



the blueberry jam

QUARTERLY NEWSLETTER

COOK COUNTY
WholeFoods
CO-OP

20 East First Street • PO Box 813 • Grand Marais, MN 55604 • 218.387.2503 • www.cookcounty.coop

JAN-MAR 2016 ISSUE

BIRTH OF THE CARA CARA AND A CO-OP

By Reed Schmidt, Marketing & Education

Cook County Whole Foods Co-op is not the only one celebrating its 40th birthday this year. It just so happens that we share it with the highly sought-after star of any citrus party: the Cara cara navel.

Yes, in 1976, far down south across the land and sea in Valencia, Venezuela, while our Co-op was humbly forming on a few front porches in Cook County, a harvester at the Hacienda de Cara Cara discovered something new and beautiful growing on a Washington navel tree. A fruit not so different on the outside (round, orange, unassuming amidst the other navels), yet hidden away inside was a flavor no navel had ever approached: mild, low in acid, complex. Tasters have described notes of red cherry, rose petal, orange, and black cherry brightly greeting their palettes.

Who was this new fruit? Where had it come from? A true citrus mystery to this day. The only certain progenitor of the Cara cara is the Washington navel, who bore it on its branches. But who had the Washington mingled with? Who swept that navel off its roots? The popular belief is that it was the Brazilian Bahia navel, but no one is 100% certain. The mystery is part of the delight, this author supposes. The greatest delight, however, regardless of parentage, is the flavor of the Cara cara itself.

Our organic Cara caras mostly come from California, and they are often in season until April. So while you are waxing nostalgic about our Co-op, or appreciating it for the first time, pick yourself up a Cara cara and celebrate it, too. We have the same birth year, after all.



BOARD REPORT

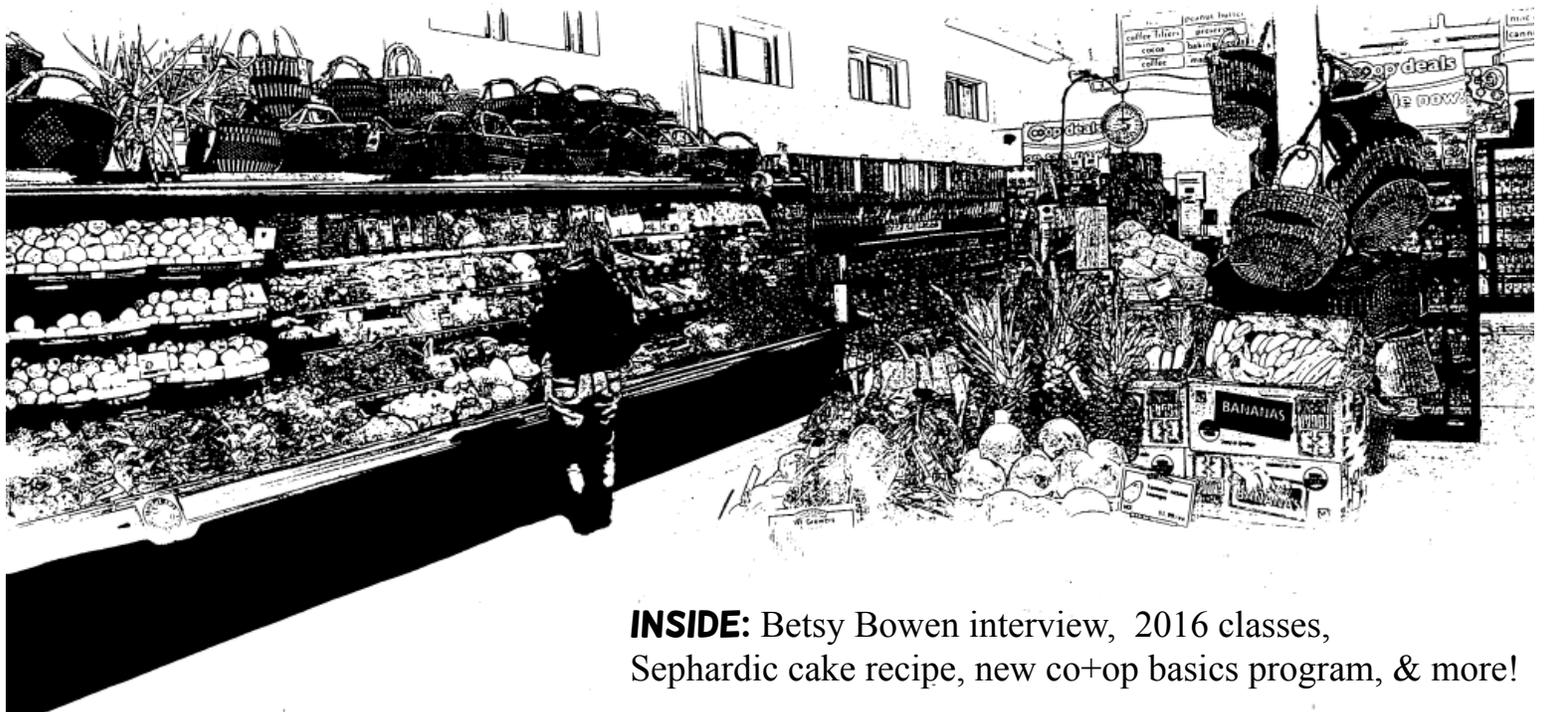
By Barb LaVigne

The Cook County Whole Foods Co-op Board of Directors would like to thank all of you that came to our annual meeting at the Voyager Brewing Company in October. Maybe it was the free beer but the turnout was impressive! We are, after all, a democratic organization and it's important to hear your voices.

One of the questions we asked of our owners at the meeting was "why co-op?"

Why, given other choices, do you shop at our store? Most people mentioned the healthy food choices, the wonderful produce selection, the bulk section, etc. Many referred to the friendly staff and many also wrote about the sense of community at the Co-op. A few owners listed our business model as a primary answer to the question, "why co-op?" It's an important question because it reminds us of what sets co-ops apart from other grocery stores.

CONT'D ON PAGE 5



INSIDE: Betsy Bowen interview, 2016 classes, Sephardic cake recipe, new co+op basics program, & more!

CO-OP CALENDAR JAN-MAR 2016

OWNER APPRECIATION DAY
Tuesday, January 5

SKIN CARE 101
Tuesday, January 19, 6-7pm

WELLNESS WEDNESDAY
Wednesday, January 20

MAKE YOUR OWN BABY FOOD
Saturday, January 23, 10-12pm

BOARD MEETING*
Tuesday, Jan. 26, 5:30-7:30pm

OWNER APPRECIATION DAY
Friday, February 5

PAMPER THOSE FEET
Tuesday, February 16, 6-7pm

WELLNESS WEDNESDAY
Wednesday, February 17

BOARD MEETING*
Tuesday, Feb. 23, 5:30-7:30pm

HABITUALLY GREAT!
Saturday, February 27, 2-2:45pm

MN FOODSHARE
All of March, *see pg. 4*

OWNER APPRECIATION DAY
Saturday, March 5

HOUSEHOLD PRODUCTS
Tuesday, March 15, 6-7pm

WELLNESS WEDNESDAY
Wednesday, March 16

BOARD MEETING*
Tuesday, March 22, 5:30-7:30pm

**board meeting dates subject to change. Check our website or at the info desk to confirm times if you wish to attend-- all owners are welcome!
Meetings held in the Co-op Community Room.*

FOOD SHELF REPORT:

Since September, your generous donations have gone to the purchase of these items for the our local food shelf:

- 9 cases Back to Nature Saltines
- 7 cases Field Day Peanut Butter
- 4 cases Crofter's Fruit Spread
- 2 cases Amy's Tomato Soup
- 2 cases Field Day Marinara
- 2 cases BioNature Spaghetti
- 8 Ferndale Market Turkeys



CREDIT CARDS & FRAUD PREVENTION

By Jennifer Stoltz, General Manager

EMV, which stands for Europay, MasterCard and Visa, is a global standard for cards equipped with computer chips and the technology used to authenticate chip-card transactions. In the wake of numerous large-scale data breaches and increasing rates of counterfeit card fraud, U.S. card issuers are migrating to this new technology to protect consumers and reduce the costs of fraud. For merchants and financial institutions, the switch to EMV means adding new in-store technology and internal processing systems, and complying with new liability rules. For consumers, it means activating new cards and learning new payment processes. Most of all, it means greater protection against fraud.

Customers have been asking clerks, "When will I be able to use my chip card at the Co-op?" We have upgraded our hardware, but are unable to use the chip reader feature in our terminals due to software upgrades that are not yet available. POS (Point of Sale) systems, payment terminal providers, data transport services, and processors all have to coordinate to bring any single EMV solution to market. Therefore, through no fault of our own as a retailer, we cannot implement EMV yet - even though the credit card industry has shifted the burden of litigation to us. Our POS provider and credit card processor estimate that they will have the software updates available in the spring of 2016. In the mean time we have updated our POS software to ensure point to point encryption which is a payment security solution that instantaneously converts confidential credit card data and information into indecipherable code at the swipe of the card to prevent hacking and fraud. We take credit card security seriously and will continue to update our systems to make sure that we have secure systems in place.

NEWS HIGHLIGHTS:

- ◆ The Board of Directors welcomes Lorrie Oswald and returning director, Kathy Bolstad this January. They were elected by you, our owners, in the fall of 2015. We also say happy trails to Erik Hahn for his long & dedicated service to the co-op board. We will miss you, Erik!
- ◆ We are in the process of getting Energy Star Certified!
- ◆ The Co-op is getting solar panels! We hope to have them before summer's end, 2016. If you'd like to donate to the project, or would like to know more please contact us. Look for an in depth Blueberry Jam article later in the year.

ROUND-UP REPORT:

- ◆ September: YMCA Scholarship program. Dollars raised: \$283.39, total given: **\$300.**
- ◆ October & November: Cook County Food Shelf. Dollars raised: **\$927.91**

Thanks for your contributions! Our Round-Up program is another way we like to help give back to the community. If you think your non-profit organization could benefit, download an application from our website, or stop in the Co-op! It's quick and easy. Customers have a chance to round up their totals at the register to the nearest dollar. The difference is donated to the featured organization.

BECOME AN OWNER!

Get savings, patronage rebates, and show your support for your community. The profits your Cook County Whole Foods Co-op makes don't evaporate into the off-shore accounts of a few-- the profits we make stay in our community, and go back to you, our owners. You govern us, you make us possible, allow us to give living wages, and support sustainable practices at home and abroad.

Find out more about becoming an owner by phone, email, stopping in the store, or visiting our website.

218.387.2503

on the web at: www.cookcounty.coop
or email us: info@cookcounty.coop

Cook County Whole Foods Co-op
20 East 1st. Street / PO Box 813
Grand Marais, MN 55604



CO-OP CLASSES / JAN-MAR 2016



Kim's November Holiday Gift Basket Class, 2015.

Tuesday, January 19, 6-7pm. \$5 owners / \$10 non-owners.

SKIN CARE 101 with Kim Falter, Wellness Coordinator

In Skincare 101 we will discuss false claims, how to spot harmful ingredients that may be lurking in your favorite skincare products, and why the Co-op carries the skincare lines that it does. There have been a lot of changes over the years as to what constitutes proper skin care. We will also discuss what a healthy skincare regiment looks like. There will be samples to take home, as well as a chance to win some of the lovely skin care products sold at the Co-op.

Saturday, January 23, 10am-12pm. \$5 owners / \$10 non-owners.

MAKE YOUR OWN BABY FOOD with Kate Keeble

Worried about having picky eaters? Start them young on a variety of different flavors and textures, and nurture them with wholesome and healthy foods. We'll make three varieties of baby food, talk about different foods to introduce to your child and when, and we'll talk about the development of your baby's sensitive taste buds.

Tuesday, February 16, 6-7pm. \$5 owners / \$10 non-owners.

PAMPER THOSE FEET with Kim Falter, Wellness Coordinator

We wash and tend to our face, we slather our body with lotion, we make sure our hair is clean and lustrous-but when was the last time you pampered your feet? Well tonight's the night! Indulge your feet with some wonderful foot care products that we have here at the Co-op, and create some fabulous foot products to take home with you.

Saturday, February 27, 2-2:45pm. FREE for owners / \$5 non-owners.

HABITUALLY GREAT! with Hartley Newell-Acero, MA

In conjunction with the Sawtooth Mountain's health theme for the year, "Self Care & Compassion", we are offering a class from Hartley: habits-- quit trying so hard to break them! Instead, learn to relax and use them as tools for greater self-awareness and growth.

Tuesday, March 15, 6-7pm. \$5 owners / \$10 non-owners.

HOMEMADE HOUSEHOLD PRODUCTS with Kim Falter, Wellness Coordinator

Cleaning the house, although boring, does not have to be toxic or expensive. Come in to the Co-op and learn how to make non-toxic household products using essential oils and everyday household items.

Fika Coffee Tasting Class, Fall 2015



*To sign up for classes, stop in, call 218.387.2503, or email reed@cookcounty.coop
Please pay for classes in advance-- it encourages and supports our teachers!*

the blueberry jam / JAN-MAR 2016

WELCOME NEW OWNERS!

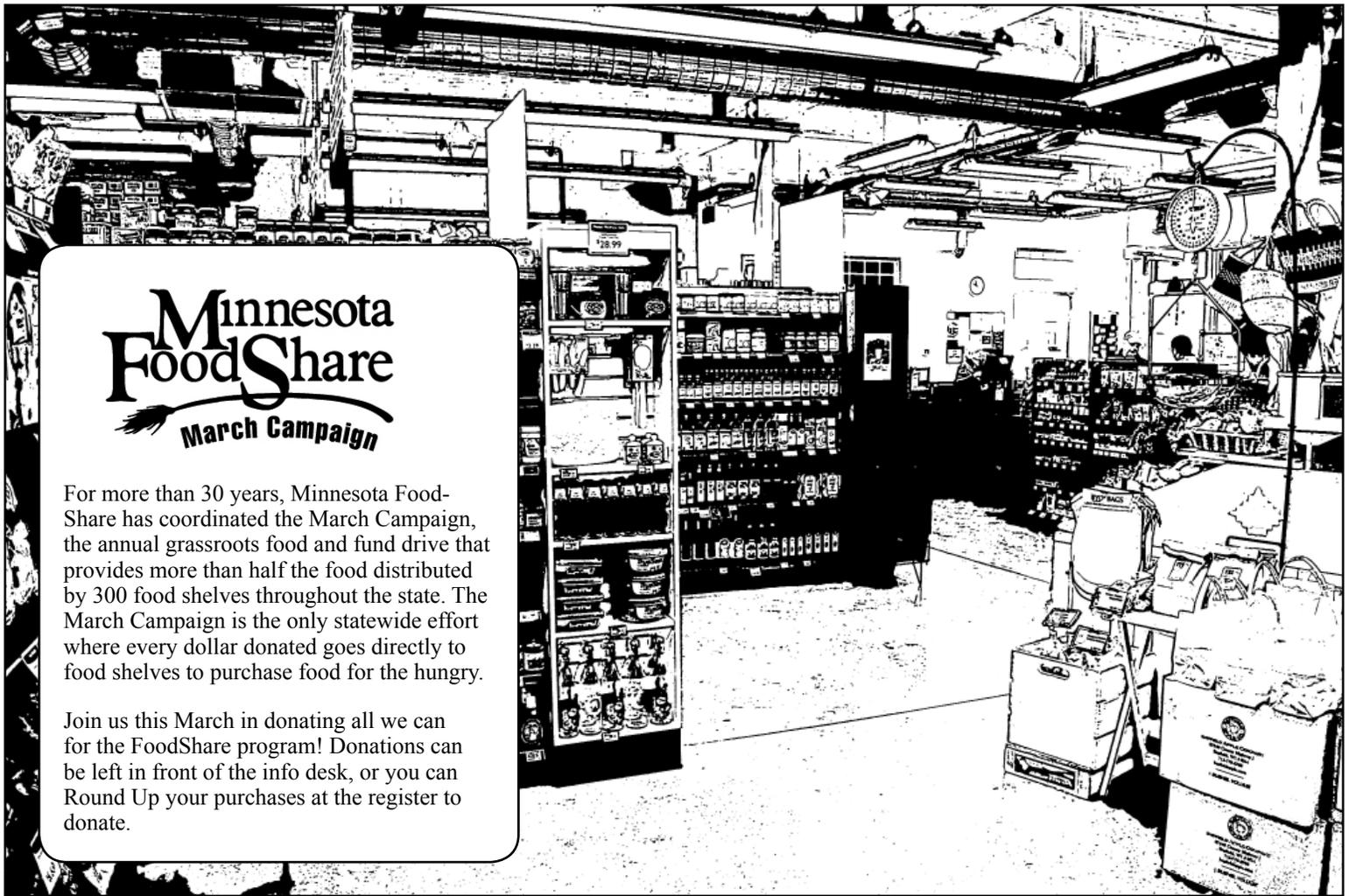
Hunter Adelman, Dennis Allaman, Maggie Anderson, Michael Baker, Connie & Bob Barnabee, Kelly Brandon, Amy Brooks-Varga, Paul Brunet, Matt Butler, Shadee Carlson, Cynthia Crawford, Amy Davis, Heather Denis, James Faux, Sharon Fischlowitz, Matthew Fossum, Jeff Gniffke, Mike & Kara Hanson, Rita & Keith Hinchman, Kelly & John Holtzman, Elizabeth & John Illingworth, Hilja Iversin, David Kantor, Anastasia Koch, Crystal Koski, Senta Kuchar, Jason Lee, Jacob Leingang, Stephanie Lightner, Sherrie Lindskog, Jeff & Lindsay Lombardo, Sheryl Martinson, Jeffrey & Jill Mikkelson, Beverly Nagel, Sarah Pernet, Bill Riley, Matthew Ritter, Nancy Schultz, Rosalee Shafer, Jane & Jim Shinnors, Lowery J. & Mary Ann Smith, Alex Smith, Ingrid Sutherland, Robert Thacker, Karen Thuente, Richard Tormanen, Cilla Walford, Eric Weichte, John & Kathelen Weinberg, Sally Westby, Katie Willard, & Robin Williams.

AND A BIG CO-OP THANKS FOR FULL EQUITY OWNERS!

Jean & Oz Anderson, Kari & Vance Benedix, Judy Dahill, Amy Davis, Franklin Firestone, Ann Griffie, Elizabeth & John Illingworth, David Kantor, Rebecca & Frank Lehto, Jenna Berglund, Cindy & Greg Montgomery, Yvonne Mullen, Beverly Nagel, Susan Poche, Justine Roberts, Nancy Schultz, Rosalee Shafer, Diana & James Simmons, Chris Skildum, Rick Skoog, Nathan Slettedahl, Kirsten & Joe Stasney, Paul & Jill Terrill, Mandy Theiner, Jo Tupper, Diane & Beard Webster.

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!



Minnesota FoodShare March Campaign

For more than 30 years, Minnesota FoodShare has coordinated the March Campaign, the annual grassroots food and fund drive that provides more than half the food distributed by 300 food shelves throughout the state. The March Campaign is the only statewide effort where every dollar donated goes directly to food shelves to purchase food for the hungry.

Join us this March in donating all we can for the FoodShare program! Donations can be left in front of the info desk, or you can Round Up your purchases at the register to donate.

VITAMIN C

By Kim Falter, Wellness Coordinator

Essential to good health, Vitamin C works as the center of antioxidant protection, collagen production and immune system support. One can rarely speak of Vitamin C without discussing the scurvy saga. Scurvy is a disease due to Vitamin C deficiency. As far back as the 1200's it was noted that sailors often became ill and succumbed to a deadly illness characterized by bleeding gums, skin hemorrhages, and weakened bones. Long voyages devoid of fresh fruits and vegetables were commonplace, and although several people noted that fresh fruit tended to alleviate its prevalence, it wasn't until the late 1700's that ships and their sailors were required to carry citrus rations. Many a seaman began guzzling lime juice, hence the nickname "limeys".

Guinea pigs, fruit-eating bats in India, red vented bulbul songbirds, and humans are among the few species missing the crucial enzyme that converts glucose to Vitamin C. Almost all other animals on this planet produce Vitamin C inside the body, which means they do not require this vitamin from outside sources for survival. Unfortunately we do, which is why food sources of Vitamin C are so crucial. It is commonly believed that for most of human existence we typically ate a diet rich in fruits and vegetables, so our bodies evolved to assume we'd get all we need from external sources. Fresh fruits and vegetables were readily available and consumed soon after harvest. Today fresh, raw produce is rarely consumed this quickly or in the quantities our bodies had become accustomed. Although scurvy is rarely seen today, the modern diet has made a serious turn for the worse when it comes to attaining the levels of Vitamin C we need for optimal

functioning. Vitamin C is a water soluble vitamin, which means we tend to eliminate it in as little as a few hours to a day, as opposed to a fat-soluble vitamin (such as Vitamin A, D or E) that can be stored for days. It's water solubility means that it is sensitive to heat and exposure, so won't hold up very well to cooking and that its potency is diminished by travel over long distances. This is another reason consuming raw fruits and vegetables, grown as close to home as possible, is so important.

Vitamin C has many roles in the body, but its primary function is as an antioxidant. Collagen production, cardiovascular support, helping the body absorb iron-these are all examples of what Vitamin C does for us, but it is a shining star when it comes to its role of antioxidant. Antioxidants fight free radicals in the body to prevent damage, Vitamin C does this and then some. It fights the free radicals and helps replenish other free radicals, such as Vitamin E, so they can continue the battle of keeping you healthy. It is its antioxidant action that we reach for Vitamin C at the first sign of a cold. Although there is not enough research to prove that Vitamin C will stop the common cold, it has been shown to reduce severity of symptoms and duration.

Symptoms of a deficiency are like minor versions of the symptoms of scurvy: sensitive gums, easy bruising, slow wound healing, poor immune function, and general weakness. There is little known toxicity with Vitamin C as it is water-soluble and easily eliminated, but cases of diarrhea have been reported in doses over 10g a day. The Recommended Daily Value is 60mg, an orange contains 65mg. We need approximately 20mg to prevent scurvy. There is no concrete research on exact dosage, anywhere between 100mg-1000mg have been noted to be ideal. What we do know is that demand for Vitamin C increases



BOARD REPORT CONT'D FROM PAGE 1

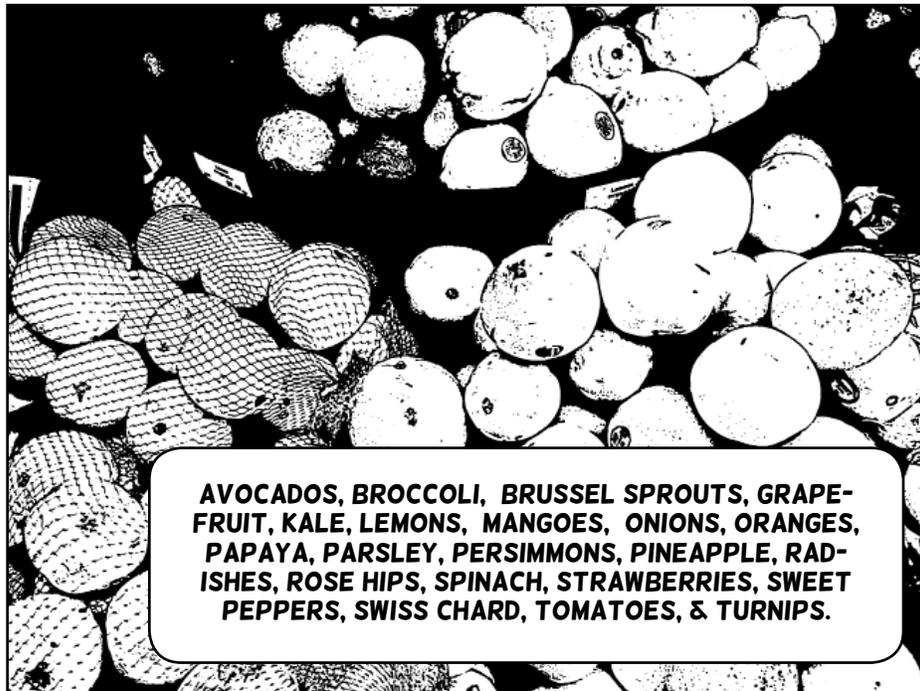
Our Co-op here in Cook County is somewhat insulated from the “real” world. Many co-ops in larger towns are struggling because healthy food is now big business. Whole Foods, Trader Joe’s, Cub Foods and Super Target, all offer similar product choices, so why shop at a co-op?

"WE ALL DO BETTER WHEN WE ALL DO BETTER."

-Paul Wellstone

It’s not just about the food. Are those businesses committed and connected to the communities in which they operate? What are they doing with their profits? In a world where more and more is being owned and controlled by a smaller portion of our society, co-ops are an antidote. We are owned by us. The profits stay here in our community. You can see where your money is going. Your voice matters. You are asked and encouraged to give your opinion and, in the words of Paul Wellstone, “We all do better when we all do better.”

.....
with stress, illness, or if you are a smoker. When choosing a supplement it is important to know the company from which you are purchasing your Vitamin C. Most natural supplements derive their C from rose hips, acerola cherries, peppers, or citrus fruits. Beware of those high dosage C’s as they tend to be synthetic, or supplements of ill repute as their C is sometimes corn derived. The best way to get your Vitamin C is through raw fruits and vegetables, here is a list of some of the best food sources:



AVOCADOS, BROCCOLI, BRUSSEL SPROUTS, GRAPE-FRUIT, KALE, LEMONS, MANGOES, ONIONS, ORANGES, PAPAYA, PARSLEY, PERSIMMONS, PINEAPPLE, RADISHES, ROSE HIPS, SPINACH, STRAWBERRIES, SWEET PEPPERS, SWISS CHARD, TOMATOES, & TURNIPS.

BEST SOURCES OF VITAMIN C

www.coopwellness.blogspot.com

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QUARTERLY NEWSLETTER

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Reed Schmidt

Reviewed by
Andrew Ashcroft & Jennifer Stoltz

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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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.

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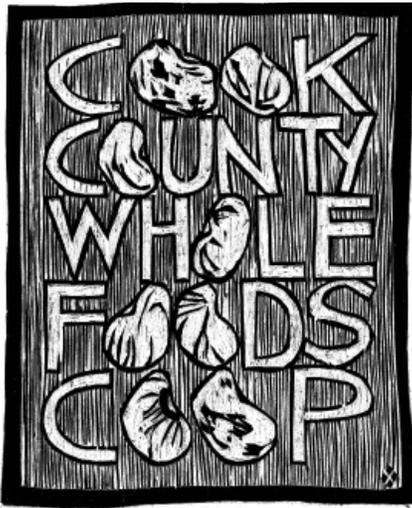
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Want to serve on the board? Have questions for the current board? Don't be shy! We'd love to hear from you.



Early logo by Betsy Bowen.

SPOTLIGHT ON CO-OP HISTORY: AN INTERVIEW WITH BETSY BOWEN

By Grant Adams

This year is the 40th anniversary of the incorporation of Cook County Whole Foods Cooperative. The founding of our cooperative was itself an example of cooperation, involving the contributions of many activists. Betsy Bowen was one of the key players.

Betsy is a nationally known visual artist and illustrator. She is also a community activist, participating in organizations such as Good Harbor Hill Players, North House Folk School, Grand Marais Music Collaborative, and Grand Marais Play House to name just a few. She is also proprietor of Betsy Bowen Studio.

Over 40 years ago, however, this all started with what Betsy called “a hippie adventure.”

While growing up in the Chicago area, Betsy took dance lessons from Laura Grant, who also taught dance in Grand Marais. Through this connection, Betsy’s family discovered the North Shore while on vacations. In 1963 Betsy’s mother eventually came to purchase property on Good Harbor Hill, which is now known as Betsy’s Farm.

Around 1968 Betsy gravitated to this area, starting a back-to-the-land family. Wilderness had long been a fascination and joy for Betsy as a girl. Our forests and lakes became a natural fit.

Although farming was not her focus, gardening became a necessity and a great learning

opportunity for someone with a suburban background. Subsistence farming involved some livestock as well as the garden. Back then it was not called sustainable, local food production. Betsy said that “we just called it the garden – and eating!” She said that this was simply a continuation of what early-day Scandinavian homesteaders had to do in their hardscrabble attempts to farm this region. To this day, cooperative gardening and horse ranching continue at Betsy’s Farm.

“I think it is good for kids to be part of the food happening.” Betsy added that it is a process of learning, or relearning, old skills. Cooperative living was also a learned skill.

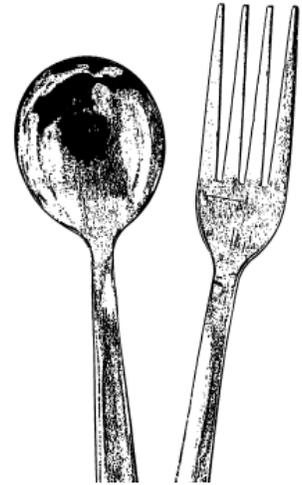
“It was a part of the political tone of the times, more of a Socialist’s view of how the world could work ... You know, people of my age in the Sixties had kind of a collective disillusionment and annoyance with the dominance of corporate world and the business world, and what we were after was a more direct experience of making our lives happen.”

“We didn’t know how to get, like grain and rice, stuff that we wanted to eat, also. We had to go somewhere else ... The co-op movement was beginning in Minneapolis at that point, 1970 or so ... Word just got around ... We bought 50 pound bags of brown rice at the Qonton Noodle Factory, and they or someone else had tins of honey ... like 40 pound tins ... So we started driving to the Cities ... and loading up on beans and rice and honey and peanut butter, and then just distributed on my porch or somebody else’s porch ... Sometimes it was like a formal buying club ... but we also had bags that people could come and scoop from ... we had a scale and a can for money.”

“WHAT WE WERE AFTER WAS A MORE DIRECT EXPERIENCE OF MAKING OUR LIVES HAPPEN.”

“Hippies on the road” is how Betsy describes those early days. When the Bowen family decided to move to Arizona for a few years, Betsy and others wanted to keep the buying club going in her absence. That desire led to the process of incorporation and the genesis of Cook County Whole Foods Cooperative.

To read the full Betsy Bowen article and see more from our staff and owners, please visit our website www.cookcounty.coop



THE BITE

By Trina O’Leary, Deli Staff

Your Cook County Whole Foods Co-op deli, or galley, as I like to call it, is a happening place. Open all the day long, resting when the Co-op is.

Given the opportunity to work in this well-run, well-scrubbed kitchen makes up for much in my culinary past. Caring work mates bring the additional ingredient I found missing elsewhere.

Today I am writing about my first perfect bite here at the Co-op. A bite that hit all the right notes in that remarkable orifice the mouth. It was our new, Greek chickpea salad—served up in a new, exciting way.

The mates and I work the recipe formulas cooperatively, sometimes as a group, often singularly. This time it was our Greek chickpea salad. A mate thought aloud about putting the Greek salad on a pizza crust. A thin crust, someone else suggested. We all got to thinking—should we try?

A wheat tortilla appeared, the oven temp sent high. We were off. Parmesan added, and time in that hot oven... It was good, so good. But it was the middle of the slice when I found that perfect bite. Everything was right. I’ve had a lot of good, great, fine, and okay bites here at the Co-op. This bite surpassed them all.

We work in the good spirit of community, caring and good food here. Comment cards are especially welcome to keep us in the know about your, well, comments. Keep up the good work! Thank you. Signing off.

THE CO-OP WELCOMES:

Adrian Hess (Deli Staff), Jeff Niesen (Grocery Stocker),
& Eric Weicht (Deli Staff).

EMPLOYEES OF THE MONTH PICK THEIR CO-OP FAVORITES:

October: Reed Schmidt, our newish marketing & education coordinator, can't get enough of Co-op Sauce's Unicorn Tears.

November: Victoria Marguitova, a star in our deli department, picks the new Italian Cream Cake made fresh in our deli!

December: Matt McIntyre, our celebrated bulk buyer, recommends the new salt available in bulk, Fleur de Sel: a hand-harvest salt from Brittany.



ORANGE AND ALMOND SEPHARDIC CAKE

By Jeffery Pavelka, Deli Staff

2 large navel oranges

6 eggs

1 ½ c. almond flour (sometimes labeled almond meal)

1 c. sugar

1 tsp. baking powder

Wash and boil whole unpeeled navel oranges* in several quarts of water for 2 hours. Watch carefully so the water doesn't boil away; add more boiling water as needed. Take them out and let them cool.



Tear the oranges into chunks in a bowl and remove any pips (small, partially formed seeds), if you find any. Put peel, pulp and juice in a blender or food processor and purée them.

Beat the eggs in a mixing bowl. Add the orange pulp and all other ingredients, mix thoroughly and pour into a lightly buttered 10" spring-form pan and bake for an hour at 350 degrees.

If the cake seems too wet, bake a little longer. This is a very dense and moist cake. Serve with vanilla ice cream, whipped cream or crème fraîche.

* Navel oranges are best for this recipe because they are seedless and generally have thicker peels, which add more flavor. Other types of oranges will work, but you must carefully look for, and remove, any seeds after the oranges have been boiled and cooled. I have tried blood oranges, but alas, they do not impart their "bloody" color.

coopTM basics

LOOKING TO STRETCH YOUR GROCERY BUDGET?

So are we! That's why we're pleased to introduce our new Co+op Basics program. Co+op Basics offers everyday low prices on many popular grocery and household items. It's an evolution of our former, "Smart Buy" program. You'll get the same everyday low prices, but now there will be more of them.

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. Check our website for the whole listing of Basics products, or come in and look for the purple tags around the store.

COME IN FROM THE COLD!

Winters get long in the north. Why not come in where it's warm for a bit? We have fresh, daily hot soups in our deli, organic & fair trade coffee brewing, & baked goods baking in the oven... Not to mention all the delicious foods you'll find ready to go in our deli cooler.

Sit by the window, enjoy the free Wi-Fi, see old friends, and maybe make some new ones. Our Co-op is the perfect oasis from the deep snow and winds blowing off the big lake.





20 E. First Street
PO Box 813
Grand Marais, MN 55604

HOURS:
MON-SAT 9AM-7PM
SUNDAY 10AM-6PM

218.387.2503
www.cookcounty.coop



YOU BROUGHT US HERE TODAY-- HELP BRING US INTO TOMORROW!

Because of you, our owners, we are celebrating 40 years as an ever-growing, cooperative grocery. Help bring us into the next 40 years by paying off your equity! The more full equity payments we have, the more we can grow, the more we can give back. One of the brilliant things about the co-op business model is that when the business is doing well and bolstered by many fully vested owners, the more room we have to give back to our owners-- in the way of more savings, higher dividend checks, & community contributions. 40 Years. What a great year to become a fully vested owner!

“The more generous we are, the more joyous we become. The more cooperative we are, the more valuable we become. The more enthusiastic we are, the more productive we become. The more serving we are, the more prosperous we become.”

-William Arthur Ward

CELEBRATING 40 YEARS IN 2016!

OUR ENDS STATEMENT:

As a result of all 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, and sustainable products and services for all.
- 2.** A leader in environmentally sustainable practices.
- 3.** A source of employment that provide 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.

