

the Blueberryjam

20 East First Street | PO Box 813 | Grand Marais, MN 55604 | 218.387.2503 | www.cookcounty.coop | Winter 2018 Issue

the BOARD REPORT

by Judy Peterson

For many of us January is the time for new beginnings, looking forward and planning for the year ahead, perhaps even making some resolutions. The board of directors (BOD) is no different—in January, the usual board business and prescribed monitoring reports include electing officers, deciding on committee assignments, and updating the BOD calendar. Then they will revisit the resources from the Board Retreat in December which set the stage for this year’s planning. Part of this planning and visioning process is taking time to remember, to look back and take a closer look at what has strengthened us and shaped us, and helped us get to where we are. “Remembering” is the task the board assigned me as the retiring board member and a former manager, so, here are four points that stand out for me.



1 First of all: It’s all about the people. When I was hired as manager in the early 90’s it was all about membership — active membership! In those days that meant not only paying dues, electing a board of directors, voting on bylaws, and actively participating in the annual meeting (members were able to put forth resolutions and have them voted on), but also volunteering in the store. Members opened and closed the store, unloaded the truck, and took care of cleaning and repairs. Volunteer hours resulted in a discount on products. The part time manager was to make sure the volunteer shifts were filled and oversee inventory. The board of directors was hands on also—the treasurer paid bills and set up the money bag for daily sales, directors took inventory, kept the building in good repair (everything from sewing window quilts to repairing frozen pipes), made spreadsheets for member data and tallying sales, and, set up the budget.

Slowly, bins were updated, inventory was standardized for tighter control, a clerk was hired so that the door would always be open during posted hours. The manger started paying bills and the board started thinking more about business oversight—after all, annual sales had hit \$100,000!

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PATRONAGE

REFUND

By Jennifer Stoltz
General Manager



Cook County Whole Foods Co-op had another successful and profitable year.

This means we will be giving money back to our owners in the form of a patronage refund.

Here’s how patronage refunds work:

When Cook County Whole Foods Co-op has a profitable year, our board of directors has the discretion to distribute a portion of the profit to its owners. By law, refunds come from money that co-op owners spent at our store. It is allocated to each owner in proportion to his or her purchases at our co-op. Cook County Whole Foods Co-op’s total sales for fiscal year ending June 30, 2017 were \$4,423,657. Owner purchases accounted for 72% of those sales, resulting in a patronage refund of \$73,080. The board of directors looks at our financial performance each year, considers the co-op’s needs for the future and decides what portion of the surplus to pay out or retain. This year the board decided to pay out 50% of the surplus as a store credit or cash and retain 50% as equity.

Continued on page 3.

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.

BOARD OF DIRECTORS

Kathy Bolstad

bolstadedward@gmail.com
Term expires 2018.

Don Grant, President

dcgrant@boreal.org
Term expires 2019.

Barb Lavigne

blavigne@boreal.org
Term expires 2019.

Yusef Orest

yuseforest@gmail.com
Term expires 2020.

Lorrie Oswald

boreallor@gmail.com
Term expires 2018.

Nick Vavrichek

kojnlv70@icloud.com
Term expires 2017.

Erin Watson

erin.theresa.watson@gmail.com
Term expires 2019.

All are welcome to attend board meetings, which are usually held the fourth Tuesday of each month. Contact the board president if you would like to be added to the agenda.

2

And thus the second point: It's ok to be a "successful business". It was hard to think of ourselves as a "business" in those early days, much less a profitable one, but it was soon apparent that if we did not change our thinking there would be no co-op. This was a big change: to move from focusing on providing specific products and benefits for members to asking what does it mean to operate as a business? Sales and memberships were growing, the manager (now it was Amy Henrikson) and staff were leading us forward into an unknown future. There was fear that we would somehow lose our identity, our culture, with growth. The board could see that the manager had the expertise to oversee the operations of the store so together they started to explore how to govern in a time of growth-which eventually led to adopting Policy Governance.

3

The third high point: defining who we are and what will be different as a result of all that we do, is always a work in process. Initially, using Policy Governance, we defined clear ends to accomplish, and we set policies to monitor the work of the manager and thus the success of the co-op. It was a struggle trying to grasp and define "ends" (we thought "world peace" should be the one and only end), finding the words to use in the policies, putting our thoughts into what should not happen rather than prescribing what should. It was tempting to give up, but with the support of our consultant we persevered. Over the years ends and policies have been monitored, discussed, and revised as needed to meet the ever changing needs of the Co-op.

4

The fourth high point: we need to dream, to imagine what the co-op will be like 5, 10 years from now because that energy keeps us moving forward. In the mid 90's a small group of us met with consultants to discuss moving to a larger store—we were not ready and they made that clear! However, a few years later we did move and even purchased the building. Years before we built the new store a consultant led the board through an exercise asking us to picture the co-op 5 years out—several of us saw the co-op in the same spot, different building but the same location. Again, years later, when we started to discuss building in that location, the board agreed that we wanted to be Energy Star certified—it didn't happen immediately but we now have Energy Star status. What will we look like 5 years from now?

Dream on!

Without you, our owners, none of this would have happened. You may not have the hands on experience in the store of the old days but your support — shopping in the store, voting and attending the annual meeting, taking on member loans, writing comment cards, running for the board—is invaluable! The Ends statements crafted by the board are about results for you, and our community. Recently the board set up a New Initiatives Committee to look at ways we can give back to the community—you might say we've come full circle!

Thank you for your service on the board, Judy.
Welcome, Yusef Orest! We look forward to the benefits of your insight, talents and energy!



PATRONAGE

REFUND Continued from page 1.

The equity is held in your name as part of your investment in the future of our co-op.

Refund distribution:

To reduce waste and streamline the refund process, the co-op plans to distribute the refunds electronically at the registers.

Owners may use their patronage refund for in store purchases, redeem it for cash or donate it to one of the following local organizations or scholarship funds:

- 1.) Cook County Food Shelf
- 2.) Local Producers Scholarship
- 3.) Good Harbor Hill Scholarship

Some owners may not receive a refund if:

- 1.) You made no purchases in the last fiscal year.
- 2.) If you joined the Co-op after June 30, 2017, you won't be eligible for a patronage rebate until the close of the next fiscal year ending June 30, 2018.

Notice and timing of refund:

We plan to have the refunds ready in early January. Look for a mailer from the co-op listing your purchases for the year and refund amount. We'll also have signage up in the store announcing when the refunds are available.

Questions?

If you have any questions about patronage refunds, please E-mail or call Jennifer at jennifer@cookcounty.coop or 218-387-2503.

WELCOME

New Owners this Quarter, as of December 12, 2017

Karin & Tony Anderson	Richard Ice & Jeanne Cook	Patrick Pawlowski
Lisa Bauer	Lori Ismil	Mike & Beth Poliquin
Adam Chilcote	Joseph James	Wendy Prigge
Allen Clark	Jill & Dan Kort	Landen Rimestad
Michael & Traci Crotteau	Beth Kraus	Mark & Vicki Roline
Audrey Ann Cummings	Brittany Kubes	James Seery
Wendy Davis	Blake Lambert	Brandon Sullivan & Ashley Mercer
Clayton & Jillian Domonkos	Ted & Jennifer Lillehei	Debra Tuomistu
Lois Eyinck	Stuart Long	June Tveekrem
Paul & Bonnie Fairchild	Cheyenne McEnte	Mike Ulen
Julie Franzel	Marcy McGleno	Judi & John Vitek
Grand Marais Playhouse	Marshell Moy & Jake Todd	Teresa Wagner
Clint Harris	Joe Pandey	Emily Wick
Charlie & Pam Hile		Woodland Spa

THANK YOU

Full Equity Owners this Quarter, as of December 12, 2017

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!

Karin & Tony Anderson	Mary Haussner	Francine Martin
Chelsea Anderson & Andre Robinson	Anne & Chris Hegg	Brenda & Tim Miller
Mary Bahr	Molly Hicken	Marcy Olsen
Jessica Barr & Travis Novitsky	Stephanie Higgins	Theresa Parker
William Beckstrand	Charlie & Pam Hile	Eleanor & Mark Pearson
Kathy & Tom Bernier	Ada Hill	Allison & Erick Plummer
Lisa & Sharon Bloomquist	Richard Ice & Jeanne Cook	Landen Rimestad
Ryan Bottger	Lori Ismil	Patty Robinson
Allen Clark	Suzabelle Janicek	Mark & Vicki Roline
Bill Clayton	Anita & Roger Jeziah	Tom Savre
Michael & Traci Crotteau	Dawne & Larry Johnson	Rachel Seim
Michael Cyrette	Mindy & Harvey Josin	Sarah & Kyle Stover
Kathleen Dahl	Samantha & Charlie LaBoda	Brandon Sullivan & Ashley Mercer
Wendy Davis	Blake Lambert	Paul & Karla Sundberg
Paul & Bonnie Fairchild	Jane Laurence & John Wright	Erika Ternes
Carl Friesner	Rachel Liechty	Pat Thompson
Jennifer Friest	Ted & Jennifer Lillehei	AbbyTofte & Sam Hedstrom
Bruce & Dar Gehring	Will Loew-Blosser	Judi & John Vitek
Lucy Grina & Mike Overend	Michelle & Edmund Mamos	Teresa Wagner
Sara Hadley	Sandra & Morris Manning	Wald Hutte Properties
Kristine Hammerstrand		Emily Wick
Clint Harris		Woodland Spa

COOK COUNTY WHOLE FOODS CO-OP

in the COMMUNITY



Donations to the Food Shelf

This year the co-op supported the Cook County Food Shelf generously, with over \$3,220 worth of food and gift cards donated.

Many of our Cook County neighbors don't know where their next meal will come from—12 percent of Cook County residents struggle with food insecurity.

We strive to provide healthy, organic food to those in need. Any donation is greatly appreciated, and remember, the Co-op matches your donation dollar for dollar. A big 'Thank You' to all of you who contributed to the food shelf this season.

Empty Bowls

Empty Bowls 2017



This year CCWFC contributed funds, soup and volunteers to the Empty Bowls fundraiser which featured a soup dinner and a sale of beautiful handcrafted bowls made at the Grand Marais Art Colony. A bake sale provided sweet treats to purchase, and a silent auction added to the event.

Regardless of season, at some point each month, the Empty Bowls fundraiser event works to raise awareness and funds for the Cook County Food Shelf and other community organizations addressing Cook County's critical hunger needs year-round.

Halloween



The Grand Winners of our October Frankenstein Pumpkin were August, Carin, and Ruby Gulstrand! "Frank" visited the clinic the next day, and then went out for a Halloween evening!



goodness giveaway
Win groceries. Give groceries.

Goodness Giveaway

Win Groceries, Give Groceries

In early December the co-op participated in the "Goodness Giveaway," featuring great Co-op Basics groceries. We held a raffle which made one lucky person a winner of groceries and a \$75 donation, in the winner's name, to the Food Shelf. It's a "Win-Win"!

Congratulations to Linda Jurek Kratt, who showed up to collect her winnings without her car. The prize was so great in size, she left the co-op to retrieve it.

Co+op Explorers Club Lunch Box Winners



Co+op Explorers members may select a free piece of fruit from the basket each shopping trip. Make sure to sign up your 12-and-under child for a chance to win the Explorer's Club lunchbox! The drawing is held on the 5th of each month.



Congratulations Eli, for winning the October Explorer's Club Lunch Box! (Shown here with Mom, Nichole.)



The November Winner for was Magdalena, shown here with Christina.



December brought two winners—Brisa and Maite Palma Laky! Congratulations, girls!

Cooperative Development

the Fararano Project:

Supporting Madagascar's Vanilla Farmers

Vanilla is the second most expensive spice in the world, and Madagascar is the leading exporter. But Malagasy farmers have seen very little of that money because of a value chain that is too long with too many middlemen. When the cooperative was created, new ways were taught to grow vanilla, which produced higher quantities with better quality. Sales were difficult to make for small farmers, and bargaining power was very low. Fararano facilitated the implementation of 4 cooperatives which allow farmers to sell their product directly in their villages. Fararano connected the cooperatives directly to the exporters, thus shortening the chain.



Pricing has improved for the farmers. Joint selling was promoted and a sales department was created.

This department oversees transactions and payments to the farmers. The buying of other spices has increased in the region due to the heightened professionalism of the cooperative business focus. Increasing the number of cooperatives will help stabilize income and quality providing a sustainable income for Malagasy farmers, their families, villages and the region in general.



the **Seven Cooperative Principles**

1. Voluntary, Open Ownership

Open to all without gender, social, racial, political, or religious discrimination. You may shop, join, and leave the co-op at any time.

2. Democratic Owner Control

One Owner, one vote. Your voice will be heard.

3. Owner Economic Participation

Owners contribute equitably to, and democratically control, the capital of the cooperative. The economic benefits of a cooperative operation are returned to the Owners, reinvested in the co-op, or used to provide Owner services.

4. Economy & Independence

Cooperatives are autonomous, self-help organizations controlled by their Owners.

5. Education, Training & Information

Cooperatives provide education for Owners so they can contribute effectively to the development of their cooperatives. They inform the general public about the nature and benefits of cooperation.

6. Cooperation Among Cooperatives

Cooperatives serve their Owners effectively and strengthen the cooperative movement by working together through local, regional, national and international structures.

7. Concern for the Community

While focusing on Owner needs, cooperatives work for the sustainable development of their communities through policies accepted by their Owners.

FRUGAL SHOPPING *at the* COOP

Don't forget to take advantage of the many great ways to save when shopping the co-op:

- **Co+op Basics** – Get dozens of your most essential grocery items at our everyday low prices.
- **Co+op Deals** – Pick up our bimonthly coupon booklets, focused on packaged grocery.
- **Fresh Deals** – Check our produce department for unadvertised deals.
- **Owner Deals** – Ownership has its perks; look for our owner appreciation day on the 5th of each month. Take an extra 5% off at the register and and enjoy a cup of coffee.
- **Bulk** – Save when buying just what you need; buy a pinch or a pound without all that packaging.

Field Day

Great Choices, Great Prices

Since the introduction of our Co+op Basics program, you may have noticed that many of these more affordable choices are from the Field Day brand. We selected these products as part of our commitment to expanding our assortment so that everyone can find affordable products that meet their individual needs while complying with our co-op's product guidelines.



Field Day offers everyday low prices on many popular grocery and household items, from cooking oils to dry goods. We love Field Day because most of their food products are certified organic and made in the USA (some items may have imported ingredients). To be certified organic, a product can't contain GMOs, but for those products that are not certified organic, Field Day has made a commitment to non-GMO sourcing, as well.

At the co-op, we have strong relationships with many of the popular national brands you know and love, and we will always offer products made by our favorite local, small and fair trade producers, too. Including Field Day items in our product selection is just another way we are working to increase access to healthy, delicious food and make the co-op an option for more people in the community so they can discover all that we have to offer!



These Recipes can Feed Four People for under \$10!

This year, as a focus on nutrition and affordability, we asked our in-house nutritionist, Annie Albertson, M.S., R.D., to develop cost effective recipes using ingredients from our shelves. Here are two of them:

Spicy Lentil Stew

Ingredients	Amount
Dry Bulk Green Lentils	1 cup dried
Muir Glen Fire Roasted Diced Tomatoes	1 14.5 oz. can
Carrots	1 medium
Celery	1 stalk
Zucchini or Summer Squash	1 small
Dried Bulk Onion Flakes	2 T.
Garlic	2 cloves
Dried Turmeric	½ tsp.
Curry Powder	2 tsp.
Cooking Oil	2 T.
Rice	1 cup dry



Directions:

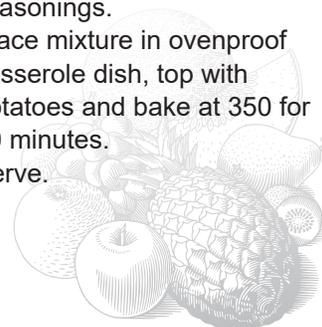
- Boil 2 cups water. Add rice. Simmer covered 20 minutes.
- Sauté carrots, celery, zucchini/squash and garlic in oil for 5 minutes.
- Add spices and sauté 3 minutes.
- Add lentils, tomatoes (with liquid) and 1 cup water.
- Cover and cook on low heat for 30 minutes.
- Serve over rice.

Turkey Shepherd's Pie

Ingredients	Amount
Ferndale Market Ground Turkey	1 lb.
Carrots	2 medium
Celery	2 stalks
Mushrooms	1/8 lb.
Cooking Oil	1 T.
Dried Bulk Onion Flakes	2 T.
Dried Thyme	¼ tsp.
Dried Rosemary	¼ tsp.
Russet potatoes	3 medium
Milk	½ cup
Butter	2 T.
Salt & Pepper	to taste

Directions:

- Peel potatoes, cut into 4 pieces and boil 20 minutes until soft. Drain, add milk, butter, salt and pepper. Mash together with fork or mixer.
- Sauté turkey in oil, breaking apart for 5 minutes.
- Add sliced carrots, celery, mushroom and all seasonings.
- Place mixture in ovenproof casserole dish, top with potatoes and bake at 350 for 20 minutes.
- Serve.



WHOLESONE WINTER CAKE



Michael's Favorite Parsnip Cake

From taproot magazine



Parsnip takes over for carrot in this sweetly-spiced variation on classic cold weather flavors. The clementine syrup in the frosting makes for a bright, tart and scrumptious topping.

Cake Ingredients:

1 cup all-purpose flour	2 cups grated parsnip
1 cup whole wheat flour	8 tablespoons (1 stick) unsalted, melted butter
1 teaspoon baking powder	¾ cup brown sugar
1 teaspoon baking soda	4 eggs
1 teaspoon salt	1 teaspoon vanilla extract
1 teaspoon ground cinnamon	¾ cup milk kefir or plain yogurt
½ teaspoon ground ginger	
½ teaspoon ground nutmeg	

Clementine Syrup Ingredients:

1 cup raw sugar	¾ cup clementine juice (from 6 to 8 clementines)
½ cup water	1 teaspoon clementine zest

Clementine Cream

Frosting Ingredients:

One 8 ounce package cream cheese, softened	2 cups confectioners sugar
8 tablespoons (1 stick) butter, softened	½ cup Clementine Syrup

Cake Directions:

Preheat the oven to 325° F. Butter two 9-inch round cake pans and line with circles of parchment paper.

1. In a medium bowl, whisk together the all-purpose flour, whole wheat flour, baking powder, baking soda, salt, cinnamon, ginger and nutmeg. Add the grated parsnip and toss it in the flour mixture to coat completely.
2. In a separate medium bowl, whisk together the melted butter and the brown sugar. Add the eggs one at a time, whisking after each addition to incorporate completely. Whisk in the vanilla extract, then the kefir.
3. Add the flour and parsnip mixture to the butter and egg mixture and fold them together until fully incorporated.
4. Divide the batter evenly between the two prepared pans and bake for 25 to 30 minutes, until deeply golden and a knife inserted into the center comes out clean. Set aside to cool.

While the cake is baking, prepare your frosting. First, you will need to make the clementine syrup.

Clementine Syrup Directions:

This recipe yields more syrup than the Clementine Cream Frosting requires, but you'll want the extra for drizzling over morning pancakes. Makes about 1 cup.

1. Combine the sugar and water in a small saucepan over medium high heat and bring to a simmer. Reduce the heat to medium and cook stirring occasionally until the sugar is fully dissolved, about 5 minutes.
2. Add the clementine juice and zest, and continue to cook at low simmer until the liquid has reduced by about half, about 10 minutes or more. It is finished when thickened to a thick, but still liquid consistency.

Frosting Directions:

1. Combine the softened cream cheese and butter, confectioners sugar and ½ cup of clementine syrup in a medium bowl and beat or whisk until fully combined.
2. After the cake has cooled completely, frost it and serve.



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



HOW MUCH *is an* **OWNERSHIP?**

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: www.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.

We would 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.

MARK *your* **CALENDAR**

JANUARY

Owner Appreciation Day

Friday, January 5, All Day

Wellness Wednesday

January 17, All Day

Board Meeting

Tuesday, January 23, 5:30pm-7pm

FEBRUARY

Owner Appreciation Day

Monday, February 5, All Day

Wellness Wednesday

February 21, All Day

Board Meeting

Tuesday, February 27, 5:30pm-7pm

MARCH

Owner Appreciation Day

Monday, March 5, All Day

Wellness Wednesday

March 21, All Day

Board Meeting

Tuesday, March 27, 5:30pm-7pm