



ANNUAL REPORT

20 East First Street | PO Box 813 | Grand Marais, MN 55604 | 218.387.2503 | www.cookcounty.coop | Fall 2017 Issue

the BOARD REPORT

By Don Grant, President

Another fiscal year has come to an end and our co-op continues to grow and prosper; not only financially but toward sustaining our Ends. Our Ends give definition on how to provide cooperative commerce for the greater good of our owners, staff, and community. They state that we will be:

- A successful, cooperative grocery that is a trusted source of affordable, healthy, local, sustainable products and services for all
- A leader in environmentally sustainable practices
- A source of employment that provides meaningful work and fair compensation
- A welcoming and friendly gathering place where the community has a sense of belonging
- A trusted resource for information on food, wellness and the value of cooperative principles

This annual report includes descriptive charts that depict some of the key metrics relating to these ends. I hope that after you review the report you agree that things we are going well. We'd like to hear your thoughts about how we're doing and what might be improved.

As we begin the new fiscal year we are considering some new initiatives to better achieve our ends. Some of these are:

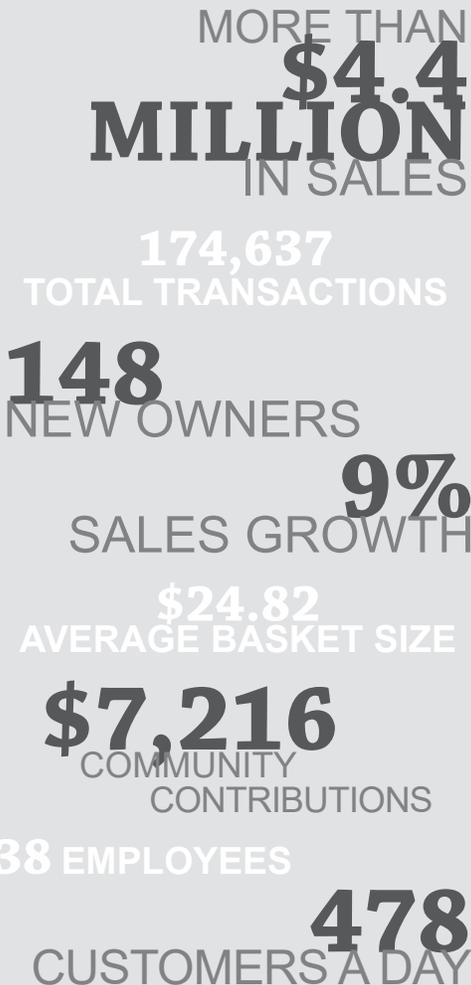
- Investing in local food production
- Assisting in starting a local USDA certified meat processing facility
- Operating a food distribution truck along the Highway 61 corridor
- Supporting a local kitchen where value added food products are made

Sorting through these possible initiatives is complex and requires a carefully thought out process with lots of input. Let us know what you think of these and any other ideas you might have.

We hope to see you at the annual meeting!

the NUMBERS

for this fiscal year:



See pages 2-3 for more...

our MISSION STATEMENT:

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

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COOK COUNTY
**WholeFoods
CO-OP**

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.

The ANNUAL REPORT is an issue of the BLUEBERRY JAM NEWSLETTER printed 4 times a year, designed in-house, and printed on 100% PCW paper.

GO PAPERLESS!
Send an email to 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
218-387-2503

www.facebook.com/cookcountycoop
<http://cookcounty.coop>



We Love to hear from you! If you would like to be heard, fill out a thought card at the information desk, or email info@cookcounty.coop.

our **ENDS STATEMENT** & *the* **NUMBERS**

As a result of all that CCWFC does, we will be:

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

SUCCESSFUL

9% Sales Growth in FY 2017
10% increase in owner equity
2300 Owners and **148** New Owners
Profitable

9%



38%

A **TRUSTED** Source of Healthy, Local and Sustainable Products and Services
21% of Sales were local products
38% of products sold were organic

AFFORDABLE

\$413,607 in sales of Co-op Basics
Everyday Low Price Items
9000 Pieces of free fruit for kids
12 and under
Good Harbor Hill Scholarship and Coupons
available to low income shoppers
\$56,245 in Shopper Discounts





A **LEADER** in Environmentally Sustainable Practices

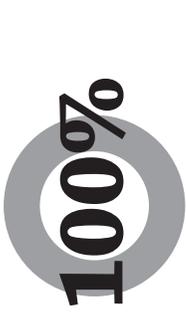
- 29%** reduction in Landfill waste in 2016
- 5%** increase in composting waste
- Energy Star Certified with a score of **100**
- 5%** decrease in energy consumption
- 10%** of sales in Bulk and
- 30,489** reusable bags used minimizes packaging and reduces waste

A **SOURCE** of employment that provides meaningful work and fair compensation

38 Employees all earning paid time off and eligible for retirement plan

58% of staff eligible for full health insurance benefits

\$65,500 shared with staff in profit sharing
\$1 million+ in staff wages and benefits



A **WELCOMING** and friendly gathering place where the community has a sense of belonging

Everyone is Welcome!

Free use of our Conference Room with daily meetings

Positive Feedback. "Hi! We really appreciate your store — staying just a day from St. Cloud, and we always visit you!"

A **TRUSTED** resource for information on food, wellness and the value of the cooperative principles

25 community classes and events

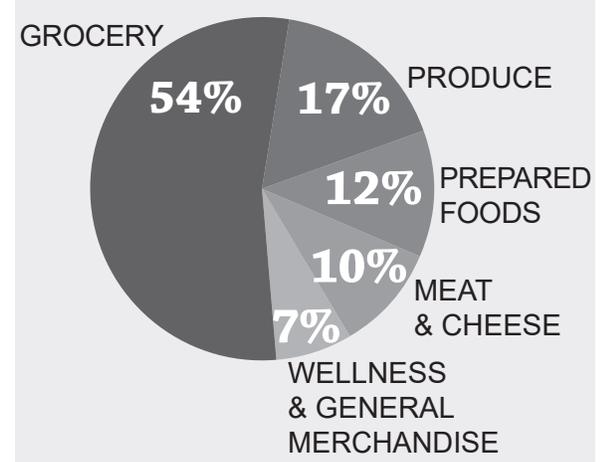
\$7,216 in community contributions

80 staff hours helping other co-ops



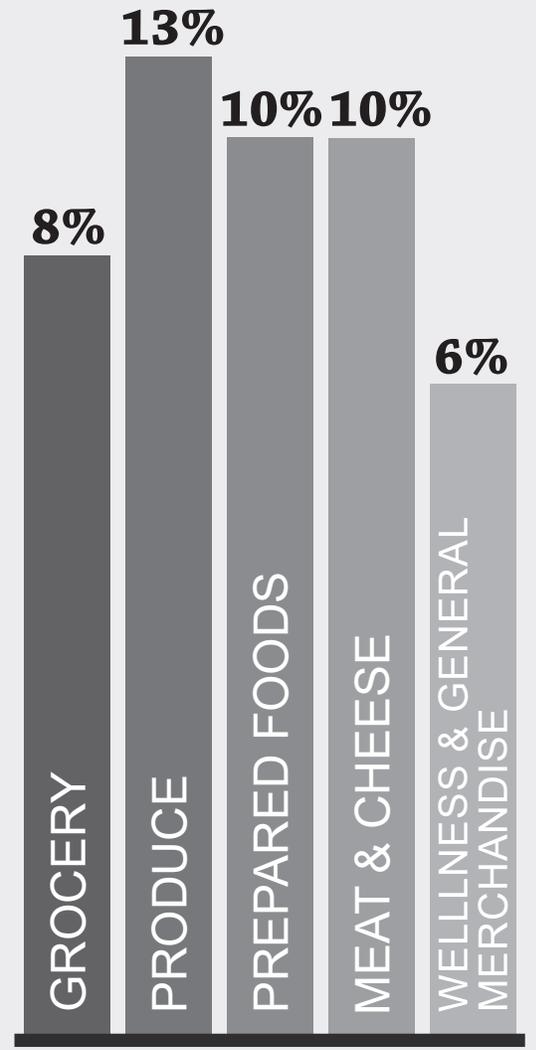
PERCENTAGE

of **TOTAL SALES**
by Department



SALES GROWTH

by Department



2017 PRELIMINARY FINANCIAL REPORT

Cook County Whole Foods Co-op preliminary financial statement is below. The board is still waiting to receive final numbers and patronage dividend options from our accountant. Patronage dividends are great for everyone. They give money back to you, our owners, based on how much you spent at the co-op, and they reduce the co-op's tax burden. We'll keep you posted on the status of a patronage dividend and expect to have final financials available at the annual meeting.

2017 Preliminary Financial Report July 1, 2016 - June 30, 2017

	Fiscal Year End	Fiscal Year End
Comparative Balance Statement	June 30, 2017	June 30, 2016
Assets		
Current Assets	\$771,310	\$613,868
Property/Building/Equipment	\$2,081,052	\$2,182,896
Other Assets	\$29,455	(\$23,671)
TOTAL ASSETS	\$2,881,817	\$2,773,093
Liabilities & Equity		
Current Liabilities	\$434,975	\$245,939
Long Term Liabilities	\$1,328,823	1,620,280.00
TOTAL LIABILITIES	\$1,763,798	\$1,866,219
Member Equity	\$506,234	\$459,277
Capital Reserve Fund	\$62,105	\$53,887
Earnings/Assets/Income	\$549,680	\$393,710
TOTAL EQUITY	\$1,118,019	\$906,874
Total Liabilities & Equity	\$2,881,817	\$2,773,093
Comparative Income Statement		
Sales	\$4,423,657	\$4,056,925
Less Cost of Goods Sold	(\$2,694,984)	(\$2,473,896)
NET SALES	\$1,728,673	\$1,583,029
Operating Expenses	(\$1,534,566)	(\$1,359,160)
Other Income/Expense	(\$38,888)	(\$153,113)
NET INCOME	\$155,219	\$70,756

STATE of the CO-OP By Jennifer Stoltz, General Manager



Cook County Whole Foods Co-op completed another successful year. Sales continued to grow which lowered pricing from UNFI, our main supplier. Higher sales also meant more leverage to negotiate special pricing on produce, meats and other fresh products. It's great to be able to pass these savings on to customers while making enough money to invest in our staff and community.

One of the new staff programs initiated was Open Book Management. We track sales, labor and other metrics on a biweekly basis and have quarterly profit sharing opportunities. This year the co-op paid out \$65,467 in profit sharing to staff in addition to their regular wages and benefits. Our staff also participated in a number of valuable trainings to learn about products, customer service, food safety and other topics. As we look toward the coming year, we will be raising entry level wages and raising wage caps across the board to make sure staff are compensated for their hard work.

As our sales increase, our budget for giving increases. We doubled our investment in the Local Producer's Scholarship program which helped bring more local strawberries and herbs into the co-op and community. Other donations included food and money given to the local food shelf, gift cards for silent auctions, food for events, and money for nonprofit organizations. Look for a poster highlighting recipients of co-op donations in the store and on our website.

The co-op strives to find new ways to decrease energy use and greenhouse gas emissions. We just completed a year of electricity savings due to the installation of solar panels. We decreased waste by increasing the amount of material that was composted and recycled. The co-op will continue to find ways to reduce waste and energy consumption in the coming years.

Please join us at the Annual Meeting to discuss additional way that the co-op can serve our community and to learn about making healthy choices while shopping.

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KEY AREAS of DIFFERENTIATION

in which co-ops are already perceived to be ahead of the pack:

1.) Community	3.) Nutrition
2.) Health	4.) Flavor

WELCOME

New Owners this Quarter, as of Sept 12, 2017:

Sarah Andersen & Chris Hayner	Bridget Levin
Leslie Anderson	Sissy Lunde
Debbie & Ashley Babiak	Kyle Martin
Kristi Boesen & Guy Pugh	Jelena McAleer
Jillian Boyd & Phill Hass	Alida Messinger
St. John's Church	Carol & Mark Morgen
Dean Cascarelle	Norman & Mary Morris
Jennifer Cayer & David Leng	Emma Mruz & Savin Morgan
Niquole Cox	Lily Nelson-Pedersen
Kim & Joe Craven	Lori Nissen
Mark Davis	Sandra Olson-Loy
Teri Davis-Downing	Mark & Catherine Penning
Angela Dear & Mike Konig	Kathi Polley & Martin Peper
Susan Ferguson	Dona & Jim Powers
Dayna Gallagher & Tim Lien	Rebecca Rayman
Herb & Fran Garn	Josh Rice
Therese & Alan Hamel	Angela Robins
Jackie Heilicher	Meghan Scallon
Lee Hile	John Schmit
Beth Hippert & Scott Lucas	Sarah Schmit
Dawne & Larry Johnson	Tamra & Phil Schneider
Julie & Scott Johnson	Ron & Birdie Schwachtgen
George Connolly & Erin Jordahl	Rachel Sjodin
Monica & Philip Klanderud	Dagmara Smith
Jim Kottner	Barb Thompson
Jerry Krueger	Max Wahlers
Sherrie & Frank Kutzler	Sherri-Ann White
Scott, Kelly & Lena LeGere	Ed Wright
	Beth & Larry Yokom
	Gary Zimmerman

..... **HOW MUCH is a MEMBERSHIP?**

Pay full \$120 (not an annual fee) or: x10 quarterly payments of \$12. Benefits start with first \$12 payment.

Stop by the store and register to become an owner.
More info at: cookcounty.coop.

OWNERSHIP provides BENEFITS:

News: A subscription to the Blueberry Jam Newsletter and the Annual Report and keep up with what's new.

Earning: Patronage Dividends in profitable years, the more you spend, the more you earn.

VIP: Attend our annual meetings and get discounts on Co-op classes. Get financial aid scholarships

Voting: Vote for the Board of Directors and run for the Board. Have a say in our future

Savings: Enjoy quarterly coupons, owner specials and Owner Appreciation Day

THANK YOU

Full Equity Owners this Quarter, as of Sept 12, 2017:

Mary Adkins	Jerry Krueger
Linda Alexander	Sherrie & Frank Kutzler
Tracy Allen	Phil Larson
Sarah Anderson & Chris Hayner	Scott, Kelly & Lena LeGere
Leslie Anderson	Bridget Levin
Debbie Babiak	Mary Levins
Kristi Boesen & Guy Pugh	Mary Maurice & Sanders Sedo
St. John's Church	Jelena McAleer
Robert Bruininks & Susan Hagstrum	Alida Messinger
Connolly & Jordahls	Carol & Mark Morgen
Kim Craven	Norman & Mary Morris
William & Katherine Dalin	Judy & Don Olson
Patrick & Renee Daulton	Sandra Olson-Loy
Reid Dusheck	Becca Orf
Daniel Drews	Mark & Catherine Penning
Jay Eingold & Bonnie Moore	Kristen & Joseph Plank
Susan Ferguson	Rebecca Rayman
Wely Floriano & Darryl Willick	Judy & Denny Renkiewicz
James Franzel	Carl Rose
Linda Garrity	Meghan Scallon
Ilena & Bryan Hansel	Julia Schmidt
Kelly & Kent Hanson	Ron & Birdie Schwachtgen
David & Gayle Harvey	Lynn & Nathan Sheils
Jackie Heilicher	Neil Sherman
Beth & Scott Hippert	Rachel Sjodin
Nick & Mary Horvath	Todd Smith
Vern Imgrund	Mike & Becky Stinson
Heidi Jacobsen	Barb Thompson
Peter Jansen	Daniel Truchan & Jalene Betts
Mary Jo & Alan Kettelkamp	Larry Waddell
Melinda Kjarum	Max Wahlers
Monica & Philip Klanderud	Shawna Willis
Anna Kneen	Joyce Yamamoto & Jerry Riach
Jim Kottner	Beth & Larry Yokom
	Marie Zepeda
	Gary Zimmerman

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!

Pursuant to our bylaws, you may request a refund of your equity account balance. Refunds will be made within 90 days of a written request if replacement funds are available at that time as determined by the Co-op Board of Directors. If your ownership account expires and you do not request a refund, your account balance will be added to the Co-op's capital fund after two years of inactivity.

OUR BOARD of DIRECTORS



KATHY BOLSTAD

bolstadedward@gmail.com

Term expires 2018.



DON GRANT

dcgrant@boreal.org

Term expires 2019.



BARB LAVIGNE

blavigne@boreal.org

Term expires 2019.



LORRIE OSWALD

boreallor@gmail.com

Term expires 2018.



JUDY PETERSON

gjpete@boreal.org

Term expires 2017.



NICK VAVRICHEK

kojnlv70@icloud.com

Term expires 2017.



ERIN WATSON

erin.theresa.watson@gmail.com

Term expires 2019.

BOARD DECLARATIONS of CANDIDACY



Yusef Orest

I am looking forward to serving on the board of director's team at the Cook County Whole Foods Coop for two primary reasons: First, I thoroughly enjoy the cooperative business model and its roots in the cooperative principles and community values. Second, I believe that, more than ever, food access, quality food, and food education are imperative components of healthy eating and living in the modern age. It is my hope that I can use my cooperative experience — I work full time at Arrowhead Cooperative, and have served on a food cooperative board previously — to participation in the five Ends goals of the Cook County Whole Foods Co-op. It would be an honor to use my cooperative spirit and my cooperative experience to represent the members of our fine cooperative.



Nick Vavrichek *(incumbent)*

My name is Nick Vavrichek and I am running for a third term on the Board of Directors for the Cook County Whole Foods Co-op. A few things that you should know about myself—My partner Kent and I moved to Grand Marais in 2001 and immediately joined the Co-op. We lived in a yurt for the first three years, and then built a Timber Frame and Cordwood Masonry structure that we call home. We have been off-grid for 16 years (up until now). We have been volunteers at WTIP, and have taught classes thru the Folk School. I work as an RN at the Sawtooth Mountain Clinic, and Kent works at the Co-op.

I have been fortunate enough to be on the BOD for the past six years. I am very proud of all that we have accomplished together during that time. The list is long, and most of you are aware of how much we have grown and improved. We now have about 35 wonderful employees!

We have an amazingly vibrant, healthy and strong Co-op which is a true asset to this community. It makes us all stronger and more connected.

I would be honored to serve an additional three years on the BOD and work collectively to continue to help “dream the future” for this essential organization for which I care deeply. Thank you for your vote!



Tony Walzer

My first shopping experience at CCWFC was around 1990. Prior to moving to Grand Marais in November 2016 from Bemidji, where I was an active member-owner of Harmony Natural Foods Cooperative for about 25 years, I became a full member-owner of CCWFC.

My belief in the sustainable, owner-driven, cooperative business model, which balances the pursuit of profit with the needs and interests of owners and their local communities along with supporting socially and environmentally conscious products, has contributed to my active participation with food cooperatives. I have served on the Board of Directors at Harmony twice and in positions as chairman and vice-chairman. I have also contacted nearly all the member-owners through the membership loan expansion committee, invested funds for the loan expansion program, contributed funding to the solar awning project, served on various committees, and assisted in the transition to a cooperative governance model with ends statements and policy procedures and their regular review.

I would be honored to serve on the CCWFC Board of Directors.

ANNUAL MEETING at VOYAGEUR BREWING COMPANY



Annual Meeting at Voyageur Brewing Company Tuesday, October 24 6pm-8pm

Join us at our annual meeting to hear about the state of the co-op, vote for two open seats on the board and socialize with owners, staff and the co-op board. We'll start with a social hour complete with complimentary appetizers, 1 free drink token and live music provided by Fred Anderson. Hartley Newell-Acero will follow with a presentation on food trends and what drives the industry.



Hartley Newell-Acero, M.A.
Community Health Specialist
Sawtooth Mountain Clinic

Are Consumers Driving the Food Industry Bus?

Last night, you probably ate supper. Who chose what you ate? Why was it chosen?

If you're pretty sure that the decisions were made by you, in response to your own desires and needs, you may be right. Or maybe not.

In this discussion, we'll be looking at food trends and what drives them, and how you, the consumer, can make sure you're eating more of what really nourishes you, and less of what feeds the industry machine.



For over 50 years Fred Anderson has studied the guitar styles and techniques of artists from Leo Kottke to Doc Watson. He's played in blues and jazz combos, such as The Channel Cats Blues Band and The Cutaways Jazz Quartet, and recently joined The North Shore community Swing Band.

3 THREE WAYS to VOTE

1.) at the Annual Meeting:
Voyageur Brewing Company
October 24, 2017, 6pm-8pm.

We will have ballots there for you to cast, snacks, prizes and free drink tokens.

2.) in the Store:

The Ballot Box will be in the store from October 1-24, 2017.

3.) by Mail:

Mail your completed ballot to:

Cook County Whole Foods Co-op
PO Box 813
Grand Marais, MN 55604

All ballots must be received by October 24, 2017 to be counted.

The BALLOT is on PAGE 12.

Come and Help us Celebrate our Employees of the Month:

July: **Thomas Stamps**
August: **Nicole Tate-Roberts**
September: **Raymond White**

the CCWFC CALENDAR October - December 2017

OCTOBER

Farm to Fork

October 7, 7pm at Drury Lane Books

Owner Appreciation Day

Thursday, October 5, All Day

Highway 61 Clean Up

Saturday, October 14, 10am-12pm
Meet at the Co-op at 9:45am. When we are finished, lunch is on us!

Board Meeting

Tuesday, October 17, 5:30pm-7pm
Everyone is welcome to attend board meetings. If you have a topic to introduce, please contact the board in advance.

Wellness Wednesday

October 18, All Day

Take an additional 10% off most wellness items, as well as enter the wellness raffle.

Moose Maddness

Friday-Sunday, October 20-22, All Day
Hunt for antlers in the co-op to win treats!

Annual Meeting

Tuesday, October 24, 6pm-8pm
Meet us at Voyageur Brewing Company!

NOVEMBER

Owner Appreciation Day

Sunday, November 5, All Day

Board Meeting

Tuesday, November 28, 5:30pm-7pm

Wellness Wednesday

November 15, All Day

Take an additional 10% off most wellness items, as well as enter the wellness raffle.

Holiday Hours

November 23, Closed All Day

DECEMBER

Owner Appreciation Day

Tuesday, December 5, All Day

Holiday Open House

Join us for Holiday treats & beverages!
Thursday, December 7, 4-6pm

Wellness Wednesday

December 20, All Day

Take an additional 10% off most wellness items, as well as enter the wellness raffle.

Holiday Hours

December 24, Open 9AM-4pm
December 25, Closed All Day
January 1, Closed All Day

COOK COUNTY WHOLE FOODS CO-OP

in the **COMMUNITY**

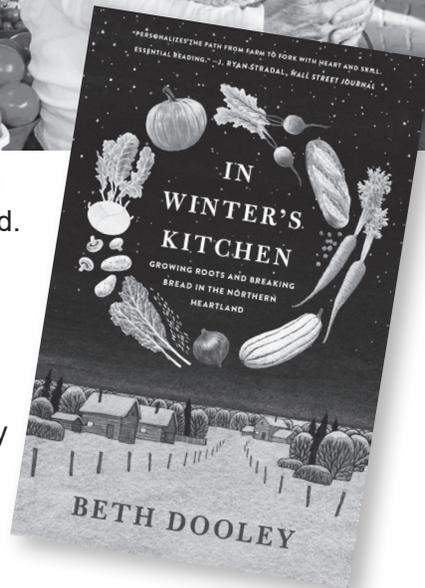
Developing Partnerships

Cook County Whole Foods Co-op has begun a new partnership with Drury Lane Books. This is our first co-sponsored event:

From Farm to Fork: Beth Dooley at Drury Lane Books Saturday Oct 7th, 7 PM

Join author, journalist, and local food expert Beth Dooley for a conversation about your local food scene. Beth has been involved with the local food movement for over twenty years. She is also the author of numerous award-winning cookbooks about Heartland food traditions. Her food memoir, *In Winter's Kitchen: Growing Roots and Breaking Bread in the Northern Heartland*, was published by Milkweed and was a finalist for the Minnesota Book Award. In *Winter's Kitchen* "personalizes the path from farm to fork with heart and skill" (Wall Street Journal), demonstrating that even in a place with a short growing season, food grown locally and organically can be healthy, community-based, environmentally conscious, and — most of all — delicious.

This event will provide the audience an opportunity to hear about Beth's experiences with Minnesota food movements and to share their own stories of food developments, concerns, and histories unique to the region.



CONTRIBUTIONS

within the **COMMUNITY**

Here are some of our contributions, so far, this fiscal year:

- Gunflint Trail Canoe Race
- Arrowhead Animal Rescue
- Fisherman's Picnic Pancake Breakfast
- North Shore Health Care Foundation
- CC Historical Society Museum
- Great Expectations School
- WTIP Radio Waves
- Grand Marais Art Colony
- Fish Pic Trail Run
- Woods, Winds, Strings & Jazz at the Fire Hall
- Public Library Summer Reading Program Celebration Picnic
- North House Folk School
- Cook County YMCA
- Explorer's Club
- The Food Shelf
- CC YMCA
- ALAFIA
- Lion's Club
- Lioness Club
- MOSES
- AEOA



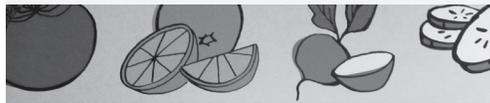
COMMUNITY GARDENS

Are you looking for a garden space in Grand Marais? A new community garden is being planned behind the Cook County Community Center. Cook County Extension, Community Center, Northwoods Food Project and the Cook County Whole Foods Co-op are partnering to develop up to 20 community raised beds that can be used for growing food over the next couple of years. Plans also include space for permaculture plots and eventually a community garden greenhouse. The first work day is Saturday, September 30. We will begin building the 8-10 garden plots to be ready for use next spring. If you are interested in volunteering to help build the gardens, would like to contribute funds towards the project, or are interested in a future garden plot, please contact Diane Booth at 218-387-3015. All will be needed to make this a viable, thriving community garden.

Grand Marais Public Library

sent out a huge THANK YOU for supporting their 2017 Summer Reading Program, a nationally coordinated library event recognized for improving educational performance of participants. Kids who read over the summer don't fall behind and are better prepared to begin school in the fall. The importance of keeping kids reading in the summer has been shown to statistically improve academic performance year over year.

CO+OP EXPLORERS CLUB WINNERS



coop
explorers



Make sure to sign up your 12-and-under child for a chance to win our fancy Explorer's Club lunchbox! The drawing is held on the 5th of each month. Watch for further Explorer activities coming soon!



Congratulations to Arlo Drotos for winning the August Explorer's Club Lunch Box! Thanks, Mom Jenna Olson, for making his day brighter!



The Explorer's Club Lunch Box Winner for September is Arrow, seen here with proud Mom, Kelly Fairchild. Arrow found many creative uses for his prize!

TELLING *our* STORY: COOPERATIVES GROW COMMUNITIES

Riojana Olive Oil

By: Co+op, stronger together

In the town of Arauco in the La Rioja province of Argentina stands the oldest olive tree in the country, planted in the 1600s. Although not native to Argentina, the Arauco olive is highly prized for its buttery smoothness and meaty texture, and for the robust floral and fruity flavor notes it contributes to olive oil.



There, in the Antinaco-Los Colorados Valley, the cooperative producers of Riojana extra virgin, fair trade organic olive oil are cultivating much more than their 350 olive trees. Through cooperation, they are growing a healthy, vibrant and sustainable community.

Reinvesting profits for health and education

La Riojana's founders came from Italy to Argentina in the 1940s and began cultivating grapes for the production of wine, and planting olive trees as a natural companion plant. Certified fair trade by Fairtrade International in 2006, the members of the cooperative have invested more than \$11 million Argentinian pesos (\$730,000 US), in projects including a new drinking water supply for the village of Tilimuqui. The fair trade premium has also been invested in production improvements, new community centers and medical equipment, and a focus on education.

A new secondary school specializing in agriculture opened in Tilimuqui in 2010. Offering free education to children age 13-18, the school has had a profound impact on its community, providing a catalyst for local development, increasing employment by the creation of more than 50 new jobs at the school, and providing training in technical agronomy to help slow the migration of young people to larger cities. Since 2010, enrollment in the school has grown from 33 pupils to more than 300. With plans to build new classrooms, the cooperative hopes to expand the school's capacity to 600 students. The cooperative also provides kits of school supplies to children of its members, as well as free computer courses to adult community members.

Focusing on environment for a bright future

Besides supporting health and education, the cooperative is invested in green initiatives and sustainability, so transitioning more of its growers to become equivalency USDA Certified Organic is another important goal. With a focus on becoming carbon neutral, La Riojana Cooperative is introducing improved water management techniques, the use of solar and bio energy and a reforestation project.

When you purchase Riojana olive oil you are not just purchasing a delicious ingredient to enjoy, you are casting a vote in favor of cooperative, fair trade businesses—and helping more than 422 cooperative members continue to invest in a brighter future.



TASTY FALL HARVEST RECIPES



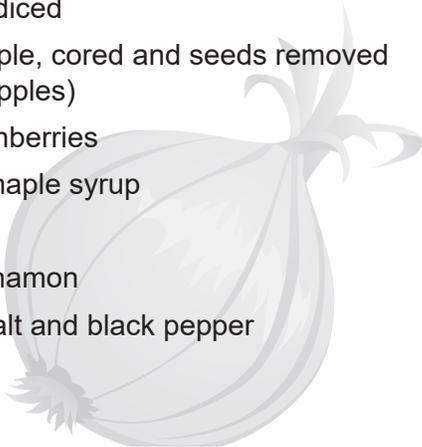
Cinnamon Apple Stuffed Squash

By: Co+op, stronger together

Serves 4-6 servings

Total Time: 60 minutes

- 2 acorn squash, cut in half, seeds removed
- 3 tablespoons unsalted butter
- 3 cups diced yellow onion
- 2 celery stalks, diced
- 3 cups diced apple, cored and seeds removed (about 2 large apples)
- ½ cup dried cranberries
- 2 tablespoons maple syrup
- ⅓ cup water
- ½ teaspoon cinnamon
- Pinch each of salt and black pepper



Preheat oven to 375°F. Place acorn squash halves face down on a rimmed sheet pan or baking dish and add ½ inch of water to the pan. Bake squash for 40 minutes.

1. While the squash is baking, heat the butter in a saucepan over medium heat. Add the onion and celery and sauté for 5 to 10 minutes until soft. Add the apples, cranberries, maple syrup, water and cinnamon; stir well and cook another 5 to 10 minutes until the apples begin to soften. Season with salt and pepper. Remove from heat.
2. After the squash has baked for 40 minutes, remove from the oven, turn them cut side up and fill each with the apple stuffing. Place back into the oven and bake another 15 to 20 minutes until the squash is tender. Serve warm.

Slice the stuffed squash halves into wedges to serve as a side with ham, turkey or chicken, or serve each half as a vegetarian entrée.

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TASTY FALL HARVEST RECIPES



Tomato Tortellini Soup

Annie Albertson, M.S., R.D., Cook County Whole Foods Co-op Grocer
Serves 4-6 servings
Total Time: 60 minutes

An easy fall soup to satisfy the entire family and your guests. Find all the ingredients you need right here at the Cook County Whole Foods Co-op!

- 1 tablespoons olive oil
- 2 cloves garlic
- 2 cups diced tomatoes — fresh or canned
- 1 15 oz. can cannellini beans
- 2 large links italian sausage — diced or sliced
- ¼ cup italian herbs — fresh or 2 tablespoons dried
- 2 teaspoons brown sugar
- ¼ teaspoons ground pepper
- ¼ teaspoons crushed red pepper
- 4 cups chicken broth
- ½ to ¾ jar (24 oz.) of pomodoro sauce
- 9 oz package fresh or frozen tortellini or ravioli (gluten free options available)
- 2 tablespoons heavy cream
- 1 tablespoons lemon juice

Garnish with parmesan cheese, fresh lemon zest or fresh basil.

Sauté chopped garlic in olive oil in a large sturdy soup pot. Add tomatoes, beans and sausage; cook until liquid is nearly evaporated (3-5 minutes).

Add herbs, brown sugar, red and black pepper; stir for 1 minute. Stir in broth and Pomodoro sauce; increase heat to medium high and bring to a low boil. Add pasta and cook until the pasta is tender and floats to the surface; approximately 2 minutes fresh and 5 minutes frozen. Remove from heat; stir in cream and lemon juice.



Garnish and serve with a tossed salad and fresh bread for a complete, nutritious and tasty meal!



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http://cookcounty.coop



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Cook County Whole Foods Co-op Official 2017

Ballot for the Board of Directors' Election

There are two open seats on the board. Please check two candidates of your choice, or write in a choice after "Other".

Yusef Orest

Nick Vavrichek

Tony Walzer

Other _____

VOTE FOR TWO

Owner Number _____ Required for valid ballot.

Your owner number is the 4 digit number listed after your name on this mailing.

One ballot per ownership.

Ballots must be received by Tuesday, October 24, 2017.

- 1.) Bring your completed ballot to the Co-op.
- 2.) Or bring it to the Co-op Annual Meeting: Tuesday, October 24, 2017 at Voyageur Brewing Co.
- 3.) Or mail it to: Cook County Whole Foods Co-op, P.O. Box 813, Grand Marais, MN 55604.