

COOK COUNTY  
WholeFoods  
CO-OP



# The Blueberry Jam

Spring 2020

A Healthy Coop During  
Trying Times  
Curbside Grocery Shopping  
and more!





## A Healthy Co-op During Trying Times

By Jennifer Stoltz, General Manager

### 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 a consultation from a licensed health care provider.

### Our Board of Directors:

**LORRIE OSWALD, President**  
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Term expires 2021.

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Term expires 2022.

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Term expires 2022.

It is often the case, in difficult times, that grocery stores are a vital resource to the communities they serve. The recent outbreak of novel coronavirus (COVID-19) is proving that this remains true.

You have come to us in recent days to stock your pantry, replenish cleaning supplies, and prepare alongside others in the community. As a grocery store, our Co-op is in the unique position of offering essential services for our communities while also doing all we can to minimize risk to our staff, owners, and shoppers.

We are experiencing some out-of-stocks from our distributors. It is possible that we may not get some deliveries due to the increased demand for staple items during this time. We are working hard to keep the Co-op stocked.

While Cook County has had no reported COVID-19 infections, we have asked any staff exhibiting symptoms of respiratory illness or fever to stay home and notify their medical provider. We are also emphasizing regular hand washing and avoidance of touching their faces. Masks are worn at all times within the building.

We anticipate that guidance from federal, state and local agencies may change rapidly over the coming weeks. We will continue to monitor closely and be nimble in adjusting our operations to prioritize the health and safety of you and our staff.

Regular updates are available from the CDC at [www.cdc.gov](http://www.cdc.gov), and a variety of other sources, if you would like to learn more about COVID-19.

Thank you for your patience during this difficult period of time, and for being an integral part of our community.

Please take the time to read the following page on our new Pick & Pack Ordering System. It will help you get the very best shopping experience, during these trying times.





# Pick & Pack Curbside Grocery Shopping

*A Fresh (and Temporary) Approach to Shopping*

In response to the current COVID-19 pandemic, we are temporarily moving to curbside pickup or delivery only. Please email or call to place an order—email is the very best method. We will pick & pack, and carry out to your vehicle or arrange a delivery.

Please email or call to place an order. Did you know that owners can put money on their account? That's the most efficient way to pay for groceries.

Deliveries will be available on Tuesdays and Fridays. Please order by 11 am for afternoon delivery within a 5 mile radius of the Co-op. We will utilize volunteers for farther deliveries.

## How to Order Groceries

**Email:** [customerservice@cookcounty.coop](mailto:customerservice@cookcounty.coop)

Please email your shopping list with your phone number included. Make sure we have the correct name for your order—we will prepare the order according to name.

**DO NOT INCLUDE YOUR CREDIT CARD NUMBER** in the email. We will call you to get the number, and to ask any questions we may have about the order. At that time, you'll know we will be working on your order soon. Payments can also be made using EBT, gift cards, check or money on your account.

Please allow at least 3 hours from the time we call, until pickup. Orders taken after 5 pm will be available for pickup after 1 pm the following day.

For the very best service, order a full week's worth of groceries for pickup on weekends.

You can view the shelves of the store on the internet, by accessing <http://www.david-jansen.org/WFC/>

## If You Don't have Access to Email:

**You may order by phone. Call (218) 387-2503 between 10 am - 6 pm daily.**

Orders taken after 5 pm will be filled by 1 pm the following day.

Please have your credit card handy. We will take it at the time of your phone order.

*Thanks for your patience as we navigate these difficult times!*



# Help Us to Help You!

*Tips for Shopping during Trying Times*

Please follow these recommendations to get your favorite groceries.

**1.) Organize your list by areas within the Co-op.** (Think about the store layout to guide you.)

*Examples:*

- Produce
- Bulk
- Cooler
- Packaged Groceries
- Wellness
- Meat & Cheese
- Freezer
- Deli

**2.) List specific brands.** Let us know if you will accept substitutions. *Utilize our online photos for brand recognition, at: [www.david-jansen.org/WFC](http://www.david-jansen.org/WFC)*

**3.) Specify the size.**

*Examples:*

- 15 oz. can
- 1 liter bottle
- pint, quart, 1/2 gal., gal.
- 2 lbs., 2 cups, 2 oz.

**4.) Include important details to help us pick your favorites.**

*Examples:*

- Organic
- Gluten Free
- Unsweetened, Original
- Ground or beans
- Diced, whole, crushed, etc.

**5.) Indicate a pick up time.**

We'll do our best to accommodate your schedule. Please allow at least 3 hours after we call for a credit card, for us to fill the order. If submitted after 5 pm, it will be ready by 1 pm the following day.

Our Local Producers Scholarship winners have been contributing heartily to the health of the community for years! It was with great enthusiasm and gratitude that we presented checks to two of our local, hard working, industrious farming couples in February...

**Ian & Rachel Andrus and  
Laura & Brian Wilson**

CONGRATULATIONS and thank you, as local food production feels more important than ever!

**Local Producer's  
SCHOLARSHIP  
Producer Application**

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Here at COOK COUNTY WHOLE FOODS CO-OP we strive to offer as much local food as we can because it's good for the community and the earth... plus local far makes better. To spur the growth of local food production, Cook County Whole Foods Co-op offers an annual Local Producers Scholarship (LPS) of \$200. The LPS exists to help local producers establish and improve their farms, buy needed equipment and supplies and pay for education on organic farming.

Application Deadline is February 14, 2020.

If you are interested in applying please drop off, e-mail or send a letter to the Cook County Whole Foods Co-op. Include:

- 1) complete contact information
- 2) your experience and commitment to sustainable food production
- 3) a description of what the funds would be used for
- 4) expected benefits of your customers for local food production and for delivery of local food supplies to the Co-op.

Name: \_\_\_\_\_ Owner Number: \_\_\_\_\_ Phone Number (\_\_\_\_\_) \_\_\_\_\_  
 Email: \_\_\_\_\_ Mailing Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip/Code: \_\_\_\_\_

\*Applicants must be residents of Cook County, WI.



COOK COUNTY WHOLE FOODS CO-OP | email to [janet@cookcountywi.org](mailto:janet@cookcountywi.org) | mail to P.O. BOX 815, Green Haven, WI 53024 | (715) 387-2202 | [www.cookcountywi.org](http://www.cookcountywi.org)

## Local Producers Scholarship Winners!



*"We have been growing and selling vegetables to the residents of Cook County for 5 years and have been making regular deliveries of greens to the Co-op for the last two years. Our goal is to provide locally grown and highly nutritious vegetables to the people who live in and visit Cook County. At Creaking Tree Farm, we follow organic principles and focus on soil health and diversity. We believe these farming tactics produce the most healthful and delicious food possible while also maintaining a healthy and sustainable growing environment."*

*—Ian and Rachel Andrus*

## Welcome New Owners!

12-12-19 to 3-12-20

Tina Ahokas & Chris Walton	Arlette Hunnako
Stephanie Anderson & Victoria Stuber	Hunter Maclaurin
William Barnett & Karelra Mowbray	Betty Michaud
Lucia Carlson	Chris & Maria Miller
Katie Clark	Jeff Morck
Anton Dabbs	Dorothy & Jim Muller
Helen Duritsa	Dan & Marlene Mundell
Jake Fee	Mike Nicklow
Todd & Susan Ford	Christine Novotny & Ben Fliess
Trevin Gardiner	Carol O'Connor
Grand Marais State Bank	Janny Padelford
Jon Gunderson & Teresa Shannon	Sarah Peters
	Dana Vondall
	Mason Watt
	Ashley Zajackowski



*"We feel very fortunate to have such a strong, sustainable partnership with the Cook County Whole Foods Co-op. We have sold thousands of pounds of our strawberries to the Co-op, and plan to continue to sell more and more each year. We believe this is the way our food system should be. A grower should be able to sell their fresh picked, perfectly ripe produce for a fair price. And consumers should be able to know the people that grew it, and how and where it was grown. We hope to continue to do our part to maintain this important food system."*

*—Laura and Brian Wilson*



## Just Say “Cheese”

By: Leslie Pedersen, Cheese Buyer



Photo: Carol Spaeth-Bauer, Wisconsin State Farmer

Christian Schmutz, of Switzerland, hoists the championship cheese over his head at the World Championship Cheese Contest on March 5, 2020 in Madison, WI. The cheese, called Gourmino Le Gruyère AOP, is made by Michael Spycher of Mountain Dairy Fritzenhaus for Gourmino AG.

Several years ago when I was asked if I would be interested in running the cheese department at the Co-op, my first response was, what me? I don't know anything about cheese, oh but wait, I do love cheese, so maybe I could give it a try. Fast forward to 2020 and I've learned there are a lot of cheese lovers out there and they are always on the lookout for something new and interesting to try. Lucky for me, I've been able to bring in new, sometimes costly, sometimes stinky, but generally great cheeses from all around the globe. Did you know that increasingly some of the best cheeses in the world now come from the US—not France, Italy or the Netherlands. In fact, at the 32nd annual World Cheese Awards held in Bergamo, Italy (2019), a US cheese took the top honor for the first time!

The World Champion Cheese Contest or as some call it “the Oscars of Cheese” is held every other year—this year in Madison Wisconsin. The impressive win of a US cheese has helped to validate a growing consumer appreciation of US cheeses and confirms the US Dairy industry's efforts to change the perception that high quality cheeses come from only other continents.

Approximately 3,800 different cheeses, from countries all over the world, were entered in the contest held in Italy. All of the entries were judged in a single day by internationally recognised experts. Tables of cheese were judged by three judges picking the “gold” cheese from their table. These top cheeses were then judged a second time by a “Super Jury” of 16 experts from around the world, who chose a cheese to champion in the final round of judging. This final round was debated in front of and televised for a live audience before choosing a winner. The qualities of cheese the judges considered were: the look of the rind and the body of the cheese, it's color, smell, texture, consistency, and of course, above all—taste.

Of the top final 16 cheeses only one was from the US—but no matter, it was the winner! The remaining came from the UK, Italy, Switzerland, Spain, France, Japan and the Netherlands.

I'm sure by now you are wondering which cheese won. (I did have a couple of cheese savvy Co-op customers come in and ask for it.)

The winner was **Organic Blue Cheese Rouge River Blue** from Oregon. It is a wheel of blue cheese that is hand wrapped in Syrah grape leaves, soaked in Pear Liqueur and cave aged for 9-11 months. If you are very lucky you might be able to purchase it directly from the creamery. Current prices are \$75.00 for a quarter wheel or \$235.00 for a full



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## Just Say “Cheese”

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wheel. I immediately called my best purveyor to inquire about getting some, but alas, it is not available to us and the price is a tad high. However, the Co-op has carried their Smokey Blue which is smoked with hazlenut shells and is wonderfully creamy. Carr Valley did well with several mentions: their cave-aged Marrisa, Smoked Pepper Jack, Boozin Ewe and Snow White Goat Cheddar among the winners. I currently am waiting for a shipment of the Boozin Ewe, (I really just couldn't resist the name). Also on the honorary list was Deer Creek, “The Stag” which I am currently stocking. Emmi Roth had a winner with their Roth Grand Surchoix, which we have had in the past. Additional Honorary cheeses were Marieke Goudas, and Jeff's Select Goudas from Minnesota.

I've often thought fine cheeses are like fine wines, come from all over the world, and like wine, have sometimes great differences but often subtle nuance. I appreciate the ability to offer new cheeses when it seems a good fit.

**Domestic cheeses may become a bigger part of the cheese department at the Co-op because of recent tariffs that have taken affect on imported products so, isn't it an especially good time to remember that our own country makes some banging good cheese?**

## Gorgonzola Stuffed Pears

By: Co+op, welcome to the table



- Sweet ripe pears and savory Gorgonzola
- are perfect match in this simple yet elegant
- dish. They work equally well as a dessert or an appetizer.

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**Total Time: 15 minutes | Yields: 6 servings**

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### Ingredients:

- 3 ripe pears, cut in half lengthwise and cored
- 1 tsp. honey
- 1 T. balsamic vinegar
- 2 oz. Gorgonzola cheese, crumbled
- 4 oz. mascarpone cheese
- 2 T. dried cranberries, chopped
- 3 T. pecans, toasted and chopped

### Preparation:

1. Preheat broiler. In the microwave or on the stovetop, heat the honey and balsamic vinegar and stir until combined. Cut each pear in half lengthwise and scrape out the seeds using a melon baller or small spoon. Place pears on a sheet pan, cut side up, and brush with the honey-balsamic glaze (reserve any remaining glaze for drizzling on the pears when finished).
2. In a mixing bowl, blend the Gorgonzola, mascarpone, cranberries, and pecans. Spoon 1 to 2 tablespoons of the cheese mixture into each pear half. Broil the pears for about 3 minutes until the cheese is bubbly. Drizzle with the remaining honey-balsamic glaze and serve.

### Serving Suggestion:

Pair with port wine for a memorable dessert course.

### Nutritional Information:

**Calories: 214 | Total Fat: 14 g | Fat: 14 g | Cholesterol: 32 mg | Carbohydrates: 21 g | Sodium: 128 mg | Dietary Fiber: 4 g | Protein: 4 g**





## African Black Soap

By: Kim Falter, M.S. Holistic Nutrition, Wellness Coordinator

New to the Co-op this spring is a lovely collection of African Black Soaps from Alaffia. A hygiene staple in West African cultures, black soap has been made by women in these countries for centuries. Production of this unique soap starts with ash from local plants, which can include: cocoa pods, plantain skins, shea tree bark, and/or palm tree leaves. That ash is then mixed with a base of either shea butter, cocoa butter, palm kernel oil or coconut oil and 'cooked' to form a rich luxurious body soap with many healing properties. Not only great for hair and skin, black soap has been shown to help those with eczema and psoriasis, acne, scarring, and works as a great shaving product as it helps reduce razor burn.



We have many black soap options here at the Co-op. It comes as a bar soap, body wash or All-in-One liquid soap, and in an array of new scents such as Rosewater Peony and my favorite: Salt Stone Water.

Not only do you get a superior product with ingredients sourced and processed using traditional methods, you can feel good about your purchase knowing Alaffia is doing all it can to support the people of West Africa. Birth rates and maternal care are subpar, access to education limited due to lack of transportation and school supplies-or simply no structures in place to support an actual school, deforestation decimates farm land, and basic necessities are at a premium.

To date, Alaffia has funded these projects:

Built 15 schools, with 37,521 school supply recipients and provided funds toward:



5,597 births



93,009 trees planted



9,989 bikes



28,018 eyeglasses



Here are our Explorers Club Winners!



Amy Schmidt



Wilhelm Steckelberg



Trygg Bartz



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