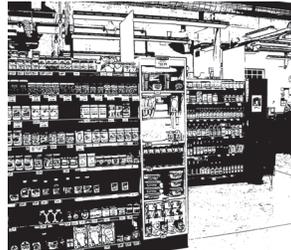
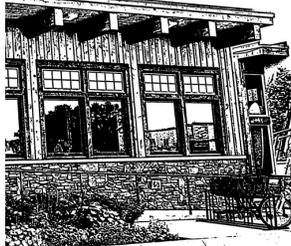
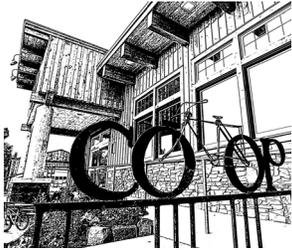


COOK COUNTY  
WholeFoods  
**CO-OP**  
WINTER 2017

**COOK COUNTY WHOLE FOODS CO-OP**

the **BLUEBERRY JAM**  
QUARTERLY NEWSLETTER

20 East First Street | PO Box 813 | Grand Marais, MN 55604 | 218.387.2503 | www.cookcounty.coop



## A LOOK BACK AND FORWARD:

*Lessons From the Timeline Project*

by AMY HENRICKSON Board Member (signing off)



When planning how to celebrate the Co-op's 40th anniversary, the board and staff tossed several ideas around at a great brainstorming session. A huge outdoor party (complete with a dunk tank!), a documentary video, an art auction, a puppet pageant, and even a 70s themed party with costumes were all discussed. The one idea that kept bubbling to the surface as universally liked, important, and long last-

ing, was the compilation and installation of a timeline. Deciding what should be included on a timeline and what it should look like was the collaborative effort of a committee comprised of the Marketing & Education Coordinator, Reed, our General Manager, Jennifer, and a few board members, including myself. The result is an informative and attractive set of three panels hanging between the eating area and the checkout lanes at the Co-op. During the process of sorting through old photos, newsletters, and cookbooks to compile the data, we were all reminded of how documenting our history has given us gratitude for our roots and perspective on the future direction of the Co-op.

*continued on page 6*



*field DAY*  
WILDLY SIMPLE™

**BASICS BRANDS**  
*in Spotlight*

## INSIDE:

Co-op Winter Film Series

page 3

Local Producer's Scholarship Time!

page 5

Energy Star

Certified! page 7

**COOKCOUNTY.COOP**

**TOTALLY NEW WEBSITE FOR THE NEW YEAR!**

## NEW PRODUCTS!

*More on page 4!*



WELCOME TO THE SHRUBBERY

## CALVIT'S DRINKING SHRUBS

"My drinking shrubs are not the rustic elixirs of colonial times, but rather, decidedly modern beverages that appeal to today's worldly drinker. Hand-made from real fruits and vegetables, you'll find them equally delicious mixed with soda, as a soft drink, or with spirits, as a drink drink."

- Phil the Shrubby

Find Calvit's Drinking Shrubs in Aisle 5 at CCWFC!



## ALL ABOUT FIELD DAY

Our Co+op Basics™ program has brought a lot of new, delicious and affordable foods into the Co-op. Field Day plays a big part in the program, and new Field Day products keep popping up throughout the store... So who is Field Day? Find out more on page 5.

JANUARY

**Owner Appreciation Day**

Thursday, January 5

Owners take an additional 5% off their total purchase (on most items), at the cash register. Plus **FREE COFFEE FOR ALL, ALL DAY.**

**Wellness Wednesday**

Wednesday, January 18

Everyone can take an additional 10% off most wellness items, as well as enter the wellness raffle.

**Board Meeting**

Tuesday, January 24, 5:30-7:30PM

Everyone is welcome to attend board meetings. If you have a topic to introduce, please contact the board in advance. *Board meetings are typically held monthly on the 4th Tuesday.*

**Family-Friendly Foodie Film**

Winter Food Film Series at the ACA

Saturday, January 21, 1 PM

FEBRUARY

**Owner Appreciation Day**

Sunday, February 5

Owners take an additional 5% off their total purchase (on most items), at the cash register. Plus **FREE COFFEE FOR ALL, ALL DAY.**

**Wellness Wednesday**

Wednesday, February 15

*"Nurturing yourself is not selfish – it's essential to your survival and your well-being."* -Renee Peterson Trudeau

**Local Producer's Scholarship: Applications Due**

Tuesday, February 28 | see p. 5

**Board Meeting**

Tuesday, February 28, 5:30-7:30PM

**QUEEN of the SUN**

Winter Food Film Series at the ACA

Saturday, February 25, 7 PM

MARCH



**Minnesota FoodShare: March Campaign**

**ALL MARCH!** | see p. 8

**Owner Appreciation Day**

Sunday, March 5

**Wellness Wednesday**

Wednesday, March 15

*I have chosen to be happy because it is good for my health."* -Voltaire

**Board Meeting**

Tuesday, March 28, 5:30-7:30PM

**GROWING CITIES**

Winter Food Film Series at the ACA

Saturday, March 25, 7 PM

**WELCOME!**  
**NEW OWNERS**

- Alana & Aaron Bates
- Lisa Benson
- Jeanette & Kevin Caproon
- Tammy & Scott Dowling
- Jane Eide
- Siobhan Farrell
- Rebecca & Patrick Frost
- Dave & Sarah Grosshuesch
- Kelley Jensen
- Donna Karnuth &
- Paula Gustafson
- John & Evan Klemme
- Bruce Linder
- Joe & Cindy Marso
- Rebecca & Joseph McAllister
- Ted Mershon
- Robert Muehl
- Nicole & Adam Nelson

**\$120 TO JOIN** | one time payment

**PAY in FULL or \$12 QUARTERLY INSTALLMENTS (x10)** | **LOTS of Benefits!** benefits start with first payment

- Gary Nesgoda Jr
- Joseph Noah,
- Yusef & Andrea Orest
- John Paul
- Michael Scheuermann
- Jeff Stewart
- Kati & David Stieler
- Ashley Stockman
- Jeff Stoddard
- Shelley Strohm &
- Steven Boda
- Tim Sullivan
- Patricia Taylor
- Arvis & Thomas Thompson
- SaraJane Tompkins
- Jayne & Mark Urbanski
- Sara Weik
- Diana White
- Cook County YMCA

CCWFC has  
**2310**  
OWNERS

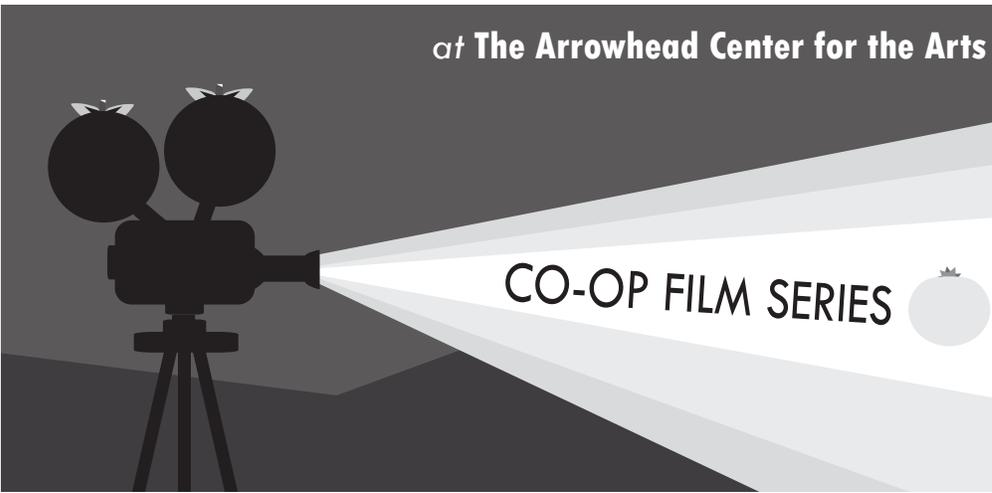


stop by the store to become an owner! more info at:

**218.387.2503**  
**cookcounty.coop**



at The Arrowhead Center for the Arts



## Winter Film Series

Winter is a great time to get cozy and watch films. Join the Co-op this winter at the Grand Marais Arrowhead Center for the Arts for our film series!

### A FAMILY FOODIE FILM | January 21, 2017 | 1PM | FREE ADMISSION! | Rated G

A surprise family film! It's a great tale of friendship and all about cultivating love for good food. For specifics, call, email, or stop by the Co-op to get the title.

### QUEEN of the SUN | February 25, 2017 | 7PM | FREE ADMISSION! | Rated G

QUEEN OF THE SUN takes us on a journey through the catastrophic disappearance of bees and the mysterious world of the beehive. This engaging and ultimately uplifting film weaves an unusual and dramatic story of the heartfelt struggles of beekeepers, scientists and philosophers from around the world, including Michael Pollan, Gunther Hawk and Vandana Shiva. Together they reveal both the problems and the solutions in renewing a culture in balance with nature.

### GROWING CITIES | March 25, 2017 | 7PM | FREE ADMISSION! | Rated G

From rooftop farmers to backyard beekeepers, Americans are growing food like never before. GROWING CITIES tells the inspiring stories of these intrepid urban farmers, innovators, and everyday city-dwellers who are challenging the way this country grows and distributes its food. From those growing food in backyards to make ends meet to educators teaching kids to eat healthier, urban farmers are harvesting a whole lot more than simply good food.

## FOOD SHELF:



- 48 Bags Bionaturae Pasta
- 48 Jars Field Day Marinara
- 48 Cartons Imagine & Pacific Butternut Squash Soup
- 48 Cartons Imagine & Pacific Creamy Tomato Soup
- 24 Boxes of Back to Nature Bug Mac & Cheese
- 36 Boxes of Annie's Saltines
- 10 Ferndale Turkeys

The Cook County Whole Foods Co-op strives to provide our local Food Shelf with healthy, organic options for those in need. Your monetary donations are matched by the Co-op every month in order to accomplish this. As we all know, the winter can be a bit of a struggle financially. If you are able to help, we have a donation box at the front of our store, as well as a basket available for food donations. Thank You!

## EXPLORER'S CORNER:



AMBER, PENELOPE, & ALEX were the Explorer's Club monthly-drawing winners from October to December. They each got a nifty, tin lunch box! Thanks for exploring! Drawings are held monthly, usually on the 5th.



Explorer Penelope takes home the prize in November!

# THANK YOU! FULL EQUITY OWNERS

- Monica Anderson
- Connie & Bob Barnabee
- Jeanette & Kevin Caproon
- Jud & JoEllen Coleman
- Donna Coley
- Andrea Cook
- Mary Curry
- Susan Cygnet & Christine Ludwig
- Amy & David Demmer
- Esther Derby & Jeff Lee
- Stephanie Donaho
- Jane Eide
- Karen & Buzz Flolid
- Dave & Sarah Grosshuesch
- Joan Hall
- Dena & Rodney Jackson
- John & LouAnn Jacobson
- Finn Jorgenson
- Donna Karnuth & Paula Gustafson
- Michael Kinzer
- Dennis LaBoda
- Bruce Linder
- Joe & Cindy Marso
- Robert Muehl
- Denis & Carol Nagan
- Nicole & Adam Nelson
- Gary Nesgoda Jr
- John Paul
- Ellen Seltz & Jessica Markusen
- James & Debbie Spinti
- Tim Sullivan
- Patricia Taylor
- Marina Telfer & Nancy Wrobel
- Arvis & Thomas Thompson
- Jayne & Mark Urbanski
- Phil & Theresa Westine
- Loretta Wold
- Cook County YMCA

## WHAT IS FULL EQUITY?

Full Equity means an owner has paid their total \$120 equity share into the Co-op. The more full equity payments we have, the more we can grow, the more we can give back to the community!

## EXPLORING FIELD DAY: A Co+op Basics™ Feature

Fair Trade, Non-GMO, Organic, Gluten-Free, Dairy-free... Field Day has tons of variety and gets as much as they can from US farmers and producers. To top it all off, Field Day products are super affordable. Sound too good to be true? Well, it's all about a movement in responsible food systems and providing fair wages for all farmers and producers-- at home and abroad. Field Day came about through forward thinking for a better tomorrow.

**field  
DAY**<sup>®</sup>  
**WILDLY SIMPLE**<sup>®</sup>

**“Our goal is to fill your home with a wide selection of value priced items that you can use and feel good about every day. Our harvest of Non-GMO, organic and quality products are delicious and genuinely simple. We take a less is more approach with our ingredients and packaging. No confusion, just what you need. That’s Field Day.”**

Find out more at:  
[www.fielddayproducts.com](http://www.fielddayproducts.com)

**Co+op Basics** offers everyday low prices on many popular grocery and household items including packaged goods, produce, dairy, bulk, meats, cheeses, and more! look for the purple basics signs all around the store!



## NEW FEATURED PRODUCTS at CCWFC:

**Grocery:** **EPIC** Cage-Free Duck Fat & Berkshire Pork Lard, **NATURAL VALUE** Hominey.

**Wellness:** **RAW** Organic Whey, **NORDIC NATURALS** Omega Curcumin, **SHIKAI** hair care products, **VITAGUT** Organic Probiotic Beverage.

**Bulk:** **TIERRA** Maple Ginger Roasted Cashews, **FIKA COFFEE** New Guatamalan Medium Roast Coffee.

**COOLER:** **FIERCE FERMENTS** Raw Vegetable Ferments, **ECOS** Coconut Milk Creamer, **UNCLE MATT'S** Orange-Turmeric Juice, **PALEO COFFEE** new flavors.



# EMPOWER YOURSELF!

by **KIM FALTER** Wellness Coordinator

& **REED SCHMIDT** Diamond Feeling of Serenity Coordinator

Over half the U.S. population lists eating healthy and losing weight as their top New Year's Resolution. Diet books are big sellers in January, social media is inundated with health tips, and the Co-op will have many earth-friendly, weight-loss promoting protein powders on sale in the wellness aisle. In every department there is something to bolster your resolutions of health and weight loss... But will any of it do the trick?

## This is not an anti-cookie exposé.

We know it sounds wildly like an anti-ad campaign, but the real answer to all our health resolutions lies within. Inside every one of us is the knowledge of what a healthy choice looks like. We all know that the carrot is healthier than the cookie (because we all just consumed WAY too many cookies during the holidays); we know that an apple is a healthier choice than that plate of fudge. We know all too well which the better idea is: a second helping of broccoli or a third cookie.

Don't get us wrong: this is not an anti-cookie exposé. We want you to come in and buy organic butter, fair trade sugar and chocolate, grassfed milk, and Non GMO eggs from local producers, and we want you to make the best cookies known to humanity. We want you to enjoy protein powders from sustainable sources where the dairy cows are treated well and hard-working US farmers get paid living wages for treating the earth and animals with respect and compassion. As your Co-op, we want all these things.

That said, we're sticking to the nitty-gritty fact that holding yourself accountable, being truthful with yourself, and putting in the required work will get you all the way to your goals. No super diet, no broccoli floret, no grassfed whey protein powder or supplement pill will do that work for you. At the Co-op, we can help you find many resources to help you in your quest for total health and wellness, but the captain of that ship will always be you. Come by the Co-op, and we will help outfit you on your journey to better health.

# ZUCCHINI TART NICOISE

Taken From "THE CLASSIC ZUCCHINI COOKBOOK" ©2002, Storey Books

Ratatouille baked in a pie shell holds up beautifully on a buffet table, making a delicious contribution to a brunch or dinner. If you are serving it as the main course, round out the meal with a green salad and crusty French bread.

- **4 Tablespoons extra virgin olive oil**
- **2 onions | minced**
- **2 cloves of garlic | minced**
- **2 green bell peppers | sliced in rings**
- **2 medium-sized zucchini | quartered and sliced**
- **1 small eggplant | peeled and diced**
- **1 cup seeded and diced tomatoes**
- **Salt and freshly ground black pepper**
- **1 unbaked 9- or 10-inch pie shell**
- **1/4 cup freshly grated Parmesan cheese**

1. Heat 3 tablespoons of the oil in a large skillet over medium-high heat. Add the onions and garlic. Saute until the onions are soft, 3 to 5 minutes.
2. Stir in the bell peppers, zucchini, eggplant, tomatoes, and salt and pepper to taste. Reduce the heat to medium, cover, and simmer until the vegetables are tender, about 45 minutes, stirring occasionally.
3. Preheat the oven to 350 degrees F.
4. Spoon the vegetables into the pie shell.
5. Bake for 10 minutes. Remove the pie from the oven and sprinkle the cheese on top. Drizzle the remaining 1 tablespoon oil over the pie. Return to the oven and bake for 5 minutes more, until the cheese is melted.
6. Let the tart rest on a wire rack for about 5 minutes. Serve hot or at room temperature.

**Serves 4-6.**



*Local Producer's*  
**SCHOLARSHIP**  
*Now Accepting Applications*

Here at CCWFC, we strive to offer as much local food as we can, because it's good for the community and the earth... plus local just tastes better. To spur the growth of local food production, Cook County Whole Foods Co-op offers an annual Local Producers Scholarship of \$500. The L.P.S. strives to help local producers establish and improve their farms, buy needed equipment and supplies and pay for education on organic farming.

If you'd like to apply, pick up an application in the store, or get one off our website at [www.cookcounty.coop](http://www.cookcounty.coop) (there is a link on the home page).

**Application Deadline is FEB 28, 2017.**

## STAFF RECOGNITIONS *Through the Seasons*



**OCTOBER**

**ANDREW ASHCROFT** recognized for his fine temperament and good samaritan ways. The front end wouldn't be the same without him!



**NOVEMBER**

**JEFFERY PAVELKA** recognized for his dedication and superhuman skills in deep, winter cleaning. The ovens never even saw it coming.



**DECEMBER**

**JERI PERSON** recognized for not only keeping the produce aisle full and gorgeous, but for her great leadership while others were away.

## CCWFC EARNS ENERGY STAR

by JENNIFER STOLTZ General Manager

Cook County Whole Foods Co-op (CCWFC) has earned the U.S. Environmental Protection Agency's (EPA's) 2016 ENERGY STAR certification, which signifies that our building performs in the top 25 percent of similar facilities nationwide for energy efficiency and meets strict energy efficiency performance levels set by the EPA. Through this achievement, we have demonstrated our commitment to environmental stewardship while also lowering our energy costs. Commercial buildings that earn EPA's ENERGY STAR certification use an average of 35 percent less energy than typical buildings and also release 35 percent less carbon dioxide into the atmosphere.

"Improving the energy efficiency of our nation's buildings is critical to protecting our environment," said Jean Lupinacci, Chief of the ENERGY STAR Commercial & Industrial Branch. "From the boiler room to the board room, organizations are leading the way

*continued next page*

### continued from page 1



**AMY & LINNEA** in the early days

My personal timeline journey with the Co-op has had a similar effect of instilling gratitude in me for the Co-op and hope for the future.

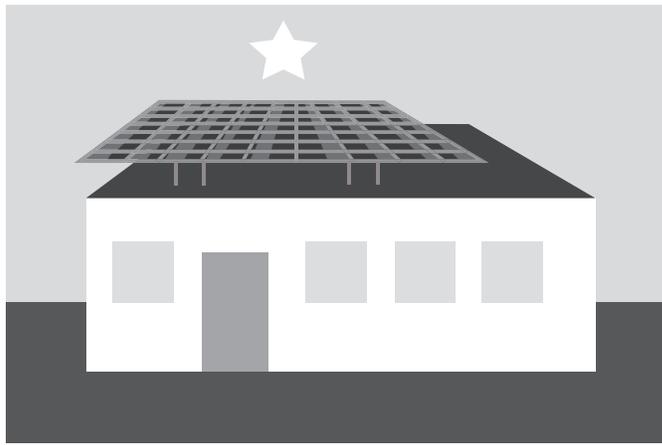
My daughter, Linnea, was born in the year 2000 during my tenure as General Manager (1998-2006). She spent many hours during her first year in the tiny storeroom in the old Co-op located in the back of the Joynes parking lot propped up in a makeshift corral of 25 pound bags of dried beans. As she grew, she helped out by handing bags of baby carrots to the produce stocker, or pricing cans with the labeling "guns". Her sister, Robin, was born in 2001, shortly after the move to our current location on the East Bay. The two girls grew

up playing in the store, drawing on the chalkboard wall, sneaking into the 'secret fort' behind the bulk section, and snacking on great Co-op food. At that time, I don't recall many school aged kids shopping or hanging out at the Co-op.

Fast forward 15 years - I now regularly run into my teenage daughters and their friends eating lunch at the Co-op in the summer. Now, they often gather there after school for great food and good company. Linnea recently ran into a friend unfamiliar with the Co-op who was looking for dairy-free alternatives for her new diet and she was able to show her around and suggest a few products. I am so grateful my children have grown up in the ever expanding Co-op community where they have learned the value of pitching in to get a job done, the value of food that is nourishing to both the body and the environment, and the value of a community that helps and looks out for one another. I am ever hopeful, too, because I think the Co-op's historic success has given us a good basis to believe that the Co-op is in good hands with a new generation.

**I am so grateful my children have grown up in the ever expanding Co-op community where they have learned the value of pitching in to get a job done, the value of food that is nourishing to both the body and the environment, and the value of a community that helps and looks out for one another.**

If you haven't stopped to look at the timeline installation at the Co-op yet, please do so. Take a moment or two to reflect on all the time, energy and enthusiasm it has taken to ensure the Co-op has been here to provide fabulous food, economic benefit to Cook County, and a community gathering place for the past 40 years. Perhaps you were there at the beginning in 1976, or perhaps you just discovered the Co-op yesterday; either way, you have a role in the ever-evolving story of the Co-op and you will be there to ensure it will thrive for at least the next 40 years!



*ENERGY STAR continued*

by making their buildings more efficient and earning EPA's ENERGY STAR certification."

To earn the ENERGY STAR, CCWFC took the following actions when building our new facility:

- Triple glazed windows
- Energy efficient lighting, light tubes and sensor light switches
- Heat recovery system that utilizes excess heat from our refrigeration
- Insulation well above code

EPA's ENERGY STAR energy performance scale helps organizations assess how efficiently their buildings use energy relative to similar buildings nationwide. A building that scores a 75 or higher on EPA's 1-100 scale may be eligible for ENERGY STAR certification. Commercial buildings that can earn the ENERGY STAR include offices, bank branches, data centers, financial centers, retail stores, courthouses, hospitals, hotels, K-12 schools, medical offices, supermarkets, dormitories, houses of worship, and warehouses.

**Cook County Whole Foods Co-op received the highest score possible of 100.**

Cook County Whole Foods Co-op received the highest score possible of 100, and we continue to make our building more energy efficient. This past summer we added solar panels to reduce our carbon footprint which helps continue our efforts to be a leader in environmentally sustainable practices.

ENERGY STAR was introduced by EPA in 1992 as a voluntary, market-based partnership to reduce greenhouse gas emissions through energy efficiency. Today, the ENERGY STAR label can be found on more than 65 different kinds of products, 1.4 million new homes, and 20,000 commercial buildings and industrial plants that meet strict energy-efficiency specifications set by the EPA. Over the past twenty years, American families and businesses have saved more than \$230 billion on utility bills and prevented more than 1.8 billion metric tons of greenhouse gas emissions with help from ENERGY STAR.

For more information about ENERGY STAR Certification for Commercial Buildings:  
[www.energystar.gov/labeledbuildings](http://www.energystar.gov/labeledbuildings)

**BOARD of DIRECTORS**



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DON GRANT



BARB LAVIGNE



LORRIE OSWALD



JUDY PETERSON



NICK VAVRICHEK



ERIN WATSON

*the* **BLUEBERRY JAM NEWSLETTER**

printed 4 times a year, designed in-house, and printed on 100% PCW paper.

**DESIGN, EDITING, & PHOTOGRAPHY**  
 Reed Schmidt

**GO PAPERLESS!** Send an email to [info@cookcounty.coop](mailto:info@cookcounty.coop) and we will put you on the email list. Once a year, however, the ANNUAL REPORT is mailed to all members by mandate of our bylaws.

**COOK COUNTY WHOLE FOODS CO-OP**  
 20 East First Street / PO Box 813  
 Grand Marais, MN 55604

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

**CO-OP BOARD of DIRECTORS**

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

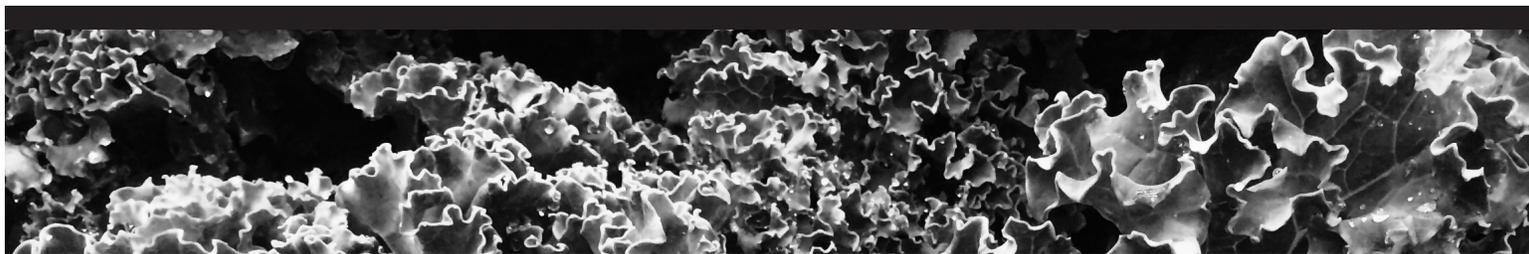
COOK COUNTY  
WholeFoods  
CO-OP

218.387.2503 | cookcounty.coop

**STORE HOURS:**

M-SAT: 9AM - 7PM

SUN: 10AM - 6PM



Minnesota  
FoodShare  
March Campaign

For more than 30 years, Minnesota FoodShare has coordinated the March Campaign, the annual grassroots food and fund drive that provides more than half the food distributed by 300 food shelves throughout the state. The March Campaign is the only statewide effort where every dollar donated goes directly to food shelves to purchase food for the hungry.

Join us this March in donating all we can for the FoodShare program! Donations can be left in front of the info desk, or you can Round Up your purchases at the register to donate.

**MARCH 2017**

## RADKA'S PITKA

by DIANA DIMITROVA Deli Manager

- 1 1/3 cup plain whole milk yogurt | slightly warmed up
- 2 1/2 teaspoons yeast | dissolved in 1/2 cup warm water
- 3 eggs + 1 egg white (save the yolk for later) | lightly beaten
- 7 cups all purpose flour
- 5-7 TBL crumbled feta cheese
- 1 TBL salt
- 1 TBL granulated sugar
- 1 TBL sunflower, butter, or olive oil (or mix butter and oil)

1. Mix the dry ingredients by hand, until well incorporated. **Do not preheat oven.** see step 6.
2. Add the eggs, oil, and dissolved yeast and mix well, the dough will be wet. Transfer it to a bowl, cover and let it double on top of warm stove but not in direct heat.



DD and her kids love making Pitka!

3. Once it is doubled, divide it into 2 balls.
4. Roll out each ball to 8"X10" rectangle, brush it generously with melted butter, sunflower, or olive oil and sprinkle lightly with feta cheese. Roll it into a log. Cut into disks that are 1 1/2" thick. I use 12" round clay dish that is generously greased with butter and sunflower oil mixture (the same used to brush the dough with).
5. Transfer the disks to the dish as you cut them, and let the Pitka double in size. Then brush the top with the egg yolk, and again the butter/oil mixture.
6. Put it in cold oven and set the temperature to 400F, Bake for 35-40 min or until golden in color. Enjoy while warm.