

COOK COUNTY  
**CO·OP**

# the **Blueberry jam**

SUMMER 2022



STEPS TO  
CLIMATE FRIENDLY



RECIPES FOR  
THE TRAIL



BENEFITS OF  
OWNERSHIP

# CO-OP GUIDING PRINCIPLES

YUSEF OREST // BOARD PRESIDENT



At the Co-op we often talk of our Ends. And in our world, Ends do not mean endings. They mean beginnings - like spring (which hopefully has arrived by the time you're reading this).

Ends are the core values of our Board and Co-op. They reflect our community and are also what set us apart from other stores.

Success for the Co-op means working towards these outcomes:

-  **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

Let's take a look at our first End, being rooted in the cooperative principles:

-  **Democratic Member Control**—owners vote for our board, may attend our meetings, our products and practices reflect owner values
-  **Concern for Community**—we give back via scholarships, round up, donations, and in-kind support
-  **Education, Training and Information**—for food justice, inclusive practices, sustainability, and more
-  **Cooperation among Cooperatives**—we partner with other Co-ops across the U.S. (215+ stores)
-  **Autonomy and Independence**—we share resources with other Co-ops while remaining focused on Cook County

Each of us likely has a unique connection to these principles. I think they represent being a good neighbor, something so many of us care about! Thank you for being an owner and supporter of our efforts.

We would enjoy hearing from you about anything that's on your mind. You may reach us at:  
**[board@cookcounty.coop](mailto:board@cookcounty.coop)**

# THINGS I LOVE ABOUT THE CO-OP

## AHREN'S LIST

- ✓ THE SMELL
- ✓ BARB BORMAN'S LAUGH
- ✓ GURU ENERGY DRINKS
- ✓ PAGING PEOPLE OVER THE INTERCOM TO FULFILL MY CHILDHOOD DREAM (SEE BELOW)

AHREN GRUNOW

GENERAL MANAGER



Unfortunately, my dream of being like Maverick from the 1986 hit film, “Top Gun” may only be realized when I get to page people through our PA system. #MaybeSomeday #TalktoMeGooseIMeanProduce

In all seriousness, what I really love is coming into work every day. I’m able to do this because we foster a **culture of sustainability**.

As my beautiful wife likes to say, the word “sustainability” refers to much more than just eco-friendly living. According to the Merriam Webster dictionary, sustainability means: “of, relating to, or being a method of harvesting or using a resource so that the resource is not depleted or permanently damaged”.

Resources, of course, can refer to several things. Pretending I’m Maverick from Top Gun every time I use the PA system helps make my work fun. Having a work environment that encourages mental wellbeing helps grow and strengthen a sustainable work environment.

**Life is too short to be stressed all the time** (not to mention not sustainable), which is probably a reason why many of us are up here in what is quite possibly one of the most beautiful parts of the world.

**A sustainable work/life balance leads to a sustainable organization, which leads to a sustainable environment.** It means that we have more “resources” to give back to our community. To help make the world a better place. And in my opinion, that’s the most sustainable thing we can do.

# LET'S KEEP COOK COUNTY A BEAUTIFUL PLACE

TO HIKE, HUNT, FISH, SWIM AND GROW FOOD

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We just passed Earth Day and most of us who live in Cook County enjoy some aspect of nature, whether it's canoeing, hiking or snowshoeing, skiing, deer hunting, fishing, or growing herbs.

The Co-op is always looking for ways to reduce impact on our surroundings. Below are a few of the things we're working on as well as some ideas for what you can do.

## WHAT WE'RE DOING

- Making the bulk section easier to use
- Using paper bags in bulk and reducing plastic
- Emailing newsletters, mailing less often
- Sending cash register receipts via email
- Partnering with the Cook County Local Energy Project



## WHAT YOU CAN DO

- Bring your own shopping and produce bags
- Reuse or recycle all boxes and bags
- Buy in bulk for regular use items
- Bring your own containers for bulk
- Make your own trail mix and granola

# IT'S HIKING SEASON

(FINALLY!)

These portable, protein-packed snacks will help fuel your outdoor adventures.



## NUT BUTTER AND FLAX POWERBALLS

SERVINGS: 15 // PREP TIME: 20 minutes

- 1 1/2 cups almond butter
- 1 banana, peeled and mashed
- 2 tablespoons ground flaxseed
- 2 tablespoons whey protein powder
- 2 tablespoons cocoa powder
- 1 tablespoon honey
- 1/3 cup almonds, finely chopped

In a mixing bowl, stir together the almond butter, banana, flax, protein powder, cocoa powder and honey. Blend until smooth. Line a plate or pan with parchment paper. Roll the mixture into 1- to 2-inch balls and place on parchment paper. Next, roll each ball in the chopped almonds and return to parchment paper. Place in the refrigerator or freezer until firm.



## CHOCOLATE MATCHA ENERGY BALLS

SERVINGS: 16 // PREP TIME: 15 minutes

- 1/2 cup raw cashews
- 1/4 cup raw walnuts
- 1 cup pitted dates
- 1 tablespoon maple syrup or honey
- 2 tablespoons unsweetened cocoa
- 1 tablespoon plus 1 teaspoon matcha, divided
- Pinch of salt

Place cashews and walnuts in the food processor and grind the nuts to a fine mince, then scrape them to the center of the container. Add the dates, maple syrup or honey, cocoa, 1 tablespoon matcha and salt. Process until the dates form a thick paste and the mixture holds together if you squeeze a bit of it.

Scoop out a tablespoon of the mixture, form into a ball and place into a medium bowl; repeat until all of the mixture has been used. Use a wire mesh strainer to sift the remaining matcha over the balls. Roll the balls around to coat. Store, tightly wrapped, in the refrigerator for up to a month.

# EVERYONE WELCOME

*Everyone Benefits*



*Jordana and Steve of Good Harbor Wellness*

## YOUR OWNERSHIP IN THE CO-OP ALLOWS US TO SUPPORT OUR COMMUNITY IN MANY MEANINGFUL WAYS.

We can support local producers (like Good Harbor Wellness), uphold animal welfare standards, provide employees with health insurance and other benefits, as well as donate directly to local organizations working to create a healthy and sustainable community. And you benefit too!



### MONTHLY

#### **Owner Appreciation Day:**

5th of each month– free coffee and 5% off most purchases

#### **Wellness Wednesday:**

3rd Wed. of the month– 10% off most wellness items



### ANNUALLY

#### **Owner dividend earnings:**

You receive dividends in January when we're profitable.

#### **Vote for Board of Directors:**

Be part of choosing our leaders



### ALWAYS

**Bi-weekly sales:** Deals change every two weeks with sales in every aisle

**20% case discount** on special orders (10% for meat)

**FINANCIAL ASSISTANCE PROGRAMS** are available through the Good Harbor Hill Scholarships & Discounts. Visit [cookcounty.coop/ownership](https://www.cookcounty.coop/ownership) to learn more.



# CO-OP STAFF FEATURE

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## LESLIE PEDERSEN

CHEESE BUYER, CASHIER, MENTOR TO MANY

Many of you know Leslie from your years of shopping at the Co-op. She is our most seasoned team member, having worked here for 18+ years. She's seen and led a lot of changes in that time and yet one thing remains the same: her commitment to all of us.

### » **WHAT'S KEPT YOU AT THE CO-OP?**

It's really simple: the people. My coworkers, the owners, some of whom I have been helping for years, and the general public. I've gotten to know so many great people and their families. I've seen kids grow from babies to college students in some cases.

When I first started at the Co-op close to twenty years ago, I was just looking for a "little job" to get me out of the house, give me a break from child care, and make a bit of pocket money. But as my life went up and down (as lives do), the management at the Co-op was always so supportive and flexible it made it possible for me to stay through both the tough times and the good.

### » **BIGGEST LESSON LEARNED?**

A smile really goes a long way!

### » **WHAT IS YOUR FAVORITE CHEESE?**

Now that's a hard question - there are so many! I am a big fan of any of the Marieke® Goudas out of Thorp, Wisconsin. Marieke is Dutch and went back to Holland to learn how to make Gouda after she and her husband bought their dairy farm.

Also on my list: Deer Creek's Vat 17 Cheddar. It's many customers' favorite, with a great flavor and a hint of salt crystal that comes through at the finish.

### » **ANYTHING ELSE YOU'D LIKE TO SHARE?**

I'm grateful for the Co-op in so many ways. I'd like owners to know this staff person feels - and has felt - well-cared for at the Co-op. I have seen managers and the general manager advocate for better pay, better benefits and a better workplace for all of us. It has been a great place to work and I look forward to a few more years here before retirement calls me.

COOK COUNTY CO-OP  
PO BOX 813, GRAND MARAIS, MN 55604

## CONNECT WITH US



@COOKCOUNTYCOOP

COOKCOUNTY.COOP // 218-387-2503



## SIGN UP FOR MONTHLY EMAIL NEWSLETTERS

» COOKCOUNTY.COOP  
HOMEPAGE

» TELL US THE NEXT TIME  
YOU'RE IN

## CURRENT BOARD MEMBERS

- Yusef Orest – President  
Alysa Hedstrom – Vice President  
Erik Hahn – Treasurer  
Jill Barber  
Libby Larsen  
Don Grant  
Jaye White

COOK COUNTY  
**CO-OP**

 PLEASE RECYCLE