



BLUFF COUNTRY CUIZINE

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



Winter 2020

Calendar

DECEMBER

- **Tasty Tuesdays • Tuesday, 3rd, 10:30-11:30am • Held on the 1st Tuesday of every month**
Set forth on a delicious adventure with your youngster! The first Tuesday of every month is Tasty Tuesday, where children ages 2 to 5 will experience new foods and flavors. Join us as we explore fruits, vegetables and other tasty whole foods. Free, but space is limited. Please RSVP at 507-452-1815.
- **Semi-Annual Essential Oil Sale • 6th - 8th**
All BCC-brand essential oils are 25% OFF!
- **DIY: Foot Scrubs • Saturday, 7th, 11am-12pm**
Get ready for the cold, dry winter by making your own foot scrub at Bluff Country Co-op. Join BCC employee and wellness expert Hailey Beeman to create your very own, all-natural foot scrub to take home. BCC Owners: \$5 Non-owners: \$7. Space is limited. Please RSVP at 507-452-1815.
- **Introduction to a Whole Food Plant-based Diet • Saturday, 7th, 5-7pm**
Do you want to learn healthy eating habits that will give you more energy and improve your well-being? Learn about the healing power of eating a more whole food, plant-centered diet. Celeste Sullivan, Certified Health Coach, will show you how you don't have to sacrifice flavor or enjoyment to better your health. We will create and enjoy a meal that fosters healing and satisfies the taste buds, all without breaking the bank! BCC Owners: \$12 Non-owners: \$15. Space is limited. Please RSVP at 507-452-1815.
- **Fish Cooking, Practically • Friday, 13th, 5:30-7pm**
Fish is one of the healthiest proteins there is, but sometimes it can be intimidating to cook. No longer! Join lifelong angler and BCC owner Richard Harding for a night of fish-cooking tips, which includes a tasting. BCC Owners: \$12. Non-owners: \$15. Space is limited. Please RSVP at 507-452-1815.
- **Gentle Yoga • Tuesday, 17th, 12:05-12:55pm • Held on the 3rd Tuesday of every month**
Make a lunch date with your yoga mat at the Co-op! In this partnership with Infinity Wellness, we're excited to offer a free yoga class in the Co-op's Community Room on the 3rd Tuesday of each month. Mollee Sheehan will lead this gentle, all-levels 45-minute sequence. Please bring your yoga mat if you have one. Free, but space is limited. Please RSVP at 507-452-1815.
- **Kids Cook! • Saturday, 21st, 10:30-11:30am • Held on the 3rd Saturday of every month**
Kids ages 6-12 will have a scrumptious time in this interactive introduction to cooking basics. Free, but space is limited. Please RSVP at 507-452-1815.
- **Christmas Eve • Tuesday, 24th • BCC closes early at 4pm**
- **Christmas Day • Wednesday, 25th • BCC is closed**



JANUARY

- **New Year's Day • Wednesday, 1st • BCC opens late at 10am**
- **Tasty Tuesdays • Tuesday, 7th, 10:30-11:30am • Held on the first Tuesday of every month**
See description above.
- **DIY Herbal Medicine: Cough Syrup • Saturday, 11th, 11am-12pm**
Join herbalist and certified nurse practitioner Donna Kamann from Tincture of Thyme Healthcare to create a natural cough syrup during the depths of flu season. All participants will leave with a bottle of cough syrup, and a great recipe so they can continue making it at home. BCC Owners: \$5. Non-owners: \$8. Space is limited. Please RSVP at 507-452-1815.

RSVP for any class by calling (507) 452-1815
or emailing Mitch at mitchell@bluff.coop

JANUARY, cont.

- **Dinner with the Dietitian • Tuesday, 14th, 5:30-7pm**
Stay true to those New Year's resolutions by joining Kayla Holicky, Registered Dietitian from Winona Health, for a presentation on nutrition and healthy eating. A meal will be provided, along with valuable information on how to make healthy food choices for the upcoming year. Free, but space is limited. Please RSVP at 507-453-1815.
- **Homemade Pasta Demonstration • Friday, 17th, 5-7pm**
There's nothing quite like the soft, chewy texture of perfect pasta. Learn how to make fresh pasta with Chef Kate Foerster. Kate will demonstrate how to make a perfect noodle, and leave you with some fantastic tips to use for your next Italian culinary adventure. BCC Owners: \$12. Non-owner: \$15. Space is limited. Please RSVP at 507-452-1815.
- **Kids Cook! • Saturday, 18th, 10:30-11:30am • Held on the 3rd Saturday of every month**
See description above.
- **Gentle Yoga • Tuesday, 21st, 12:05-12:55pm • Held on the 3rd Tuesday of every month.**
See description above.

FEBRUARY

- **Tasty Tuesdays • Tuesday, 5th, 10:30-11:30am • Held on the 1st Tuesday of every month**
See description above.
- **Teen Cuisine: Cajun & Creole Cuisine • Friday, 7th, 5-7pm**
Take a trip to the Bayou, and learn how to make spicy, wholesome dishes with classic techniques. BCC Outreach Coordinator Mitch Johnson will demonstrate the basics of Cajun & Creole cuisine, from the Holy Trinity of onion, celery, and bell pepper, to the stick-to-your-gut staple, jambalaya. Free, but space is limited. Please RSVP at 507-452-1815.
- **Kids Cook! • Saturday, 15th, 10:30-11:30am • Held on the 3rd Saturday of every month**
See description above.
- **Gentle Yoga • Tuesday, 18th, 12:05-12:50pm • Held on the 3rd Tuesday of every month**
See description above.
- **Wellness Weekend! • 20% OFF Everything in Wellness! 20th - 22nd**
- **Fermentation Fun: Kombucha Brewing • Friday 21st, 5-7pm**
Bubbly, delicious, and great for your gut, kombucha is more than just a refreshing drink in the BCC cooler. Join BCC owner, employee, and kombucha expert Jackson Ramsland for this introduction to brewing your own kombucha. Attendees will leave with their own kombucha starter and all the knowledge to start their own batch. BCC Owners: \$15. Non-owners: \$20. Space is limited. Please RSVP at 507-452-1815.

**Take Ownership
of Your Co-op!**

Sit in on a Board Meeting! Held on the 2nd Monday of every month from 6-8pm in the BCC Community Room. Free Dinner!





GM Report

BY DAWN SCHREIBER, GENERAL MANAGER

Greetings from your Co-op!

It was a busy fall! Between welcoming some new staff members, entertaining the Minnesota Legislature at our Rain Garden during their visit to Winona, and the many, many activities going on (Co-op Month, Round Up for the Community Fund, Shopper Survey, and our Annual Ownership Meeting!) we had many reasons to celebrate!

At our Annual Owner Meeting on October 27th, our owners voted in five new board directors and approved the board's proposed changes to the Articles of Incorporation and the Bylaws. We also notified attendees that we will not have patronage dividends this year. As anticipated, we are still working toward a net income from our expansion project. The Board did approve the full 4% dividend for Preferred Share investors. We had over 70 attendees at the meeting and enjoyed a tasty fall meal following the meeting.

The winter season brings new flavors and projects to our store. Our buyers are preparing to make your weekday meals easy and delicious with 15-minute meal ideas (found in our produce department), we've got new sparkling beverages to enhance your holiday celebrations, and lots of immune support options to keep us all healthy. If you need suggestions for a cheese tray, stop in to see Brian the Cheese Guy on Saturday mornings! He loves to share what new cheeses he is excited about!

There are many benefits to Bluff Country Co-op ownership. Financial benefits include our owner-only deals, owner appreciation week discount, and case discounts. Other benefits include being an owner of a grocery store that listens to product requests; prioritizes local, organic, and sustainably produced food; and gives back to the community in innumerable ways. If you are looking for a place to make a tax-deductible donation this holiday season, please consider the Bluff Country Co-op Community Fund. Our fund is growing, and every donation helps fund cooperative projects around the world, while the interest benefits non-profits in our community. You can make a donation at the register any time, or get in touch with me if you'd like to talk more about it.

Thank you for supporting your co-op!
Happy Holidays!

Dawn
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BOARD OF DIRECTORS

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COMMUNICATIONS CHAIR

Aurea Osgood aurea@bluff.coop

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GOOD FOOD DAILY 8am - 8pm



Board Report

BY JENN BAECHLE, BOARD VICE PRESIDENT

Last year I used the winter newsletter to give thanks to the staff and owners and I feel that this might be a good tradition.

I'd like to first thank all the owners and staff who gave up a gorgeous afternoon to join us at this year's Annual Owner Meeting. One agenda item was to vote on changes to our Articles and Bylaws. I want to give a special thanks to Aurea Osgood, Dawn Schreiber, and the Bylaw Committee for all the work they did to research the changes and explain in a digestible manner why we wanted to make them. We did pass the changes as well as elect five board members. I'm pleased to announce that Ann Lichliter, Aurea Osgood, and Kay Pedretti will be returning to the Board and Rebecca Sims and Ayesha Tarrannum will be joining us. A big thank you goes out to our exiting board members Coleen Bremer and Johanna Rupprecht.

If you shopped at BCC during the month of October, you probably had a cashier ask if you wanted to round up to help raise money for our Community Fund. Thanks to your generous donations, we exceeded our goal of \$500 and raised over \$1300. We are on track to give out over \$300 next year to a local non-profit!

The inception of the Community Fund was one of our Board's 5-year goals. With the Fund launched, as well as many other goals completed, the Board will be revising our goals during our spring retreat. If you have ideas on

the direction you would like to see BCC take, please let me know and I will take them to the larger Board. We value the input from our owners and look forward to hearing from you.

In closing, I want to extend a huge Thank You to Dawn, the managers, and the staff for working every day to make our co-op a wonderful place to shop, engage with the community, and support our local vendors. If you see Dawn, or any staff member, tell them thank you for all their hard work.

To all of our owners and patrons, thanks for being a part of our BCC community.

Jenn Baechle
jenn@bluff.coop





Celebrating Families

Bluff Country Co-op is celebrating National Family Meals Month all year long. National Family Meals Month, which is officially in September, was started in the face of overwhelming data on the positive effects of family meals. The following information is from the National Family Meals Month webpage (www.fmi.org/family-meals-month), and has been reprinted with permission:

Family Meals Have Significant, Diverse, and Lasting Benefits

- According to The National Center on Addiction and Substance Abuse (CASA) at Columbia University, children who have frequent meals with their families are likely to do better in school, have a closer relationship with their parents and siblings and resist negative peer pressure.
- Children who eat frequent meals with their families are less likely to try drugs or alcohol at an earlier age and to develop disordered eating behaviors. They are also more likely to exhibit prosocial behavior as adults, such as sharing, fairness and respect.

Family Meals Foster Emotional Balance

- Frequent family meals increase self-esteem, wellbeing, positive social behaviors and stronger family relationships.
- Regular family meals are linked to higher grades and self-esteem and delayed sexual activity.
- With each additional family meal shared each week, adolescents are less likely to show symptoms of violence, depression, and suicide; less likely to use drugs or run away; and less likely to engage in risky behavior or delinquent acts.

Family Meals Strengthen Families

- Family connection increases by 50% when families share 7+ meals per week.
- Family connection increases by 39% when families share 5 meals per week.
- Family connection increases by 25% when families share 3 meals per week.

Family Meals Promote Health

- Adults and children who eat at home more regularly are less likely to suffer from obesity.
- Increased family meals are associated with greater intake of fruits and vegetables.
- According to the Journal of Adolescent Health, teens who have infrequent family dinners (fewer than 3 times/week) are:
 - 3.5 times more likely to have abused prescription drugs or to have used an illegal drug other than marijuana or prescription drugs
 - 3 times more likely to have used marijuana
 - 2.5 times more likely to have used tobacco
 - 1.5 times more likely to have used alcohol

With the overwhelming evidence in support of family meals, it's natural to ask why we all aren't prioritizing them. There are many obstacles, and BCC is trying to help our community overcome them. Check out the next page, which lists our family-friendly programming and initiatives.

Our **Co-op Basics** program makes organic food more accessible by offering everyday low prices on healthy household staples.

Kids Scavenger Hunt keeps kids on the lookout for healthy, local foods.

Free Bananas

Kids can get a free banana when they come into the store. No purchase necessary! Last year we gave out ~1,000 free bananas. Bonus: It's a healthy distraction for little ones while parents get their shopping done!

Kids Table

We've added a kid-sized table with coloring supplies and toys to our seating area.

15-Minute Meal Ideas in our produce department help busy families get meals on the table. Our meal solutions come from Co-op employees, who share the recipes they use to get dinner ready after work.

Little Free Cookbook Library

In a cooking slump? Grab a new cookbook from our free cookbook library for new ideas and recipes. Keep it, pass it on to a friend, or return it.

Free Classes for Kids

Tasty Tuesdays

Designed for our youngest eaters, kids 5 and under will be exposed to the natural tastes and textures of whole foods in this sampling class. 1st Tuesdays, 10:30-11:30am

Kids Cook!

Kids 5-12 will learn introductory cooking skills in this fun, hands-on class. 3rd Saturdays, 10:30-11:30am

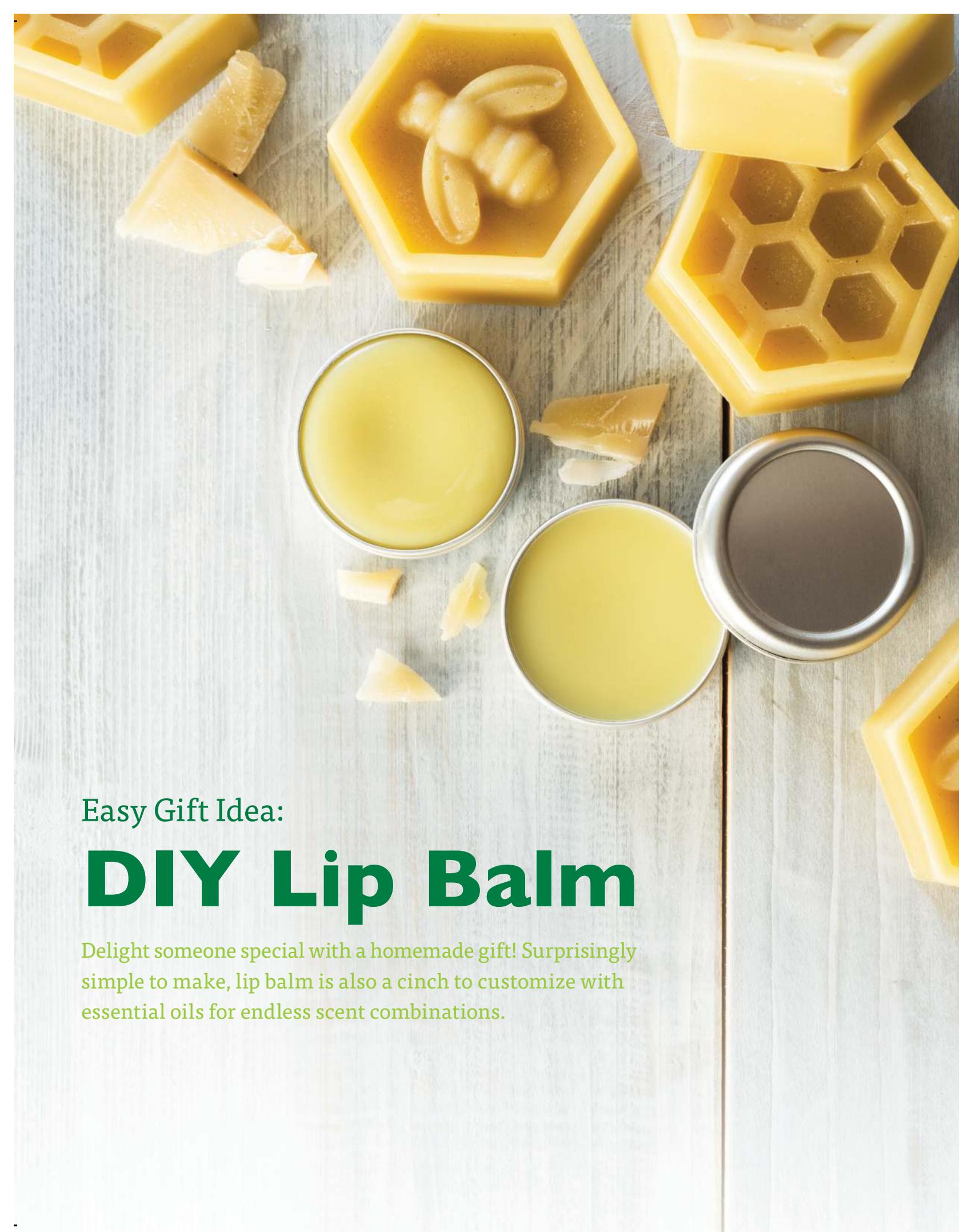
Teen Cuisine

For teens only! Learn advanced cooking techniques to impress your friends and become competent, confident and independent in the kitchen. Dates and topics vary for this quarterly class. Please see page 3 for our next class.

Adult Classes

We offer a variety of classes for adults to expand their knowledge and skill level in nutrition and cooking techniques. Dates and topics vary. Please see pages 2-3 for more details.





Easy Gift Idea:

DIY Lip Balm

Delight someone special with a homemade gift! Surprisingly simple to make, lip balm is also a cinch to customize with essential oils for endless scent combinations.

Making your own lip balm is beyond easy. In a matter of minutes, you can craft a few tubes to give as gifts (and one to keep for pampering yourself). What makes DIY lip balm so great? Not only can you make it just the way you like it, you can control the ingredients and use simple, natural ones — no petroleum found here!



You should be able to find most of the supplies you need for this project in the co-op's health and body care section, or online in larger quantities. A local craft store is a good place to look for tins and tubes to hold the finished product.

To make the balm, follow this general recipe, and customize to your tastes from there. We've included a few of our favorite scent combos for inspiration.

Lip Balm Recipe

Makes four ½ oz. tubes.

- 1 tablespoon beeswax pearls
(or grated, unbleached beeswax)
 - 1 tablespoon shea butter
 - 2 tablespoons carrier oil
(sunflower, castor, almond or jojoba)
 - 10 – 15 drops essential oil
 - 1 teaspoon honey (optional)
1. Melt beeswax, shea butter and oil together in a small bowl in the microwave. Or use a double boiler or a heat-safe bowl over simmering water.
 2. Stir until ingredients are liquid, then add essential oils and optional honey. Mix well.
 3. Transfer to a large eyedropper, syringe, or container with a spout, and divide liquid among four ½ ounce lip balm tins, jars or tubes.

Customize Your Creation

To tint or color lip balm, add ⅛ teaspoon of lipstick to the solid ingredients when melting (just take a tiny dab off the end of a purchased lipstick). You can also use a drop or two of natural red food coloring, or a small amount of beetroot powder or a loose mineral powder (like blush).

To make lip balm super shiny, adjust the recipe by adding one teaspoon more of carrier oil. Note that this formulation will not be suitable for tubes, since the end result will not be firm enough.

Scent Ideas

Aroma	Essential Oils and Ingredient Substitutions
Chocolate mint	7 drops peppermint, replace shea butter with cocoa butter
Cinnamon-sugar donut	4 drops vanilla, 4 drops cinnamon, 2 drops nutmeg oil
Coconut	Use coconut oil as the carrier oil
Vanilla orange	5 drops vanilla, 5 drops sweet orange
Root beer float	3 drops anise, 3 drops spearmint, 2 drops vanilla
Vanilla rose	5 drops vanilla, 5 drops rose
Medicated (has antibacterial properties)	5 drops tea tree, 5 drops peppermint





A Dive into Co-op History

The following section was written by Karen Zimbelman, Development Director for National Co-op Grocers. Used by permission.

Early Co-op Origins

In early human societies, people learned to cooperate and work together to increase their success in hunting, fishing, gathering foods, building shelter, and meeting other individual and group needs. Historians have found evidence of cooperation among peoples in early Greece, Egypt, Rome, and Babylon, among Native American and African tribes, and between many other groups.

Early agriculture would have been impossible without mutual aid among farmers. They relied on one another to defend land, harvest crops, build barns and storage buildings, and share equipment. These examples of informal cooperation—of working together—were the precursors to the cooperative form of business.

The First Cooperatives

The earliest cooperatives appeared in Europe in the late 18th and early 19th centuries, during the Industrial Revolution. As people moved from farms into the growing cities, they had to rely on stores to feed their families because they could no longer grow their own food. Working people had very little control over the quality of their food or living conditions. Those with money gained more and more power over those without. Early co-ops were set up as a way to protect the interests of the less powerful members of society—workers, consumers, farmers, and producers.

In England consumers were frustrated by the abuses of store owners, many of whom adulterated products to increase their profits. In many cases, workers' wages were paid in company chits—credit that could be used only at the company's stores. The average consumer had very few choices and little control.

Groups of people began experimenting with various methods of providing for their needs themselves. They decided to pool their money and purchase groceries together. When they purchased goods from a wholesale dealer and then divided them equally among themselves, they were surprised at the savings and higher quality of products they were able to obtain.

The Rochdale Equitable Pioneers Society

In 1843 workers in the textile mills of Rochdale, England went on strike. When the strike failed, the millworkers began to look for other ways to improve their lives. Instead of calling for another strike or asking charitable groups for help, workers decided to take control of one of the most immediate and pressing areas of their lives. They believed they needed their own food store as an alternative to the company store. Twenty-eight people founded the Rochdale Equitable Pioneers Society.

After saving money for more than a year, these pioneers opened their co-op store at 31 Toad Lane on a cold December evening in 1844. Although the founders agreed to sell just butter, sugar, flour, and oatmeal, they also offered tallow candles for sale that night. They were forced to buy candles because the gas company refused to supply gas for the new group's lights. The founders bought candles in bulk and sold what they didn't use to their members.

The Rochdale Pioneers weren't the first group to try forming a co-op, but they were the first to make their co-op succeed and endure. To avoid the mistakes made by earlier co-op societies and to help others, they developed a list of operating principles governing their organization. This list formed the basis for what are now known as the cooperative principles. Rochdale is considered the birthplace of the modern cooperative movement.

Cooperation Grows in the United States

In the United States, cooperatives have roots going back to colonial times. Like their counterparts in England, these early groups experimented with ways to band together and gain economic clout.

From colonial times on, most early American co-ops were formed primarily for the benefit of farmers. Some co-ops helped farmers keep their costs low through joint purchases of supplies, such as feed, equipment, tools, or seed. Some marketing co-ops helped farmers obtain the best prices for their goods by combining their crops and selling in large quantities. Others, such as grain elevators or cheese-making co-ops, provided storage or processing services.

Consumer groups in the United States began taking note of the early British consumer co-ops and the success of American farmers who worked together. They began forming consumer protection associations.

Most early American co-ops failed due to insufficient capital (money invested by the owners), poor management, and a lack of understanding of the cooperative principles by their members. It wasn't until the early 1900s that co-ops began to have true, long-lasting success in the United States.

Consumer Co-ops Make Waves

In rural and urban areas alike, consumer co-ops were first organized to provide consumers with control and to fight the unfair practices of private and company stores. Over the years, consumer co-ops have experienced waves of growth and development, followed by periods of decline.

The first of these waves began in the early 1900s with what was called the Rochdale plan. Under this plan, consumers organized buying groups to purchase from a cooperatively owned wholesaler. The wholesaler would then gradually help these buying clubs convert their operations into retail outlets by supplying management, inventory, and capital. In 1920 there were 2,600 consumer co-ops in the United States—all but 11 were general stores—and 80 percent were in towns with populations of less than 2,500. Combined sales volume for these stores was about \$260 million. Unfortunately, when the wholesalers began having problems due to rapid growth, the whole system crumbled, and most co-ops were closed within the decade.

The Great Depression of the 1930s triggered another great wave of co-op organizing in cities and rural areas. Franklin Roosevelt's New Deal supported the growth of urban co-ops. Some leading consumer co-ops were launched in this period—in Berkeley, Palo Alto, Eau Claire (Wisconsin), Hanover (New Hampshire), Hyde Park (a Chicago neighborhood), and Greenbelt (Maryland—a suburb of Washington, D.C.). All of these stores survived to their 50th anniversaries. But in the 1980s, the co-ops in Berkeley and Greenbelt closed. The Palo Alto Co-op closed in 2001. The co-ops in Hanover, Eau Claire, and Hyde Park continue to operate to this day.

In the late 1960s and 1970s, the “new wave” of consumer co-ops began. Born out of the ideas and philosophies of the 1960s counterculture, these stores were opened by young and idealistic members. They set up co-ops to fit their beliefs in equality, not to follow their co-op predecessors. Most of the new co-ops sold only whole, unrefined, and bulk foods. Their operating practices were diverse and experimental. Some stores had limited store hours, others were open seven days a week. Some were run by volunteers, others by fully paid staff. Some had various forms of worker self-management, others had more traditional management structures. Some paid year-end patronage refunds, others gave members a discount at the cash register.

These co-ops were pioneers in what came to be known as the natural foods industry. But not all were successful. Some failed because of their experimental structures and operating systems. Most were unable to escape the same problems that had troubled older, earlier co-ops—insufficient capital, inadequate membership support, an inability to improve operations as the natural foods industry developed, a stronger commitment to idealism than to economic success, the lack of adequate support from their wholesalers, and resistance to consolidation. But the “new wave” co-ops that survived are strong and well established. The consumer co-op movement in the United States has had mixed success—especially in contrast to consumer co-ops in Europe and Asia. But each wave of cooperative growth produces renewed enthusiasm for a time-tested idea and innovations that prove successful in the consumer marketplace.

Co-op History will continue with a look at Bluff Country Co-op's history in the next newsletter.



Bluff Country Co-op

We know good food.

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GOOD FOOD DAILY
8am - 8pm



1 Year
12 Amazing
Cheeses

2020 Cheese Club
Memberships Available

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