

# BlueBerry Jam

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

## IS OUR CO-OP A LEADER IN ENVIRONMENTALLY SUSTAINABLE PRACTICES?

by Judy Peterson, Secretary, Board of Directors CCWFC

At the April Board of Director's meeting, we focused on the 2nd of our Ends Statements: a leader in environmentally sustainable practices. Our general manager submitted a written report that began with her interpretation of this end: "that Cook County Whole Foods Co-op will make environmentally sustainable choices in our operation, will offer environmentally sustainable products to customers and will promote environmentally sustainable practices." Then followed an explanation of how the Co-op is meeting the Ends Policy. It was impressive to see everything pulled together in one report, our congratulations to Jennifer, Co-op General Manager, all the staff and board members, who have worked so hard and helped make such progress in this area.

As shoppers you are probably already aware of some of our practices: a com-

mitment to offer organic foods and products, the large bulk section to save on packaging (we also offer a class on how to use it: Co-op 101, the first Wednesday of each month at 6p.m.), the 10¢ discount when using your reusable bag and the choice to use real dishes over paper and plastic in the deli area. Behind the scenes there is also a commitment to cleaning products such as rags and towels that cut down on waste and environmentally friendly cleaners that do not pollute the water. Waste items are sorted and recycled or composted and whenever possible recycled office products are chosen.

Outside the store, the Co-op has adopted a two-mile stretch of Highway 61 west of town, where volunteers have picked up trash, sorted and recycled whatever they can, twice a year now for 22 years! We also have started to offer family movie nights for the entire community in an effort to educate and raise awareness about food, the environment and sustainability.

Our new Co-op building was built with energy efficiency in mind. The building envelope exceeds the state require-

ments. The roof is a continuous average R40 with 10 inches of polyisoc foam at the roof edges (the state requires R23 roof insulation on commercial building in a northern climate). There are 4 inches of Styrofoam below the interior slab. The ICF exterior walls have continuous R25 insulation (the state require R9.3 wall insulation on commercial buildings in a northern climate). We have installed triple-glazed windows and taken additional steps such as using local wood and water-based stains to ensure limited impact on our environment. We chose energy-efficient lighting throughout the store. LED lighting is in all of our refrigeration and outdoor lighting, and lower wattage florescent tubes throughout the store. We have dual flush EPA WaterSense certified toilets and have installed low-flow sprayers on our three compartment sinks. Our refrigeration is energy-star certified, and we opted to install a rack system versus individual compressors to save energy and to allow us to reuse the excess heat from the refrigeration to heat our water and help heat the building.

And then there is the commitment to carry local food when available and our on-going support for the local grower's  
*Continued on page 5*

### OUR ENDS POLICIES

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

1. A successful, cooperative grocery that is a trusted source of healthy, local, and sustainable products and services for all;
2. A leader in environmentally sustainable practices;
3. A source of employment that provides meaningful work and fair compensation;
4. A welcoming and friendly gathering place where the community has a sense of belonging and;
5. A trusted resource for information on food, health issues 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.

#### Extended Hours 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!

### Staff

#### Jennifer Stoltz

General Manager

#### Andrew Ashcroft

Customer Service Manager

#### Marietta Berneking

Bookkeeper

#### Kim Falter

Wellness Buyer

#### 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!

Amy Bergquist & Erik Larson  
Angelique Edgerton  
Anne Elkie  
Benjamin Itz  
Brian Larsen  
Charlie Bronstein  
David Saari  
Dick Winzer  
Jacob Vogel  
Jane & Lloyd Newdorf  
Janet Masdea  
Jeanine Aubin  
Jeff Monaghan  
Jenny Schuler  
Joe Friedrichs  
John de Bakker  
John Hawkins  
Julie Demeules  
Julie Monterotti  
Kathryn Beck  
Kimara Gustafson  
Linda Hendrickson  
Lynn Palmer

Mandy Dye  
Melodee Riddle  
Mike Kwasniewicz  
Mike Mansson  
Morgan Johnson  
Nicholas Hingos  
Nick Austin  
Patty Robinson  
Rachael Berglund  
Rich Burnham  
Robert Zuppke  
Russ Ludeke  
Ruth Pszwaro  
Sadie Sigford  
Shawn Howe  
Sheila Whitbread  
Spring Gehring  
Steve Harsin  
Susan Carlson  
Tom Bradovich  
Tony Risso  
Vince Mirabelli  
William Moore

## FULL-EQUITY SHARES!

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

Amanda & Andrew Troelsen  
Amy Bergquist & Erik Larson  
David Saari  
Erik & Dawn Simula  
Gerald Johansen  
Jean Nystuen  
Jeff Nemitz  
Jeremy & Mary Hanson  
Julie Demeules  
Kimara Gustafson  
Lisa & Joe Zallar

Marie & Mike Hero  
Maxine & James Chupurdia  
Paul Taubr & Karen Vogl  
Richard Cronstrom  
Shannon Craig  
Spring Gehring  
Tom & Dory Spence  
Vince Mirabelli

## Thank you!

## BECOME A CO-OP OWNER

### Ownership Benefits

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.

## CLASS DESCRIPTION

July-August-September

### DIY BUG SPRAY

**Friday, 11 July 12:00-1:00 p.m.**

Location: Co-op Conference Room

**Kim Falter, Wellness Coordinator**

As bug season approaches, come in to the Co-op and make your own all-natural bug spray! Learn about essential oils and why they contribute to an effective bug spray. Everyone in the class will get the opportunity to make their own bottle of bug spray to take home.

**\$10 Owners/\$15 Non-owners**

### WHAT'S YOUR GUT FEELING?

**Tuesday, 15 July 12:00-1:00 p.m.**

Location: Co-op Conference Room

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

Most of us don't think too much about our digestive tracts...until they act up. But gut health can have far-reaching physical and mental effects. Join us as we explore the many ways your gut flora influences your overall health, and to taste delicious ways to nourish those friendly bacteria.

**\$5 Owners/\$10 Non-owners**

### MEDICINE IN YOUR CUPBOARD

**Friday, 25 July 6:00-7:00 p.m.**

Location: Co-op Conference Room

**Bonnie Kreckow, Clinical Herbalist**

Do you realize how much herbal medicine is already in your home? This class is going to cover those "herbs" that you already have in your kitchen and in your garden. After leaving this class you will look at cooking in a whole new light. Discussion will also go into the quality of foods, what are whole foods and why are they your medicine. I'll even share a couple of my favorite recipes.

**\$10 Owners/\$15 Non-owners**

### HERBS FOR TRAUMA & INJURIES

**Saturday, 26 July 10:00-11:00 a.m.**

Location: Co-op Conference Room

**Bonnie Kreckow, Clinical Herbalist**

One of my favorite things about herbs is the amazing way they treat and heal trauma. These plants have the ability to reverse/reduce the impact of trauma or an injury and immediately start the healing process. This class will offer a few hands-on demonstrations showing

you how to prepare and apply a poultice and compress. When is one more effective than the other? Is there an herb for frost bite? This is a fun class, one that will carry its weight all year round.

**\$10 Owners/\$15 Non-owners**

### GOING PALEO - PROS AND CONS

**Tuesday, 5 August 12:00-1:00 p.m.**

Location: Co-op Conference Room

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

Perhaps you've heard of "eating like a cave-man?" Proponents of the Paleo diet maintain that since our physiology hasn't changed much in 10,000 years, our foods should mimic those of our ancient ancestors. Join us to discuss the benefits and possible challenges presented by going primal.

**\$5 Owners/\$10 Non-owners**

### GLUTEN CONFUSION

**Tuesday, 12 August 12:00-1:00 p.m.**

Location: Co-op Conference Room

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

Suddenly "GLUTEN FREE!" seems to be emblazoned on food packages everywhere. But what is it? Why do some people have to avoid it, and how can they do so without feeling deprived? Join us as we clear up your gluten confusion and taste how yummy gluten free can be!

**\$5 Owners/\$10 Non-owners**

### SLEEP WELL

**Tuesday, 9 September 12:00-1:00 p.m.**

Location: Co-op Conference Room

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

Hopefully, we're all spending a third of our lives in rejuvenating sleep. But if not, there are lots of ways we can tweak our days in order to improve our nights. Join us as we clean up our sleep hygiene!

**\$5 Owners/\$10 Non-owners**

### BEESWAX CANDLE CRAFTING

**Sunday, 14 September 1:00-3:00 p.m.**

Location: Scent from Nature-Hovland

**Linda Newman Owner and Chief**

**Chandler of Scent from Nature, LLC**

You will learn the steps associated with crafting your own pure beeswax candles, at the off-grid workshop of Scent from Nature in Hovland, Minnesota (carpooling option, driving directions provided), and then apply those skills when you make your very own candles.

**\$20 Owners/\$25 Non-owners**

### COOKING WITH TEMPEH

**Tuesday, 16 September 6:45-7:30 p.m.**

Location: Co-op Conference Room

**Yafa Napadensky, Vegetarian Ethnic Cooking Enthusiast**

Take the mystery out of what to do with tempeh. In this class we'll try salad with crunchy crumbled tempeh as a starter. Next we'll make (and eat!) Maple Glazed tempeh, and a traditional Indonesian dish like Sweet Spicy Sticky tempeh.

**\$10 Owners/\$15 Non-owners**

### HONEY CLASS

**Monday, 22 September 6:00-7:30 p.m.**

Location: Co-op Conference Room

**Linda Newman Owner and Chief Chandler of Scent from Nature, LLC**

In this flavorful course you'll not only be tasting some of the best honey in the state but you'll get a very short course on honey bees and why they're so important for our survival. Linda is the manager of the Minnesota Honey Producers State Fair Booth, which is this non-profit organization's annual fundraiser.

**\$5 Owners/\$10 Non-owners**

### GREAT GRAINS!

**Tuesday, 23 September 12:00-1:00 p.m.**

Location: Co-op Conference Room

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

Do you know quinoa from a hole in the ground? Would you recognize teff if it jumped up and bit you? There's a whole world beyond wheat, corn and rice. Come discover the diversity and deliciousness of Great Grains!

**\$5 Owners/\$10 Non-owners**

### HOW TO REGISTER

Pre-registration is requested, stop by the Co-op or call **218-387-2503**.

### HUNGRY?

Enjoy dining while you're learning. For just an additional \$5, you can have a bowl of soup and an apple. Please pay for the meal just before class begins.

### INSTRUCTORS

**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

*Continued on page 4*

**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 2014*  
387-1322

gjpete@boreal.org

**Kathy Bolstad**

*Term Expires 2015*  
387-2165

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 2014*  
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 meetings are the fourth Tuesday of each month and owners are always welcome. 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

**CLASS DESCRIPTION**

July-August-September

**DIY BUG SPRAY**

**Friday, 11 July 12:00-1:00 p.m.**

Location: Co-op Conference Room

**Kim Falter, Wellness Coordinator**

As bug season approaches, come in to the Co-op and make your own all- natural bug spray! Learn about essential oils and why they contribute to an effective bug spray. Everyone in the class will get the opportunity to make their own bottle of bug spray to take home.

**\$10 Owners/\$15 Non-owners**

**WHAT'S YOUR GUT FEELING?**

**Tuesday, 15 July 12:00-1:00 p.m.**

Location: Co-op Conference Room

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

Most of us don't think too much about our digestive tracts...until they act up. But gut health can have far-reaching physical and mental effects. Join us as we explore the many ways your gut flora influences your overall health, and to taste delicious ways to nourish those friendly bacteria.

**\$5 Owners/\$10 Non-owners**

**MEDICINE IN YOUR CUPBOARD**

**Friday, 25 July 6:00-7:00 p.m.**

Location: Co-op Conference Room

**Bonnie Kreckow, Clinical Herbalist**

Do you realize how much herbal medicine is already in your home? This class is going to cover those "herbs" that you already have in your kitchen and in your garden. After leaving this class you will look at cooking in a whole new light. Discussion will also go into the quality of foods, what are whole foods and why are they your medicine. I'll even share a couple of my favorite recipes.

**\$10 Owners/\$15 Non-owners**

**HERBS FOR TRAUMA & INJURIES**

**Saturday, 26 July 10:00-11:00 a.m.**

Location: Co-op Conference Room

**Bonnie Kreckow, Clinical Herbalist**

One of my favorite things about herbs is the amazing way they treat and heal trauma. These plants have the ability to reverse/reduce the impact of trauma or an injury and immediately start the healing process. This class will offer a few hands-on demonstrations showing

**CO-OP CALENDAR****JULY****CO-OP 101**

Wednesday, 2 July 6:00 p.m.

**DIY BUG SPRAY**

Friday, 11 July 5:00-6:00 p.m.

**WHAT'S YOUR GUT FEELING**

Tuesday, 15 July 12:00-1:00 p.m.

**WELLNESS WEDNESDAY**

Wednesday, 16 July 12:00-1:30 p.m.

Sawtooth Mountain Clinic offers:

Free blood pressure screening

\$3 blood sugar check

**MEDICINE IN YOUR CUPBOARD**

Saturday, 25 July 6:00-7:00 p.m.

**HERBS FOR TRAMA & INJURY**

Saturday, 26 July 10:00-11:00 a.m.

**AUGUST****GOING PALEO - PROS AND CONS**

Tuesday, 5 August 12:00-1:00 p.m.

**CO-OP 101**

Wednesday, 6 August 6:00 p.m.

**GLUTEN CONFUSION**

Tuesday, 12 August 12:00-1:00 p.m.

**WELLNESS WEDNESDAY**

Wednesday, 20 August 12:00-1:30 p.m.

Sawtooth Mountain Clinic offers:

Free blood pressure screening

\$3 blood sugar check

**SEPTEMBER****CO-OP 101**

Wednesday, 3 September 6:00 p.m.

**ADOPT-A-HIGHWAY CLEANUP DAY**

Saturday, 6 September 10 a.m.

**SLEEP WELL**

Tuesday, 9 September 12:00-1:00 p.m.

**BEESWAX CANDLE CRAFTING**

Sunday, 14 September 1:00-3:00 p.m.

**TEMPEH BASICS**

Tuesday, 16 September 6:45-7:30 p.m.

**WELLNESS WEDNESDAY**

17 September 12:00-1:30 p.m.

Sawtooth Mountain Clinic offers:

Free blood pressure screening

\$3 blood sugar check

**HONEY CLASS**

Monday, 22 September 6:00-7:30 p.m.

**GREAT GRAINS!**

Tuesday, 23 September 12:00-1:00 p.m.

## VICTUS FARMS FIELD TRIP

by Jeri Person, Produce Manager

On May 28, if you happened to be shopping at the Co-op between 11:00 a.m. and 2:00 p.m., you may have noticed that there weren't any produce staff around. That's because my entire staff and I went on a field trip to Victus Farms greenhouse in Silver



Bay, Minnesota. We went to see how they are able to provide us with over 100 heads of lettuce per week, all year round, and I was able to put a face to a voice that I have been speaking for almost 2 years: Baylor. He is one of the greenhouse partners and its sales rep who greeted us. As soon as we entered,



we were talking fish right away. There were at least 6 tanks of up to 500, 1.5-2 pound tilapia being raised for food and fertilizer. The tilapia are being sold to various restaurants, stores and at their Saturday open market at the greenhouse from 10 a.m. to 1p.m. The fish waste is basically filtered out, fermented, then composted before being added to the greenhouse side of the operation where all the lettuce is grown. The 4 varieties of lettuce—red and green leaf, and bibb and romaine—are grown in large, low tanks referred to as bays. Each bay has floating foam sheets with screened holes in them where the plants are grown and each bay holds one variety



of lettuce; this takes 7 weeks from start to finish. The front of the bay, which is closest to the fish operation, is where the 7-week-old produce is ready to harvest and will be arriving in our store the following week. Working our way back in the greenhouse we found the more recently planted lettuces. They are also experimenting with vertical growing and have a prototype pipe construction in which the plants are growing, it looks really promising.

Other produce, which is being grown in smaller quantities, are basil, peppers and tomatoes. After a quick, one-hour tour (no, not a 3-hour tour), it was time to head back and tend to our produce. From where I see it, the Victus Farm greenhouse demonstration facility is successful as far as putting a quality product into the community and doing so all year round.

## FREE WiFi SPOT

Stop by the Co-op, enjoy a refreshing beverage or perhaps something from the deli grab & go cooler, relax, cool off 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.*



Continued from page 1

## Is Our Co-op a Leader in Environmentally Sustainable Practices?

discussion at the annual meeting last October and it has taken center stage—with the board of directors, too. Recently we added the word “local” to our first Ends statement: “a successful, cooperative grocery that is a trusted source of healthy, **local** and sustainable products and services for all”. We have also set up a local food committee of 3 Board of Directors members (Erik, Don and Judy) to keep the discussion going.

The September/October 2013 issue of *Cooperative Grocer* featured stories on La Montanita Co-op's regional distribution center, on the farms owned by Roanoke Co-op and the Wedge Co-op, and on an anticipated expansion for Neighboring Food Co-op's regional frozen foods line. What lies in the future for Cook County Whole Foods Co-op in 5, 10, 20 years from now?

Of course, there is always more to do in this huge area of sustainability, thus Jennifer has entered our Co-op in the Minnesota GreenStep Cities program which the city of Grand Marais is participating in. This should help with measuring what we have done to make our Co-op greener and also offer tools to help with future greener decisions. So we're on our way!

## Two Questions for You:

- 1) Is our Co-op a leader in environmentally sustainable practices? We would like to know what you think!
- 2) Would you consider serving on the Board of Directors? It's that time again, there are two seats up for election in October. Contact a board member or pick up an application in the store.

## WELCOME NEW CO-OP EMPLOYEES

Bria Andress-Front End  
Nick Austin-Deli  
Mandy Dye-Produce  
Danielle Hansen-Deli  
Pat Hennessy-Meat Buyer  
Tom Knutson-IT  
Sarah Poznanovic-Grocery

## COMPARING APPLES TO APPLES: WHY THE STORIES BEHIND OUR FRUITS AND VEGGIES MATTER?

by Erin Huggins

As a vegetable producer I am always interested in what people in my community are saying about food. Lately, one of the things I seem to hear most often is concern over the cost of produce. Some people simply feel prices are “too high” while others wonder aloud why an organic apple at the Co-op costs more than an organic apple at the big grocery store they shopped at the week before. I am here to tell you that although at the end of the day an apple is indeed still an apple, every apple has a different story. It is the stories behind how, where and by whom our food is planted, harvested, processed, packaged and transported to our grocery store shelves that makes a great deal of difference to that apple’s story and more importantly to its cost, taste and nutritional value, as well as to what you might call its social value.

Having poured my own sweat, blood and tears into growing fruits and vegetables to sell, I know firsthand how hard farmers work to produce the food we bring home from the store to nourish ourselves and our families. Unfortunately, not every apple labeled “organic” at the big grocery store was grown on a small family farm by workers who were compensated with what we would consider a fair wage. Some of these organic fruits and vegetables are produced by large corporations on giant industrialized farms hundreds or even thousands of miles away from where we live. While these farms do comply with organic standards when it comes to the use of chemicals and pesticides, the produce may be picked long before it is ripe and shipped from warehouse to warehouse until weeks later it reaches your shopping cart. While the large scale of such farms allow the price of your apple to be friendlier to your wallet, it is uncertain whether supporting industrial agriculture pays-off in the



long run when it comes to the quality of our food and the health of our small farms and businesses.

Fortunately, we have other options. Despite the fact that today small family farmers are confronted with enormous structural odds, such as inflated land prices and an economy that greatly

undervalues food, I am happy to report to you that there is a flourishing and rapidly growing organic farming movement in the U.S. This means more choices than ever before for you and I when it comes to healthy, sustainably produced organic fruits and vegetables.

The many small farmers that make up this movement work incredibly hard to grow food in ways that are profitable but which are also respectful and responsible—to the land, to their employees, to their customers and to society. When you buy food that was produced on a small family farm you are supporting more than a farmer, you are using your money to create a sustainable world for yourself and for future generations, and sometimes that means paying fifty cents more for a plum than you might otherwise.

The easiest way to learn about your produce and feel good about where your money is going is to know your local farmers. If you can’t do that, try to learn where your fruits and veggies are being grown and who grew them. Try to choose produce grown as local as possible as often as possible. Doing so will keep money in your local economy, support small farmers in your region, and will most likely mean a more fresh and delicious tomato or head of lettuce

on your dinner plate since your food didn’t have to travel for weeks to get from the field to your hands.

The next time you are caught wondering why one organic apple might cost more than another, keep in mind that every fruit or vegetable you buy has a story and not all produce stories are the same. While we can’t research the history of every kumquat we drop into our shopping cart, we can feel empowered by the knowledge we do have access to, and also by the healthy decisions we can make with that knowledge for our selves, our families and our society as a whole.

Erin Huggins is a local food producer who lives on the Sawbill Trail in Tofte. She welcomes feedback and discussion at: [erin.theresa.h@gmail.com](mailto:erin.theresa.h@gmail.com)

## 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.



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.

**Mark your calendar now for the next Adopt-A-Highway cleanup day:**

**Saturday, 6 September 10 a.m.  
Plan to meet at the Co-op**

## OMEGA-3S AND YOU

by Kim Falter, Wellness Coordinator

Every single cell in your body—all 60 to 90 trillion of them!—is encased and protected by omega-3 fatty acids. Another name for omega-3s is essential fatty acids, and that word “essential” is included because it is essential for human health. Essential fatty acids are involved in many processes within the body. They are our principle source of energy, they provide structure to our cell membranes and are responsible for cell-to-cell signaling (such as hormone response), to name just a few.

The American Heart Association notes, “omega-3 fatty acids benefit the hearts of healthy people and those at high risk of, or who have, cardiovascular disease. Research has shown that omega-3 fatty acids decrease risk of arrhythmias, which can lead to sudden death. Omega-3 fatty acids also decrease triglyceride levels, slow the growth rate of atherosclerotic plaque and lower blood pressure (slightly).” The heart is just one organ of our bodies that benefit from omega-3s. Did you know that the highest concentration of essential fatty acids are in your eyes? According to the Mayo Clinic, “There have been promising results from studies looking at omega-3 for cancer, depression and attention-deficit hyperactivity disorder.” Further research has shown benefits for arthritis, skin problems, fetus development and severe head trauma.

The tremendous research on the benefits of fish oil have lead the American Heart Association to recommend eating fish (especially fatty fish such as, salmon, mackerel, herring, lake trout, sardines and albacore tuna) at least twice a week. This is especially important since we do not make omega-3s on our own, we can only obtain it from food or supplementation. Although less research has been conducted on plant-based sources of omega-3s and their possible benefits, they are a great addition to a healthy diet. Chia, hemp, flax, walnuts, and their oils are all great sources of essential fatty acids. There is a slight difference in these non-fish sources in that they require more steps to break down into the form that the

body utilizes, but there is more to these plant-based sources than their omega-3 content. They are excellent sources of fiber and minerals as well.

If you are not able to incorporate all of these omega-3 rich foods into your diet, or you just want to add a little extra to your diet, supplementation is an excellent choice. Keep in mind that not all fish-oil supplements are alike. It is no secret that our oceans suffer from pollution, be it plastics or crude oil, our fish are exposed. Basic biology tells us that we tend to store toxins and/or heavy metals in our fat cells, and essential fatty acids are just that: the fat of the fish. So when you purchase a fish-oil supplement you need to make sure that it is molecularly distilled to ensure toxins have been removed. If you experience burping or a fishy taste from your fish oil, that is a sign that your supplement is either rancid or has been poorly manufactured. A quality fish oil should never repeat on you.

We are very fortunate to carry Nordic Naturals line of omega-3 supplements. Nordic Naturals processes their fish oil from fish that are sustainably harvested in Norway, Peru and Alaska. The supplements are produced in the superior triglyceride form, which is the natural, more absorbable form of fish oil our bodies are adapted to. Nordic Naturals also offers a Certificate of Analysis of each batch of fish oil they produce that informs the consumer of exactly what is contained within that batch. Vigorous testing and adherence to quality standards is something you should require of any omega-3 supplement you purchase.

The leading cause of death in the U.S. is heart disease and second is cancer, according to the Centers for Disease Control and Prevention. Although the leading cause of preventable death is still tobacco, poor diet and physical inactivity are a very close second. Armed with all the information and research on the benefits of fish oil in cardiovascular and overall health, omega-3s are not something we can ignore. To say that omega-3s are important for optimal human functioning is an understatement—they are vital!

*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**

## LOOK WHAT'S NEW!

### BULK DEPARTMENT

**Equal Exchange Coffee** Eight Rivers  
**Peace Coffee** Pollinator Blend  
 Turkish Apricots  
 Semolina Elbow Noodles, OG  
**Fika** Coffee

### CHEESE DEPARTMENT

**Carr Valley** Port Salut Cheese  
**Le Délice by Bourgogne** Gorgonzola

### COOLER/DAIRY DEPARTMENT

**Organic Valley** Omega-3 Milk, OG  
**Organic Valley** Omega-3 Eggs, OG  
**Silk** Almond Milk  
**Poplar Hill** Goat Milk, MN  
**Redwood Hill** Goat Milk Keifer  
**Tofurky** Hot Dogs  
**Spirit Creek** Fermented Vegetables, WI

### GROCERY DEPARTMENT

**Meadowlands** Chocolate  
**Triple Crown** BBQ Sauce, OG, GF  
**Caribou Cream** Maple Sugar  
**Thai Kitchen** Lemon Grass & Kaffir Leaves  
**Leonardi** Balsamic  
**Ashland** French Batard  
**Trucoco** Coconut Water

### MEAT DEPARTMENT

**Olli Salumeria** Napoli & Pepperoni  
**Kadejan** Cut up Chicken & Wings  
**1000 Hills** Jumbo Ballpark Franks

OG=Organic  
 GF=Gluten Free  
 MN=Minnesota  
 WI=Wisconsin

## NEW STANDARDS FOR GLUTEN-FREE ITEMS IN THE DELI

by Kate Keeble, Deli Manager

Gluten-free diets are becoming increasingly popular these days. Some people incorporate these altered diets into their lives as a way to live healthier. Others, such as those with celiac disease, have to make gluten-free decisions as treatment for the disease. Whether you have a serious food allergy or are just trying to eliminate certain foods from your diet, food labeling can help you make healthy choices. Last August, the FDA published new regulations defining the term "gluten-free" for voluntary food labeling. This is intended to provide a uniform standard definition to help the up to 3 million Americans with celiac disease, which is an autoimmune digestive condition that can be effectively managed only by eating a gluten-free diet.



This new federal definition standardizes the meaning of "gluten-free" claims across the food industry. It requires that, in order to use the term "gluten-free" on its label, a food must meet all of the requirements of the definition, including: the food must contain less than 20 parts per million of gluten. The rule also requires foods with the claims "no gluten," "free of gluten" and "without gluten" to meet the definition for "gluten-free."

The term "gluten" refers to proteins that occur naturally in wheat, rye, barley and crossbred hybrids of these grains. In people with celiac disease, foods that contain gluten trigger production of antibodies that attack and damage the lining of the small intestines. Such damage limits the ability of celiac disease patients to absorb nutrients and puts them at risk of other very serious health problems.

As a result of these new guidelines, the Co-op Deli does not label any of its house-made products as "gluten-free."



We have found it difficult to regulate the cross-contamination of gluten into gluten-free products. Without a certified "gluten-free" kitchen, it is difficult for anyone to regulate cross-contamination of gluten into products labeled as "gluten-free." Now that we have a better understanding of celiac disease and the importance of "gluten-free" labeling, we want the public to understand and be aware as well. About 70% of the products made in the Co-op Deli and a handful of items from our Bakery do not contain ingredients that contain gluten. But because of the new laws, and for the safety of those with celiac disease, we do not label those items as "gluten-free." Maybe in the future the Co-op could expand and have a certified

"gluten-free" kitchen, but for now, we will outsource those products labeled as "gluten-free" from other Co-op's and companies with certified "gluten-free" kitchens. We encourage all customers to read labels. All products made in the Co-op Deli have an ingredient list and a list of food allergens on their label. This is to help customers make the best choices about what they are eating, no matter what diet they are trying or intolerances they may have.

### 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)



Your Co-op Deli items are now packaged in recyclable containers.

## THE GREAT PLACE RACE

by Erin Altemus

In May, Moving Matters awarded 16 businesses, non-profits and individuals, with grants to make a Great Place. The Co-op received one of these generous grants.

A Great Place, according to Moving Matters, is a place that is inviting, beautiful and catches the eye, a place that encourages people to slow down and spend time there.



The Co-op is using our grant to help fund a Great Place to sit along the lake behind the Co-op. Two round picnic tables have been purchased and placed on the beach for anyone to use—for lunch, lake-viewing, a rest stop or a meeting spot.



In addition, artist Tom Christianson will be designing and creating a bench that will go in front of the Co-op near the garden and bike rack.

As part of our own efforts to create inviting community spaces, we also installed an edible garden out front. Come sit, relish the summer sun, and enjoy the herbs, perennials, flowers and vegetables.

## CO-OP PRODUCT POLICY

by Jennifer Stoltz, General Manager

Cook County Whole Foods Co-op is a member-owned community grocery, working to create a healthy and sustainable society. We have been serving the community with healthy alternatives since 1976. The Co-op sells as many organic items as possible and selects other items that are grown or produced using sustainable methods. Our buyers have always followed a product policy and work to bring in items that are free of artificial ingredients, high-fructose corn syrup, hydrogenated oils or excessive packaging.

As our Co-op has grown, we decided that it was time to review, update and expand our product policy. At Cook County Whole Foods Co-op we are presented with a wide range of products and must determine what items should or should not be carried by our store. This product policy guides us in making these buying decisions and informs consumers about what they can expect from our products.

Of course, as you walk through our store, you can see that every product does not meet every point in our new policy. There are no locally grown bananas, peaches or almonds, and some organic products cannot be considered affordable. In the case of organics, we often offer a non-organic choice if affordability is an issue. When offering non-organic items such as milk, cheese or meat, we make sure that the products are free of growth hormones and antibiotics, and non-organic pops are free of high-fructose corn syrup. However, sometimes manufacturers change their recipes or a new product contains an unwelcome ingredient. Choosing new products and deciding what to bring into our store can be daunting for buyers, but luckily, most of our suppliers have similar product policies to ours. Let us know if you have concerns about any of the products that we carry.

### PRODUCT POLICY

In keeping with progress towards meeting the “Ends,” the CCWFC works toward selling minimally processed, additive free, and organically grown and produced foods. Our goal is to serve owners by providing them with food and related products free from ingredients generally known as detrimental to humans, pets and the environment with considerations toward affordability.

We will give preference to selling products that are:

- 1) Certified organic
- 2) Locally and regionally produced
- 3) Considered “Fair Trade” (or equivalent)
- 4) Environmentally responsible
- 5) Minimally packaged
- 6) Free of artificial ingredients
- 7) Free of high-fructose corn syrup
- 8) Free of hydrogenated fats
- 9) Free of MSG
- 10) Free of GMO ingredients
- 11) Free of growth hormones and antibiotics
- 12) Produced by cooperative businesses



It is also the intent of the Co-op to offer healthy choices for alternative diets such as, but not limited to, gluten/dairy/animal/soy free.

## CO-OP 101

Daunted by the bulk area? Have questions about products? Take an easy and free Co-op "bootcamp" class. We'll take a "behind-the-scenes" tour of the store and various departments, explain how to place a special order and, talk through the benefits of ownership. Andrew will be available to answer any questions you may have. No pre-registration required. **It's FREE and everyone is welcome! The first Wednesday of each month at 6p.m.**

2 July

6 August

3 September



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

Standard Rate  
US Postage  
PAID  
Permit No. 2  
Grand Marais, MN

## EXTENDED HOURS BEGIN TUESDAY, 1 JULY

### JULY & AUGUST

Mon. - Sat. 8 a.m. - 8 p.m.

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

The Co-op is open the 4th of July  
and Labor Day

## 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 Bi-monthly Discounts** Take \$5 off a purchase of \$50, seniors 60+ get an additional \$5 discount.

**Bi-weekly Co-op Deals**, see what's on sale at:

[cookcounty.coop](http://cookcounty.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 bags for sale.

**Additional coupons, brochures and flyers available at the Customer Service Desk and in the dining area.**



## FIND THE CO-OP ONLINE!

The Co-op is now listing Deli items on **Boreal.org** under *Daily Specials*. You can find which soups and sandwiches are in the Deli each day as well as the salads and spreads that are available.

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**, **boreal.org** and **cookcounty.coop** about news and other happenings.

## 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)

## 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 supports the Co-op Ends, a *welcoming and friendly gathering place where the community has a sense of belonging.*



## HOURS July & August

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

## September-June

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

**Please recycle!** The Blueberry Jam is 100% recyclable, but before you do that, please pass it along to a friend, family, neighbor or anyone.