



# BlueBerry Jam

*Cook County Whole Foods Co-op where Everyone is Welcome!*

## BOARD REPORT

by Barb LaVigne, Co-op Board President

Before I joined the board of directors of our Co-op I didn't give much thought to what a co-op was. I liked the food choices our store offered and that was about it. If you're reading this article, chances are you're an "owner" of the Co-op. I think it's worth reminding ourselves from time to time what distinguishes our Co-op from most other businesses. A co-op is a business that sells goods and services. It is not a charitable organization or a social service agency. Cook County Whole Foods Co-op is NOT a non-profit. There are many wonderful non-profits in Cook County. They are a vital part of the quality of life here. They depend on donations and volunteers, the Co-op does not. We are a tax paying, for profit business and while that may possibly sound distasteful to some of you, remember, the Co-op is a tax paying, for-profit business that is based on values including self-responsibility, democracy, equality, honesty and social responsibility. We are motivated by a shared need for certain products or services and not strictly financial gain.

***Our Co-op adheres to the following principles:***

### **1. Voluntary and Open Ownership**

You can choose to become an owner – or not. Ownership is open to all people able to use the Co-op's services, without gender, social, racial, political or religious discrimination.

### **2. Democratic Owner Control**

Co-ops are democratic organizations controlled by their owners, who actively participate in setting their policies and making decisions. Elected representatives are accountable to the ownership.

### **3. Owner Economic Participation**

Owners contribute equitably to, and democratically control, the capital of their cooperative. At least part of that capital is usually the common property of the co-ops.

Owners usually receive limited compensation, if any, on capital subscribed as a condition of ownership. Owners allocate surpluses for any or all of the following purposes: developing their cooperative, possibly by setting up reserves, part of which at least would be indivisible; benefiting owners in proportion to their transactions with the cooperative; and, supporting other activities approved by the membership.

### **4. Autonomy and Independence**

Cooperatives are autonomous, self-help organizations controlled by their owners. If they enter into agreements with other organizations, including governments, or raise capital from external sources, they do so on terms that ensure democratic control by their owners and maintain their cooperative autonomy.

### **5. Education, Training and Information**

Cooperatives provide education and training for their owners, elected representatives, managers and employees so they can contribute effectively to the development of their co-operatives. They inform the general public—particularly young people and opinion leaders – about the nature and benefits of co-operation.

### **6. Cooperation among Cooperatives**

Cooperatives serve their owners most effectively and strengthen the cooperative movement by working together through local, national, regional and international structures.

### **7. Concern for Community**

Unlike a privately owned business, our Co-op will not be sold to a new owner who may or may not share our values and goals – we ARE the owners. This is a profound distinction. As I come back to my original reason for shopping at the Co-op, I liked the food choices, I now know the reason those choices exist is because of the nature of the business.

*We are a cooperative. We have a say. We can do well while doing good.*

## COOK COUNTY WHOLE FOODS CO-OP ENDS POLICIES

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

- A successful, cooperative grocery that is a trusted source of healthy, local, and 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; and,
- A trusted resource for information on food, wellness and the value of cooperative principles.



A Member Owned Community  
Grocery Working to Create a  
Healthy and Sustainable Society

### The Blueberry Jam

Published by  
Cook County Whole Foods Co-op  
20 E. First St., P.O. Box 813  
Grand Marais, MN 55604  
218.387.2503

[coopoutreach@boreal.org](mailto:coopoutreach@boreal.org)  
[www.cookcounty.coop](http://www.cookcounty.coop)

#### Hours September-June

Mon. – Sat. 9 a.m. – 7 p.m.  
Sunday 10 a.m. – 6 p.m.

#### July & August

Mon. – Sat. 8 a.m. – 8 p.m.  
Sunday 9 a.m. – 7 p.m.

Ownership investment:  
\$120 full-equity investment

**Moving?** Let us know if any of your  
account information changes, and  
we will update that right away!

**Please recycle!** The Blueberry Jam  
is 100% recyclable!

#### STAFF

##### Jennifer Stoltz

General Manager

##### Andrew Ashcroft

Customer Service Manager

##### Marietta Berneking

Bookkeeper

##### Kim Falter

Wellness Coordinator

##### Michael Garry

Grocery Manager

##### Pat Hennessy

Meat Buyer

##### Kate Keeble

Deli Manager

##### Tom Knutson

IT Coordinator

##### Jill Levene

Outreach Coordinator

##### Leslie Pedersen

Cheese Buyer

##### Jeri Person

Produce Manager

##### Ray White

Bulk & Cooler Buyer

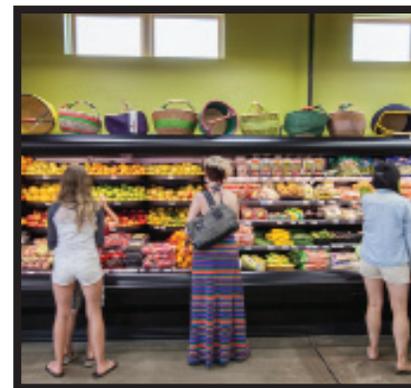
## WELCOME NEW OWNERS!

Allison Bennett  
Allison Eklund  
Andy Lindsay  
Angela Marchuk  
Annalisa Peck  
Annette Meyer  
Annie Downing  
April Westover  
Ashley Green  
Barb & Edward Katzmark  
Barbara Erickson  
Barbara Schroeder  
Belinda Hudler  
Ben Silence  
Betty Wieman-Hoffman  
Bill Gamble  
Bob & Paula Ross  
Bobbie Collins  
Bonnie & Bob Vornbrock  
Brad Doff  
Brittany Emmert  
Bruce Brasaemle  
Cameron McDougall  
Cara Price  
Carl Solander  
Carla Hill  
Carol Byers  
Carol Coolen  
Catherine Schoenherr  
Charlene Loponen  
Charley Trovall  
Cheryl Ready  
Chris Loud  
Christina Hartley & Charles  
Conroy  
Cook County North Shore  
Hospital  
Chuck, Jayden & Savanna  
Corliss  
Courtney Stacy  
Dale Hooper  
Dana Logan  
Danielle Hansen  
Darvin Ische  
David Ariganello  
David Fontaine  
David Lawrence  
David Rak  
David Smith  
David Sundin  
Dennis Lamminmaki  
Devlin DuVall  
Donna Coley  
Donna Korroll  
Donovan Reese  
Duane Heikkila  
Elaine & John Giebenhain  
Elizabeth Burton

Eric Block & Hella  
Buchheim  
Erin Blegen  
Erin Damron  
Gary Rychley  
Georgina Graham  
Gerald DeBenetti  
Hanizah Faye Caballes  
Carlos  
Hans Tofte  
Jack & Hannah Nickolay  
Janet Roesner  
Jason Kobes  
Jaye White  
Jean Keating  
Jean & Randy Mathis-Spry  
Jennifer Wildeson  
Jenny Frost  
Jessica Cameron  
Jill Boughner  
Jim Ricci  
Jo Wood  
Jodi Lund  
Joey Ruhsam  
John Finney  
John & Gracie Waugh  
Judy Dahlheimer  
Judy Linman  
Julie Adams  
Justine Roberts  
Karen Wyder  
Kasson Stone  
Kathy Hughes  
Kathy Steinbach  
Katie & Mike  
Kobelinski  
Katrina & John Jones  
Larry Lindenmier  
Larry Runnigen  
Linda Poulin  
Lynne & Greg Chalmers  
Macie Anderson  
Madeline Stevens  
Maria Burnett  
Marie Zepeda  
Mary Curry  
Melanie Swistun  
Mike Bartz  
Mike McCall  
Mike Milkovich  
Missy Hagen  
Molly Clemen  
Nancy Anderson  
Nancy Lewis-Tschida  
Nancy Metzger  
Nic Swenson  
Patrick Hennessy  
Paul Gecas

Paul Hemsworth  
Paula Marin  
Penny Schuppel  
Phil & Lorrie Oswald  
Rachel Swenson  
Renee Holien  
Rhonda Lash  
Robert Cordy  
Robert Sopoci  
Robin Nicholson  
Robin Suchy  
Ron Foster  
Ryan Henderson  
Sandra Petty  
Shannon Curran  
Sharon Pitawanakwat  
Sheila Smith  
Sherri Donek  
Sherrye Futterer  
Stephanie Donaho  
Stephen Elliott  
Susan Krage  
Susan McGowan-Stinski  
Susan Meyes  
Susan Richards  
Susan Schubert  
Susan Smieja  
Susi & Todd Hawkinson  
Sylvia Miller  
Tamara Wilder  
Tara Small  
Taylor Erickson  
Teena Kukkee  
Teresa Rothausen-Vange  
Tersenia Schuett  
Todd Randall  
Tony Vande Weghe  
Tracey Wilson  
Wade Keller  
Wendy McBain  
WTIP

**THANK YOU!**



**FULL-EQUITY SHARES!**

*Thank you to these owners who paid their \$120 full-equity investment.*

Alice Weck  
 Andy Lindsay  
 Barb & Edward Katzmark  
 Belinda Hudler  
 Bonnie & Bob Vornbrock  
 Carl Solander  
 Connie Rasmussen  
 Connie Tommerdahl  
 David Lawrence  
 David Rak  
 David & Page DeLong  
 Doug Throckmorton

Durac Lilienthal  
 Eric Block & Hella Buchheim  
 Erin Damron  
 Janice Mattison  
 Jeff Monaghan  
 Jerry & Diane Hiniker  
 Jodi Lund  
 John & Brenda Clark  
 Kate & Paul Kelnberger  
 Kathy & Allen Lenzmeier  
 Leo & Gayl Reichert  
 Lynne & Greg Chalmers  
 Mike Milkovich  
 Molly Clemen  
 Nanc Burns  
 Nicole & Vicki Boostrom

Nora & William Bockovich  
 Peggy Jo Staples  
 Phil & Lorrie Oswald  
 Randi & Rick Nelson  
 Renee Holien  
 Robert Staples  
 Robin Nicholson  
 Robin Suchy  
 Roger MacDonald  
 Ruth Hogenson  
 Tim Dwyer  
 Tony Vande Weghe  
 Tony & Julie Rau  
 WTIP

**THANK YOU!**

**LOOK WHAT'S NEW!****BULK DEPARTMENT**

**Equal Exchange** Expedition Blend  
 Coffee OG

**Peace Coffee** Snowshoe Blend OG

**Fika Coffee**, Cajamarca: Peru, OG

Yirgacheffe: Ethiopia OG

**Sunrise Flour Mill** Bolted Red Fife

Flour, Heritage Wheat variety OG

**Dark Chocolate Dried Cranberries**

**Orange Dried Cranberries**

**Equal Exchange** Bitterweet Chocolate

Chips OG

**Equal Exchange** Semi-sweet Chocolate

Chips OG

**CHEESE DEPARTMENT**

Emmentaler **by Emmi** (Switzerland)

Raclette **by Emmi** (Switzerland)

**Carr Valley** BaBa Blue (sheep milk  
 blue cheese)

**Pasture Pride** Oven Baked Neuskes

**Pasture Pride** Oven Baked Parmesan

**COOLER/DAIRY DEPARTMENT**

**Organic Valley** Lactose-free Milk OG

**Greek Gods** Salted Caramel Yogurt

**Pastureland** Pasture Butter

**Nessalla** Kombucha St. Paul, MN

**South River** White Miso OG

**Tempt** Coconut Hemp Milk

**Smari** Icelandic Yogurt OG

**GENERAL MERCHANDISE DEPARTMENT**

**Vessel** Travel Thermal & Vacuum  
 Seal Thermos

**Co-op Logo Mugs** by local potter  
 Ann Ward

**GROCERY DEPARTMENT**

**Stirrings** Mixers

**Mrs. Meyers** Holiday Cleaners

**Good Health** Avocado Oil Potato Chips

**Rudi's** Ciabatta Rolls GF

**Xyla** Gum & Mints

**Against The Grain** Pizzas

**Imagine** Gravy

**Vertical Water** 100% Pure Maple Water

**Vans** Frozen Waffles GF

**MEAT DEPARTMENT**

**Beeler's** Bone-in Spiral Cut Honey Ham

**Beeler's** Pork Tenderloin

**La Quercia** Pancetta

**WELLNESS DEPARTMENT**

**Alaffia** Soaps, Lotions, Skincare,  
 Shampoo & Conditioner

**Country Life:** New line of supplements

**Emergen-C** Immune + Super Orange

**Emergen-C** Immune + Apple Cider  
 Warmer

**NowFoods** Herbal Supplements

**Natural Path/Silver Wings** Colloidal Silver

**Urban Moonshine** Herbal First-Aid  
 products

**Mineral Fusion** Nail Polish & Make-up

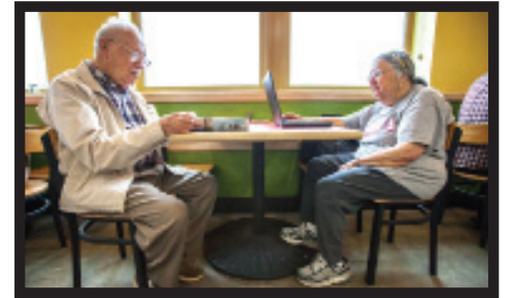
**Tints of Nature** Semi-permanent Hair  
 Dye

**Valentina's** Bath Salts

**Badger** Man Care line

OG=Organic GF=Gluten Free

MN=Minnesota WI=Wisconsin

**BECOME A CO-OP OWNER**

Anyone may shop at the Co-op; only owners receive the following benefits, here are just a few:

- \* Monthly owner specials plus 5% discount on the 5th of each month
- \* Six \$5.00 discounts annually on purchases of \$50 or more, one every two months
- \* Six \$5.00 senior discounts (age 60+) annually on purchases of \$50 or more, one every two months
- \* Blueberry Jam newsletter
- \* Possible patronage rebate: the more you spend, the more you receive
- \* Voting rights: one owner = one vote
- \* Discount on Co-op classes

**It's Easy to Become an Owner**

Fill out an application form with a cashier. They will set up your account at the register.

**Pick a Payment Option:**

Purchase your full \$120 (this is not an annual fee) equity or you may choose to pay \$12 annually until the full amount has been paid. Benefits begin with the first \$12 investment.



**BOARD OF DIRECTORS****Barb LaVigne - President**

Term Expires 2016  
387-2137

blavigne@boreal.org

**Erik Hahn - Vice President**

Term Expires 2015  
387-2802

ehahn123@northlc.com

**Judy Peterson - Secretary**

Term Expires 2017  
387-1322

gjpete@boreal.org

**Kathy Bolstad**

Term Expires 2015  
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bolstade@q.com

**Don Grant**

Term Expires 2016  
370-9998

dcgrant@boreal.org

**Amy Henrikson**

Term Expires 2016  
387-9359

ash@boreal.org

**Nick Vavrichek**

Term Expires 2017  
387-3340

yurtboyz@boreal.org

**Let Us Hear From You!**

Do you have questions, comments or suggestions for the Co-op Board of Directors? Give us a call, e-mail, leave a note, or come to a board meeting. Board meeting times and dates vary, please check our website or give us a call at 218.387.2503 for the latest information. Notify the Board President in advance if you would like a topic to be added to the agenda.

**Want to go paperless?**

Receive your Co-op "Blueberry Jam" Newsletter via e-mail, it's easy! Send your name, e-mail address and owner number to: coopoutreach@boreal.org

**THANKS WORKING OWNERS**

by Jennifer Stoltz, General Manager

The Cook County Whole Foods Co-op was born on a homestead named "Castle Yonder" just outside of Grand Marais, Minnesota, in the late 1960s. Several families in the Good Harbor Hill neighborhood were looking for a simple life on the land. This lifestyle included healthy, inexpensive food. To meet this need, they held potlucks to decide what bulk quantities of food they wanted to purchase in Minneapolis and bring back north to be stored in Jim and Betsy Bowen's basement. When provisions were needed, these same neighbors would come to collect beans, rice or peanut butter and leave their money in a coffee can bank. This was a totally volunteer operation. When the Co-op incorporated in 1976 and moved into a storefront, volunteer labor was a critical resource to keep the small fledgling co-op afloat. As the store grew, we gradually hired paid staff to ensure regular hours and stability.

Fast forward 40 years and we are now a successful business with over 30 – part and full – time employees. We offer health insurance, paid time off, a Simple IRA retirement plan along with food discounts. We have a management team, a safety committee, a personnel



policy committee and monthly staff meetings. Through the years as sales increased, volunteer jobs were slowly replaced by paid positions. I also started reading articles in the *Cooperative Grocer* and hearing stories from other general managers and learned that volunteer workers may put our Co-op at risk. The Department of Labor has fined a few co-ops for their volunteer labor programs because the co-ops are not meeting the Fair Labor Standards Act

minimum wage requirements. I know that we call working owners volunteers but by definition, volunteers receive no compensation while our "volunteers" receive compensation in the form of discounts on food and merchandise. These discounts do not typically translate into minimum wage earnings, and we are not paying Federal or State income taxes for these workers so we have been violating the Fair Labor Standards Act. Luckily, we are now a successful business that is able to pay employees, and although we still need owner involvement, we no longer need volunteers to keep the doors open.

Another risk factor is our workers compensation coverage does not cover our volunteer workers. This makes me very nervous as I watch folks unload pallets off the UNFI truck or climb ladders in the store. I have secured an insurance policy for volunteer worker injuries, but it has a very limited payout. If a volunteer was injured while helping at the Co-op, we could be liable for thousands of dollars for medical costs and compensation.



Due to these risk factors and the fact that we have the resources to pay employees, the board agreed to end our volunteer worker programs as of January 1, 2015. There are still plenty of great ways to stay involved in the Co-op. Shop in the store, run for a position on the board of directors, teach a class, reserve our conference room for a meeting or event, help clean up our portion of Highway 61 or apply for a job.

**To thank and acknowledge our volunteers, we're having an Open House to reminisce on Friday, February 27, from 4:00-6:00 pm. All Co-op shoppers and volunteer workers – past and present – are invited.** Leading up to the celebration, there will be a journal available where volunteers can tell stories, share pictures or talk about their experiences at the Co-op. Join us as we celebrate the great history of our Co-op.

**CLASS DESCRIPTIONS**

January-February-March 2015

**JANUARY****MICRO-RESOLUTIONS****Wednesday, 28 January 5:30-7:00p.m.**Location: Co-op Conference Room  
**Hartley Newell-Acero, M.A., C.Ht.**

How often have you set lofty goals for the new year, only to abandon them a few weeks (or days) later, feeling resentful and overwhelmed? The problem may not be with you, it could be the size of the resolution! Join us as we excavate the dreams that underlie our resolutions, plan micro-steps that will get us there, and use guided visualization to relax our way into new habits!

**\$5 Owners/\$10 Non-owners****FIKA COFFEE HOMEBREWING CLASS****Saturday, 31 January 10-11:30a.m.**Location: Co-op Conference Room  
**Joshua Lindstrom-Fika Founder & Coffee Enthusiast**

This will be a hands-on class as we explore all the tips and insider tricks on brewing fabulous coffee everytime at home. We'll end the class with a good, ol' fashioned fika. So bring a friend or a neighbor and come ready to learn and drink some coffee.

**\$5 Owners/\$10 Non-owners****FEBRUARY****EASTERN INDIAN COOKING****Sunday, 8 February 6:30-8:00p.m.**Location: Co-op Deli Kitchen  
**Christina Hartley**

This hands-on class will explore Southern India as we make a traditional Vegetable Korma, served with basmati rice and spicy chutney. Vegetable Korma is an easy and exotic Indian dish of mixed vegetables cooked in a coconut sauce. It's rich, creamy, mildly spiced and extremely flavorful!

**\$10 Owners/\$20 Non-owners****THE "F" WORD: FAT****Tuesday, 17 February 12:00-1:00p.m.**Location: Co-op Conference Room  
**Hartley Newell-Acero, M.A., C.Ht.**

If you were around in the 1980s, you remember that low-fat diets were all the rage. Unfortunately, even with a plethora a low-fat options, as a nation, our health hasn't improved. In this class we'll examine both pro- and anti-fat dietary strategies and discuss ways to

make sure that the fat we consume is both tasty and healthy.

**\$5 Owners/\$10 Non-owners****MARCH****CLEAN YOUR HOUSE WITH FOOD****Saturday, 14 March 10:00-11:00a.m.**Location: Co-op Conference Room  
**Hartley Newell-Acero, M.A., C.Ht.**

Can a house be both clean and toxic at the same time? Maybe, if you're using some types of common cleaning products. It's possible to get your home squeaky-clean with items that you probably eat all the time. Let's whip up some safe, effective items and get a jump on spring cleaning!

**\$5 Owners/\$10 Non-owners****AUTHENTIC IRISH COOKING****Sunday, 15 March 6:30-8:00p.m.**Location: Co-op Deli Kitchen  
**Christina Hartley**

In modern British English, the dish is usually called "cottage pie" if it is made with beef. If it is made with lamb it is usually called "shepherd's pie," because a shepherd looks after sheep. Get in touch with your inner Irish soul! Join us as we learn how to create an authentic Shepherd's Pie with lamb, English peas and smashed potatoes.

**\$10 Owners/\$20 Non-owners****INSTRUCTORS**

**Christina Hartley**, Co-op Deli Assistant Manager, has worked for years around the states in fine-dining restaurants and is an American Culinary Federation Certified Chef. She is now excited to share her love of regional and farm to table cuisines.

**Hartley Newell-Acero, M.A., C.Ht.**

has been a health educator for over 20 years, teaching classes ranging from stress management, nutrition and fitness, to college psychology. An avid cook, and an even more avid eater, she marries her love of good food and good health. A certified hypnotherapist, she often incorporates relaxation and guided imagery into her classes, leaving participants both newly informed and deeply refreshed!

**Josh Lindstrom** is a coffee enthusiast, roaster and entrepreneur of Fika Coffee. A year ago, Fika Coffee began to roast its coffee just off the Gunflint Trail. It

was born out of a vision to create a year-round, sustainable business here, which caters to tourism. Fika Coffee is working to develop a market for coffee in Cook County, and its educational classes are a part of that effort. It is also establishing wholesale, sustainable accounts beyond Grand Marais. Fika believes in the social side of coffee, it brings people together!

**CO-OP CALENDAR 2015****JANUARY****NATIONAL HOT TEA MONTH****NATIONAL OATMEAL MONTH****OWNER APPRECIATION DAY**

Monday, 5 January

**WELLNESS WEDNESDAY**

Wednesday, 21 January

**MICRO RESOLUTIONS**

Wednesday, 28 January 5:30-7:00p.m.

**FIKA COFFEE HOMEBREWING CLASS**

Saturday, 31 January 10-11:30a.m.

**FEBRUARY****FEBRUARY-MARCH \$5 DISCOUNT BEGINS****OWNER APPRECIATION DAY**

Thursday, 5 February

**EASTERN INDIAN COOKING**

Sunday, 8 February 6:30-8:00p.m.

**THE "F" WORD: FAT**

Tuesday, 17 February 12:00-1:00p.m.

**WELLNESS WEDNESDAY**

Wednesday, 18 February

**WORKING OWNER APPRECIATION PARTY**

Friday, 27 February 4:00-6:00p.m.

**MARCH****OWNER APPRECIATION DAY**

Thursday, 5 March

**CLEAN YOUR HOUSE WITH FOOD**

Saturday, 14 March 10:00-11:00p.m.

**AUTHENTIC IRISH COOKING**

Sunday, 15 March 6:30-8:00p.m.

**WELLNESS WEDNESDAY**

Wednesday, 18 March

## HUNGARIAN MUSHROOM SOUP

### Ingredients

- 2 Tbsp. olive oil
- 2 cups diced yellow onion
- 1 c. diced green bell peppers
- 2 Tbsp. minced garlic
- 1 lb. crimini mushrooms, sliced
- 1½ tsp. smoked paprika
- 1½ tsp. Hungarian paprika
- 1½ tsp. dill weed
- 4 Tbsp. all-purpose flour
- 4 cups vegetable broth
- Salt and black pepper to taste
- ½ c. sour cream
- 2 Tbsp. lemon juice

### Preparation

Heat the oil in a large pot over medium heat. Add the onion and green peppers and sauté for 10 minutes until

## FISH PROJECT IN FULL SWING! Women ages 16 to 50 are needed to reach our goal of 500 participants by May 2015!

As of November, over 250 women have TAKEN THE BAIT and SET THEIR HOOKS by taking part in the Fish are Important for Superior Health (FISH) Project. This large-SCALE project along the North Shore helps women choose fish to eat that are low in mercury. Visits are free, confidential, take around 45 minutes and upon completion of the visit you leave with up to \$50 VISA in gift cards.

To take part, women must:

- Give a small amount of blood to be tested for mercury and fatty acids
- Complete a questionnaire about the fish they eat

Personal blood results will be given to each woman so she can make



soft. Add the garlic and mushrooms and cook for another 5 minutes. Add the paprikas, dill and flour and stir for 1 to 2 minutes until flour is absorbed. Stir in the broth and bring to a simmer. Simmer the soup for 15 minutes and season with a pinch each of salt and black pepper. Remove from heat and slowly stir in the sour cream and lemon juice. Serve warm. Serving suggestion: Earthy and hearty, this soup pairs well with roasted vegetables, meats, game and sausages and stands up to dishes with assertive flavors. Make it a one-pot meal by adding your favorite cooked protein or pasta. Serves 4. Prep time: 20 minutes active; 45 minutes total.

*Recipe courtesy NCGA, National Cooperative Grocers Association*

informed choices about which fish to eat to keep mercury at a safe level in her body. Participants do not need to eat fish, can be pregnant, and may be asked to return for a 6-month, follow-up visit.

**Receive up to \$50 in VISA gift cards for your visit!**

So, what are you waiting for? Don't miss the BOAT! Make your FISH appointment TODAY! FISH Project participation deadline: 500 participants or mid May.

**Call or stop in at:  
Sawtooth Mountain Clinic  
218.387.2330**

**Grand Portage Health Service  
218.475.2235**



## SORGHUM CRINKLES-GLUTEN FREE

Recipe submitted by Jerry & Ralph Latham

- Whisk:
- 2 c. sorghum flour
  - 2 tsp. baking soda
  - ¼ tsp. salt
  - 1 tsp. cinnamon
- Beat:
- 1 egg, ¼ c. canola oil, ½ c. sorghum

Combine dry with wet ingredients, adding the dry about a third at a time. Form each cookie in to a walnut sized ball. Bake in a preheated 325° oven for 18 minutes. Yields 24 cookies

## GINGER & SPARK

*Great For Digestion*

- 1 tsp. Urban Moonshine Citrus Bitters
- 1 oz. Organic Ginger Beer
- Splash of Grapefruit Juice

Mix bitters with ginger beer, add a splash of grapefruit juice. Serve before eating for optimal digestion.

## EARTH DAY 22 APRIL 2015

On Earth Day, enjoy the tonic of fresh air, contact with the soil and the companionship with nature? Walk through the woods in search of emerging wildflowers and green moss. Go outside!

This observance arose from an interest in gathering national support for environmental issues. In 1970, San Francisco activist John McConnell and Wisconsin Senator Gaylord Nelson separately asked Americans to join in a grassroots demonstration. McConnell chose the spring equinox March 21, and Nelson chose April 22. Millions of people participated, and today Earth Day continues to be widely celebrated with events on both dates. The most common practice of celebration is to plant new trees for Earth Day.

## MNDOT ADOPT-A-HIGHWAY PROGRAM

What is the Adopt-A-Highway Program? A public service program for volunteers to pick up litter along Minnesota's highways. It enables the state's environmentally conscious citizens to make a personal contribution to a cleaner environment, and beautifying Grand Marais!

The Co-op is a proud participant of the Adopt-A-Highway Program since 1992 and has "adopted" the section of Highway 61 between Lund's Cabins and the Fall River.

**Adopt-A-Highway cleanup day: Saturday, 18 April 2015, 10:00a.m.**

## HEALTHY DIGESTION

by Kim Falter, Wellness Coordinator

No one likes to talk about poor digestion, but it is an issue people deal with everyday. For most, it is the occasional heartburn or bloating, but when it becomes chronic, it might be time to make some lifestyle changes. This can be tricky as certain foods can trigger digestive upset differently in people. To complicate the matter, lifestyle issues such as stress levels, sleep patterns and lack of physical activity can also play a role. For women, it can be based on the menstrual cycle, something can trigger poor digestion at one phase of the cycle yet be perfectly fine at another time of the month. Needless to say, it can be difficult finding the culprit. Not to worry! There are many options here at the Co-op to help support you through some of these difficult times, and maybe help ease the body back to a healthier state.

### Probiotics

Our intestines are filled with healthy bacteria. When there is an upset to the balance of this healthy flora, we may see a whole host of problems with our digestion. Probiotics contain a variety of healthy bacteria strains, and they work in two ways:

1) by introducing more of the healthy bacteria when your own flora has been eliminated due to poor diet or the use of antibiotics, and 2) by competing with "bad" bacteria for space.

Probiotics come in many different strengths, which are based on the levels of live culture. So a 5-billion probiotic is going to be great for your everyday use, whereas a 50-billion dose is going to be more for your serious issues, maybe a long illness, severe digestive distress or a long stretch of antibiotic use. At the Co-op you can find probiotics great for daily use and some that specialize in say immunity or specifically designed for women. The difference is in the strain. The most common strains are Lactobacillus acidophilus and Bifidobacterium. The L. acidophilus typically supports the upper intestines, the Bifidus the lower. This is why you find these two together in most basic formulas. Other strains support more specialized issues.

### Digestive Enzymes

Digestive enzymes are simply enzymes that aid in digestion. As we age, the production of these natural enzymes decrease. This means that the food we consume does not break down completely and therefore enters our digestive tract in sizes that can irritate intestinal lining or disrupt proper elimination. Digestive enzymes give that little extra help in breaking down food completely, thus helping with minor issues of indigestion as well as larger issues of food intolerance.

We have a great line of digestive enzymes by Enzymedica. Their products are specifically formulated to handle a range of pH found within the human digestive process and support a range of digestive issues.

### Digestive Bitters

Bitters have been around for a long time. Today, we know bitters as that little bottle at every bar, a few dashes added to a cocktail. But in reality, bitters are composed of just that: bitter herbs, roots or fruit. As we evolved, severely bitter tasting "food" might be potentially toxic, therefore our bodies produced a flood of digestive enzymes to our mouths and digestive tracts in order to break down and eliminate the potentially dangerous product ingested as quickly as possible. Our bodies work under these same principals today. When we eat raw bitter foods such as green leafy vegetables or raw chocolate, we invoke that chemical response of digestive enzyme production. So you don't really need a lot. Just swishing bitters around in your mouth will increase digestive enzyme production. Ingesting digestive bitters is ideal, since you're not only receiving digestive benefits as well as the added help of detoxification from the cleansing properties of many bitter herbs. Urban Moonshine produces an excellent line of organic digestive bitters. Digestive bitters, over the years, have devolved into a product that contain two bitter foods and then added caramel color and preservatives. Urban Moonshine bitters are full of rich, beneficial herbs such as burdock, dandelion, fennel and ginger – to name just a few. Great for improving digestion, and equally tasty in your favorite cocktail. Healthy Eating!

## FOOD SHELF REPORT

by Kim Falter, Wellness Coordinator

Thank you for contributing to the Cook County Food Shelf over the past months', your monetary contributions helped purchase these items for our local food shelf:

60 jars	Field Day Peanut Butter
54 boxes	Back to Nature Saltines
24 cans	Amy's Chunky Tomato Soup
24 jars	Field Day Marinara Sauce
24 bags	Bionature Spaghetti Noodles
6	Og. Larry Schultz Turkeys

The winter months can be difficult for a lot of families, we provide a few ways you can help. Upon entering the Co-op you will see a wooden box ready for your monetary contribution. The Co-op matches your donation, dollar for dollar, if you make a monetary contribution by check, please make the check payable to: Cook County Whole Foods Co-op and we'll put that donation towards the purchase of healthy, organic foods. Checks made out directly to the Food Shelf are welcome, but the Co-op is not able to match these funds. We also have a basket located at the far end of our seating area available for any donations. These items are transported to our Food Shelf on a monthly basis, so please keep your donations non-perishable items only.

Thanks again for all your support! We are very lucky to live in such a generous community; keep those donations coming!

The Cook County Food Shelf is open every Monday afternoon from 3 to 5 p.m. in the lower level of The First Congregational Church UCC in Grand Marais. The Food Shelf is also open the first Wednesday night of each month from 5 to 7 p.m. In addition to food for people, the Food Shelf accepts and distributes food for pets. The Food Shelf serves as a NAPS program for elderly and WIC small-bags distribution site.

**The Cook County Food Shelf**  
**First Congregational Church UCC**  
**300 W. 2nd Street**  
**Grand Marais 218.387.9860**

## WORKING OWNER VOLUNTEER APPRECIATION OPEN HOUSE

Friday, 27 February  
4:00 - 6:00 p.m.

To thank and acknowledge our volunteers, we're having an Open House to reminisce. All Co-op shoppers and working owner volunteers – past and present – are invited! Leading up to the celebration, there will be a journal available where volunteers can tell stories, share pictures or talk about their experiences at the Co-op. Join us as we celebrate the great history of our Co-op.



Your newsletter is printed on post-consumer recycled paper. 



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

### WAYS TO SAVE

5% on the 5th of each month. Owners receive 5% off most items. **FREE coffee ALL day!**

### Wellness Wednesday

is the 3rd Wednesday of each month, all non-sale health and body care items are 10% off.

### Owner Discounts

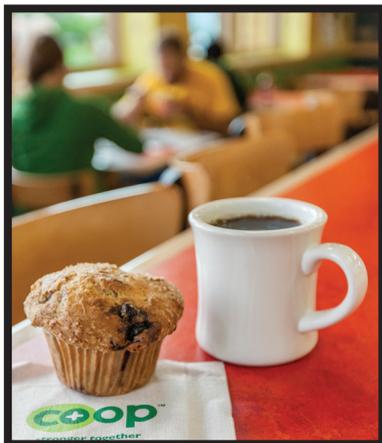
Every two months take \$5 off a purchase of \$50, seniors (60+) get an additional \$5 discount, two every two months.

### Co-op Deals

See what's on sale at: [cook-county.coop](http://cook-county.coop)

Or, pick up the Co-op Deals flyer in the store.

**Bag Discount** We offer a 10¢ bag discount when you bring your own reusable grocery bag. Bag credit limit, 5



per visit. Check out the Co-op's logo bags for sale.

**Additional coupons, brochures and flyers available at the Information Desk.**

**FIND THE CO-OP ONLINE!**  
[www.cookcounty.coop](http://www.cookcounty.coop)

The Co-op has a Facebook page under Cook County Whole Foods Co-op. You can link to the Co-op's Facebook page from our website and vice versa.

[facebook.com/cookcountycoop](http://facebook.com/cookcountycoop)  
We'll let you know via [facebook](http://facebook.com/boreal.org), [boreal.org](http://boreal.org) and [cookcounty.coop](http://cookcounty.coop) about news and other happenings.

### FREE WiFi SPOT

Stop by the Co-op, enjoy a hot beverage or perhaps something



from the deli grab & go cooler, relax, stay warm and enjoy using the Co-op's FREE WiFi hot spot. Convenient, comfortable and it supports the Co-op Ends: *a welcoming and friendly gathering place where the community has a sense of belonging.*

### DELI BLOG

The Deli continues its own blog, **Belly Up!** Find out what's new in the Deli. Look for recipes and more from Kate Keeble, our talented Deli Diva.

Find her at:  
[www.coopdeli.blogspot.com](http://www.coopdeli.blogspot.com)

### WELLNESS BLOG

Want to find out more about the products in our Wellness Department? Check out Kim's Wellness blog:

### In Fine Fettle!

Find her at:  
[www.coopwellness.blogspot.com](http://www.coopwellness.blogspot.com)

