token and live music provided by Frozen Britches.

The Traditional Irish music group, Frozen Britches is Tom van Cleve (fiddle), Erik Hahn (Irish flute,

penny whistle and bodhran) and Caleb Mattison (guitar). They enjoy the joyous and sometimes sorrowful music of ancient Ireland, as well as newer tunes and more modern approaches to Celtic music.



The Ballot



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

Cook County Whole Foods Co-op Official 2018 Ballot for the Board of Directors' Election

There are two open seats on the board. Please check two candidates of your choice, or write in a choice after "Other".

- Jane Alexander
- William Clayton
- Lorrie Oswald, Incumbent
- Other _____

VOTE FOR TWO

Owner Number _____ (Required for valid ballot.)

Your owner number is the 4 digit number listed after your name on this mailing.

One ballot per ownership.

Ballots must be received by Tuesday, October 30, 2018.

- 1.) Bring your completed ballot to the Co-op.
- 2.) Or bring it to the Co-op Annual Meeting: Tuesday, October 30, 2018 at Voyageur Brewing Co.
- 3.) Or mail it to: Cook County Whole Foods Co-op, P.O. Box 813, Grand Marais, MN 55604.



Take Our Shopper Survey

Cook County Whole Foods Co-op is always interested in improvement. We'd like to hear your thoughts about how we're doing, what might be improved, and what we should be doing to move the Co-op forward. Please complete our survey and help us become an even better community asset. All survey respondents will be entered in a drawing to win one of five \$50 gift cards.

Please access the survey at this web address:

[https://study.uwsc.wisc.edu/
cookcountycoop](https://study.uwsc.wisc.edu/cookcountycoop)



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20 East First Street
PO Box 813
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218-387-2503
facebook.com/cookcountycoop
cookcounty.coop