

COOK COUNTY  
WholeFoods  
CO-OP

# The Strawberry Jammy

Spring 2019

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The Seven Cooperative Principles  
Eat Organic!





## 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.

### 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.

Our Board of Directors:

**LORRIE OSWALD**  
President  
[boreallor@gmail.com](mailto:boreallor@gmail.com)  
Term expires 2021.

**DON GRANT**  
Vice President /Treasurer  
[dcgrant@boreal.org](mailto:dcgrant@boreal.org)  
Term expires 2019.

**BARB LAVIGNE**  
Secretary  
[blavigne@boreal.org](mailto:blavigne@boreal.org)  
Term expires 2019.

**YUSEF OREST**  
[yuseforest@gmail.com](mailto:yuseforest@gmail.com)  
Term expires 2020.

**NICK VAVRICHEK**  
[kojnlv70@icloud.com](mailto:kojnlv70@icloud.com)  
Term expires 2020.

**ERIN WATSON**  
[erin.theresa.watson@gmail.com](mailto:erin.theresa.watson@gmail.com)  
Term expires 2019.

And introducing new member:  
**JANE ALEXANDER**  
[jalexander813@icloud.com](mailto:jalexander813@icloud.com)  
Term expires 2021.



## The Board Report

by Yusef Orest, Board Member

Hello to my fellow owners, shoppers, and visitors! Thank you for being a patron, and hopefully an owner, of the Cook County Whole Foods Co-op and supporting the principles and values upon which our cooperative is founded. Every so often, it is good to revisit what is meant when we talk about our principles and values. For me, at least, I take reverence in the fact that we participate in, own, and leverage the power of many hands lifting our cooperative forward. But, it is also good to be specific about what informs and shapes our direction.

First, let's visit the foundation of any cooperative, food co-op, or otherwise. These are the seven cooperative principles that were borne in Rochdale, England in the mid-1800's. Since their inception these principles have helped shape the cooperative worldview as we know it. Today, we know them as the Seven Cooperative Principles, and it is these principles that are the guiding star by which cooperatives put their values into practice.

- 1.) **Voluntary and Open Membership**—Cooperatives are voluntary organizations, open to all persons able to use their services and willing to accept the responsibilities of membership, without gender, social, racial, political or religious discrimination.
- 2.) **Democratic Member Control**—Cooperatives are democratic organizations controlled by their members, who actively participate in setting their policies and making decisions. Men and women serving as elected representatives are accountable to the membership. In primary cooperatives members have equal voting rights (one member, one vote) and cooperatives at other levels are also organized in a democratic manner.
- 3.) **Member Economic Participation**—Members contribute equitably to, and democratically control, the capital of their cooperative. At least part of that capital is usually the common property of the cooperative. Members usually receive limited compensation, if any, on capital subscribed as a condition of membership. Members allocate surpluses for any or all of the following purposes: developing their cooperative, possibly by setting up reserves, part of which at least would be indivisible; benefiting members in proportion to their transactions with the cooperative; and supporting other activities approved by the membership.





- 4.) **Autonomy and Independence**—Cooperatives are autonomous, self-help organizations controlled by their members. If they enter into agreements with other organizations, including governments, or raise capital from external sources, they do so on terms that ensure democratic control by their members and maintain their cooperative autonomy.
- 5.) **Education, Training, and Information**—Cooperatives provide education and training for their members, elected representatives, managers, and employees so they can contribute effectively to the development of their co-operatives. They inform the general public—particularly young people and opinion leaders—about the nature and benefits of co-operation.
- 6.) **Cooperation among Cooperatives**—Cooperatives serve their members most effectively and strengthen the cooperative movement by working together through local, national, regional and international structures.
- 7.) **Concern for Community**—Cooperatives work for the sustainable development of their communities through policies approved by their members.

*Note: This verbiage was adapted from the International Co-operative Alliance: <https://www.ica.coop/en/cooperatives/cooperative-identity>*

Now that we have a foundational view of the guiding principles that are the root of our cooperative, I would like to highlight how these principles inform our values and our practice thereof—or in the case of Cook County Whole Foods Co-op, what we call our Ends. Let’s start with defining what an End Statement is (commonly called our Ends): Ends are the results or outcomes of our practices. Success for the Cook County Whole Foods Co-op equals achieving these outcomes. (See sidebar.)

Yes, it is true that there is a lot of information guiding what the co-op board and staff must keep in mind and stay vigilant of as we make decisions, strategize and plan, and operate the cooperative business. It is because of these principles and values that we can maintain an organization that in both in principle and practice is rooted in maintaining a high quality of ownership for our owners and a high quality of stewardship to our community. For those of us serving on the Board of Directors, we consider it an honor operate using the Seven Cooperative Principles and our End Statement as the foundation for everything that we do to serve our ownership.

Yusef Orest  
Cook County Whole Foods Co-op Board of Directors

## Cook County Whole Foods Co-op Ends

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

- A successful grocery rooted in the Cooperative Principles.
- A trusted source for affordable, healthy, local and 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.



# EAT ORGANIC!



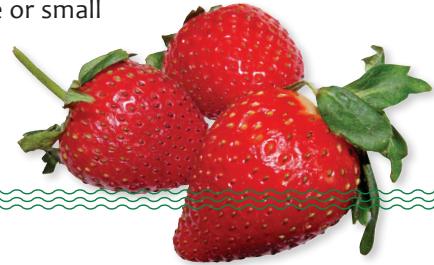
## Affordable for All

by Jennifer Stoltz, General Manager

A few years ago, we started the Good Harbor Hill Scholarship and Coupon programs. The Scholarship helps low income individuals or families purchase ownerships at the Co-op. Qualifying participants pay \$24 for ownership, and the Co-op covers the rest of the \$120 ownership cost. The coupon program offered one additional \$5 quarterly coupon to qualifying owners. This program has been well received, but the board decided low income shoppers should receive a discount every time they shop at the Co-op. Starting in May, the coupon program will switch to a 10% discount off most purchases every time eligible owners shop.

Applying for the program is easy and confidential. You can apply online or pick up an application at the Co-op information desk. Owners participating in one or more of the following programs qualify for the Scholarship and discount: SNAP/EBT, Emergency Assistance Program, Medicaid, Social Security Disability, Section 8 Housing, and WIC. We do not need to see proof of participation in these programs, but we will ask you to reapply annually to ensure that you still qualify.

Would you like to help fund the Good Harbor Hill Scholarship? Anytime you're shopping at the Co-op, you can make a donation with a cashier. Any amount large or small will help.



## EWG's Dirty Dozen

by The Environmental Working Group

EWG is a non-profit American activist group that specializes in research and advocacy in the areas of agricultural subsidies, toxic

chemicals, drinking water pollutants and corporate accountability. Here is an excerpt from their 2019 Shopper's Guide to Pesticides in Produce™.

Nearly 70 percent of the produce sold in the U.S. comes with pesticide residues, according to EWG's analysis of test data from the Department of Agriculture.

### Conventional Produce in 2019

The most surprising news from the USDA tests reveals that the popular health food kale is among the most contaminated fruits and vegetables. More than 92 percent of kale samples had two or more pesticide residues detected, and a single sample could contain up to 18 different residues.

Each of these foods tested positive for a number of different pesticide residues and contained higher concentrations than other produce.

### The 2019 Dirty Dozen

- Strawberries
- Apples
- Pears
- Spinach
- Grapes
- Tomatoes
- Kale
- Peaches
- Celery
- Nectarines
- Cherries
- Potatoes

Kale and spinach samples had, on average, 1.1 to 1.8 times as much pesticide residue by weight than any other crop, with multiple samples of kale showing 18 different pesticides.

The Shopper's Guide is a resource designed to help you reduce your pesticide exposures as much as possible by indicating which produce to buy organic.

Different fruits and vegetables can have vastly different levels and numbers of pesticides detected on the crop. All research agrees on the health benefits of a diet that includes fruits and vegetables, and eating fresh produce—organic or conventional, as budget allows—is essential for health.

<https://www.ewg.org/foodnews/summary.php>

# Farms and Foods of the Future

By: Co+op, stronger together

The benefits of organic are increasingly well-known, but recently, organic farming methods have been identified as having a roll to play in slowing climate change—part of a group of farming practices scientists have termed “regenerative agriculture.”

Regenerative agriculture goes beyond sustainable—it revitalizes the environment while producing abundant and nutritious food. This cutting-edge farming technology draws from decades of scientific and applied research by the global communities of organic farming, agro ecology and agroforestry. Regenerative agriculture is any annual cropping system that includes four of these six practices:

- 1.) compost application
- 2.) cover crops
- 3.) crop rotation
- 4.) green manures
- 5.) no-till/reduced tillage
- 6.) organic production

There are currently over 108 million acres of farmland using regenerative agriculture techniques in the world and if the current rate of adoption continues, drawdown estimates acreage will top 1 billion by 2050!

Farmers love regenerative agriculture because they benefit from increased yields, better crop resilience in extreme weather (drought, heavy rain), and enormous reductions in energy use. That adds up: the average regenerative farm yields 72% higher net profits per acre than a farm using conventional methods.

Though industrial agriculture is the current norm in the U.S., these farming methods cost little to nothing beyond labor, making them accessible to farmers all over the world. In fact, farmers of over 177 million acres of land worldwide currently practice conservation agriculture, a bridge technology to regenerative agriculture that utilizes crop rotation, cover cropping and reduced tillage. Practiced extensively in South America since the 1970s, an

estimated additional 1 billion acres of conventional land will be converted to conservation agriculture by 2035, putting them in line to go regenerative, too.

That doesn't mean regenerative methods are not being adopted in the U.S. The Rodale Institute convened a coalition of farmers, manufacturers and environmental advocates to establish regenerative organic certification for farmers. In addition to regenerative methods, this label will speak to animal welfare, social and labor issues, as well. This voluntary certification and label is likely to begin appearing on products in the near future.

## The Future of Cereals is Perennial

Cereal crops like corn, rice and wheat are staples of diets the world over. The way these annual crops are commonly grown, using conventional, industrial methods that are destructive to land, water and climate, is not sustainable, making them good candidates for crop improvement.

The Land Institute in Salinas, Kansas, has been selectively breeding wheat for the last 40 years, to improve its sustainability. Their Kernza®, a perennial form of wheat, tastes and bakes much like annual wheat, but develops long, complex roots and survives over the winter, blooming again in the spring. That change reduces the need for annual tilling and planting. Perennial wheat also dramatically improves the soil and groundwater.

In China, the Yunnan Academy of Agricultural Sciences is very close to a viable perennial rice.

We can help these sustainable foods and farming methods take root by buying food that is currently being produced this way, and by sharing what you know with friends and family. Buying organic food is one way to support a transition to regenerative agriculture!

# COMMUNITY

## What's Cookin' at the Co-op...



Kids love our Explorers Club Program! Kids (12 and under) enjoy a juicy piece of fruit and the chance to win a fantastic lunchbox.



Reese Stover



Freddie Walters



Esme Mundell



Arlo Drotos was the Grand Prize Winner of our Pollinator Habitat raffle. Watch for plenty of bees around his house this summer!



Sushi making with Tom Morse was a hugely popular class! A second class is scheduled for May 14<sup>th</sup>.



Leticia Novais introduced us to Brazilian Vegan crepes—amazing!

Lois Steven shared her knowledge, recipes and cooking skills. Plant-based pizza rocks!



# Local Producers Scholarships Awarded

by Jennifer Stoltz, General Manager

Offering as much local food as possible is important to our customers and our Co-op. To spur the growth of local food production, Cook County Whole Foods Co-op offers an annual Local Producers Scholarship to help local producers establish and improve their business, buy needed equipment and supplies and pay for education on organic farming. This year we had a record number of applicants so we decided to award four \$500 scholarships.

- **Nick Wharton** from Good Nature Farm plans to purchase materials for a hoop house.
- **Hana Crosby** of Hands of Harvest received funds to help build a new bakery in Grand Marais.
- **Elizabeth Perry and Stan Pelto** of Superior Highland Farm will build a summer water system for their cattle.
- **Jack Wilson** plans to buy one or two cold frames to grow a variety of vegetables.

It's exciting to have so much local food production happening in Cook County. We're looking forward to seeing (and eating) the fruits of their labor this summer. Watch upcoming newsletters for more about these projects taking place in our community.



## Ownership Drive! April 29th - May 17th

Become a new owner by paying the full equity share of \$120 to earn a \$10 coupon, Co-op branded Chico bag, AND water bottle! **OR** pay off your full equity share and earn a \$10 coupon **OR** become a new owner with your first \$12 payment to earn a \$10 coupon.

## March Food Share Results

During the month of March we rounded up and donated \$764.65 to our local food shelf. Thanks to all who contributed toward our efforts to address hunger and food insecurity, in the County, through fund raising and education.



# The Calendar

## APRIL

**Owner Appreciation Day**  
Friday, April 5<sup>th</sup>

**Basics of Artisan Bread**  
Caleb Mattison, Instructor  
Monday, April 15<sup>th</sup>, 7-9pm

**Wellness Wednesday**  
Wednesday, April 17<sup>th</sup>

**Earth Day**  
Monday, April 22<sup>nd</sup>  
Bring your own containers and get 10% off purchases in the bulk department!

**Board Meeting**  
Tuesday, April 23<sup>rd</sup>, 5:30-7:30pm

**Ownership Drive Begins**  
4/29/19 - 5/17/19

## MAY

**Adopt-A-Highway**  
Thursday, May 2<sup>nd</sup>, 10am-noon  
Meet at the Co-op by 10a.m.  
Bring your own gloves.  
FREE DELI LUNCH when finished!

**Owner Appreciation Day**  
Sunday, May 5<sup>th</sup>

**Sushi Class**  
Tom Morse, Instructor  
Tuesday, May 14<sup>th</sup>, 7-9pm

**Wellness Wednesday**  
Wednesday, May 15<sup>th</sup>

**Board Meeting**  
Tuesday, May 23<sup>rd</sup>, 5:30-7:30

## JUNE

**Owner Appreciation Day**  
Wednesday, June 5<sup>th</sup>

**Wellness Wednesday**  
Wednesday, June 19<sup>th</sup>

**Board Meeting**  
Tuesday, June 25<sup>th</sup>, 5:30-7:30pm

# STAFF



## Think Gardens!

by Kent Jones

It's time to think about gardening again...as if you weren't already. The Co-op once again is offering seeds from Seed Savers Exchange in two racks in the store. More varieties than we've ever offered before! These are seeds for varieties that have been chosen because they will grow here. The seeds are for either shorter season vegetables, or vegetables that should or could be started indoors (or in a cold frame, hot house, or greenhouse), or they are easily grown annual or perennial flower seeds.

We sell Seed Savers seeds because we support their great philosophy. Seed Savers is a non-profit company that works to keep heirloom varieties safe and secure for generations to come. They offer hundreds of heirloom, untreated, non-hybrid, and non-GMO seeds. Every purchase of their seeds supports their ongoing work to preserve these varieties. You can even join them and become a seed saver yourself! Meanwhile, get your garden seeds and make a plan. We will only carry seeds into mid-June.



### Special Tips and Techniques

by National Gardening Association

There are special tips and techniques that can make your veggie garden more efficient and productive. One popular method is succession planting. A good example of succession planting is growing a warm-season crop like beans in the same spot where you just harvested a cool-season crop like spinach. In most areas, the spinach is finished early enough in the season to allow you to plant a mid-season crop of green beans that will mature before frost.

Interplanting is another way to maximize your planting space. Plant quick-maturing crops, such as lettuce, around slow growers, such as broccoli. The lettuce will be harvested by the time the broccoli needs the space.

When growing more than one of any type of vegetable—tomatoes, for instance—plant several different varieties. This increases the chance of success, since some varieties will perform and taste better than others. It also extends the harvest season if you plant early, mid- and late-season varieties.



### The Miracle of Raised Beds

In general, raised beds are the best way to grow the most vegetables with the least amount of work. The only times when raised beds are not a good option are if you have sandy soil, live in a very dry area, or are growing crops that need hilling and mounding, such as potatoes. Otherwise, raise the soil!

### The Benefits of Raised Beds:

- They warm up and dry out faster in spring, so plants get a jump on the season.
- You can grow more vegetables in less space and create attractive, well-organized planting areas.
- They save on the amount of fertilizer and compost used.
- They're less work, especially if you make permanent raised beds bordered with wood, bricks, or stone. You won't have to remake the beds each spring.
- The plants will have healthy root systems because you won't be stepping on the planting bed, compacting the soil and making it hard for roots to grow.

Information courtesy of the National Gardening Association, [www.garden.org](http://www.garden.org).



# Perfect Hash Browns on a Sunday Morning

by Adam Mella, Deli Manager

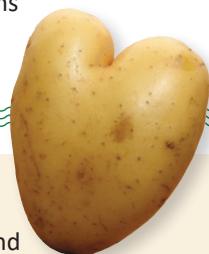
Breakfast is the best meal of the day, and you will never convince me otherwise. A true sit-down breakfast begins with hashbrowns and is perfectly complimented by eggs. I have strong opinions on eggs, and I love them. They are the most versatile ingredient on planet earth, and I usually cook mine over-medium in salted butter, but I have learned and accepted that egg preference is wide and varied and there is no wrong answer here.

Not so with hash browns. There is only one correct form: crispy and golden brown. In my years on the line I was at first dismayed by how many orders we received where the customer felt the need to order “hash browns, crispy!”

I have never had to order “coffee, hot!” I would joke, but I wasn’t really joking. The truth is, many people have indeed been traumatized with soggy breakfast potatoes.

I am convinced this is one of our country’s greatest problems—people can’t trust a breakfast cook anymore. Crispy hash browns take time and love, and there is never enough of either.

All of this is a long way of bringing us home on Sunday morning, whatever day your Sunday happens to be. I have found the very best hash browns are sizzling there, at home, in a cast iron skillet.



## Make Those Hash Browns...

Proper hashbrowns are a two-day project and I have rambled on hash brown theory, so I’ll keep it short:

- 1.) Preheat the oven to 350F and place 3 or 4 medium-sized potatoes on the middle rack and par bake for 40 minutes, then place them in the fridge overnight. I like reds, sometimes Yukon golds.
- 2.) In the morning, place a shallow cast iron skillet on medium-high heat with a splash of cooking oil —canola is fine here.
- 3.) Once the pan is good and hot and the oil is shimmering, place the grater directly in the bottom of the skillet and shred the potatoes, then flatten them out into an even layer and pull them back from the edge just a pinch.
- 4.) Finally, drizzle a nicer olive oil over the top of the potatoes and do a quick ring around the edge. Don’t be shy with the salt. Then wait. Start the coffee, put on some music, light the wood stove, let the dog out. Bring sweetheart some coffee in bed.

At this point the hash browns should be making some noise. I will quarter the potatoes for easier flipping later and push them back against the edge of the pan and throw a chunk of butter in the middle. Eventually they will start browning nicely at the edges and I will slide the four slabs around and get a peek underneath. When they are ready to turn the hash browns will sing softly, listen close, but maybe before then make sure sweetheart gets a warm-up on that coffee. Check the fire, let the dog back in.

Once they are flipped add a bit more salt on top, the courser the better, and a couple grinds of

pepper. Throw another slab of butter in the pan and press the tops of the hash browns. Compactness increases crispiness. If you want some cheese on top add it now. Maybe a pinch of cayenne. Ideally the potatoes get even time cooking on the top and bottom. Only when they are going for a while beyond the flip will I put heat on the egg pan. The first pair goes on my plate, the second pair is always prettier. Eggs get a pinch of salt and a click of pepper. Peel some citrus or slice an apple and bring the plate together.

The chickadees are jumping on the branches, the sun moves above the trees, and it is a beautiful day. Breakfast is the best meal of the day, and you will never convince me otherwise.





# Milk—It’s Not Just a Whole or Low-Fat Choice Anymore!

Annie Albertson, M.S., R.D., Co-op Grocer

The shelves at the Co-op are filled with more “milk” varieties than ever—both dairy and plant-based. Although plant-based milks have been around for years, the popularity of the many new and old options is exploding—due in part to environmental concerns, functionality, dairy intolerances and taste preferences.

Dairy milk versus the plethora of plant-based milk options is leaving some consumers confused about which product is right for them. Below are a few things to consider.

## Dairy Milk

Cow’s milk is the most common dairy milk and it is hard to beat the nutrition it delivers! An 8 oz. serving contains approximately 8 grams of protein, along with 300 mg of bone-building calcium and 400 mg of potassium, minerals lacking in most American’s diet. The sugar is from the naturally occurring lactose which can present some digestive issues. For children, it is the number one recommendation to ensure delivery of essential nutrients needed for growth.

Cow’s milk comes in many varieties from fat-free to whole, organic and lactose free. It is generally recommended to consume lower fat varieties to help moderate saturated-fat intake.

## Plant-based Milks

Plant-based milk alternatives are fluids that result from the breakdown of plant materials extracted in water and further homogenized to produce a product that has a similar appearance and consistency to dairy milk. Advanced processing techniques now allow for many plant materials to be made into milk-type products.

## Classification of Plant-based Milks

<b>Cereal</b>	oat milk, rice milk, corn milk, spelt milk
<b>Legume</b>	soy milk, peanut milk, lupin milk, cowpea milk
<b>Nut</b>	almond milk, coconut milk, hazelnut milk, pistachio milk, walnut milk, macadamia milk, cashew milk
<b>Seed</b>	sesame milk, flax milk, hemp milk, sunflower milk
<b>Pseudo-cereal</b>	quinoa milk, teff milk, amaranth milk

Each of these non-dairy milks has its’ own unique nutrient profile and specific functionality. In order for

plant-based milks to be considered a substitute for dairy milk, these products are generally fortified with protein, calcium and other essential nutrients. Check the Nutrition Facts to make sure the product meets your nutritional needs. Shake the product before consuming to ensure even distribution of the fortificants.

## Nutritional Comparison of Selected Milk Products

Type of Milk	Calories	Protein (g)	Fat (g)	Carbohydrates (g)	Added Sugar (g)	Dietary Fiber (g)	Calcium (%DV)	Vit D (%DV)
Cow’s Milk (Organic Valley-Skim)	90	8	0	12	0	0	30	25
Soy Milk (Silk Original)	80	7	4	3	0	2	20	15
Rice Milk (Rice Dream)	120	1	2.5	23	10	0	30	25
Oat Milk (Oat Yeah)	90	2	3.5	14	4	1	45	35
Almond Milk (Silk Original)	30	1	2.5	1	0	<1	45	25
Coconut Milk (So Delicious Original)	70	<1	4.5	8	7	1	10	30

Note: Nutrition Facts can vary by brand.

A growing body of evidence suggest that certain components in plant-based milks deliver health benefits beyond traditional nutrients such as protein and calcium. These attributes are commonly referred to as functionality. This is a very complicated topic that requires much additional research, but below is a summary of current knowledge.

## Functional Components and Associated Health Benefits

Type of Milk	Functional Component	Benefit
Soy Milk	Isoflavones and Phytosterols	Protective against cancer, cardiovascular disease and osteoporosis
Rice Milk	Phytosterols	Cholesterol lowering, anti-inflammatory, anti-oxidative effects
Oat Milk	Beta glucan	Cholesterol lowering, low glycemic index
Almond Milk	Alfa-tocopherol	Antioxident protecting against free radicals, probiotics
Coconut Milk	Lauric acid and vitamin E	Anti-aging, nourishes skin, brain development, immunity

Reference: Journal of Food Science and Technology (Sept 2016) 53(9):3408-3423

Additional considerations when selecting a plant-based milk include the amount of added sugars and additives such as guar gum and certain starches used to thicken the product. And, if using plant-based milk in cooking or baking make sure you check manufacturer's recommendations for substitution.

*So whatever milk you choose, drink-up and enjoy!*

## Raw Mango Lassi

from unconventional TREATS  
by Audrey Snowe

**Yields:** 1½ cups  
**Prep Time:** 2 minutes

An instant, dairy-free version of the traditional Indian mango yoghurt dessert drink. Refined sugar-free.



### Ingredients:

- ½ cup almond milk (any plant-based milk)
- Heaping ½ cup frozen mango chunks
- 2 tbsp raw cashews
- 1½ tbsp maple syrup
- 1½ t lemon juice
- Pinch of cardamom, turmeric and salt

Place all ingredients in a blender and blend until smooth. Add more milk if you want it less thick. *Enjoy!*

### 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: [cookcounty.coop](http://cookcounty.coop).

### BENEFITS OF OWNERSHIP:

**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. Eligible to apply for 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.

## New Owners (12/17/18 - 3/12/19)

Ashley & Chris Belanger	Jesse & Kristy Heise
Lisa & Ryan Bender	Susan & Carly Hughes
Linnea Boyd	Jeanne & Steve Irland
Jeff Buetow & Vicki Grafton	Holly Johnson & Todd Zins
Rovena & James Claxton	Libby Larson
Bonnie Dalin	Donna & Jerry Paine
Tom & Dorothy Danielson	Michael Stapleton
Eric Dayton	Sharon & Robert Walker
Tyler & Jessica Dean	Rebekah Watson
Christine DeJoseph	Gregg & Marie Anne
Timothy Desmond	Westigard
Linda Dobosenski	Matt White
Isabella Gorg	Linda & Ron Wizykost

## Paid in Full Owners (12/17/18 - 3/12/19)

Maggie & Fred Anderson	Brittany Kubes
Ashley & Chris Belanger	Rick Kurec
Lisa & Ryan Bender	Lisa Loncar
Randall Boyd	Rebecca & Joseph McAllister
Linnea Boyd	Adam Mella & Natalie Kundel
Jeff Buetow & Vicki Grafton	Yusef & Andrea Orest
Jeff Cadwell	Donna & Jerry Paine
Shadee & Todd Carlson	Patrick Pawlowski
Rovena & James Claxton	Kara Pearson
Chuck, Jayden & Savanna	Kristin Reiter
Corliss	Bill Riley
Tom & Dorothy Danielson	Matthew Ritter
Eric Dayton	Dan & Lee Ross
Tyler & Jessica Dean	Ruth Saunders
Timothy Desmond	Susan Skrien
Linda Dobosenski	Michael Stapleton
Mary Edson	Marianne Stewart
Amanda & Gordon Engstrom	Kati & David Stieler
Carolyn Fritz	SaraJane Tompkins
Jesse & Kristy Heise	Katie Viren
Jeanne & Steve Irland	Eric Weicht
Nancy Iverson	John & Kathleen Weinberg
Charlene & Robert James	Jaye & Cody White
Holly Johnson & Todd Zins	Linda & Ron Wizykost

### 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.



Cook County Whole Foods Co-op  
20 East First Street  
PO Box 813  
Grand Marais, MN 55604

218-387-2503  
[facebook.com/cookcountycoop](https://facebook.com/cookcountycoop)  
[cookcounty.coop](http://cookcounty.coop)

