

BLUFF COUNTRY CUIZINE

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



SUMMER 2017

STAFF PICKS FOR A Great Picnic



1

2



3

4



5



1. Hanna (produce) uses Badger Daily Unscented SPF 25 Sunscreen because it's lightweight and won't clog pores.
2. Caitlin (front end) likes Badger Anti-Bug Spray to keep bugs away naturally.
3. Amelia (deli) loves BCC's popular Kale Power Salad. Picnic food at the ready!
4. Spencer (front end) says to prevent Talenti Alphonso Mango Sorbetto from melting at a picnic "just eat it first!"
5. Melissa (marketing) slices Kerry Gold Dubliner Cheese with apples and pears for a picnic pleaser.



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

www.bluff.coop
info@bluff.coop

GOOD FOOD DAILY

Mon - Sat
8am - 8pm
Sunday
10am - 8pm

STORE CONTACTS

GENERAL MANAGER

Dawn Schreiber GM@bluff.coop

OPERATIONS AND CUSTOMER SERVICE

Tina MacGregor-Cordes Tina@bluff.coop

MARKETING AND OWNER SERVICES

Melissa Gordon Melissa@bluff.coop

PRODUCE

Jason Strangstalien Jason@bluff.coop

DELI

Emily Wehner Wehner@bluff.coop

CENTER STORE

Trina Barrett Trina@bluff.coop

WELLBODY

Emily Copeland Emily@bluff.coop
Heather Kitching Heather@bluff.coop

SUSTAINABILITY

Caitlin Nicholson Caitlin@bluff.coop

BOARD OF DIRECTORS

Board@bluff.coop

PRESIDENT

Ann Lichliter Ann@bluff.coop

PROJECT COMMITTEE CHAIR

Aurea Osgood Aurea@bluff.coop

SOCIAL EQUITY CHAIR

Diane Leutgeb Munson Diane@bluff.coop

MEMBER OUTREACH CHAIR

Rachel Kimman Rachel@bluff.coop

BOARD DEVELOPMENT CHAIR

Mary Kirk Mary@bluff.coop

Coleen Bremer Coleen@bluff.coop

John Chernega John@bluff.coop

Johanna Rupprecht Johanna@bluff.coop

Calendar

Unless otherwise noted, all events are free, open to the public, and held at the Co-op.

CONSTRUCTION TOURS!

Construction tours for owners will be held on the 2nd Saturday of the month at 10am. We have a limited number of hard hats, so please RSVP at the store.



JUNE

- **Tuesday, 6th, 6-8pm** *Rain Garden Planting* Join us as we continue to plant our new rain garden!
- **Thursday, 8th, 2-4pm** *Open House* in honor of Emily Copeland and her 17 years of service to the Co-op.
- **Monday, 12th, 6-8:30pm** *Board Meeting* Winona State University Minné Hall Room 239
- **Friday, 16th, 4-7pm** *Community Meal* The board of directors cooks a monthly meal to share at the Catholic Worker House, 832 W. Broadway. All are invited.
- **Friday, 16th, 6-8pm** *Farm Tour: Sheep Improvement Company* Join the Weston A. Price Foundation Winona Chapter for a tour of Kelley O'Neill and Cindy Wolf's farm, where they raise beef and lamb as well as working dogs. Please meet at the farm at 6pm (29182 Hartwood Dr., Rushford, MN)
- **Saturday, 17th, 10:30-11:30am** *Class: Kids Cook! Homemade Pasta* (Hint: make it for dad for Father's Day.)

JULY

- **Tuesday, 4th** *Co-op Will Be Closed*
- **Monday, 10th, 6-8:30pm** *Board Meeting* Winona State University Minné Hall Room 239
- **Saturday, 15th, 10:30-11:30am** *Class: Kids Cook! Berry Sauce for yogurt, ice cream, pancakes, homemade popsicles - you name it!*
- **Friday, 21st, 4-7pm** *Community Meal* The board of directors cooks a monthly meal to share at the Catholic Worker House, 832 W. Broadway. All are invited.

AUGUST

- **Monday, 14th, 6-8:30pm** *Board Meeting* Winona State University Minné Hall Room 243
- **Friday, 18th, 4-7pm** *Community Meal* The board of directors cooks a monthly meal to share at the Catholic Worker House, 832 W. Broadway. All are invited.
- **Saturday, 19th, 10:30-11:30am** *Class: Kids Cook! Peach pancakes*

*Classes are light during construction but will pick up again in the fall in our new classroom space.

SAVE THE DATE

The annual member meeting will be held on November 2nd. More details to follow.

GM Report

BY DAWN SCHREIBER, GENERAL MANAGER



We can finally say it:
Construction has begun!

Phase I of our project is well underway. It will be a busy summer with daily progress on our community's grocery store. Be sure to stop in regularly to see what updates were made, and to support your Co-op by continuing to shop during our less-than-optimal transition period.

At our groundbreaking ceremony, Mayor Peterson talked about how our Co-op is helping to kick off a renaissance in Winona's downtown. Our expansion is perfectly timed to be ahead of the curve on other downtown renovation and expansion projects like the Levee Park Project and the 60 Main Street project. We will be ready to impress all of the new traffic these developments will bring to our door with a fresh salad bar, roasted chicken, Winona's only juice bar, and the best staff in town!

We will also be celebrating our grand opening at the same time we are celebrating our 45th year of operation in Winona. Our history in Winona is filled with stories of people supporting sustainable

food efforts, exploring new tastes, and connecting with one another, and this tradition continues today.

One of the cornerstones of our business is our commitment to our community's health and well-being. As Wellness Buyer, our seasoned staffer, Emily Copeland, has been key to that effort. Emily officially joined the BCC staff in September 2000, right when we moved into our current location. Unofficially, Emily had been suggesting remedies and educating us on supplements for many years prior to that. Emily has decided to retire from the Co-op this summer, but she will continue to be a proud owner and shopper. To celebrate Emily's contributions to the Co-op and to our community, we are inviting you to an Open House in her honor on Thursday, June 8th, from 2-4 pm in our store. We'll have cake, coffee, and hopefully lots of stories. Plus, you can check in on the expansion progress while you're here!

Thank you for supporting Winona's community-owned, cooperatively run grocery store. I hope to see you soon!

Dawn

don't miss it!

As we expand use our expansion map to get around the store. Up-to-date expansion news can be found at bluff.coop/updates.



Board Report

BY ANN LICHLITER, BOARD PRESIDENT



As I write this, the birds are singing, the lilacs are flowering, and the weather is perfect. I love this time of year. Everything feels anew, which coincides with the excitement that

is happening with the expansion of our Co-op. I am personally eager for the juice and salad bar, but what I am most excited about is how the Co-op's growth will help our community. Increasing our store size will allow us to support local farmers and businesses at a greater level (not to mention our expansion itself employs local contractors and environmentally minded construction practices). We will be able to provide shoppers with more choice and will be able to provide our community with additional educational opportunities and activities that will help to connect shoppers to one another.

Again, the Board of Directors would like to thank our owners, shoppers, and past board members for their continued support. We ask that you keep buying groceries and other items at the Co-op during this time. In fact, this would be a great time to encourage your neighbors, your friends, and your family to shop at the Co-op. If they are not a member, encourage them to join. We are also seeking new board members and would love to speak with you about this opportunity. Feel free to contact me at any time (ann@bluff.coop).

I look forward to seeing you in the store!

Ann



Our board and project committee at the ground-breaking ceremony on April 17th. Preferred shares are still available through June 30th, so if you would like to invest, please contact Aurea Osgood (aurea@bluff.coop).

Do Your Grill Proud

It's summer! Time to pull out the grill and get cooking! In addition to these delicious main dishes, the grill also serves wonderful sides. See page 12 for more grilling ideas and tips.

Jamaican Bean Burgers

Ingredients:

- 2 tablespoons vegetable oil
- 1 1/2 cups diced yellow onions
- 2 teaspoons minced garlic
- 1 cup chopped button mushrooms
- 2 tablespoons minced jalapeño pepper
- 1 teaspoon ground allspice
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon ground ginger
- 1/4 teaspoon chili powder
- 1 15-ounce can black-eyed peas, rinsed and drained
- 2 tablespoons freshly minced peeled ginger
- 1 1/2 cups panko bread crumbs
- 1 cup cooked brown rice

Preparation:

1) Heat 1 tablespoon of oil in a skillet over medium-high heat; add the diced onions and sauté for 2 minutes. Add the garlic and the chopped mushrooms and sauté 3-4 minutes, until onions begin to lightly brown. Add the jalapeño pepper, allspice, nutmeg, ground ginger and chili powder and sauté one minute more.

2) Remove the mixture to a large bowl, and add the beans, fresh minced ginger, bread crumbs and rice. Using your hands, squish, mash, and mix all the ingredients together; the mixture should be slightly chunky and somewhat sticky. Form the mixture into 6 equal balls, then flatten them into patties.

3) Place patties on oiled grill rack over medium heat. Grill, covered until browned and heated through, 4-5 minutes per side.



Grilled Fish Tacos

Ingredients:

Adobo-Rubbed Fish:

- 4 teaspoons chili powder
- 2 tablespoons lime juice
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon ground cumin
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 2 pounds mahi-mahi or Pacific halibut, 1/2-3/4 inch thick, skinned and cut into 4 portions

Coleslaw:

- 1/4 cup reduced-fat sour cream
- 1/4 cup low-fat mayonnaise
- 2 tablespoons chopped fresh cilantro
- 1 teaspoon lime zest
- 2 tablespoons lime juice
- 1 teaspoon sugar
- 1/8 teaspoon salt
- Freshly ground pepper to taste
- 3 cups finely shredded red or green cabbage
- 12 corn tortillas, warmed

Preparation:

1) To prepare fish: Combine chili powder, lime juice, oil, cumin, onion powder, garlic powder, salt, and pepper in a small bowl. Rub adobo rub all over fish. Let stand 20 to 30 minutes for the fish to absorb the flavor.

2) To prepare coleslaw: Combine sour cream, mayonnaise, cilantro, lime zest, lime juice, sugar, salt, and pepper in a medium bowl; mix until smooth and creamy. Add cabbage and toss to combine. Refrigerate until ready to use.

3) Preheat grill to medium-high.

4) Oil the grill rack or use a grilling basket. Grill the fish until it is cooked through and easily flakes with a fork, 3 to 5 minutes per side. Transfer the fish to a platter and separate into large chunks.

5) Serve the tacos family-style.



Smoky Grilled Burgers

Ingredients:

- 4 slices smoked bacon
- 2 pounds ground beef
- 1 teaspoon salt or smoked salt
- 1/2 teaspoon pepper
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon garlic powder
- 8 whole wheat hamburger buns
- Smoky barbecue sauce, ketchup, lettuce, pickles, and other desired condiments

Materials:

- 2 cups woodchips, soaked in water
- Spray bottle filled with water
- Smoker box or foil to make a pouch
- 1 instant read thermometer

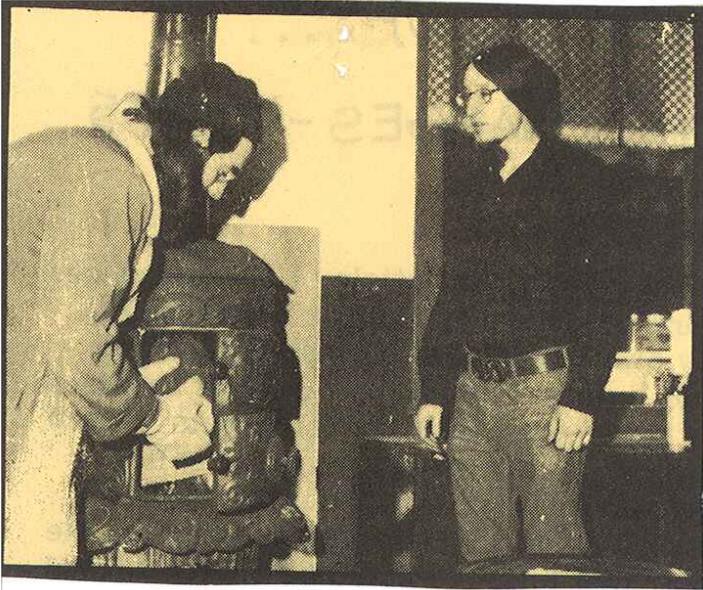
Preparation:

1) Chop the bacon and fry in a large sauté pan over medium heat until crisp. Drain on paper towels and discard the fat. In a large bowl, combine the beef with cooked bacon, salt, pepper, Worcestershire sauce and garlic powder. Divide in eight even portions and form patties just a little larger than the width of the buns. Use your thumb to make a shallow indentation the middle in each patty to allow for expansion on the grill. Let come to room temperature.

2) Prepare the grill for smoking.

3) When the grill is ready and the cool side of the grate is oiled, place the burgers on the grate and close the lid. Let the burgers smoke for about half an hour. Test the burgers with an instant read thermometer; it should reach 150 degrees when patties are done.

#ThrowbackThursday



Do you remember when the Co-op was heated by a woodstove? Are you one of the people in this photo? Share your favorite memories about our Co-op on our Facebook page each Thursday for #TBT (Throwback Thursdays).



Community Partnerships



Great River Shakespeare Festival (GRSF) brings the entertainment, we bring the snacks! Every summer GRSF offers engaging productions for our community to enjoy. BCC supports this by providing healthy, delicious snacks at a reduced price, which GRSF can then sell during intermission. For tickets, visit grsf.org



The Mississippi River Revival is a grass roots organization that exists to protect the Mississippi River and its watershed through education, advocacy, and activism. BCC donates lunch to the volunteers on their annual Mississippi River Cleanup Day. For more information on how to volunteer, visit their Facebook page at Mississippi River Revival.



Much like our relationship with the Great River Shakespeare Festival, Bluff Country Co-op partners with the Bob Welch Aquatic Center to provide nutritious snacks for swimmers to enjoy while at the pool. For hours and pricing, visit www.cityofwinona.com

Coming Soon!

Winona's Only Juice Bar!

Bluff Country Co-op is excited to be home to Winona's Only Juice Bar! When our new juice bar opens you can start your day off right with favorites such as:

Popeye:

- Carrots
- Apple
- Spinach

Cleanse:

- Carrot
- Beet
- Apple
- Celery
- Orange
- Ginger

S.O.B.:

- Soy milk
- Orange juice
- Bananas
- Strawberries



Lunch Your Way

Whether you're having a working lunch or a lunch date, Bluff Country Co-op is the place to be. Our expanded deli will offer a daily hot entrée, salad bar, grab 'n go sandwiches and salads, and, of course, our famous scratch soups. Enjoy our new deli seating area or take your fare to go!

Fresh at 5!

Had a long day at work? Just want to feed your kids (and yourself) something healthy without all the hassle? Welcome to Fresh at 5!

Every day at 5pm we will offer ready-to-go roasted chickens and freshly baked bread. Grab one of our packaged salads and dinner is done!



BCC is looking for a snow removal service to clear the sidewalks and parking lot this winter. If you are interested, please contact Facilities Manager Jason Strangstalion at jason@bluff.coop or 507-452-1815.

What's in Season?

Produce case deals are back!

Summer is the perfect time to stock up on fresh fruit to enjoy now or freeze for later. When supply is high, flavor is at its peak and prices are their lowest. Shop all summer long to ensure bright picnics and juicy winters!

Case Deals:

- Michigan Blueberries, 5- and 10-pound cases (mid-July)
- Organic Washington Blueberry cases, 24 pounds (2-pound containers, 12 per case) (mid-July)
- 18-pound Organic Peach cases (aka "lugs") out of Washington State (mid- to late August)*
- Organic Colorado Peaches (mid-September)*

* Both Washington and Colorado peaches will be "freestone" varieties, which are easier to get the flesh from the seed when canning or freezing.

Potential Case Deals (as supplies allow):

- Organic Strawberries (June)
- Bing (dark, sweet) Washington Cherries (June)

Local Fruit:

- Barky's Blueberries (pints) (early July)
- Blue Fruit Farm Aronia Berries and Honeyberries (mid-June)
- Eckers Apples (August)
- Hoch Apples (August)

Don't forget!

- Door County cherries (mid-July)



Berry Yogurt Ice Pops

Ingredients:

- 2 cups fresh berries, washed and chopped (use a single kind or a variety)
- 1/4 cup sugar
- 2 tablespoons honey
- 1/4 cup water
- 1 teaspoon lemon juice
- 1 1/2 cups plain, nonfat Greek yogurt

Preparation:

In a saucepan, bring the berries, sugar, honey and water to a boil. Simmer for a few minutes to dissolve the sugar, remove from heat, and pulse in a food processor until just chunky. Place the mixture into a small bowl and cool it in the refrigerator for 15-20 minutes. Whisk or fold the yogurt and lemon juice into the berry mixture until thoroughly combined. Pour the mixture into molds and freeze for at least 5 hours. Run molds under hot water to release the ice pops.

Organic or Not?

Customers often ask which of our produce items are organic. The answer is tricky because we cannot legally identify anything as organic if it has not been certified organic by the USDA. On the other hand, because organic certification is a costly and time-consuming process, many of our local producers who use organic growing methods choose not to go through the certification process, and therefore are not able to use the “organic” label. To attempt to address this issue, our produce department will soon be coming out with new signs:

Dark Green (with the words “Certified Organic”)

– These signs indicate that the product is USDA certified organic.

Blue (with the word “Conventional”)

– These signs indicate that the product has been conventionally grown.

Light Green (no text)

– These signs indicate that the produce is not certified organic, but the farmers have answered extensive questions about their growing methods and have signed a Bluff Country Co-op document stating that they use only organic growing methods.

Local

– All produce grown within 151 miles of our store will be designated with a local tag in the upper right corner of the sign.



If you haven't already seen our Fresh Deals flyer, pick one up next time you're in the store. It can also be found on our website, our Facebook page, and in our e-cuisine. It's a great way to see sales and new items at a glance.



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
bccoop@bluff.coop

GOOD FOOD DAILY

Mon - Sat 8am - 8pm

Sun 10am - 8pm

Grilling Tips

- Start your grill about 30 minutes before you begin cooking. Have a hot side for meat and a cooler side for fish, seafood, and vegetables.
- If you don't have a gas grill, consider using chunk charwood, which is preferred by chefs because it burns clean and hot, sealing in the flavor and moisture of grilled foods. Bonus: Since charwood is produced with nonlumber wood fired in kilns, it is also the best environmental choice.
- Keep raw meats below cooked meats on the grill at all times, and make sure they're cooked thoroughly before eating (a meat thermometer can confirm doneness). Hamburgers should be cooked to 160 degrees, poultry to 170 degrees, and beef, veal, and lamb cuts to 145 degrees.



Corn: Soak the corn in cold water for 30 minutes, peel back the husk, remove the silk, return the husk; then grill for 15–20 minutes, turning frequently.



Mushrooms: Wash fresh mushrooms quickly under running water, then pat dry. Skewer or place in a grill basket. Brush with oil and grill for 5–7 minutes. Whole portabello mushrooms take 10–20 minutes, depending on their size.



Onions: Slice thickly and brush with oil. Cook onions directly on the grill at medium-high heat until they start to turn brown. You can also roast an onion by cutting it in half, wrapping it in foil with a little butter, and cooking it for about 30–45 minutes at medium heat.



Peppers: Grill whole peppers at high heat until skin is charred black, about 15–20 minutes. Cool in a paper bag for 15 minutes to loosen blackened skin. Peel and remove seeds.

Get more tips and recipes at strongertogether.coop