



# BlueBerry Jam

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

## Board Report

by Erik Hahn, Co-op Board

Did you know your Co-op has one of the most generous discount programs in the country? Many co-ops offer a 5% discount to owners once or twice a year. Cook County Whole Foods Co-op offers such a discount every month. Few if any co-ops offer \$5 back every other month. Few other co-ops give such deep discounts to owners making special orders. Then there is the Wellness Wednesday discount, the manager specials, the senior discount, and in many years, the annual dividend. And no other co-op in the universe, we think, allows its owners to take 10 years to pay for a full equity share while enjoying all the benefits of full ownership.

Clearly being an owner of the Co-op comes with many benefits. And yet close review of these benefits shows that they are not always shared across the ownership equitably. There are owners who never make special orders. There are owners who waive their dividends. There are owners who refuse to shop during the monthly 5% discount days. And many seniors have the means to buy their food without discount, while many individuals and young families are struggling to make ends meet and could use more support.

The Board of Directors takes affordability seriously, and the discount program has been a tool to help make shopping at the store more affordable for the owners of the Co-op. The Board and management believe that the current discount program is in need of tweaking, so that prices can be reduced for all shoppers, and individuals and families who need more support have access to a needs-based discount program. The proposed changes are small, and will still leave Cook County Whole Foods Co-op with one of the most generous discount programs in the country.

The following changes will allow prices to be reduced on many items throughout the store, and will help ensure the long

term sustainability of the Co-op while making the Co-op more affordable to those with limited means. The senior discount program will be discontinued and replaced with a need-based discount. To apply for the need-based coupon, stop by the Information Desk and fill out an application or fill out a form online at: [www.cookcounty.coop](http://www.cookcounty.coop)

The bimonthly \$5 discount will become a quarterly discount. We believe these changes will allow for a more affordable experience for more owners, while still maintaining the uniquely generous character of the Co-op.

And lastly, in a change that will require a vote of the ownership, we will propose (at the October Owners Annual Meeting) a shorter time frame for new owners to pay off their full equity share.

## Fun Facts

by Andrew Ashcroft

The Cook County Whole Foods Coop is a vibrant and thriving business, growing by leaps and bounds. For me, however, it is often the intangibles that tell more of the story about our success and culture than the bottom line. Here are some of the numbers that I find really exciting about what we're trying to do in Grand Marais and Cook County:



- We have the Coop Explorer's program where kids get a free piece of fruit or vegetable every time they come in. The rationale for this is based on a number of studies that indicate that if you introduce kids to great organic fruit and vegetables, it will influence healthy eating throughout their lives. Since the program started, we've given away 4,000 pieces of fruit.

*continued on page 3*

## 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!

Alyssa Abbott  
Jennifer Baker  
Jeff Berquist  
Jan Bloom  
Anna Botner  
Martha Brummitt  
Yvonne Caruthers  
Mike & Debbie Elliott  
Thomas Fagin  
Krysten Foster  
Steve & Roberta Hahn  
Anne Hathaway  
Sam Heaston  
Emma Heath  
William Heitzman  
Eric Henderson  
Trish Hunter  
Hannah Johnson  
Lindy Jouppi  
Becky Kondrad  
Scott Kruzan  
Janice & Gary Latz  
John Naimian  
Jodell Nelson  
Kathleen Nolan  
Mark Oltean  
Olivia Pehrson  
Terri Penshorn  
Patrick & Christina Reeves  
Kristin Reiter  
Bethany Sewald  
Rista Sharma-Connor  
William Smith  
Paul Snyder  
Lindsay Spenceley  
Mark Ten-Eyck  
Eric Tofte  
Laurel Wilson  
Caroline Wood

### Full-Equity Shares!

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

Jeff Berquist  
Erick Brunsvold & Emilie Anderson  
Mike & Debbie Elliott  
Steve Forsberg  
Margo & Dave Furcht  
Nicole Halgrimson  
Jenny & John Hughes  
Michelle & Brian Kizzek  
Sue Nordman  
Terri Penshorn  
Andy & Amy Schmidt  
Mike Siesennop & Jill Erickson  
Fawn & Shane Smith  
Corrie & Ben Steckelberg  
Caroline Wood

**Thank you!**



### 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 off most items on the 5th of each month
- Four \$5.00 discounts annually on purchases of \$50 or more, one every three months
- Four \$5.00 *need-based* discounts annually on purchases of \$50 or more. To apply stop by the Co-op or visit: [www.cookcounty.coop](http://www.cookcounty.coop)
- 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, we will set up your account at the register, it's easy.

### 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.



### Co-op Hours

#### September – June

Monday – Saturday 9 a.m. – 7 p.m.  
Sunday 10 a.m. – 6 p.m.

#### Summertime Hours

#### July & August

Monday – Saturday 8 a.m. – 8 p.m.  
Sunday 9 a.m. – 7 p.m.

**Look What's New at the Co-op!**



**Bulk Department**

- Fika** Ethiopian Coffee-OG
- Red Ape** Cinnamon-OG
- Grandy Oats** High Anti-oxidant Trail Mix
- Garlic Herb Cashews
- Dried Shiitake Mushrooms
- Dried Cilantro
- Dried Hibiscus Petals
- Equal Exchange** Pineapple-dry-OG
- Sichuan Peppercorns

**Cheese Department**

- Carr Valley** 10 Yr Cheddar-Local
- Carr Valley** Spicy Beer Cold Pack Cheese Spread-Local
- Buffalo Creek** Creamery Sheep Cheese
- Mt. Sterling Co-op Creamery** Goat Mozzarella-Local

**Cooler/Dairy Department**

- Green Valley** Lactose Free Yogurt-OG
- Good Karma** Flax Milk
- Kerrygold** Irish Butter
- Valleyview Farms** rGBH free Milk
- Organic Valley** Non-Homogenized Grass fed Milk-OG
- Volcanic** Horseradish-OG
- Rudi's** Gluten-free Wraps
- Sonoma** Gluten-free Wraps
- Tapuat Brewing Co.** Kombucha-Local
- Lisanatti** Almond Jalapeno Jack "Cheese"
- Kevita** Master Brew Kombucha-OG
- High Country** Kombucha-OG

**Grocery Department**

- Wisco Pop**-Local
- Twinings Tea**-OG
- Steve's** Ice Cream
- Gray Duck Chai**-Local
- Epic** Animal Based Bars
- Alive and Radiant** Kale Chips-OG
- Annie's** Pizza Poppers
- Better Life** Cleaners
- Bixby** Candy Bars
- Bliss** Granola-Local

**Meat Department**

- Bodin's** Lake Superior Wild Lake Trout Fillets-Local
- Ferndale Market** Uncured Smoked Turkey Breast-Local
- Niman Ranch** Uncured Sliced Pastrami, Corned Beef and Ground Beef

**Wellness Department**

- Tea Tree** Therapy toothpastes
- UP4 Kids** Cubes Probiotic
- Himalaya** Neem & Pomegranate Toothpaste
- Himalaya** Lavender & Rosemary Cleansing Bar
- Himalaya** Neem & Turmeric Cleansing Bar
- Four Elements** Calendula Neroli Bar
- Four Elements** Sandalwood & Ginseng Soap



OG=Organic GF=Gluten Free  
Local=400 mile radius from Grand Marais, Minnesota

**Spicy Vegetable Korma**

**Ingredients:**

- Vegetables (Carrot, beans, cauliflower, green peas, potato) –2 cups
- 1 large onion, finely chopped
- 1 large tomato
- 5 green chilies
- 1" piece ginger
- 1 tsp. ginger-garlic paste
- 1 bay leaf
- 2 Tbsp. oil
- 1 tsp. mustard seeds
- 1½ tsp. chili powder
- 1½ tsp. coriander powder
- 1 tsp. garam masala
- ½ tsp turmeric powder
- ¼ cup coconut milk
- Salt to taste

**To Grind:**

- ½ cup coconut
- Approx. 10 cashew nuts
- ½ tsp poppy seeds
- ¼ tsp fennel seeds
- 4 green chilies

**Procedure:**

1. In a thick bottom vessel, heat oil and sauté mustard seeds. Add bay leaf, onions, green chilies, ginger and ginger garlic paste one by one and fry. Onion should not turn brown color.
2. Add the powdered ingredients (chili powder, turmeric powder, garam masala, coriander powder) and fry for few minutes. Put the vegetables in this along with the coconut milk, salt and enough water and cook.
3. When it is half way through add the finely ground paste, (refer to grind) and chopped tomato. Let it cook until done. Add a few curry leaves and coriander leaves at the end for a better aroma and taste. Serve with rice or naan bread. This recipe was prepared and enjoyed during the *Indian Cooking* class held at the Co-op Sunday, 8 February 2015. For more recipes: [www.sizzlingveggies.com](http://www.sizzlingveggies.com)

*continued from page 1*

- We just started a Round Up program that allows our customers to round their total up to the next whole dollar and give it to a local charity. In the past month or so, we've raised more than \$1,000 for the local Food Shelf.
- We offer our customers a bag discount if they bring their own bags. Since we started the program in early 2012, we've given away more than 75,000 bag discounts! Those are bags that otherwise would have had to be recycled and hauled to Duluth (or farther).



Who says it is all about the bottom line?

**New Co-op Employees**

- Mellissa Gagnon – Deli
- Reed Schmidt – Produce Department

## Board of Directors

### Barb LaVigne - President

*Term Expires 2016*

387-2137

blavigne@boreal.org

### Don Grant - Vice President

*Term Expires 2016*

370-9998

dcgrant@boreal.org

### Judy Peterson - Secretary

*Term Expires 2017*

387-1322

gipete@boreal.org

### Kathy Bolstad

*Term Expires 2015*

387-2165

bolstade@q.com

### Erik Hahn

*Term Expires 2015*

387-2802

ehahn123@northlc.com

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

## Co-op Smart Buy Program

by Jennifer Stoltz

I recently reported on the following Ends Statement to the Board of Directors. 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 affordable, healthy, local and sustainable products and services for all.

The Co-op has been very successful in our new store. Sales and net profit have exceeded expectations. We have further defined our product policy to ensure the food and products that we carry are affordable, healthy, sustainable and as local as possible. We offer Co+op Deals bi-weekly specials, owner appreciation days and \$5 off coupons to help with affordability, but organic and sustainable foods can still be out of reach financially for our customers. To help alleviate some of the sticker shock associated with grocery shopping, we're launching a Smart Buy Program. We've lowered prices on some of your favorite products! Our new Smart Buy Program offers a variety of popular, affordable grocery and household staples – the building blocks for hearty meals and day-to-day living. These are everyday deals available to all of our customers so you can save money and eat good food. Look around for our new Smart Buy tags highlighting the discounted items. We will also have a list of the products available at the Information Desk. Since these items are priced with everyday value in mind, we are unable to offer additional special order or owner appreciation day discounts for these products. Rest assured that you are getting the best price that we are able to offer and feel free to order items by the case at the Smart Buy price.

Here are the products that we've included in our Smart Buy Program. The items may change due to product availability and seasonality, but we're committed to having a mix of merchandise that will help stretch your budget.

## Smart Buy Program Items

### Produce

Organic and Fair

Trade Bananas

Organic 2# bag

Carrots

Organic Baby

Peeled Carrots

Organic Bagged

Salads

Organic Bag Fruit

in Season



### Grocery

Field Day Spaghetti Noodles

Annie's Classic Mac and Cheese

Angelic 7 Grain Bread

Eastwind Peanut Butter

Field Day Black Beans

Field Day Tomato Basil Pasta Sauce

Udi's Whole Grain Bread

Sno Pac Frozen Corn

Sno Pac Frozen Peas

Natural Value, 400 Sheet 4pack toilet paper

All Baby Food

### Bulk

Organic Green Lentils

Heartland Mills Organic Corn Meal

Lundberg Organic Short-grain Brown Rice

Heartland Mills Organic All-purpose flour

Organic Quick Oats

### Cooler

Milk-All brands

Eggs-All brands

Westby Butter 1# quarters, Rgbh-free

La Perla Corn Tortillas 6-inch, 1# pack

Seven Stars Organic Plain Yogurt 32 oz.

Wildwood Unsweetened Og. Soymilk 64 oz.

House Foods Organic Extra-firm Tofu 14 oz.

### Supplements

Natural Factors Vit. D 2,000IU twinpack

NowFoods Vitamin D 1,000IU 180ct.

MegaFood One Daily 30ct.

### Body Care

EverydayShea Unscented Body Wash-Bulk

EverydayShea Unscented Body Lotion-Bulk

EverydayShea Unscented Shampoo-Bulk

EverydayShea Unscented Conditioner-Bulk

EverydayShea Unscented Shampoo 32oz.

EveryDayShea Unscented Conditioner 32oz.

Everyday Shea Unscented Body Lotion 32 oz.

Clearly Natural Unscented Bar Soap

Tom's of Maine Unscented Deodorant

Tom's of Maine Cavity Protection

Peppermint Toothpaste

Naturacare Regular Tampons 20 count

Naturacare Regular Pads 14 count

### Meat & Cheese

Kadejan Whole Chickens

Niman Ranch Hotdogs

Cedar Grove Cheddar and Colby

Organic Valley Cream Cheese

## Class Descriptions

April-May-June 2015

### April

#### Explore the World of Gourmet Fruit Vinegars

Sunday, 19 April 6:30-8:00pm

**Cindy Hale co-owner,**

#### Clover Valley Farms

Cindy will lead you on a 5 course tour exploring ways that you can use culinary fruit vinegars to enhance the flavor, enjoyment and healthfulness of foods & beverages. This class will include an appetizer, beverage, salad, small entrée and dessert, all using different kinds of fruit vinegars. You will leave with recipes and ideas for your own kitchen and inspiration to spare. All items will be gluten-free.

Appetizers – Sweet Salsas & Pickled

Fresh Vegetables

Beverage – Fruity Herbal Tea & Switchel

Salad – Wild Rice Quinoa Salad

Entrée – Chicken with Roasted

Vegetables (vegetarian option available)

Dessert – White Chocolate Drizzle over warmed fruit

Class size: 10

\$10 owners/\$20 non-owners

### May

#### The Making of Vinegar

Thursday, 14 May 6:30-7:30pm

**Cindy Hale co-owner,**

#### Clover Valley Farms

Cindy 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 wine and fruit vinegars. You bring some kind of wine (i.e. red or white grape, fruit, homemade or commercial) in a quart-sized canning jar. She will provide the bacterial “mother” and an easy to follow procedure for culturing your own home made and healthful vinegars.

Class size: 10

\$10 owners/\$20 non-owners

#### By Request! Beyond Beans & Rice

Sunday, 17 May 6:30-8:00p.m.

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

Family food that’s nutritious, delicious, affordable, and not just the same ol’

thing. Let’s pool our favorite recipes and expand our cooking playbooks. Hartley will be whipping up one of her favorites for you to try. Just bring a page with your healthiest “go-to” recipes on it. We’ll copy and collate them all and everyone will go home with new tried-and-true dinner ideas. Join us for an evening of food, fun, and fresh menu ideas! Class size: 10  
\$10 for owner/\$15 for non-owners

### June

#### Sun & Bug 101

Tuesday, 9 June 6:00-7:00pm *and*

Tuesday, 23 June 12:00-1:00pm

**Kim Falter, Co-op Wellness Coordinator**

The summer is quickly approaching, time to start thinking bug sprays and sunscreens. There are a lot of options out there, why would you choose a natural sunscreen or bug spray over the chemical options? Are the natural options just as effective as the alternative? Join us for a quick 101 on natural sunscreens and bug sprays. We will talk UVA & UVB rays, water resistance, and SPF. Everyone will get a chance to make their own bug spray, to bring home, after a discussion of the different essential oils traditionally used to repel bugs. Class size: 6  
\$10 for owner/\$15 for non-owners

#### How to Register

Pre-registration is requested, stop by the Co-op or call 218-387-2503. Payment is required at time of registration.

### Instructors

**Cindy Hale** is a self-taught cook from way back. In 2013, Cindy left her 20 year career as a research ecologist with the University of Minnesota Duluth to farm full-time. On the farm, Cindy and her family strive to eat not only locally but from what is available from their farm. Creativity and the pursuit of simple but fabulous flavors lead to home wine and beer brewing, fermented foods and eventually to making vinegars for their own use in about 2009. The health benefits of live culture vinegars are well known, Cindy takes it the next step, making great tasting food that is also very healthy. Join her to learn and share a one of a kind culinary experience.

**Kim Falter** currently holds a B.S. in Biology from Northland College. After two winters working in supplement sales

at Ada’s Natural Market in Fort Myers, Florida she received her M.S. in Holistic Nutrition from Clayton College. She currently works as the Wellness Coordinator at the Cook County Whole Foods Co-op.

**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!

## Co-op Calendar 2015

### April

#### Easter, Co-op CLOSED

Sunday, 5 April

#### Owner Appreciation Day

Monday, 6 April

#### Wellness Wednesday

Wednesday, 15 April

#### Adopt-A-Highway Cleanup Day

Saturday, 18 April 10:00a.m.- Noon

#### Explore the World of Vinegar

Sunday, 19 April 6:30p.m. - 8:00p.m.

#### Earth Day

Wednesday, 22 April

### May

#### Owner Appreciation Day

Tuesday, 5 May

#### World Fair Trade Day

Saturday, 9 May

#### Making Vinegar

Thursday, 14 May 6:30p.m. - 7:30p.m.

#### By Request! Beyond Beans & Rice

Sunday, 17 May 6:30 - 8:00p.m.

#### Wellness Wednesday

Wednesday, 20 May

### June

#### Owner Appreciation Day

Friday, 5 June

#### Sun & Bug 101

Tuesday, 9 June 6:00 - 7:00p.m.

#### Wellness Wednesday

Wednesday, 17 June

#### Sun & Bug 101

Tuesday, 23 June Noon - 1:00p.m.

*Remember extended hours begin 1 July*

#### Store hours-July & August

Monday-Saturday 8a.m. - 8p.m.

Sunday 9a.m. - 7p.m.

## African Black Soap: Ossé Dudu

by Kim Falter, Wellness Coordinator

Originally a cleaning staple of West African, recently, black soap has become a very popular all-purpose cleanser here in America. But what sets black soap apart from other soaps? Traditional, authentic black soap start with plant material that is dried, roasted

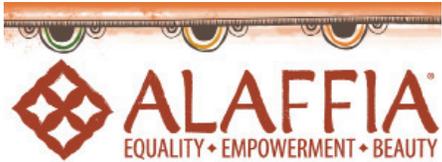
African Mint, Shea Butter and Palm Kernel Oil. Individually, these ingredients have incredible healing properties. African mint has been used medicinally in Africa to treat a whole host of issues, including: conjunctivitis, headaches and malaria, as well as use as an anti-inflammatory and insect repellent. Palm Kernel oil, extracted from the African Palm tree, is widely known for its antibacterial and anti-fungal properties. Because it is so close to the same structure as the oils produced by the sebaceous glands of human skin, Shea Butter is an excellent moisturizer. According to the American Shea Butter Institute (yes, it does exist), shea butter has been know to be beneficial for wound healing, sunburns, insect bites, stretch marks, frostbite, wrinkles, diaper rash and muscle aches - to name just a few. Rich in Vitamin A & E, it is perfect for those with sensitive skin or skin conditions such as eczema or psoriasis.

As most Alaffia products are sourced from Africa, they are huge supporters of Fair Trade, supporting community empowerment and gender equality in Togo, West Africa. They pay fair wages through their women's cooperatives, support maternal health by funding over 3,000 births, providing school supplies and repairs to rural schools, donating over 6,000 bikes through their Bicycles

through Education program so that disadvantaged children can get to and from school. They are also stewards of the environment by working with



local farmers to plant trees (10,000/year) to prevent soil erosion and offset negative effects from global warming. Alaffia believes: "As individuals who have the good fortune of education and experience, it is our moral duty to be conscious and aware of the situations of people who are less fortunate". Identifying resources that can benefit these communities with a sense of empowerment is their number one goal. Black soap has many uses. It can be used as a facial cleanser, body wash, shampoo, shave soap, hand soap and as a general household cleaner.



and heated to a charcoal. Water and a variety of oils are then heated and the ash of the plant material are then added and cooked for six hours. After this slow cooking, the black soap is left to dry and cure in the sun for 6 weeks. African tribes and communities all have their own "secret" recipes derived from a unique mix of plant material and a variety of oils.



Here at the Co-op, we carry Alaffia's Authentic Black Soap made with

## 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. Get outside and enjoy the day!

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

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.**  
Meet at the Co-op at 9:45a.m., stick around after the cleanup and enjoy FREE lunch on us!



**Celebrate & SAVE on Earth Day!**  
Bring your own containers from home, and receive a **10% discount** on bulk department items! One day only!  
*Excludes, sale items and Smart Buy items*

## Woodstock, Cook County Whole Foods Co-op and You:

*Learn, Share, Grow*  
**TEAM NON-GMO!**

In the United States, 80% of processed food is likely to be genetically modified, and not everyone is sure how to identify which foods are genetically modified organisms (GMOs) and which are not. It's up to us to LEARN the facts, SHARE information, and help GROW Non-GMO!

This May, our Co-op is teaming up with Woodstock to help raise awareness about GMOs. Stop in anytime this month and enter to win a Woodstock wagon and receive a dollar off coupon for any Woodstock product. You can also visit Woodstock's website: [www.Woodstock-Foods.com/TeamNonGMO](http://www.Woodstock-Foods.com/TeamNonGMO), to win additional prizes, LEARN about GMOs, SHARE information, and help GROW Team Non-GMO!

### Concerned about GMOs?

- Choose organic - USDA organic products do not contain GMOs
- Look for third party verifications such as the Non-GMO Project verified logo
- Visit [www.justlabelit.org](http://www.justlabelit.org)
- Contact your federal legislators and ask them to support mandatory national labeling of GMOs

### About Woodstock

*Eat Because it's Good!*®

Woodstock is dedicated to providing consumers with high-quality, delectable foods farmed from sources you can trust. For 25 years, they've been committed to providing foods that are both good for you and the land. They are proud supporters of the American Farmland Trust & the Non-GMO Project. Over 70% of Woodstock products are domestically sourced and over 145 products are verified by the Non-GMO Project with the rest on their way. To learn more about Woodstock visit:

[www.woodstock-foods.com](http://www.woodstock-foods.com)  
on Facebook, Twitter and Instagram.



## World Fair Trade Day



Join us this May 9 as we celebrate World Fair Trade Day. When you choose products from committed fair trade brands like Alaffia, Alter Eco, Canaan Fair Trade, Dr. Bronner's, Equal Exchange, Farmer Direct Co-operative, Guayaki Yerba Mate and Runa, each fair trade product you choose supports:

- Long-term direct trading relationships
- Prompt payment of fair prices
- No child, forced or otherwise exploited labor
- Workplace non-discrimination, gender equity and freedom of association
- Democratic & Transparent Organizations
- Safe working conditions and reasonable work hours
- Investment in community development projects
- Environmental sustainability
- Traceability and transparency

Your purchase is powerful! Learn which of your favorite products are fair trade. Choose them with pride on World Fair Trade Day and throughout the year.

### What is World Fair Trade Day?

World Fair Trade Day is an annual global celebration occurring each May. Celebrations bring consumers and businesses, nonprofit organizations, churches, student groups, and advocates together to host thousands of events worldwide. This year, World Fair Trade Day is May 9.

### What is Fair Trade?

Fair Trade is a social movement and market model that aims to empower small-scale farmers and workers in underdeveloped countries to create an alternative trading system that supports equitable trading, sustainable development and long-term trading relationships. Fair trade supports fair prices for producers, safe working conditions, investment in community development projects, and the elimination of child labor, workplace discrimination and exploitation.

[www.fairworldproject.org](http://www.fairworldproject.org)

## 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:

- 24 boxes Annie's Wisconsin Cheddar Mac & Cheese
- 24 jars Santa Cruz Applesauce
- 24 boxes Gingerbread cookies
- 72 cans Native Forest Tropical Fruit Salad
- 72 cans Native Forest Mandarin Oranges
- 24 boxes Back to Nature Saltines
- 12 cans Amy's Butternut Squash Soup
- 12 cans Amy's Chunky Tomato Soup
- 12 cans Amy's Minestrone Soup
- 12 cans Amy's Lentil Soup

Upon entering the Co-op you will see a wooden box ready for your monetary contribution. 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 as well. We also have a basket located by the Information desk for any non-perishable food 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 and 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**

**April**  
**Co-op CLOSED** Sunday, 5 April  
**Adopt-A-Highway Clean up Day**  
Saturday, 18 April 10:00a.m.- Noon  
**Explore the World of Vinegar**  
Sunday, 19 April 6:30p.m. - 8:00p.m.  
**Earth Day** Wednesday, 22 April

**May**  
**Making Vinegar**  
Thursday, 14 May 6:30p.m. - 7:30p.m.

**June**  
**Sun & Bug 101**  
Tuesday, 9 June 6:00 - 7:00p.m.  
**Sun & Bug 101**  
Tuesday, 23 June Noon - 1:00p.m.  
*Complete calendar pg. 5*

**SAVE on Earth Day!**  
Bring your own containers from home, and receive a **10% discount** on bulk department items!  
One day only, 22 April, 2015  
*Excludes ALL sale items.*



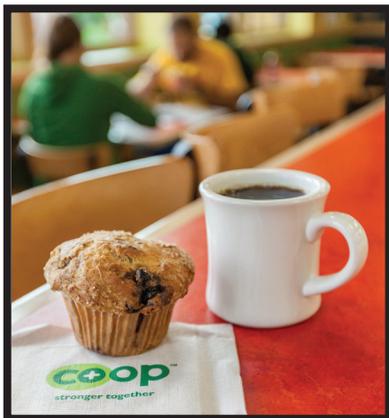
20 E. First Street  
P.O. Box 813  
Grand Marais, MN 55604

Your newsletter is printed on post-consumer recycled paper.

## Ways to Save

### Owner Appreciation Day

The 5th of each month. Owners receive an additional 5% off most items. FREE Organic and Fair Trade fresh brewed 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

Four \$5.00 discounts annually on purchases of \$50 or more, one every three months

Four \$5.00 need-based discounts annually on purchases of \$50 or more. To apply stop by the Co-op or visit: [www.cookcounty.coop](http://www.cookcounty.coop)

**Co-op Deals** See what's on sale at: [www.cookcounty.coop](http://www.cookcounty.coop)  
Pick up the sale 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](https://facebook.com/cookcountycoop)  
We'll let you know via **facebook**, **boreal.org** and **cookcounty.coop** about news and other happenings.

### Free WiFi Spot

Stop by the Co-op, enjoy a beverage or perhaps something from the deli grab & go cooler, relax, stay a while 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)

Check out the new and improved Cook County Whole Foods Co-op Website [www.cookcounty.coop](http://www.cookcounty.coop)