



WE OWN IT! MAY 2016 OWNER DRIVE

By Jennifer Stolz, General Manager

There are a lot of benefits to being an owner of our Co-op. Barb LaVigne, our board president, outlines some of the immediate financial benefits, such as coupons, owner specials and patronage rebates, in her article on page 2.

Co-op ownership also means Democratic Control, Economic Participation, Educational Opportunities and Concern for the Community. Owner equity means that we can invest in programs and projects such as the Cook County Food Shelf, Local Producer's Scholarship, educational classes, and installing solar panels on our roof.

Currently, 1,139 owners have paid their full equity share of \$120. However, over half of our 2,311 owners still owe money to fulfil their owner equity investment. If everyone paid up, the Co-op would have \$90,000 of additional dollars to invest in our Co-op.

Wow, that's a lot of money that creates a lot of possibilities! In celebration, we're having an Owner Drive. All owners (old and new alike) who pay up their full \$120 equity share during the month of May will receive a Cook County Whole Foods Co-op Chico shopping bag filled with coupons and swag. Our goal for the drive is \$5,000 in owner investment. Please consider paying your full equity share. Equity gives us money to invest in our Co-op, our staff and our community. Remember, we own it!



ADOPT A HIGHWAY: volunteers help keep Hwy 61 gorgeous.

EARTH DAY & A CLEAN HIGHWAY: 2 DAYS OF CELEBRATION

While our Co-op turns 40, Earth Day turns 46. It was 1970, in the wake of the '69 Santa Barbara Oil Spill, when Wisconsin senator, Gaylord Nelson, realized it was time something had to be done. He hoped that if there was an educational day that honored the Earth, it would push environmental protection into national politics. He organized politicians, universities, and scientists to create a panel and set the date for April 22nd, inviting the USA to stand up and let their concerns for the health of the planet be heard.

20 million people took to parks, commons, and streets across the USA that April 22nd, 1970, and let their voices ring out. That one day, that gathering of voices, led to the Clean Water, Clean Air, and Endangered Species Acts. "It was a gamble," said Gaylord when asked to reflect on it years later, "but it worked."

Help celebrate Earth Day with the Co-op this year. We strive to support sustainable practices at home and abroad, so come take a break from planting trees and grab something delicious. If you bring your own containers, save 10% on your bulk purchases!

Then on April 23rd, 10am-12pm, join us for a morning of cleaning up our strip of Highway 61. After the cleaning, we will treat you to a fresh lunch in our deli. Sign up at the Co-op, or email Reed, reed@cookcounty.coop.

Find out more about Earth Day's origins at www.earthday.org



INSIDE: Changes to Equity Payments, Caribou Cream in Profile, New In-Store Local Map, Banista Recipe, & the ABCs of May!

CO-OP CALENDAR APRIL - JUNE 2016

OWNER APPRECIATION DAY

Tuesday, April 5

CLOVER VALLEY FARMS DEMO

Thursday, April 14, 12-3pm

WELLNESS WEDNESDAY

Wednesday, April 20

EARTH DAY

Friday, April 22

HWY 61 CLEAN-UP

Saturday, April 23, 10am-12pm

SPIRALIZING CLASS

Sunday, April 24, 6:30-8pm

BOARD MEETING*

Tuesday, April 26, 5:30-7:30pm

MAY OWNER DRIVE

All the Month of May!

OWNER APPRECIATION DAY

Thursday, May 5

SKIN CARE 101

Tuesday, May 17, 6-7pm

WELLNESS WEDNESDAY

Wednesday, May 18

HEALTHY HOUSEHOLD CLEANING

Tuesday, May 24, 6-7pm

BOARD MEETING*

Tuesday, May 31, 5:30-7:30pm

OWNER APPRECIATION DAY

Sunday, June 5

SUN & BUG

Tuesday, June 7, 6-7pm

WELLNESS WEDNESDAY

Wednesday, June 15

PRESERVING FRUITS & VEGGIES

Sunday, June 26, 12-2pm

MAKING VINEGARS

Sunday, June 26, 3-5pm

BOARD MEETING*

Tuesday, June 28, 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 are held in the Co-op Community Room.

BOARD REPORT: CHANGES IN EQUITY PAYMENTS

By Barb LaVigne, Board President

As most of you know, it costs \$120 to become an owner of the Cook County Whole Foods Co-op. That is a one-time investment, not an annual fee. Beginning in May, investors can make one \$120 payment or choose to make payments of \$12 quarterly (every 3 months) for 10 quarters. This is a change from our previous pay schedule of \$12 a year for 10 years.

**PAYMENT PLAN WAS:
10 PAYMENTS OF \$12:
1 PAYMENT ONCE A YEAR
FOR 10 YEARS.**

**STARTING MAY 2016:
10 PAYMENTS OF \$12:
1 PAYMENT EVERY 3RD MONTH
FOR 2.5 YEARS.**

As you can imagine, a 10 year payoff period gets to be quite cumbersome and is a very inefficient use of our staff's time. If you've started making \$12 payments, the time frame for payoff will shorten. You'll get a reminder at the checkout register when your payments are due. Those with an inability to pay can easily apply for a needs-based scholarship. Ownership benefits start after the first \$12 payment.

Of course, anyone can shop at the Co-op because everyone is welcome, but ownership comes with a few perks, one of which is the potential to save money. Here's how:

◆ **Owners get a 5% discount on the 5th of each month.**

Plan ahead, shop on the 5th. Spend \$100 - you'll get \$5 off - you can make up for your investment in 2 years. If you stock up on the 5th and spend \$200, it's 1 year.

◆ **Four \$5 discounts annually on purchases of \$50 or more, one every quarter.**

You can do the math - \$5/quarter = save \$20/year.

◆ **Special Order Discount.**

Most orders receive a 20% discount. Buy a case of your favorite.

◆ **Possible patronage rebate.**

The more you spend, the more you get back.

◆ **Monthly Owner Specials**

Every month there are owner specials. When you come in, watch for the blue, owner special sales tags around the store, and check out the sale guide hanging up around the store!

If you're reading this, chances are you are already an owner of the Co-op but it doesn't hurt to be reminded of some of the benefits. Thank you for your investment in our community owned, ethically conscious, democratically controlled grocery store.

NEWS HIGHLIGHTS:

- ◆ New anniversary hoodies are in at the Co-op! Just in time for the spring weather. New Chico bags will be in this May, and we will be giving them away as prizes in the owner drive!
- ◆ The Woodstock Wagon returns this May! Sign up to win when the wagon appears over the produce cooler.
- ◆ The Honest Tea Sweepstakes return in May, too! This year the prize will be a grill and two folding chairs! Look for the sign-up box in the store.

FOOD SHELF REPORT:

Thank you for all you contributions. Your donations went towards the purchase of these items for the food shelf:

- 48 jars of Field Day peanut butter
- 24 bags of Field Day spaghetti
- 24 jars of Field Day pasta sauce
- 24 boxes of Field Day cereal bars
- 12 boxes of Field Day instant oatmeal

ROUND-UP REPORT:

Watch for a press release in April when we have our final numbers in for the MN Food-Share March Campaign...

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.



To sign up for classes, stop in, call 218.387.2503, or email reed@cookcounty.coop

MAKING VINEGARS: Cindy Hale knows her vinegar!

CO-OP CLASSES / APRIL-JUNE 2016

Sunday, April 24, 6:30-8pm. \$10 owners / \$15 non-owners.

SPIRALIZING: MORE THAN JUST ZUCCHINI NOODLES with Maren Webb

Join us for this class to learn more about the popular new kitchen gadget: spiralizers. Gain handy tips on using them, try it out, and get some great recipes. Spiralizers are a fun way to incorporate more vegetables into your meals, for all ages.

Tuesday, May 17, 6-7pm. \$5 for everyone!

SKIN CARE 101 with Kim Falter, Wellness Coordinator

Skin Care 101 will include a discussion into false claims used by the cosmetic industry, how to spot harmful ingredients lurking in your favorite skincare products, and why the Co-op carries the products that it does. There have been a lot of changes over the years as to what constitutes proper skincare, so we will discuss what a healthy skincare regiment looks like.

Tuesday, May 24, 6-7pm. \$5 for everyone!

HEALTHY HOUSEHOLD CLEANING with Kim Falter, Wellness Coordinator

Cleaning the house, although not very fun, does not have to be toxic or expensive. Come in and enjoy a night making non-toxic household cleaning products using everyday products and essential oils.

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

SUN AND BUG with Kim Falter, Wellness Coordinator

Summer is coming! Time to start thinking about bug sprays and sunscreens. There are a lot of options out there, why would you choose a natural sunscreen or bug spray of the chemical alternatives? Are the natural options as effective as the chemical ones? Join us for a discussion on natural sunscreens and bug sprays, and a chance to make your own natural bug spray using essential oils.

Sunday, June 26, 12-2pm. \$10 for owners / \$15 non-owners.

PRESERVING FRUITS & VEGGIES WITH FERMENTATION with Cindy Hale

Cindy Hale of Clover Valley Farms will introduce you to the many ways in which you can use fermentation to preserve your garden and orchard's bounty for healthful and delicious treats through those long winter months. Plan on bringing your own wide mouth quart sized canning jar with lid and you will go home with your own starter culture. YUM!

Sunday, June 26, 3-5pm. \$10 for owners / \$15 non-owners.

THE MAKING OF VINEGARS with Cindy Hale

Cindy Hale of Clover Valley Farms & Vinegary will give a quick introduction to the different type of vinegars (i.e. white distilled, Balsamic, Wine and Cider Vinegars, etc.), how they are made and their different characteristics. She will then lead you through the steps of creating your own homemade fruit vinegars. You bring an unopened bottle of wine and an empty, clean quart-sized canning jar. She will provide the bacterial "mother" and an easy to follow procedure for culturing your own homemade and healthful vinegars.

WELCOME NEW OWNERS!

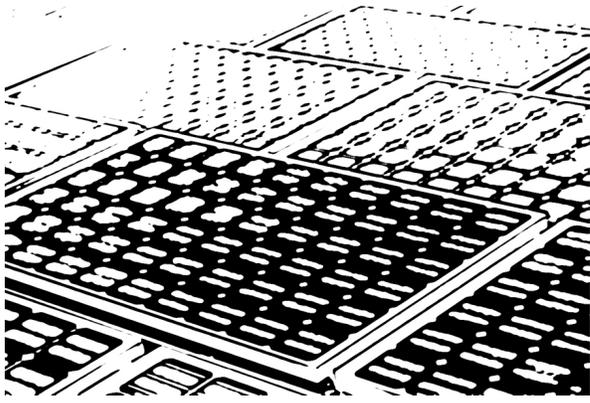
Elizabeth Belz, Glori Blommel, Jason & Alexis Bociurko, Heather Brandt, Colleen Brennan, Elliot Doherty Noyce, Sally Dunn, Deanna Eickhoff, Elana & Andrei Filimonov, Lisa Gerget, Ian & Rachel Gradner, Judy Gregg, Steven Gushel, Deborah Halvorson, Christina Hegg, Winchester Higgins, Olivia Magee, Adam Mella, Charissa Nelson, Randee & John Olson, Damean Schley, Stephen Sherman, Doris Sivertson, David Smith, Michael Thompson, Deborah Woerheide, Bonnie Wuebben, Jody & Tom Yuhasey.

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

Glori Blommel, Elana & Andrei Filimonov, Elsie & Mike Foley, Ian & Rachel Gradner, Ryan Henderson, Caroline Hollstadt, Shana Iannaccone, Johnson's Foods, Marcia & Kendall Lacey, Dan & Judy MacCudden, Matt & Alison McIntyre, Deb McKnight & Jim Alt, Mike McMillan, Trina O'Leary, Randee & John Olson, Anne & Scott Olson, Brandon & Amy Seitz, Doris Sivertson, Margaret Watkins, Jody & Tom Yuhasey.

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!



LOCAL PRODUCER PROFILE: HERB WILLS OF CARIBOU CREAM MAPLE SYRUP

By Andrew Ashcroft, Customer Service Manager

Herb Wills grew up in a farming family in southern Minnesota. He moved to Cook County in 1983 and almost immediately fell into the hobby of tapping maples. He thinks there's something analogous between farming life and syruping; they both have a kind of seasonality and intensity to them.

His "hobby" steamrolled into Caribou Cream, and these days, instead of the handful of maples that he started with, Herb has about 3500 trees that he taps for maple syrup in the spring time.

IN TRUE COOK COUNTY FASHION, MAPLE SYRUP IS ONLY PART OF HERB'S WORK. IN THE FALL, HE HARVESTS WILD RICE, AND IN THE OFF SEASON, HE SWINGS A HAMMER.

In true Cook County fashion, maple syrup is only part of Herb's work. In the fall, he harvests wild rice, and in the off season, he swings a hammer.

Herb produces two varieties of maple syrup for us, Grade A and Grade B. The Grade corresponds to the color, which has to do with when in the maple run the sap is produced. For folks in Cook County, there's a clear preference for Herb's Grade B maple syrup. In our bulk department last year, we sold 36.7 lbs. or 3.5 gallons of Herb's Grade A syrup, but that was dwarfed by the 284.76 lbs. or 25.5 gallons of his Grade B that we sold for the same period. You'll have to try both and make up your own mind!

We do a booming business in maple syrup, especially in the summer time; syrup is the product that people most associate with this area. When visitors want something from Cook County to bring home or to give as presents, they often look for maple syrup and maple sugar. Locals already know the best maple syrup comes from the north shore. Thanks for the great work, Herb!

*If you are interested, stop by his operation and store:
558 Caribou Trail, Lutsen.*

SOLAR POWER COMING TO THE CO-OP!

Solar power is coming to Cook County Whole Foods Co-op! We've hired Brian Bennett of Outback Solar to install solar panels on the roof of our Co-op. Construction will begin in late May and panels should be up and running by the end of June. Look for more details and a full article in our July newsletter.



CARIBOU CREAM: Herb Wills & his award winning syrup.

LOCAL PRODUCER'S SCHOLARSHIPS AWARDED

Offering as much local food as possible is important to our customers and our Co-op. To spur the growth of local food production Cook County Whole Foods Co-op offers an annual Local Producers Scholarship to help local producers establish and improve their farms, buy needed equipment and supplies and pay for education on organic farming. This year we had a record number of applicants so we decided to award two scholarships.

BRIAN AND LAURA WILSON OF PARADISE BERRY FARM received \$283 for tools and cover crop seed to help with weed control.

IAN ANDRUS OF CREAKING TREE FARM was awarded \$250 to help pay for a drip line watering system so he can expand production.

It's great to support farms and farming in Cook County. We are all looking forward to seeing (and eating) the fruits of their labor this summer-- a big Co-op thanks to all our local makers!



LOCAL FOODS MAP IS HERE!

By Reed Schmidt, Marketing & Education Coordinator

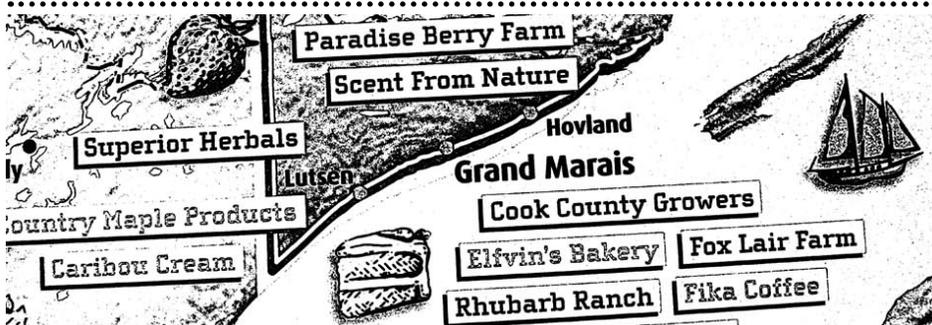
Maybe you've noticed the big map that showed up in the foyer of the Co-op, but have been wondering, "What the heck is that all about, and where did it come from?"

Late in 2014, the Co-op board of directors decided it was time we had a set definition of local. The board researched what other co-ops around the country were doing, and they looked at what state and federal government defined local as, too. When it came to a vote, the board decided that our definition of local would align with the federal definition of local: a 400 mile radius around Grand Marais, including Michigan and the Upper Peninsula, Northern Wisconsin, Eastern North Dakota, and Minnesota, of course. 400 miles amounts to about a day's drive, and the board felt that to be a reasonable distance to be called local. The board agreed, though, that special attention be given to the most local of local: products and produce made and grown here in Cook County.

We mark local products and Cook County products with signage around the store, so that everyone can find local products easily. The board decided we should take it one step further and, thus, the local map idea was born. Throughout 2015, we gathered a list of all the local makers whose products we carry, and contacted Matt Kania of Map Hero, Inc.

Matt is a professional cartographer and illustrator who makes unique, custom signs for companies and organizations around the Midwest, and the whole country. We worked closely with him to produce a local makers and growers map that is accurate and fun to look at.

We were all so excited when the map finally went up! All of us here at the Co-op hope that you enjoy it, too. Thanks for helping us support local makers and growers—we couldn't do it without you.



The Blueberry Jam Quarterly is printed 4 times a year, designed in-house, and printed on 100% recycled paper.

Design, Editing, & Photography
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.

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

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

Co-op Board of Directors

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Lorrie Oswald
920-737-1190 / boreallor@gmail.com

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

SUMMER COMES ON SPRING WINDS

About time to bury your mukluks in the closet, pack up the parka, and stow the Yaktraxs back in the sack. Summer is coming soon to Cook County! So tie that kayak to the car and come get all the adventure foods you could dream of here at the Co-op. Plus you can check your messages one last time on our free Wi-Fi before you escape into the wilds.

When you get back the soup will be hot, the coffee fresh...

And the lemonade ice cold.

Happy Summer!



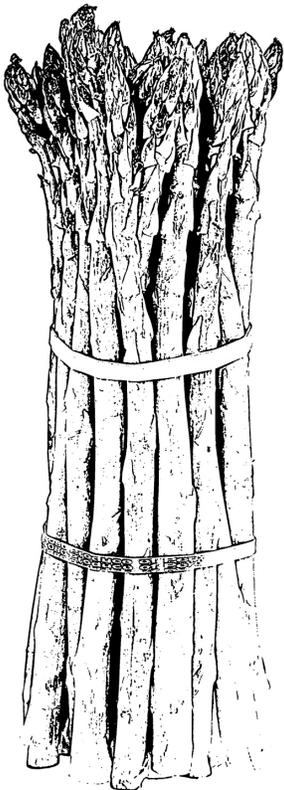
FRESH UPDATE: THE ABC'S OF THE MIDWEST MAY

What follows are three powerhouse veggies that mature in May, right here in the Midwest:

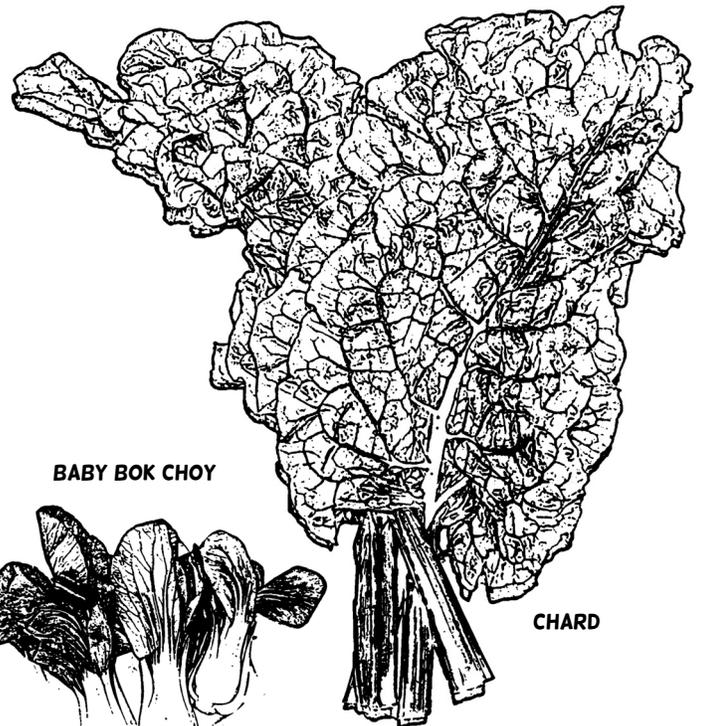
Asparagus: a native of Western Asia, Northern Africa, and Southern and Central Europe. Asparagus has readily taken to Midwest soils. It's a perennial plant with edible shoots, and there are endless ways to enjoy it.

Baby Bok Choy: a close relative to Chinese cabbage, is a winter-hardy, nutrient powerhouse. It has 3500 IU of Vitamin A per 4 oz. serving, so not a terrible idea to turn to the choy this spring for replenishing after the doldrums of winter.

Chard: AKA Silverbeet, Perpetual Spinach, Spinach Beet, Crab Beet, Seakale Beet and Mangold... Chard has as many names as it does colors. Vibrant stalks, giant leaves—mature chard is bitter when eaten raw, but sauté it and it is more delicate than spinach.



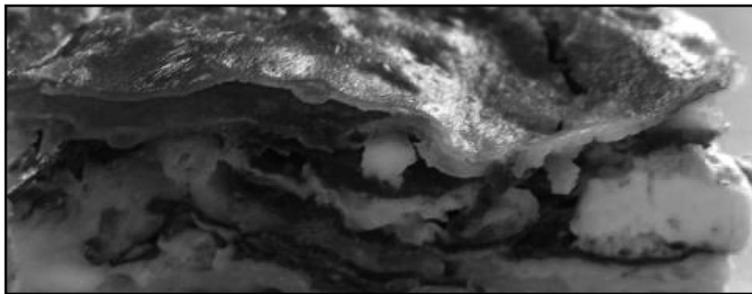
ASPARAGUS



BABY BOK CHOY

CHARD

If you have any questions about preparing these spring treasures, just stop by produce and we can share some ideas!



SPINACH AND FETA BANISTA

By Diana Dimitrova, Deli Manager

Traditionally known as “spanachnik” in Bulgaria, this savory pastry is a special spring treat because spinach is only available in the spring in Bulgaria. However, leeks (a winter crop) can be substituted for spinach if you just can’t make it all winter long without a hot slice of banista. Have it for breakfast, lunch, and / or dinner. In Bulgaria, it is often enjoyed with a tall glass of kefir. Nasladete se! (Enjoy!)

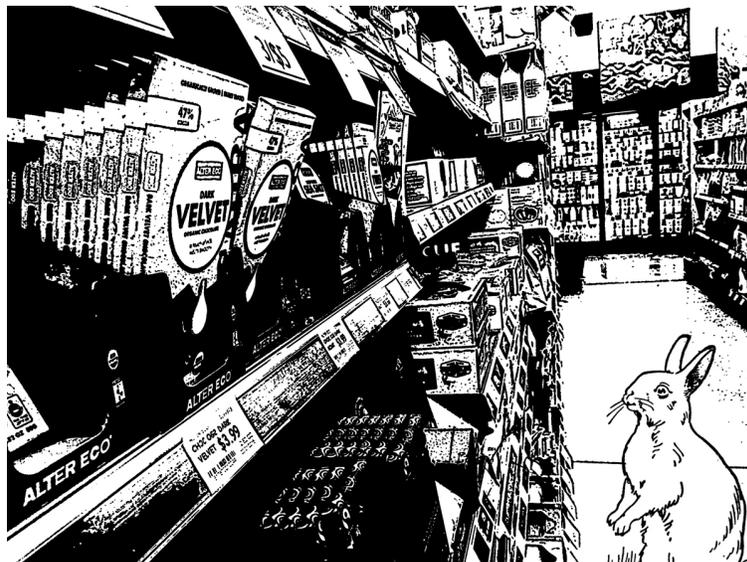
- 1 cup yogurt
- 1 tsp. baking soda
- 8 oz. feta cheese
- 5 oz. spinach, shredded
- 4 oz. butter (melted)
- 1/4 cup + 1 tbsp. water
- 6-8 sheets of filo pastry, defrosted
- 1 oz. butter, cubed

PREPARING THE FILLING

1. Melt the butter. Allow to cool.
2. Crack the eggs into a large mixing bowl, reserving one egg yolk for glazing.
3. Whisk eggs.
4. Save 1/4 of the melted butter and add the rest into the egg mixture.
5. Add the baking soda into the yogurt. Stir. The mixture will foam. Add the foaming mix to the whisked eggs. Whisk it all together.
6. Mash the cheese, or crumble it with your hands. Add the cheese to the mixture.
7. Add the shredded spinach.

ASSEMBLING THE BANISTA *preheat oven to 375°F.*

1. Grease 9” x 13” rectangular baking dish
2. Place a sheet of filo pastry into the dish.
3. Drizzle melted butter over the pastry sheet, and lay another sheet over it (if the sheet is double the size of your baking dish, simply fold it over).
4. Drizzle the spinach-egg mixture onto the filo pastry before placing another layer of filo pastry.
5. Alternate drizzling butter and the spinach-egg mixture in between each new layer of filo pastry until the dish is filled about three-quarters deep.
6. Cut the banista into 12 squares.
7. Pour a little water into the dish. You will need 1-2 tablespoons of water for this.
8. Lightly beat the reserved egg yolk and brush it on the top of the banista.
9. You can add more water in between the squares if you want a moister filling.
10. Place one cube of butter over each square. Bake at 375°F for 40 minutes, or until golden.



SPRING COMES TO THE SHORE: why not bounce on over for some chocolate?

EMPLOYEES OF THE MONTH PICK THEIR CO-OP FAVORITES:



JANUARY: Yvonne
YVONNE'S PICK: Bulk Butter Toffee Almonds. Enjoy straight up, make an ice cream topping, or toss in with fresh-made popcorn!

FEBRUARY: Adrian
ADRIAN'S PICK: Carr Valley Beer Cheese Spread with Glutino Pretzels (he isn't gluten intolerant, but Adrian says those pretzels are just delicious.)

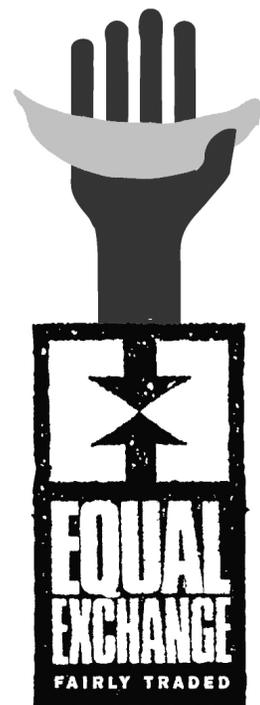
MARCH: Pat
PAT'S PICK: Fresh Wild Rice Brats from Pastures-a-Plenty. Just in time for picnic season, or any season, really. Don't forget the 'kraut!

HOW MUCH DO YOU KNOW ABOUT YOUR BANANAS?

“If you’re like us, most of what you know comes from a colorful sticker. But brand logo and country name only give us a glimpse into a banana’s life before the supermarket. We ventured to Ecuador to learn more and discovered that the story we get from our banana stickers isn’t so simple. There, and throughout Latin America, bananas define the lives of countless people who bring spotless yellow bananas to our kitchen tables year-round for half the price of apples.

This is the story of a group of small farmers—and the activists and visionaries behind them—striving to change the banana industry as we know it. Through a model of business called Fair Trade, these producers are building a more just supply chain, one that prioritizes their health, their families and their community.” -Equal Exchange

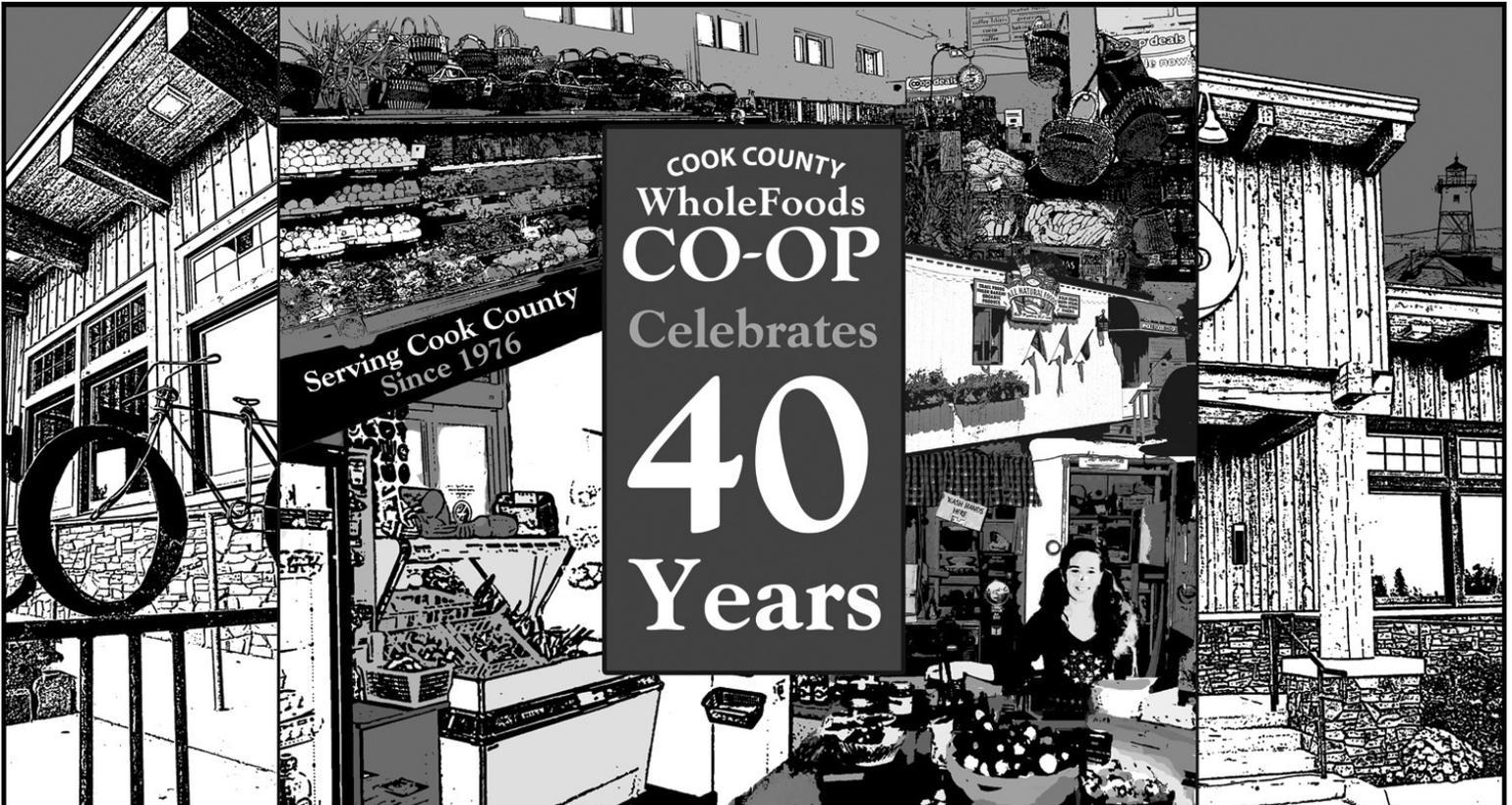
See the video and get the whole story at:
BEYONDTHESEAL.ORG





PO Box 813
20 East First St.
Grand Marais
MN 55604

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



OWNERSHIP DRIVE MAY 2016 All the month of May, help the Co-op celebrate by becoming an owner, or paying off your equity if you haven't yet done so. There will be prizes for new owners and owners who finish their \$120 payment!

218.387.2503
WWW.COOKCOUNTY.COOP