

BlueBerry Jam

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

LOOKING AT THE “END” RESULTS!

by Kathy Bolstad, Board of Directors
CCWFC

As a relatively new board member, I have learned an amazing amount in this past year plus and I can hardly believe that amount of time has passed. New on the board in October 2012: Moved the store to a temporary location, tore down the old store in November and by June of 2013, we were up and running in our brand new facility! Our management, staff, board and members should be very proud!

How wonderfully refreshing it is to step into our beautiful new store and see the many smiling and welcoming faces, of both staff and customers. It definitely is a social event as well as shopping event when going to the Co-op. And so that is who and what we are! All, in many ways, can be attributed to the “Ends Policies” that have been so carefully established over the years. As we read these before every board meeting, thought goes into how the decisions

we make for our Co-op community fit within these guide lines. We also review them to make sure that the Ends themselves fit what our members are envisioning the CCWFC to be to individuals, as well as the community.

One of the Ends Policies that seems to have the most concern and frustration at this point is the first. The word “local” has to be interpreted differently in our area because of being in a region that cannot produce or sustain production of “Cook County Local.” Cook County simply does not have growers that can accommodate the large amounts the Co-op requires, nor the ability to produce crops all year round. Therefore, we are required to rely on surrounding regions and states to supply us with fresh products. Great effort is being put forth to buy as much “Cook County Local” as possible in its growing months and to stay as close to home as possible in purchasing during other times of the year. Another issue that often accompanies the previously mentioned is some question in buying organic. What often goes hand-in-hand with the above is the issue of buying organic. Please know that every effort

is being made to meet our member’s wishes in this area.

As we proceed through the next few months, the board will be giving a careful look at all of our “Ends” to make sure they are giving us the direction we need and that we are using them to do what they were intended to accomplish. We will include looking at Ends Policies from other co-ops that are about our same size, to see if we are presenting ours clearly and if there is any part of them that could be improved upon by stating things differently, more concisely or add to them. I encourage everyone to read them often and do a mental check as to whether they are what you want and also whether the board is following them to the best of its ability.

There is a suggestion box at the courtesy desk as you enter the store. Suggestions are always welcome and considered during our meetings. It is a way for us to reflect on what has, is and will continue to happen, as the governing process continues to determine the operations of our Co-op. My personal feeling is that the “Ends” we currently have are very solid, concise and meaningful and give us good direction for our store to succeed and be a welcoming place to all.

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
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!

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

Staff

Jennifer Stoltz

General Manager

Andrew Ashcroft

Customer Service Manager

Marietta Berneking

Bookkeeper

Kim Falter

Wellness Buyer

Michael Garry

Grocery Manager

Kate Keeble

Deli Manager

Tom Knutson

IT Coordinator

Jill Levene

Ownership & Outreach

Leslie Pedersen

Cheese Buyer

Jeri Person

Produce Manager

Ray White

Bulk & Cooler Buyer

WELCOME NEW OWNERS!

Ann Alwell
Beth Benson
Cynthia Burton
Dave and Patricia Coleman
David Gerkenmeyer
David Gillen
Emily Derke
Evelyne Reid
Finn Jorgenson
Jeff and Anna Latz
Jennifer Gillum
Jessica Rodne
John Hanson
Josh Rice and Anna Brown
Julie Fletcher
Karel Hedstrom
Katy Borud

Laura Berg
Marlene Huonder
Martha Marnocha
Mike Flack
Mike Jansen and Nina Oullis
Nancy Borson
Natalie Crinklaw
Nick Jorgenson
Patrick Dinneen
Peggy Little
Plamen Dimitrov
Scott Kerr
Shelly Norman
T.J. Johnson
Terri Resler
Tracy Smith
Vallen Cook

FULL-EQUITY SHARES!

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

Ann Alwell
Beth Benson
Beth Ambrosen and Kerry Leeds
Brian and Wendy Sherburne
Gayle Brett
Greg Barnier
John Hanson
Kay Rosenthal and Karin Fjellman
Krishna and Dave Woerheide
Laura Berg

Malissa Deschampe
Margaret and John Mayerle
Martha Marnocha
Melissa and Gene Dressely
Paul and Bonnie Muus
Peggy Little
Rich and Jan Wojcik
Tracy Smith

Thank you!

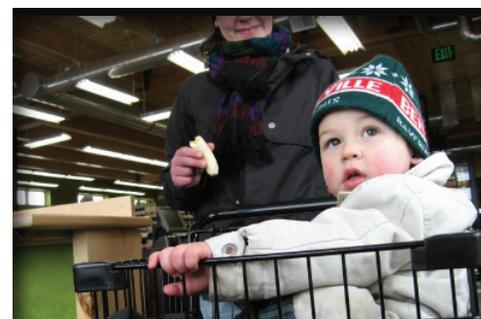


CO+OP EXPLORERS CLUB

Kids ages 12 and under are invited to become a Co+op Explorer and be eligible to receive one piece of fruit or vegetable per visit! To become a Co+op Explorer, kids simply need to bring a parent or supervising adult to the customer service counter and ask to become a Co+op Explorer. Each child will be issued their very own super official Co+op Explorer’s card!

We’re expanding the Co-op Explorers program! When your child comes to the Co-op, they get to pick any piece

of single serving fruit or vegetable they want. Give them a chance to explore the fruits and vegetables that they have never tried. If you need suggestions, ask one of the Co-op’s helpful employ-



ees. We want to get your child hooked on good fruits and vegetables. Healthy lifestyle habits, including healthy eating and physical activity, can lower the risk of becoming obese and developing related diseases. To date, 136 kids have signed up for the Co+op Explorer’s Club!

CO-OP FAMILY MOVIE NIGHT

Join us for family movie nights hosted by the Co-op at: **"What's Upstairs"** Theatre, above Betsy Bowen's Studio 301 1st Ave. West Grand Marais, MN

We will choose movies that cover many topics such as: The Environment, Globalization, Sustainability, Climate Change, Developing World, Indigenous Peoples, Earth Science, and Children's Films to name a few.

Admission is **FREE for Co-op Owners, \$5 for Non-Owners** and bring your own snacks if you like. Doors open at 6:30 p.m., the lights go down and the movies start at 7:00 p.m.

Fresh Thursday, 8 May 7:00 p.m.

Fresh celebrates the farmers, thinkers and business people across America who are re-inventing our food system. Each has witnessed the rapid transformation of our agriculture into an industrial model, and confronted the consequences: food contamination, environmental pollution, depletion of natural resources, and morbid obesity. Forging healthier, sustainable alternatives, they offer a practical vision for a future of our food and our planet.

Among several main characters, **Fresh** features urban farmer and activist, Will Allen, the recipient of MacArthur's 2008 Genius Award; sustainable farmer and entrepreneur, Joel Salatin, made famous by Michael Pollan's book, *The Omnivore's Dilemma*; and supermarket owner, David Ball, challenging our Wal-Mart dominated economy.
Running time: 72 minutes

What's On Your Plate? Thursday, 26 June 7:00 p.m.

What's On Your Plate? is a witty and provocative documentary about kids and food politics. Over the course of one year, the film follows two eleven-year-old multiracial city kids as they explore their place in the food chain. Sadie and Safiyah talk to food activists, farmers and storekeepers, as they address questions regarding the origin of the food they eat, how it's cultivated and how many miles it travels from farm to fork.

Running time: 76 minutes

CLASS SCHEDULE & DESCRIPTION April-May-June 2014

APRIL

CO-OP 101

Saturday, 5 April 4:00 p.m.

MEXICAN STREET TACOS

Sunday, 27 April 5:45-7:45 p.m.

MAY

CO-OP 101

Saturday, 3 May 4:00 p.m.

DIY BURN SPRAY & SOOTHING SKIN BEAUTY MIST CLASS

Tuesday, 13 May 6:30-7:30 p.m.

JUNE

DIY BUG SPRAY

Tuesday, 3 June 6:30-7:30 p.m.

CO-OP 101

Saturday, 7 June 4:00 p.m.

For all classes, except Co-op 101, please pre-register at the Co-op or call us at **218.387.2503**. Classes will be cancelled if the minimum of 4 people do not pre-register.

MEXICAN STREET TACOS

with Yafa Napadensky and Bob Shannon

We'll be making soft corn tacos with three fillings: carnitas (cubed meat), grilled green chiles and cheese, veggies and shrimp with avocado. Bring your appetites Amigos! Limit 10 people.

\$10 Owners/\$15 Non-Owners

DIY BURN SPRAY & SOOTHING SKIN BEAUTY MIST

with Kim Falter, Wellness Coordinator
As summer approaches the sun is

getting stronger, and although we all try to keep that sunscreen applied, there is always that inevitable sunburn. Join us at the Co-op, learn how to make your own Burn Spray, effective for both your everyday accidental burns as well as sunburns. We will also make a Soothing Skin Beauty Mist great for calming down that overheated skin. Everyone in the class will learn about the essential oils that compose these mists and why they are great at protecting and calming the skin. Limit 10 people.

\$10 Owners/\$15 Non-Owners

DIY BUG SPRAY

with 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 just in time for bug season. Limit 10 people.

\$10 Owners/\$15 Non-owners

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.

FREE, everyone is welcome!

CO-OP CALENDAR

APRIL

Saturday, 5 April 4:00 p.m. Co-op 101

Sunday, 20 April Closed for Easter

Tuesday, 22 Earth Day

Sunday, 27 April 2:00-4:00 p.m.

Local Growers Meeting at the Co-op

Sunday, 27 April 5:45-7:30 p.m.

Mexican Street Tacos

MAY

Saturday, 3 May 4:00 p.m. Co-op 101

Thursday, 8 May 7:00 p.m.

Co-op Movie Night **Fresh**

Saturday, 10 May 10:00 a.m.

Adopt-A-Highway Clean Up Day

Tuesday, 13 May 6:30-7:30 p.m.

Do It Yourself Burn Spray & Soothing Skin Beauty Mist Class

JUNE

Tuesday, 3 June 6:30-7:30 p.m.

Do It Yourself Bug Spray Class

Saturday, 7 June 4:00 p.m. Co-op 101

Thursday, 26 June 7:00 p.m. Co-op
Movie Night, **What's On Your Plate**

BOARD OF DIRECTORS

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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

CO-OP STAFF PICKS

Leslie

Front End Associate & Cheese Buyer

I love the salty date and almond **Lesley Stowe Raincoast Crisps**. The ingredients are simple, minimally processed, producing a super tasty cracker that is fantastic with any soft cheese and equally good on its own.



To learn more visit: lesleystowe.com

Kent

Front End Associate & Facilities

I like the **Explore Asian Organic Mung Bean Fettuccine**, it's organic, gluten free, but most importantly, one serving has only 17 grams carbs, and 25 grams protein! At this stage in my life where the middle section wants to expand, any pasta that's low carb and high protein is a very good thing, and it tastes good! I use it like any fettuccine.



To learn more visit: explore-asian.com

READY FOR SUMMER SAVINGS?



The May-June Co-op Deals coupon book will be available soon at the Co-op! Get ready for summer fun with savings on great on-the-go snacks including Santa Cruz Organic, Annie's Homegrown, Lundberg Family Farms, as well as family favorites from Stonyfield, Udi's Gluten Free, Kiss My Face and many more.

Stop by the Co-op and see what's in store, and for more ideas on delicious and simple summer foods, ideas for picnics, barbeques and easy-to-pack deliciousness, visit: strongertogether.coop

Look for the coupon books at the Co-op in early May. Coupons are valid through 30 June 2014.

LOCAL GROWERS SCHOLARSHIP AWARDED

by Jennifer Stoltz, General Manager

The Cook County Whole Foods Co-op Local Growers Scholarship helps Cook County farmers establish and improve their farms, buy needed equipment and supplies, and helps pay for organic farming education. Congratulations to Erin and Trevor Huggins who were awarded \$500, which helped them cover the cost of attending the Moses Organic Gardening Conference and will allow them to purchase equipment that will help facilitate distribution of their produce. They also plan to start an egg CSA (Community Supported Agriculture). It's great to support farms and farming in Cook County. Talk to Jeri Person, our produce manager, if you would like information on selling your produce to the Co-op or to learn how to apply for next year's Local Growers Scholarship.

WHY GOAT CHEESE?

by Leslie Pedersen, Cheese Buyer

Standing in front of the cheese case at the Co-op offers a lot of choices. Beyond the different kinds of cheese, say cheddar, Brie, feta, etc., is the choice of what animal produced the milk your cheese may have come from. Will it be cheese made with cow milk, which is most common in the U.S., goat milk, sheep milk or sometimes even buffalo milk. In this article I will be focusing on cheese made from goats.

Many people choose goat-milk cheese for the health benefits however, more and more people are choosing goat cheese for its flavor and the increasing amount of differing kinds of goat cheese available. The health benefit most folks seem to like is goat milk tends to be more digestible than cow milk. Although both types of cheese have similar levels of lactose, the fat molecules in goat cheese are shorter making them more digestible. It can also sometimes be a good option for people who have an allergy to cow-milk products. The other great quality of goat cheese is that it has less fat per gram than its cow counterpart. Cow-milk cheese generally has around one hundred calories and ten grams of fat per ounce, goat cheese

only has eighty calories and six grams of fat per ounce. Goat cheese also carries a higher protein count, five grams in a single ounce of this tasty cheese.

If you have not tasted any goat-milk cheese of late, I encourage you to give it a try. Many folks mistakenly think it tastes, shall I say “barn-yardy,” those days have gone for many of the newer varieties of goat cheeses. The two creameries that the Co-op cur-



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rently buys goat cheese from use the goat milk within three days producing a higher quality milk with less “goaty” taste. Then, there are all the wonderful varieties that have great tasting additions to the cheese. For example, we currently have a fig and olive chèvre or you might try one with peppadews or our number one seller, herbs and garlic chèvre. For the purists we also carry a

goat-milk feta and a cheddar.

A word about the creameries, Mt. Sterling and Montechèvre, are both great companies committed to sustainable dairy practices and environmental well-being. When visiting the Montechèvre website you are invited to watch via live camera the goats in their yard or while being milked; that kind of transparency is admirable. In addition in 2010, they installed an anaerobic digester, a means to turn waste from their plant into electricity. Furthermore, methane from the process is used to generate electricity to not only power the digester itself but it can also power more than two hundred local homes in addition to the plant. Mt. Sterling is a member owned and operated cooperative since 1983.

For information visit:

buymtsterlinggoatcheese.com

Why not
goat cheese?



COUNTRY VIEW DAIRY FARMSTEAD YOGURT

by Ray White, Dairy & Bulk Buyer

Country View Dairy Farmstead Yogurt is made right on the farm, in Hawkeye, Iowa, from single-herd milk. The farm is owned and operated by Carolee and Dave Rapson, along with their five children.

For many years the Rapsons were dairy farmers and struggled to make ends meet. In September 2011, they built a new creamery right on their farm. Their milk is never trucked or mixed with other milk.

As we know here in Cook County, family owned and operated single-herd milk is the best approach to quality

assurance and minimizes the ecological footprint of the final product.

Country View Dairy yogurt is non-homogenized, which allows a layer of cream to rise to the top. Many people believe that non-homogenized milk in yogurt is easier to digest. Their yogurt is made with 1% milk fat, is free of growth hormones and has no preservatives or artificial flavorings.

The Co-op offers a variety of flavors in both original, 10 grams of protein per serving and Greek style which boasts 19 grams of protein per serving. Look for Country View Dairy yogurt in the dairy cooler at the Co-op.

For information visit:
countryviewdairy.com

YOGURT AND HONEY SALAD DRESSING

(Originally published in *Our Ohio*)

Ingredients

3 Tbsp. yogurt
¼ cup balsamic vinegar (white balsamic preferred)
1 ½ Tbsp. Dijon mustard
1 Tbsp. extra virgin olive oil
Salt, to taste
Freshly ground pepper, to taste

Directions

Mix all ingredients in a blender until combined, about 30 seconds. Store up to a week in the refrigerator.

Copied from **Country View Dairy Farmstead Yogurt** website.

WOW WHAT A WINTER!

by Jeri Person, Produce Manager

I hope that it will be over by the time this goes to print. It has been a long winter but surprisingly a fast year. Remember where we were last year, in our temporary location and preparing for the move. Now with June right around the corner, it will be one year!

I was able to escape Minnesota and went to the Southwest, where it was dry, sunny and warm. It seemed as though everyone was informed on our weather. After commenting that I was from Minnesota the most common response was "Oh you guys are having a tough winter." And, of course, I would comment on the amount of snow we had. Then the conversation would change to how warm the winter has been and the lack of precipitation the Southwest has had. Everyone mentioned the drought that this part of the country is experiencing, it's a beautiful place, sunny and warm but I would miss the lakes and rivers. It made me appreciate the snow a little bit more knowing that at least for the spring we will have moisture and maybe less of a fire danger. Also, I felt more adamant about protecting our water system and not selling it out to polluting situations, irrigating outside of its natural water shed and doing everything we can to preserve what we have. I will also not take it for granted because in other parts that is exactly what is being done and folks there have a whole different game to play when it comes to their water resource.

The drought will be something we all will be hearing more about as the season continues and will most likely affect our produce availability, cost and qualities.

Some fun and new things will be happening at the Co-op. One will be the introduction of more produce information with the new SMART SIGNS that will be put in place for consumers. The signs will have a QR code for all smart phones or anyone with a QR App on their device. It will give you nutritional information, product information and recipes to try. Stop in and check it out!

We are also trying to get in a shipment of certified organic bedding plants from Gardens of Egan in Northfield, Minnesota. Ideally, we would get a delivery of cool season starts such as broccoli, kale, onions, lettuce, etc., in mid-May, hopefully a second delivery of warm season crops such as tomatoes, squash and peppers, with those arriving sometime late May to the first part of June. Again, this is all still in the works and is weather and delivery dependent. In addition, we are hard at work on arranging another delivery of produce from J & J Distribution. By adding this additional supplier we hope to eliminate any shortages of product by having all our supplies from one vendor.

This year the Local Growers Scholarship has been awarded to Erin and Trevor Huggins. Erin is passionate about growing for the community, selling at the farmer's market, and developing egg production in the county. Along that note, we will have a local grower's meeting at the Co-op, 27 April from 2-4 p.m. for anyone interested in growing produce for the Co-op. This will be an informal gathering, centered around questions and answers and for those who have grown before, this would be a great time to get your local agreement forms signed.

Back in January, the produce staff met with two of the Wisconsin Growers board member/growers and their brokers, Al and daughter Kaylee for a meeting. One of the interesting pieces of information received when they were asked about how they keep their crop stored was that they had dug a pond at the top of a hill, filled it with water before winter and then after it freezes, they cut out ice blocks and send them down the hill for year-round storage in their ice house. Very sustainable, as long as there is water.

WHY FAIRTRADE BANANAS?

Purchasing Fairtrade Equal Exchange bananas is a pledge of support for small-scale growers, their families, their communities and their environments.

Purchasing Fairtrade Equal Exchange bananas provides additional payments to the Social Premium Fund which is

democratically controlled and allows members to vote on how to use the funds, education, healthcare, environmental projects and business development. In addition, farmers gain control of their future and the earnings stay in their communities and businesses.

By selecting these bananas, you help in promoting farm management systems and limiting the use of harmful chemicals that create health issues for the farmers, their families, the environment and eventually us.

By purchasing Fairtrade Equal Exchange bananas YOU ARE making a difference in the farmers lives, their families and the communities they live in.

Did you know?

- Not all organic bananas are the same
- Fairtrade standards are designed to fight poverty and support farmers and traders
- 80% of the world's bananas, organic and conventional, are controlled by 5 companies: Dole, Del Monte, Chiquita, Fyffes, Nobra Bonita
- Bananas have been sold over the last 100 years at artificially low prices by large corporations creating the "cheap food" image and decreasing prices to the farmers
- It takes 1 month to get bananas from farm to store
- Bananas are the fourth most important staple in the world following wheat, rice and corn
- Nearly all commercial bananas (Cavendish) plants are clones of one another, most originated from one single plant in South East Asia
- The banana plant is actually an herb and the banana itself is classified a berry.
- Additionally, \$500 went directly to the Social Premium Fund.

The Co-op sold 19,352.50 pounds of bananas in 2013, \$5,322 was the total contribution to the farmers' income your purchases made. Additionally, \$500 went directly to the Social Premium Fund (see above how that is used). That is just from our store and your purchases of Organic Fairtrade Bananas!

GO BANANAS!! beyondthepeel.com

AROMATHERAPY GUIDE FOR THE SPRING SEASON

by Kim Falter, Wellness Coordinator

Aromatherapy has been around a long time. Of course we all know of the Frankincense and Myrrh of the Bible, but there is evidence of essential oil distillation in Mesopotamia as early as the twelfth century BC. Nevertheless aromatherapy was rare until the first century AD, with the term “aromatherapy” first coined by a French scientist whose interest in this field was sparked when an explosion in his family’s perfume laboratory burned his hands. He quickly plunged his hands in a vat of lavender essential oil and proceeded to quickly recover from his burns without scarring.

Aromatherapy is the art and science of enhancing health and well-being with essential oils. When inhaled, these scented oils excite neurochemicals that effect the brain thereby affecting our emotions. This is why certain scents can draw us back to points in our past, or enhance a sour mood.

After a long, cold winter it seems fitting to add some scents into our lives that brighten our mood, sharpen the mind and cleanse us as we move into the warm light of spring.

Lavender

Lavender is a floral scented middle note, this means that it evaporates more slowly with a slight lingering of the scent. This is the most popular oil in all of aromatherapy for its amazing ability

to calm the mind. This oil also helps to cleanse, relieve stress and promote healthy sleep. Since it is so

popular it has also been studied quite extensively. These studies have shown that lavender oil has anti-inflammatory properties, it is an effective treatment for headaches, it soothes burns, helps with insomnia due to anxiety and it



helps reduce symptoms associated with insect bites and stings (just in time for bug season)!

Lemon

Lemon is a refreshingly sweet top-note essential oil, which means that it evaporates quickly and the scent does not linger. It is great for reinvigorating the mind and promoting concentration, balance and cleansing. It is a great oil for the skin when diluted in a carrier oil such as jojoba or rose hip as it has some antibacterial properties and is a great support for aging skin.

Sandalwood

Sandalwood is an earthy scented bottom note, which means this scent lingers a while. Traditionally used for inspiring insight and spiritual elevation, it can also relieve stress and help induce a centered state. Sandalwood is commonly viewed as a very sensual scent and historically it has been used as an aphrodisiac.



Of utmost importance in choosing an essential oil is its purity. Lemons are plentiful, so it might be rare that you find an adulterated lemon oil, lavender and sandalwood are commonly adulterated due to high prices for pure product or over harvesting. Purity and quality of essential oils are also important if you want to experience the full benefits of what the scent can provide. We are very lucky to carry essential oils from Aura Cacia where quality is ensured through rigorous testing.

Usher in the spring with some of these DIY recipes:

Stress-Relief Bath Salts

2 cups Epsom or Dead Sea Salts
10 drops Lavender essential oil
5 drops Sandalwood essential oil
3 drops Rose Absolute essential oil
2 drops Ylang Ylang essential oil
Mix salt and oil together in a large bowl, then place in a glass jar. Toss a handful into your bath water.

Energy-Boosting Massage Oil:

2 oz. Sweet Almond or Macadamia oil
8 drops Lemon essential oil
2 drops Eucalyptus essential oil
1 drop Cinnamon essential oil
1 drop Peppermint essential oil
Place 2 ounces of Sweet Almond or Macadamia oil in a jar then add essential oil drops.

Kim’s Springtime Room Spray

4 oz. mist bottle
4 oz. water
14 drops Lemon essential oil
12 drops Sandalwood essential oil
8 drops Lavender essential oil
Place 4 ounces of water into a mister bottle then add essential oil drops. Spray with abandon throughout any room.

Look for additional recipes on page 8

FOOD SHELF

by Kim Falter

The Co-op recently purchased 26 jars of Woodstock Peanut Butter for the Food Shelf.

Watch for **The Minnesota FoodShare and Minnesota Food Co-ops** totals in the next Blueberry Jam.

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**

RECIPES

PEACEFUL BATH SOAK

2 oz. bath salts
8 drops Sandalwood essential oil
4 drops Rose Absolute essential oil
2 drops Patchouli essential oil

Mix all ingredients well. Add to warm bath. Enjoy!

PANEER, INDIAN CHEESE

1 quart whole or 2% milk (no skim)
2 tsp. lemon juice or vinegar or curd yogurt
cheese cloth, muslin or a thin cotton napkin
some bowls and a heavy weight

Heat the milk, when it starts boiling, add the lemon juice, vinegar or curd. When the milk is completely curdled, remove from the heat. Drain the watery whey from the curds with the cheesecloth. Collect the cheesecloth tightly together with the coagulated milk curds inside. Place it on a plate and keep a heavy weight on top of the cheesecloth. Check after 30-40 minutes, the paneer should be set. When the paneer cools, cut into blocks of any size or shape. The paneer can be refrigerated in an airtight container, or immerse the uncut block of paneer in a bowl of water, will stay fresh for 3-4 days.

MATAR PANEER

Ingredients
1-1½ c. paneer, Indian cheese
1 cup green peas – fresh or frozen
1-2½ cups water
½ tsp. turmeric powder/haldi
¼ tsp. red chili powder
½ tsp. punjabi garam masala powder
1 tsp. coriander powder
2 or 3 Tbsp. oil or ghee
a few coriander (cilantro) leaves for garnishing
salt as required
sugar as required and optional (check notes)

Ingredients for the masala paste
3 medium-sized ripe plum tomatoes,



1 medium to large onion, chopped
1 green chili, chopped
½ inch ginger, chopped
2-3 garlic cloves, chopped
1 Tbsp. cilantro leaves, chopped
5-6 whole cashews, chopped

Directions

1. Blend all the ingredients mentioned under masala paste in a small grinder or blender to a smooth paste. Set aside.
 2. Heat oil or ghee. Add ½ tsp. cumin seeds, add the masala paste.
 3. Fry for 6-7 minutes over medium flame until the oil separates from the paste. Add all the dry spice powders and stir.
 4. Add the matar (peas), water and salt.
 5. Pressure cook until the matar (peas) are tender. Check notes below on how to cook in a pan.
 6. Turn off the heat. When the pressure drops on its own, open the lid of the pressure cooker.
 7. Add the paneer cubes, simmer for 2-3 minutes or until the paneer cubes get cooked.
 8. Don't overcook as the paneer becomes dense and hard then.
 9. Garnish matar paneer with coriander (cilantro) leaves.
- Serve matar paneer with rotis, parathas, naan or rice.

Notes

If making matar paneer recipe in a pan, first fry the masala paste in the pan. Add the dry spice powders and stir. Add the matar (peas), salt and about 2 ½ cups water. Close the pan and cook the matar (peas) until soft. If the curry liquid dries up while cooking, add more water. If the tomatoes are tart, sweeten the gravy by adding some sugar.

For additional information visit:
vegrecipesofindia.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.



How does it work?

Community groups, churches, individuals or businesses adopt a highway by picking up litter and debris on both sides for at least two years.

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, 10 May 2013 at 10 a.m.
Plan to meet at the Co-op.**

DID YOU KNOW THE CO-OP CONFERENCE ROOM IS FREE TO USE?

The Conference Room at the Co-op is available for public use, 7 days a week, during normal Co-op business hours, and there's no usage fee, it's FREE! The room comfortably accommodates 8-10 people and we are a free WiFi hot spot.

For your convenience we have posted monthly calendars on the bulletin board in the conference room for you to sign up the date and time you wish to reserve the room. We ask that you leave the room as you found it and report any problems or issues to one of the Co-op staff. Call 218-387-2503 or stop in to reserve. *Room capacity 12 people.*

How's IT GOING?

Our new Co-op has been open since June 26, 2013, and customers often ask, "How are things going?" I'm happy to report that things are going well. Sales have been 13% ahead of projections and keep getting stronger. Strong sales meant that we received a volume discount for a second quarter, which translated into lower prices. More sales also mean more suppliers. We are adding an additional produce supplier to help alleviate out of stocks and to increase variety and we have brought in a lot of items from independent vendors to increase selection in our store. Staffing has increased as well, even during the slower winter months. The Co-op currently employs 27 people, up from 19 in March 2013, and we will be adding additional staff soon to prepare for the busy summer season. It's exciting to see so many people utilizing our eating area and private meeting room throughout the day. It is hard to imagine that we got by with one small table for customers in our old location. The building has been performing well and overall we are happy with the choices that we made. There has been some tweaking and minor repairs but the size and layout are working well. During the summer months we heated all of our water with the excess heat produced by our refrigeration compressors. We also just completed installation of a heat recovery system that utilizes excess heat from the refrigeration to help heat the building.

We received a rebate of \$4,352 from the Grand Marais PUC because of our energy efficient lighting, sensor light switches and an energy efficient heating and cooling system. In October, we paid the first interest payments on all of our owner loans, and we've been paying all of our other building and equipment loans on time. The National Cooperative Grocers Association follows our financials and has given us high marks for our performance. In the coming year, we plan to personalize the space with artwork, signage and an outdoor garden. Thank you for shopping at our new Co-op and making the new store a success. It's great to be able to offer more healthy food to more people.



Jennifer Stoltz, General Manager

BECOME A CO-OP OWNER

OUR MISSION STATEMENT

Cook County Whole Foods Co-op is a member-owned, community grocery, working to create a healthy and sustainable society.

OWNERSHIP BENEFITS

Anyone may shop at the Co-op, only owners receive the following benefits:

- * 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
- * Special order discount, 20% off

- * Blueberry Jam newsletter
- * Possible patronage rebate, the more you spend, the more you receive
- * Voting rights, one owner = one vote
- * Owner participation opportunities, serve on the Co-op Board
- * 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.

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.*



CO-OP FAMILY MOVIE NIGHT

Join us for family friendly movie nights hosted by the Co-op at
"What's Upstairs" Theatre
301 1st Ave. West Grand Marais, MN

Thursday, 8 May 7:00 p.m.

Fresh

The underground documentary that became a massive grassroots success, **FRESH** is the embodiment of the good food movement.

freshthemovie.com

Thursday, 26 June 7:00 p.m.

What's On Your Plate

A witty and provocative documentary produced and directed by award-winning Catherine Gund about kids and food politics.

whatsonyourplateproject.org

See page 3 for complete details

The Co-op will be closed for Easter Sunday, 20 April 2014



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

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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

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

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

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

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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.