



# BLUFF COUNTRY CUIZINE

FOOD NEWS, EVENTS & SALES FOR BLUFF COUNTRY CO-OP OWNERS

AUTUMN 2016





**Bluff Country Co-op**  
We know good Food.

121 W. 2ND STREET  
WINONA, MN 55987  
(ph) 507.452.1815  
(fax) 507.457.0511

www.bluff.coop  
info@bluff.coop

**OPEN DAILY**

Mon - Sat  
8am - 8pm

Sunday  
10am - 8pm

**STORE CONTACTS**

**GENERAL MANAGER**  
Dawn Schreiber GM@bluff.coop

**MARKETING AND OWNER SERVICES**  
Melissa Gordon Melissa@bluff.coop

**FRONT END**  
Tina MacGregor-Cordes Tina@bluff.coop

**PRODUCE**  
Jason Strangstalien Jason@bluff.coop

**DELI**  
Emily Richardson Richardson@bluff.coop

**CENTER STORE**  
Trina Barrett Trina@bluff.coop

**COMMUNITY SALES**  
Dennis Zenk Dennis@bluff.coop

**WELLNESS**  
Emily Copeland Emily@bluff.coop

**SUSTAINABILITY & BODY CARE**  
Liz Reach Reach@bluff.coop

**BOARD OF DIRECTORS**

Board@bluff.coop

**PRESIDENT**  
Ann Lichliter Ann@bluff.coop

**SOCIAL EQUITY CO-CHAIR**  
John Chernega John@bluff.coop

**SOCIAL EQUITY CO-CHAIR**  
Diane Leutgeb Munson Diane@bluff.coop

**MEMBER OUTREACH CHAIR**  
Rachel Kimman Kimman@bluff.coop

**PROJECT COMMITTEE CHAIR**  
Aurea Osgood Aurea@bluff.coop

**BOARD DEVELOPMENT CHAIR**  
Charlotte Roraff Charlotte@bluff.coop

Mary Kirk Mary@bluff.coop  
Coleen Bremer Coleen@bluff.coop

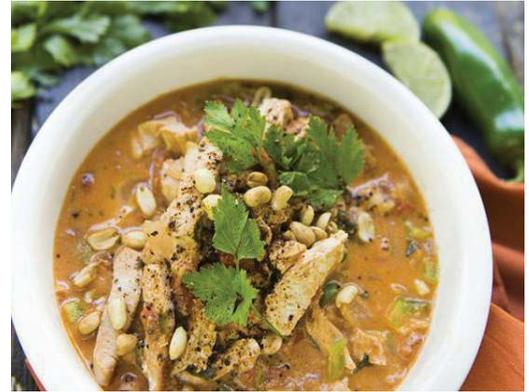
**FALL RECIPE: Turkey Vatapa**  
(perfect for Thanksgiving leftovers)

**SERVES 4-6**

**TOTAL TIME: 45 MINUTES**

**INGREDIENTS**

- 1 tablespoon vegetable oil
- 1 cup diced yellow onion
- 1/2 cup diced green bell pepper
- 3 cloves garlic, minced
- 1 tablespoon minced ginger
- 2 tablespoons minced jalapeno pepper
- 3 1/2 cups diced tomatoes (1 28-oz can)
- 12 ounces lager beer
- Salt
- 3/4 cup peanuts, finely ground in food processor
- 1 cup light coconut milk
- 2 1/2 cups cooked turkey, skin removed, chopped
- Ground black pepper
- 3 tablespoons minced parsley
- 3 tablespoons minced cilantro
- 1 lime, zest and juice



**PREPARATION**

In a large Dutch oven or stockpot, heat oil over medium-high heat. Add onion and bell pepper and sauté for 5 minutes. Add the garlic, ginger and jalapeño and sauté another few minutes. Stir in the diced tomatoes, beer and a pinch of salt and bring to a boil. Cover pot, reduce heat to a simmer and cook for 15 minutes, stirring occasionally. Add the ground peanuts, coconut milk and turkey. Stir and simmer, uncovered, for another 5-10 minutes. Add salt and pepper to taste and stir in the parsley, cilantro and lime zest and juice.

**SERVING SUGGESTION**

Enjoy this Brazilian-inspired dish as soup or stew, served with rice; shrimp and chicken are used in the classic versions.

From StrongerTogether.Coop

*Owner Appreciation Week!*  
**October 23 - 29**

**10% off one shopping trip**  
plus free goodies!

**Thank you for being a part of Winona's**  
**Community-Owned Grocery Store**

# CALENDAR

UNLESS OTHERWISE NOTED, ALL EVENTS ARE FREE, OPEN TO THE PUBLIC, AND HELD AT THE CO-OP

## SEPTEMBER

- **Saturday, 10th**, 10:30am - noon **Class: Cooking Around the World** Cuisine TBA \*See page 11 for details.
- **Monday, 12th**, 11am - 2pm **Demo: Nordic Naturals Omega Oils**
- **Monday, 12th**, 6pm - 8pm **Board Meeting**, Winona State University, Minne Hall Room 243
- **Tuesday, 13th**, 6pm - 7pm **New Owner Tour**
- **Wednesday, 14th**, 6pm - 8pm **Class: Homebrewing, Part 1: An Introduction to Homebrew** with Dave Sanders
- **Saturday, 17th**, 10:30am - 11:30am **Class: Kids Cooking Class (12 and under): Fun and Healthy School Lunches**

## OCTOBER (Co-op Month!)

- **Saturday, 8th**, 10:30am - noon **Class: Cooking Around the World** Cuisine TBA \*See page 11 for details.
- **Monday, 10th**, 6pm - 8pm **Board Meeting**, Winona State University, Minne Hall Room 243
- **Tuesday, 11th**, 6pm - 7pm **New Owner Tour**
- **Wednesday, 12th**, 6pm - 8pm **Class: Homebrewing, Part 2: Demonstrating How to Brew Beer in Your Backyard** with Dave Sanders
- **Saturday, 15th**, 10:30am - 11:30am **Class: Kids Cooking Class (12 and under): Homemade Cider**
- **Saturday, 22nd**, 9am - 11am **Class: Making Flavored Vinegars** \*This class has a fee of \$7 for owners, \$10 for non-owners, which includes everything you need to make one pint of vinegar. Please bring one pint jar and lid.  
1pm - 3pm **Class: Preserving Herbs** \*This class has a fee of \$7 for owners, \$10 for non-owners, which includes everything you need to preserve two pints of herbs. Please bring 2 wide-mouth pint jars with lids.
- **Sunday, 23rd - Saturday, 29th** **Owner Appreciation Week**
- **Thursday, 27th**, 5:30pm - 8pm **ANNUAL MEMBERSHIP MEETING**
- **Saturday, 29th**, 10am - noon **Class: Essential Oils for the Chakras** \*This class has a fee of \$17 for members, \$20 non-members, which includes your own essential oil blend.

## NOVEMBER

- **Saturday, 5th**, 9:30am - 11:30am **Class: Lefse Making** with Katie Strangstalien
- **Tuesday, 8th**, 6pm - 7pm **New Owner Tour**
- **Wednesday, 9th**, 6pm - 8pm **Class: Homebrewing, Part 3: Tasting the Final Product** \*This class will be held at Ed's No Name Bar, 232 E. 3rd. Street, Winona
- **Saturday, 11th**, **Screening: Change Food Watch Party**
- **Saturday, 12th**, 10:30am - noon **Class: Cooking Around the World** Cuisine TBA \*See page 11 for details.
- **Monday, 14th**, 6pm - 8pm **Board Meeting**, Winona State University, Minne Hall Room 243
- **Friday, 18th**, **Turkeys Arrive!** Both fresh and frozen will be available. First-come, first-served.
- **Saturday, 19th**, 10:30am - 11:30am **Class: Kids Cooking Class (12 and under): Dips**
- **Saturday, 26th**, **Make Your Own Gifts All Day Long!** Details will be posted in our store and online.

**PLUS!** **Garden Talks** on the 1st Friday of each month at noon. Learn all about our new rain garden!

**For additional information, including class descriptions, visit our website, stop by the store, or email Melissa at [melissa@bluff.coop](mailto:melissa@bluff.coop)**

# GM REPORT

BY DAWN SCHREIBER, GENERAL MANAGER



Bluff Country Co-op turns 44 this year! That's over four decades of providing local, organic, sustainable food to our community. While the landscape, faces, and attitudes have changed in that time, our purpose and language around co-ops and food have not. I recently re-watched the WSU Sociology film about Famine Foods made in the 1970s and was reminded that local, whole food and cooperation is still at the heart of this organization.

The co-op staff is preparing for great change before we turn 45 next year. We are learning, planning, and growing. One third of our staff will have been to a conference, training, or trade show this year. Many staff members have been promoted or are taking on new duties in different departments to broaden their understanding of how the store functions every day and further their skill sets. Their enthusiasm and optimism is contagious and keeps me motivated every day. I hope you will join me in appreciating them by thanking your favorite staff member next time you're in.

Don't worry, we appreciate you too! We will show it during our annual owner appreciation week October 23 - 29, and especially at our Annual Membership Meeting (AMM) on October 27th. We'll be back at the Winona County Historical Society for the AMM with our award-winning grass-fed chili and other delicious organic, local foods. I hope you can join us for a fun, lively evening.

Preparations for our larger store are going well. We are wrapping up the financing phase and plan to start working on the bar space this fall. Please check the Expansion Board at the co-op, or the "news" tab on our website ([bluff.coop](http://bluff.coop)) for the latest news on that front. I am not sure what phase of the project construction we'll be in during Thanksgiving, but know that we will have local and organic turkeys with all the fixings for your celebration - much as we have had for the last 44 years.

See you soon,

Dawn  
[gm@bluff.coop](mailto:gm@bluff.coop)



# BOARD REPORT

BY ANN LICHLITER, BOARD PRESIDENT



## *Coming Together*

I love Winona in the fall for many reasons — hikes in the crisp autumn air, paddling on the Mississippi River, and apple picking at local orchards, to name a few. This year, I have some additional reasons to love the fall. The first reason is we will start to see the expansion of our store! The third round of our capital campaign is underway and we only have \$52,600 left to go. I want to thank the 124 owners who have invested in the capital campaign and all those who have donated, as well as the Co-op board, Dawn, Melissa and all the other staff for their hard work the past few years. Let's come together and surpass our \$600,000 goal! If you want to invest, please contact Aurea Osgood (Aurea@bluff.coop).

The other reason I am excited for this fall is we will celebrate Co-op Month in October. We'll have the opportunity to connect with each other at our Annual Membership Meeting, which will be held on October 27 at the Winona County Historical Society (see page 12 for more details). I believe with everything going on in our country, it is necessary that we work together to build and maintain a strong community. One way of doing this is by being an owner of Bluff Country Co-op. BCC provides us a space to interact with one another, be it in the grocery aisles, in classes and workshops, on committees (e.g. the Social Equity Committee), or at the Annual Membership Meeting. At the same time, BCC helps us to grow our local economy and to promote a healthy lifestyle. I love that our Co-op works differently than a typical grocery store as it has a focus on "building strong bonds between the people who use products and the people who supply them" (Co+op, Stronger Together, 2016). As an owner, I not only benefit from knowing that my Co-op purchases are high quality products, but also products that sustain our environment and support local farmers, artisans, and other suppliers.

For these reasons, I am proud to be an owner. If you are an owner, thank you. Please encourage your friends to join. If you are not an owner, please consider joining during our October membership drive. By joining, you will be a part of a community of more than 1,700 owners. As an owner, you can help us "work together towards the same end...one we can't achieve alone" (Co+op, Stronger Together, 2016).

I look forward to "coming together" at our Annual Meeting.

Sincerely,

Ann Lichliter  
ann@bluff.coop

# What is a Co-op?



by Melissa Gordon, Marketing and Owner Services Manager

When I gave a store tour to a group of children recently, I asked them how co-ops differ from other grocery stores. After a short pause one boy raised his hand and said, “Co-ops sell food that grows in the ground.”

Certainly many folks equate “co-op” with “health food store” – and there’s good reason for it. Most food co-ops have a special focus on healthy and organic food that traces back to their earliest days. Bluff Country Co-op is no exception. An excerpt from our archives offers this simple explanation about our co-op’s creation: “We think Winona needs a facility where people can purchase wholesome foods at wholesale prices.”

But there’s more to co-ops than health food, and as co-ops around the country face increasing competition with more and more food retailers, convenience stores, and “superstores” like Walmart carrying products that were once found exclusively at co-ops, we must examine what sets us apart.

Let’s begin with the basics. Most people understand that as a co-op, BCC is collectively owned by the people who shop at the store and utilize the services. But not everyone understands that as a co-op, BCC exists first and foremost to meet the needs of its owners. Our board of directors (owners who have been democratically elected to serve on the board) help us to meet this goal by representing the owners and their needs.

Additionally, as a co-op, BCC also differs from other businesses in that we are guided by the seven cooperative principles (you can find them displayed near the entrance of our store), which help shape our own ends. Rather than explain each of these in detail, I thought it would be more beneficial to show you some of ways in which our guiding principles are manifested in the Winona community. Consider the following:

## OWNER BENEFITS

- ☐ [Barcode]

- We support neighborhood organizations through donations and volunteer work. For a list of organizations we’ve helped, see the expansion update area in our store.
- As a member of National Cooperative Grocers, some of our dues are donated to national organizations, like The Carbon Underground.
- We work with local farmers and producers who commit to using sustainable practices.
- We pay our farmers and our workers fairly, using the Cooperative Model for a Livable Wage as our guide.

- We research businesses before carrying their products to ensure they are treating their employees fairly and using environmentally friendly practices.
- We prioritize shelf space for food that is good for you and for our planet.
- We keep equal access and environmental integrity at the forefront of our decisions.

All this means that when you shop at BCC, your dollars are not just buying a product; they're supporting the people and the organizations that are working to make the world a better place.

“Co-ops sell food that grows in the ground.”

As Bluff Country Co-op prepares for an expansion that will nearly double our size, a celebration of Co-op month in October, and our 45th anniversary next year, we're in a natural position to examine what sets us apart. In the midst of it all, we are affirmed by the words of those who started this

co-op 44 years ago: "What we had was that feeling of 'knowing' that this was right" ("The First Year of Famine Foods" by Roger Lacher).

## TOP 10 WAYS TO CELEBRATE CO-OP MONTH

**10. Try a local product.** Look for these signs:



**9. Take a store tour.** They're held at 6pm on the 2nd Tuesday of the month.

**8. Learn a new skill.** Our three-part homebrew series is a perfect fall activity.



**7. Give back to your community.** Every time you use your own bag for groceries, we'll donate 5 cents to an organization of your choice.



**6. Broaden your horizons.** Meet people from different cultures and learn to cook their home cuisine in our new Cooking Around the World series (2nd Saturday of each month from 10:30am - noon).

**5. Meet your fellow owners, enjoy live music and eat delicious food.**

Attend the Annual Member Meeting on Thursday, October 27.

**4. Enjoy sweet deals.** Monthly Owner-Only Bonus Buys! Yeah!



**3. Get cool swag!** During Owner Appreciation Week, Oct. 23 - 29, we will be giving out different goodies each day. Collect them all!



**2. Vote.** Choose your board of directors! Read candidate bios online or in the store.

**1. Refer a friend!** Folks who become owners during the month of October will get a special gift.

# BCC NEWS: PROPOSED BY-LAW CHANGE

by The Social Equity Committee (John Chernega, co-chair, Diane Leutgeb Munson, co-chair, Julie Johnson, Mary Kirk, and Ann Lichliter )

The Bluff Country Co-op board of directors respectfully asks the BCC owners to consider changing language in one co-op by-law. The board's social equity committee (SEC) has been exploring options to develop a charitable branch for the co-op. One goal of the SEC is to increase access to sustainable organic products for the community. Better access in turn works to maintain a sense of connection and fellowship. The largest barrier to access for many is financial. Other barriers include awareness, education, time and transportation.



The proposed by-law change (see below) addresses the financial barrier. One option the SEC researched is investing the co-op's abandoned equity in a nonprofit endowed fund. The best option the SEC found is the Community Cooperative Fund within the Twin Pines Foundation. This is a national fund with a California office. The SEC proposes the change in by-law language so the co-op board has the option to invest outside Minnesota. To be clear, if we went this route funds would still be dispersed as we decide in our community.

Another reason to establish a nonprofit fund has surfaced during the current capital campaign. Some owners want to donate money to the co-op if the co-op has a charitable, tax deductible option. The proposed Community Cooperative Fund would allow co-op owners and the co-op itself to contribute tax deductible monies for charitable use.

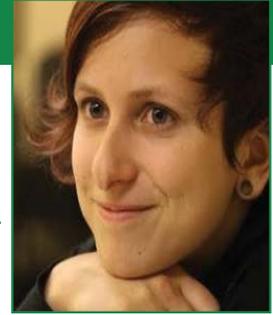
Sincerely, the Board of Directors and the Social Equity Committee

## CHAPTER VIII – CAPITAL STRUCTURE

Section 4. ABANDONED EQUITY: If a member fails to pay the share amount in full within thirty-six (36) months of signing the member purchase agreement, this agreement shall lapse and this member's rights and privileges will be forfeited. The sum accumulated in this member's equity account shall be considered abandoned and shall not be refunded, and will be ~~donated to a nonprofit Minnesota corporation that supports cooperative activities~~ distributed to a corporation or organization that is exempt from taxation to be determined by the board of directions at the time of the abandonment. A written notice of this determination will be sent to this member's last known address as it appears on the association's records. The member shall have the opportunity to appear in his/her own defense at the next board of directors meeting, and the action of the board to cancel the membership must be supported by a majority vote of the board.

# SUSTAINABILITY NEWS

by Liz Reach, Sustainability Coordinator



This year I am celebrating six years of being an owner and a staff member of Bluff Country Co-op. I wear several hats here, one of them being Sustainability Coordinator. In this role I gather and analyze sustainability metrics, examine store processes, and develop plans to help BCC continue to reduce our overall footprint. A few of the projects we've worked on include:

- Introducing the Beans for Bags program, which incentivizes bag reuse
- Gaining BCC's status as an official "Bicycle Friendly Business" by the League of American Bicyclists
- Stenciling downtown storm drains to remind people that the contents drain into the river
- Re-grading our parking lot and incorporating a rain garden
- Collaborating on a national workshop designed to help other co-ops prioritize sustainability

My work is largely guided by the National Cooperative Grocers' sustainability program, which provides a framework for co-ops to measurably improve their social, environmental and local economic impacts. BCC chooses quarterly topics on which to focus, and this quarter BCC's topic is healthy water use. To that end, we've identified water organizations for our Beans for Bags donations. We are also reviewing water metrics and looking at newer water-saving equipment that might be used in our expanded store. Additionally, we have ongoing conversations about the small ways water can be conserved, like sharing mop buckets between departments when possible.

Of course our new rain garden also fits into this theme. The rain garden will act as a filter to the river while creating green space. The garden may already have been planted by the time you read this, but additional plantings will happen in the spring. If you're interested in helping, please email me at: [reach@bluff.coop](mailto:reach@bluff.coop). Finally, Garden Talks will be held the first Friday of the month at noon in the garden. I hope to see you there!



photo by Amelia Strain



# What's in Season?

by Jason Strangstalien, Produce Manager

Fall is a great season for us here in produce. High production in the fields means great prices, and since fall is also the time when we are all ready to fire up our ovens again, it's a win-win! Let's take a look at a few of the produce items that will be in store:

**Apples:** Our local supply of apples was affected by a late frost that zapped the apple blossoms in the middle of May, but we should still be carrying quite a few delicious local varieties.

**Stone fruits:** Peaches and nectarines usually wrap up in mid to late September, so make sure to buy them while you still can! Pack one in your lunch (along with a damp paper towel!) for a special mid-day treat.

**Avocados:** Mexican avocados begin ramping up again in the fall so watch for sales!

**Grapes:** Some of the best tasting grapes are available in the fall. For a unique appetizer, thoroughly combine 1 1/2 pounds red or black seedless grapes with 2 Tablepoons olive oil, 1 1/2 teaspoons kosher salt, 1/2 teaspoon black pepper and 1 bunch chopped rosemary or thyme. Place them on a large, rimmed baking sheet and roast in a 425° oven, shaking the pan occasionally, until the grapes have burst and their juices begin to thicken (about 30 minutes). Cool slightly before serving alongside cheese and crackers (see tip 3 below).

**Pomegranates:** Look for them in November. The organic pomegranate season is relatively short, ending in January, so be sure to stock up on these wonderful gems!

As far as vegetables go, we will enjoy an abundance of local vegetables throughout September and October, while root vegetables and select greenhouse crops should sustain us all winter long.

Thank you for your continued support of Bluff Country Co-op and the produce department!



## 3 Tips for Thanksgiving

1. Our wonderfully colorful squashes and root vegetables easily double as centerpieces. Place smaller pumpkins along the center of the table for natural elegance, or roast potatoes, winter squashes, rutabagas, carrots, parsnips, and sweet potatoes for a vibrant side dish.
2. Expecting a large crowd? Ask us about case deals!
3. Pair our cheese of the month with regular and gluten-free crackers for an easy appetizer with wide appeal.

# COMMUNITY PARTNERSHIPS

While we've partnered with Winona State University in a variety of ways over the years, we're excited to announce our most recent collaboration — Cooking Around the World. Beginning in September, international students from WSU will teach monthly cooking classes featuring their home cuisine at BCC. This program will allow participants to meet new people, taste new food, and experience a new culture right here in Winona. The program also aids WSU students in getting scholarships for their tuition. Good food fosters friendship once again!



In an effort to increase access to healthy food and decrease food waste, BCC donates food that cannot be sold but is still safe to eat to Winona Volunteer Services for use in the food shelf.



Winona Volunteer Services, Inc.

As members of the Land Stewardship Project, we share LSP's values of land stewardship, sustainable agriculture, and healthy communities. We have donated to their Farm Beginnings Program, and in 2013 all the proceeds of our Co-op Jubilee went to the Land Stewardship Project.



LAND  
STEWARDSHIP  
PROJECT

# ASK THE PRODUCE MANAGER



**Customer Question:** What is your favorite produce-inspired event at the co-op?

**Jason's Answer:** That could certainly be our "Guess the Weight of the Giant Pumpkin" contest! Last year we had over 400 guesses, and our winner won a \$50 gift card to the co-op. More than 50 people came within 5lbs of the actual weight — nice work!

We will hold this contest again this year. The pumpkin will be on display throughout the month of October, so stop by and make a guess. Bring friends and family with you — we welcome everyone in town to participate in this fun activity! Good luck!

Photo courtesy of Winona Post.

