

The

SPRING 2015

# Harvest Beet

est. 1979



Your quarterly source of information for healthy living!

## NATURAL HARVEST

### FOOD CO-OP

*Locally owned,  
organically grown.*



## *Come see us at Earth Fest!*

Our commitment to supporting local growers, Minnesota suppliers and regional producers is part of what defines us as a locally and independently-owned cooperative. With rich history, tradition, and hard work, our suppliers work with our environment to sustain us. For the seventh year since it began, we are taking part in the Iron Range Partnership for Sustainability's annual Earth Fest, participating for the last two years as a Community Sponsor. Celebrating local traditions and sustainable living on the Iron Range is what we hope to do every day in our business practices as well as through meaningful community outreach and engagement. What could be better than coming together to learn, grow and spend a great day with our community?

**(Continued on back cover)**

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## Why I Became an Owner

*by Patty Torrel, Member Services*

As the calendar page turned from 2014 to 2015, many of us may have reflected back on the year we left behind and assessed our life and the decisions that shaped it. And as we looked forward to the year ahead, it may have also been a time for implementing changes we wanted to see in our own life and in the community in which we lived — to take those necessary steps to become better versions of ourselves.

As a business, Natural Harvest is continually assessing where it has been and where it needs to be in order to better serve the community. While holding strong to its commitment to building a healthier community by being a source for local, sustainable, socially responsible and organic products, it welcomes change and understands that it must evolve and expand to meet the growing needs of its owners and customers. And, yes, big changes are ahead for the co-op; changes that will hopefully ensure its survival for another 35 strong years.

Understanding where our food comes from and how it is produced is one of Natural Harvest's core values; one thing that will never change. It is because of this value that I became not only an employee, but an owner. I am committed to a healthy lifestyle and to healthy food choices as well as treating the environment, the animals, and the people who

produce my food with fairness and respect. It is important to me to know the journey my food takes from farm to table because there IS an undeniable difference between conventional products and those grown naturally without the use of pesticides, hormones, chemicals, GMO's, unsustainable practices, inhumane treatment of animals, and the exploitation of workers — an undeniable difference in taste

and an undeniable difference for your health and well-being. The journey my food makes does matter and Natural Harvest is committed to sourcing products that take this into account. They do the work for me...and all I have to do is choose to shop the co-op.

As a new member of the Natural Harvest Family, I am reminded daily of why I shop the co-op, why I work at the co-op, and why I am a proud owner of the co-op: because my health and the health of my family matters. It is that simple. Shopping the co-op and becoming an owner is my

'vote' for maintaining a business that shares my desire to take back control of my health; I am investing in my future by investing in the co-op's future.

So, with all the changes that have already been implemented and for those changes that are yet to come, the question for all of us within the co-op community remains: "Why did I become a co-op owner?" 🍷

***"The journey my food makes does matter and Natural Harvest is committed to sourcing products that take this into account. They do the work for me... and all I have to do is choose to shop the co-op."***

# Big Changes: Natural Harvest is Growing!

by Chris Ismil, Natural Harvest Board President

Big and wonderful changes are here for Natural Harvest Food Co-op, its Board of Directors, staff and owners. The many changes and updates you see throughout our co-op have been driven and implemented by our General Manager (GM) Anja Parenteau and the entire staff at Natural Harvest. As a Board, we are excited for what the future will bring. We understand that as a Board we have a responsibility to the co-op and its owners to map out a course for the future growth of our store and the impact it will have on our co-op community. All the owners of Natural Harvest Food Co-op are part of a community of shared values and each owner cares about enhancing their well-being by supporting each other.

In December, the Board of Directors, working with our GM, started a strategic planning process to address immediate and long-term needs for the future growth of the co-op. The first step was to identify the most immediate needs and updates to the co-op store. As part of this, it was determined that two criteria were essential. First, if we do not make the proposed updates it will have a negative impact on store operations and stifle store growth. The second factor was grounded on the premise that if we make the proposed updates it will lead to immediate operations efficiency and/or an increase in revenue in the areas we would like to strengthen. Through consensus the Board identified key areas for improvement in store renovation and/or expansion:

- Office Space
- Classroom/Meeting Space
- Food & Product Storage Space
- Deli Kitchen Expansion. Expansion of Grab & Go Options Including a Salad and/or Taco Bar

## • Fresh Meats

The Board of Directors narrowed this list further to their top three priorities:

- Storage Space – Critical to operations
- Deli Expansion – Increase ready-made, healthy food choices
- Office Space – Critical to operations

As the Board identified these priorities, we also looked at other internal operational needs that could be met if the store was to expand. We felt these secondary priorities could likely be addressed in the short-term also:

- Bathroom
- Loading Dock
- Parking

The Board's long-term goals included four additional needs:

- Classroom/Meeting Space
- Solar Panels
- Vendor/Product Sample Space
- Library/Reading Area

We also worked with our GM to identify necessary changes to the owner discounts, which we gave our full support, as it would have had a negative impact on the store's financial well-being if we did not make the changes.

Our next steps in the planning process include: work with the city of Virginia to identify any limitations that may apply to a store/site expansion; develop a process and strategic plan through consultation and collaboration with Cook County Food Co-op (Grand Marais) and Whole Foods Co-op (Duluth) in the sharing of store expansion process; complete market and feasibility studies; and hold owner forums to engage their ideas, input and knowledge.

Natural Harvest Food Co-op is growing and there is a strong market in our region with very

limited competition as we offer organic healthy food, products, and education that you cannot get anywhere else in Northeastern Minnesota outside of Duluth. We also see conventional stores remaining strong players in our community, from box stores to local markets and delis, which use, sell, and support the use of GMO, pesticide and herbicide filled products. None of these stores, markets, and delis are owned by their customers nor can they offer the level of organically grown healthy food and products that we do. These other "profit driven" stores, markets and delis are not guided by the co-op principles we, as owners, believe in. If we are going to grow, thrive, and compete, we must make the necessary changes to our owner benefits in order to support store operations and owner needs for organic healthy food and products.

As co-op owners, we are committed to building a sustainable future through communication, cooperation and education. We believe in quality food, products and services for the health and well-being of our families, community and our planet. We believe in the cooperative principles.

The Board of Directors and GM welcome every owner's input and feedback. Please feel free to contact us at any time. Our Board Meetings are open and all are welcome.

Peace, Hope, and Community 🌱



## *A warm welcome to our newest Natural Harvest members!*

Jennifer Smith (Virginia)	Cheryl Walters (Side Lake)	Neil Hauta (Gilbert)	Mona Putzel (Eveleth)
Eunice Koch (Ely)	Tom Duffy (Embarrass)	Sarah Rautiola (Iron)	Janis Arola (Cook)
Ronald & Maureen Ronquist (Petoskey, MI)	Danyl & Tom Filipovich (Eveleth)	Ericka LaMar (Embarrass)	LuAnn Maki (Biwabik)
Deb & Shaun Danley (Virginia)	Margaret M. Anderson (Kabetogama)	Bailey Jane Conger (Cook)	Carol Moore (Hibbing)
Mark S. Roalson (Hoyt Lakes)	Keri Whitman (Chisholm)	Alain Moll (Eveleth)	Cheryl Fahnberg (Eveleth)
Ron Anderson (Tower)	Ashley Shereck & Evan Friedleib (Virginia)	Andy & Corie McKibben (Ely)	Jim Newman & Beth Sheppard (Virginia)
Mary Morgan (Gilbert)	Bobby Mineheine (Aurora)	Abby Mayo (Bovey)	Jim Cina (Virginia)
Julie Johns & Gary Gustafson (Hibbing)	Alissa Tran (Virginia)	Bret & Sara Alexander (Virginia)	Susan Chopp-Kochevar & Lenny Kochevar (Gilbert)
Debbie Leek (Zim)	Michelle Lovaas (Eveleth)	Becky Pechek (Gilbert)	Gregory Bolstad (Hibbing)
Timothy & Charlotte Rice (Mt. Iron)	Jeanne Ostlie (Buhl)	Katie & Jason Evans (Two Harbors)	Theresa Lauer (Britt)
Shaun Karakash (Chisholm)	Peggy A. Schaffer (Hibbing)	Lee & Jackie Schumacher (Hibbing)	Tana & Michael Johnson (Embarrass)
Wanda Minerich (Hibbing)	Larry Stoffel (Hibbing)	Valeda McDonald (Soudan)	Ambir Babich (Hibbing)
Hermine Kunicki (Virginia)	Trudi Parpovich (Hibbing)	Shawn Green (Mt. Iron)	Theresa Riihinen (Virginia)
Leon Ruotsalainen (Kodiak, AK)	Mike & Gina Clagherty (Hibbing)	Jim Tuomala (Babbitt)	Christy & Jeffery Majchrzak (Cotton)
John Latimer (Grand Rapids)	Anna E. Ruper (Chisholm)	Amy Fox (Britt)	Bonnie Nelson (Chisholm)
Brenda McLaughlin (Hibbing)	Jessica Fox (Angora)	Kathy Romer (Eveleth)	Jeff Brown (Eveleth)
Kelly J. Dagen (Virginia)	Ken Pierson (Kelly Lake)	Bob & Mary Johnson (Eveleth)	Emily & Jakob Mount (Chisholm)
Julie & Lisa Butler (Iron)	Stacy & Patrick Peterson (Cook)	Allison Molick & Linda Rakovetz (Britt)	
Rick & Joanne Sathre (Tower)	Niecie Strand & Tom Asmus (Virginia)		

# Patronage Rebate: The Co-op Way to Go!

by Anja Parenteau, General Manager

With the purchase of our Point of Sale system in 2013, we set the stage to being able to track owner purchases. Using this data at the end of a profitable fiscal year, we will be able to return some of these profits as a patronage rebate to our members.

We finally get to honor what was written in our articles and by-laws when we incorporated in 1979 and distribute profits fairly, which is also one of the 7 Cooperative Principles. The Board of Directors must set the amount of profit that gets distributed back to owners, keeping our business health and future projects in mind.

In the past, your 2% daily discount was the co-ops way of distributing profits back to the owners. This was of course, without having any way to track member purchases, a reasonable way

to go at the time. What happens though, if we either have a fantastic year or it is a year that is barely profitable? Or if the co-op is in need of renovations or possibly looking into expanding the building to accommodate for growth? That is the beauty of the Patronage Rebate system: we get to share the profits we made with our owners after Management and the Board of Directors have made sure the health of the business would not be negatively impacted in the near future, and for the next generation of co-op owners. In addition, the profits derived from owner purchases that are then returned to owners in the form of a rebate, are reducing the co-op's taxes owed to the state and federal government.

The decision to switch to a Patronage Rebate system has prompted the Board and Management to also look at our current discount system as a whole. Discounts have the

advantage of immediacy, but what's an appropriate discount level? How often should they be offered? Are they fair to all owners? Can the co-op afford to be "advancing" its potential profits to the owners in this form? When making changes, how can the roots and traditions of Natural Harvest be respected, while also honoring its current needs and future responsibilities and ambitions?

To illustrate that our current system is not equitable, here is an example:

Alice shops here once a month, on a discount day, and spends \$100. Richard shops here once a week and spends \$35. That means in a year, Alice spends \$1,200 here and her discount is \$120, or 10%, while Richard spends \$1,680 and only gets \$33.60 in discounts, which is 2%. This

shows very clearly that our system is not equitable, and as a whole, not sustainable (where do you get a 10% return on your investment these days?).

Hopefully you agree that as owners of a business we need to keep our finances in order to ensure that our business stays healthy, well into the future.

We want to show appreciation to all of you by offering the following discounts to you, the owners of this cooperative!

- 5% discount on your purchases once per month. YOU pick the day!
- Eligibility for an annual Patronage Rebate (when declared by the Board of Directors)
- Monthly Owner Specials
- Owner case discount of 15% on many pre-ordered items. (Does not apply to products on sale.)
- Class registration discount 🐶



## WHAT'S NEW?

### PIG NEWS!

We will be fully restocked with Bear Creek Acres pork the first part of April! They will be bringing us pork chops, boneless thick cut chops (new!), wild rice sausage, Italian sausage, plain ground pork and breakfast sausage. And don't forget the bacon! All made from meat from pigs that were born on their farm in Embarrass, MN.

### GLUTEN-FREE LABELING IN THE DELI

For all those with gluten sensitivities, we are changing our deli labeling from "gluten-free" to "made with gluten-free ingredients" on all our GF pre-made deli items. Nothing has changed with the items themselves, we just wanted to clarify the fact that we are not a GF kitchen, so therefore the possibility exists for cross-contamination. Should you have questions regarding specific ingredients, our knowledgeable staff is at your service.

### ANNUAL MEETING HAS SPRUNG TO SPRING

The Annual Owner's Meeting has changed its season...so mark your calendar for April 18, 2015! You can make a day of it by first coming to visit us at Earth Fest in Mt. Iron and then head on over to the Elks Club in Virginia starting at 5:30 PM for the Annual Meeting. Meet fellow owners, share a great meal and hear about all the exciting things happening at the co-op!

### VISIT US ONLINE

Look for our new website, new website address, new email addresses, and electronic newsletters...all coming soon!!

### WALK WITH YOUR CO-OP

Ready to shake off the winter chill? Get your body moving and your heart rate pumping by joining Natural Harvest Staff Members for "Walk with Your Co-op". Starting in May, Natural Harvest staff members will start each morning with a walk around Baily's lake and we invite you to join us. Together we can motivate and inspire each other to take back control of our health. All fitness levels welcome. Times and details will be posted in-store, on facebook & the website. Come join us and connect with others in the community...for the health of it! 🐶

## ANY QUESTIONS, ANY TIME...WE'RE HERE TO HELP!

**GENERAL MANAGER:** Anja Parenteau.....generalmanager@naturalharvestfoodcoop.com

**PRODUCT MANAGER:** Sandy Tardiff.....grocerybuyer@naturalharvestfoodcoop.com

**MEMBERSHIP:** Patty Torrel.....memberservices@naturalharvestfoodcoop.com



# Sprouts: Fresh Greens, Straight from the Kitchen

by Ashley Phoenix

This time of year when fresh options are limited and you are craving nutrient rich food, give sprouting a try. Sprouts can be grown year-round, are pesticide free, inexpensive, and full of nutrients. This is also a great activity to do with children since sprouting is easy and can show them how a seed can transform!

There are many types of seeds to sprout, so your taste buds will never get bored. An easy seed to sprout for beginners is alfalfa, although almost any seed can be sprouted. Some seeds are mucilaginous, meaning when they are exposed to water they form a gel that surrounds the seed as a form of protection. These seeds are not sprouted in a jar, but spread on a surface that will absorb water (flashback to the Chia Pet!). Beyond seeds, you can also sprout lentils, peas, and beans.

Sprouts contain vast amounts of nutrients. Many seeds and legumes have nutritional advantages, but many are locked up by anti-nutrients such as phytic acid. Once germination begins during soaking, the dormant seed becomes a live plant, causing anti-nutrients to lessen their hold on nutrients. Phytic acid can irritate the digestive system, but when sprouting occurs, phytic acid is neutralized lessening the irritation. Among the many



nutritional benefits, germination produces vitamin C, increases vitamin B content, and increases carotene.

Sprouting requires very few supplies: seeds of choice, and a jar with a screen (or cheesecloth held by a rubber band). If you have problems with spoil, citric acid can be added at the start of sprouting to reduce the problem. Many seeds require soaking, but do a little research to find out for sure. Following soaking (if needed), the general process is to rinse and drain twice a day and keep at temperature 66-73 degrees. Once

the sprout appears, move the jar to a window so chlorophyll can develop via sunlight. Most sprouts will be ready to enjoy in 4-5 days, and can be stored in the refrigerator. Browse our sprouting equipment and large selection of bulk sprouting options at the co-op!

And here are some helpful resources to get you started!  
<http://www.sproutpeople.org>  
<http://sproutpeople.org/sprouts/nutrition/science/>  
<http://gentleworld.org/nutritious-and-delicious-sprout-salads/>  
"Sproutman's Kitchen Garden Cookbook" by Steve Meyerowitz (Can be special ordered through Natural Harvest!)



## The Season for Seeds

by Ashley Phoenix

As you may have noticed when coming into the Co-op, we have gardening seeds and supplies available for purchase. Each year we provide you with an assortment of seeds that can be grown in our region; the Arrowhead region is Zone 3 according to the USDA hardiness climate zone rating system. While there may be other options in the area for gardening seeds, we provide you with unique companies whose practices and varieties stand out from the rest. We have continued to carry seeds from High Mowing Seeds, Turtle Tree Biodynamic Seeds, and Irish Eyes this year as well as bringing in a new company called Sero Biodynamic Seeds.

Except for a few garden flower varieties, all of the seeds we carry are organic. Conventional seed crops are heavy users of synthetic agricultural chemicals, which have several adverse effects on ecosystems. Home gardeners typically grow organically due to gardening small-scale, and organic seeds are adapted to and thrive in organic conditions.

Two of the companies we sell are biodynamic seed growers. Essentially, biodynamic goes beyond organic, creating a balanced farm ecosystem that promotes health and fertility

within itself. The biodynamic farm standard views the farm as a living organism that is self-contained, self-sustaining, and follows the cycles of nature. Within the standard, there are necessary elements including soil fertility management and animal welfare. Biodynamic certification in the U.S. is overseen by Demeter USA, which is the oldest ecological certification organization in the world. Because biodiversity is emphasized, biodynamic operations are required to have a minimum of 10% of farm acreage set aside for a biodiversity preserve.

Located in Vermont, High Mowing Organic Seeds harvest organic, non-GMO seeds for gardeners. Starting in 1996 on 5 acres with 28 varieties, the company has grown to 40 acres and over 600 varieties of seed.

Irish Eyes Garden Seeds is a small, family-owned business in Washington. Having grown since their establishment in 1989, they farm 150 organic acres, specializing in short season seeds (Great for Northern MN!). While not all of their seeds are organic, they promote organic farming and are strongly against GMOs. At the Co-op we carry seed packets, onion sets, garlic sets, and potato seed from the company.

One of the biodynamic seed companies we carry is Turtle Tree Biodynamic Seeds. They are a non-profit in New York, specializing in biody-

namic, open-pollinated seed varieties. All of their seeds are non-GMO, never treated, and grown without chemicals. The business is part of Camphill Village in New York, which is a life-sharing community that includes individuals with developmental disabilities. Individuals at Camphill work alongside craftsmen, homemakers, farmers, and gardeners.

A new company we brought in this year is Sero Biodynamic Seeds, producing organic, biodynamic, non-GMO seeds. This company was started by the owners of Territorial Seed Company in Oregon because they wanted to encourage the use of biodynamic seeds in the United States. We are excited to bring in this new company, which is only available for purchase through independent retailers. Seed packets are available now as are some discounted seeds from 2014.

Coming up in April are seed potatoes and onion sets; unfortunately no shallot sets this year due to a crop failure with Irish Eyes. Each year we plan on opening the greenhouse around Mother's Day, and plan to do so again this year, weather permitting.

With all of our gardening offerings, we hope you provide us with feedback regarding your experiences as that will shape what we carry in the future. Happy gardening! 🌱

# New Product Spotlight

## Bulk & Coffee

### HATCH CHILE ROASTED CASHEWS:

A deliciously dry roasted cashew seasoned with a little green chili pepper zing.

### RED FIFE HERITAGE WHEAT FLOUR:

Milled from organic Red Fife Heritage wheat berries with most of the bran removed, but the entire germ remains intact. Heritage wheat contains a type of gluten that many people with gluten intolerance can consume because it is more digestible. It can be used as an all-purpose flour.

**ROSE HIPS:** This great source of vitamin C is back in stock! Find it in the bulk teal/herbal section.

**HIGHER GROUNDS, COLUMBIAN FONDO PAEZ:** Single Origin Colombian Coffee, smooth & medium-bodied.

**GENE HICKS COFFEE:** A full line of smooth blended, stomach-friendly, coffees:

**Northern Lite** — A new halfcaf offering in 12 oz. packages.

**Big Fat Espresso** — Whether you have an espresso machine or a brewer, you will love this medium to full-bodied beauty. Located in the bulk bins.

**Green Horizons** — If bold is your thing, this is your coffee: dark, rich & smoky. Located in the bulk bins. ☺

## Health & Beauty

The Health & Beauty department welcomes a couple of new product lines from small, locally and family owned skin care companies.



First up is Jen's Sanatio Skin Care located in Gaylord, Michigan. Currently,

the company is focused on lip balms and glosses made in small batches with only the finest organic oils and butters that nourish and protect your skin unlike petroleum-based products that can clog your pores and prevent your skin from being rehydrated. Available in eight different gloss shades and six different balm flavors!

Second on the list hails from Duluth, Minnesota! Stacey's Herbal Remedies were brought in by popular demand by many of her loyal fans. Stacey's herbal remedies are both grown and made by her. Here is a list of just a few of her products:

**MUSCLE MAGIC:** Sore muscle soother that provides fast relief for aching muscles.

**HEADACHE TENSION TAMER:** Roll-on application of pine, cedar and rosemary infused oil for quick headache relief.



**COMFREY BALM:** All-purpose, general healer.

Stimulates tissue regeneration and cell growth. Use for soft tissue, from dry skin to sore muscles.

**DISC EASE:** A special blend of herbs that specifically target inflammation and assist in strengthening the tissues of compromised discs and bursas.

**PINE & CEDAR SOOTHER:** Use as a chest rub for congestion or for achy muscles.

**FANTASTIC FOUR LOTION:** Power packed healing and pain relief. Works to heal imbalance and injury to muscles and connective tissue. Eases swelling and nerve pain.

**SKIN 'SALVE'ATION:** Fast soothing relief for patchy, itchy, rash-plagued skin. Helps relieve eczema and psoriasis.

If you missed Stacey's classes back in February, no worries...she will be back again at the end of March. Check out our exciting new line-up in the New Classes section! ☺

## New Products Available at Natural Harvest...

### GROCERY

ANGIE'S ORGANIC BOOM-CHICKAPOP POPCORN

- Maple Sea Salt
- Sea Salt & Vinegar

CLIF KID PROTEIN ZBARS

- Peanut Butter
- Chocolate Chip

DULUTH PRESERVING COMPANY

- Lingonberry Orange Preserve

EQUAL EXCHANGE

- Organic Baking Cocoa

FEVER-TREE

- Tonic Water
- Club Soda
- Bitter Lemon

MARY'S GONE CRACKERS

- Gluten-free Everything Pretzels

NUTIVA

- Coconut Chia Macaroons

PACIFIC

- Organic Chicken Bone Broth

### QUINN MICROWAVE

POPCORN

- Parmesan & Rosemary
- Butter & Sea Salt
- Vermont Maple & Sea Salt
- Hickory Smoked Cheddar

R.W. KNUDSEN

- Just Black Currant Juice

SANTA CRUZ

- Organic Orange-Mango Juice

STIRRINGS

- Cocktail Mixers

VOSS

- Norwegian Sparkling Water

CITRA-SOLV

- Multi-Purpose Spray Cleaner
- Natural Enzyme Drain Cleaner

### CHEESE

NORDIC CREAMERY

- Sheep's Milk Feta

ORGANIC VALLEY

- Neufchatel Cream Cheese

### FROZEN

BODIN FISHERIES

- Lake Superior Whitefish Fillet
- Lake Superior Lake Trout Fillet

BLAKE'S

- Chicken Pot Pie with Organic Veggies

BEELER'S

- Mild Italian Sausage
- Pork Chops

ALEXIA

- Rib-Cut BBQ Sweet Potato Fries

SILVER HILLS BAKERY

- ORGANIC ANCIENT GRAINS
- Big Red's Red Fife Sprouted Wheat Bread
- The Queen's Khorasan Sprouted Wheat Bread

### REFRIGERATED

ORGANIC VALLEY

- Cultured Butter with 84% Butterfat

HOUSE FOODS

- Shirataki Tofu Noodles

SIGGI'S

- Icelandic Yogurt & Filmjolk

WALLABY

- Organic Greek Yogurt

### SUPPLEMENTS

GARDEN OF LIFE

- RAW Probiotics Ultimate Care
- RAW Probiotics – Kids
- RAW ONE Multivitamin – Men & Women
- Oceans 3 Healthy Hormones
- Oceans 3 Better Brain

MANITOBA

- Hemp Protein – Chocolate & Vanilla

### HEALTH & BEAUTY

LIFE-FLO

- Magnesium Soap Bars
- Collagen Plus C & E Facial Cream
- Glycolic Acid Facial Cream
- Triple Advantage Facial Cream

COLLECTIVE WELLBEING

- Shampoo & Conditioner

SUN FEATHER

- Washy Squashy Sculpting Soap Bars for Kids

LIVING FLOWER OF

ESSENCES - HANDMADE

- Sleep Relief Spray
- Sleep Relief Stick

NUBIAN HERITAGE

- 24-Hour All Natural Deodorants

**WE CONTINUALLY ADD NEW PRODUCTS...**

**Stop by the Co-op to check out the latest items!**

## BITE-SIZE NEWS



### ROUND-UP REPORT

Once again, your generosity is making a big difference within the community! Through your extra quarters and dimes, over \$12,000.00 has been donated to local organizations over the last eleven months! In December alone, The Mesabi Humane Society was the recipient of \$1,253.00 and in January we all came together to support the Friends of the Greenhouse by raising over \$1,200.00. We thank you for your willingness to support LOCAL organizations doing good right here in the community – and being part of what a co-op is all about.

### CHANGE WITHIN REACH

This March we will be rounding up to help the Quad City Food Shelf. All funds raised by the Food Shelf in March will be matched by a 3rd party organization, so it's a great time to donate your small change to make a BIG difference. In April, with our thoughts turning to the hope of warmer weather, all round-ups will be donated to the North Star Foundation, a non-profit that runs a 3 day summer Arts Camp for children at the Mesabi Co-op Park, including music, dance, and poetry as well as guided nature hikes. And in May, your spare change will support the Bess Metsa Garden Fund that helps pay for the garden workers and new plantings. Every year this neighborhood garden space is transformed into a lush oasis that serves as a respite for folks walking around the lakes and also as an open-air learning space for local school children, giving them the opportunity to discover the important relationship we have to our environment and the food it supplies.

### SPRING FORWARD

Remember to set your clocks one hour forward on March 8, 2015 at 2:00 AM — when Daylight Savings Time starts again.

## World Fair Trade Day

May 9th is World Fair Trade Day...and our chance to show our support for brands committed to sustainable and just business practices. World Fair Trade Day is a wonderful time to be inspired by the great work that many mission driven companies are doing to support a just economy. We will celebrate with a special display of our Fair Trade favorites, including grocery, health and beauty, chocolate and coffee. Brands with this certification include Allafia, Theo Chocolates, Traditional Medicinals Tea, Equal Exchange, Dr. Bronner's, Higher Grounds Coffee, Wholesome Sweeteners, Guayaki Yerba Mate, Divine Chocolate, Alter Eco Chocolates, Aura Cacia, Frontier Herbs, Pacific Natural Foods, Spectrum, Peace Coffee and Handmade Expressions...just to name a few. Keep an eye out in-store for Fair Trade Labels.

Without a single certification system shared across all products, distinguishing various fair trade certifications can be daunting. According to the Fair World project, some of the best are Fair Trade for Life, Ecocert and Small Producers designations. Find out more at <http://fairworldproject.org>.



Under product certification, every individual Fair Trade product must be labeled with a Fair Trade mark. At present there are three widely recognized marks, and a few minor marks in the U.S. and Canada. "Fair Trade Certified" mark, created in 1998, is now used on products representing about 90% of product certified Fair Trade retail sales in N. America. The new "Fair Trade Certified" image (bottom left) replaced the old mark (bottom right) in 2012.

## Recycling: Knowing the Facts

- It takes the same amount of energy to make one NEW can as it does to make 20 recycled cans.
- Used plastic that finds its way to the ocean destroys sea life at an estimated 1,000,000 sea creatures per year.
- The average family throws away 6 trees worth of paper.
- If all of our newspapers were recycled, we could save about 250 million trees each year.
- Every ton of paper recycled saves...  
7 trees.  
276 lbs of sulfur.  
360 lbs of limestone.  
9,600 lbs of steam.  
60,000 gallons of water.  
3.3 cubic yards of landfill space.
- Recycling creates 4 jobs for every 1 job created in the waste management and disposal industries.
- Recycling creates 1.1 million U.S. jobs.

These items are not allowed in the St. Louis County drop-off bins or curbside recycling programs:

- IMPROPERLY SORTED MATERIALS.
- FOOD OR GREASE CONTAMINATED MATERIAL.

(Remember to rinse your recyclables!)

- Tissue or gift wrapping paper.
- Egg cartons.
- Misc. metals such as hangers, pipes, pots and pans, aluminum plates.
- Window glass, light bulbs, ceramic materials, dishes or drinking glasses.
- Misc. plastics such as toys, dishes, hangers, lawn ornaments.
- Motor oil containers.
- Plastic bags.



PLEASE FIND OUT HOW YOU CAN CONTINUE

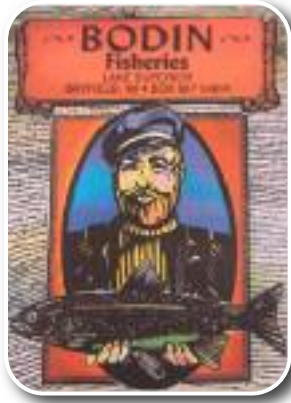
TO DO YOUR PART TO DIVERT WASTE MATERIAL AWAY FROM LANDFILLS BY VISITING [www.stlouiscountymn.gov/recycle](http://www.stlouiscountymn.gov/recycle)



# Reelin' in Something Local

by Sandy Tardiff

One of our goals in the first quarter of 2015 at Natural Harvest is to increase the availability and diversity of local & regional meat for sale. Our first step on that road is the addition of wild Lake Superior whitefish and lake trout from B o d i n Fisheries in Bayfield, Wisconsin!



This fifth generation family business keeps many northern co-ops stocked with their fish, and we are glad to now have them available to our customers. Find them in our freezer section and give these boneless fillets a try in your favorite recipe...or try one of ours and let us know what you think!

Here are two fish recipes, courtesy of Diane Nelson. Thanks, Diane! 🐟

## GOLDEN BAKED WHITEFISH

1 to 2 pounds whitefish or lake trout fillets  
1 egg white  
1/2 teaspoon salt, optional  
1/4 cup mayonnaise  
1 teaspoon grated onion  
1/4 teaspoon dill  
1/8 teaspoon black pepper  
Fresh dill and/or lemon wedges for serving (optional)

Place thawed fish in a greased 13" x 9" baking dish. Beat egg white with salt (if using) until stiff peaks form. Fold in mayonnaise, onion, dill, and pepper; spoon mixture over fish. Bake, uncovered, at 425°F for 15 - 20 minutes, or until topping is puffed and fish flakes easily with a fork (this will depend on the thickness of your fillets). Garnish with fresh dill and lemon, as desired. Yields 8 servings.

## HOMEMADE (QUICK & EASY) TARTAR SAUCE

1/4 cup mayo  
2 Tablespoons pickle relish  
Dash of Worcestershire Sauce  
Dash of hot sauce

Stir and serve. Store in refrigerator.

## WHITEFISH PATTIES

2 cups whitefish or lake trout (about 1 pound of fish) pieces, or fillets cut into pieces  
1 egg  
4 tablespoons butter, melted  
1/4 cup bread crumbs  
1 teaspoon salt  
1/2 teaspoon black pepper  
1/2 teaspoon red pepper flakes, optional  
1/8 teaspoon nutmeg

Mix above ingredients, then add chopped fish. Heat a frying pan over medium heat and add 2 to 4 tablespoons of the fat of your choice (vegetable oil, butter, coconut oil). Form fish mixture into patties and fry until golden brown, about 5 minutes per side. Enjoy!



## CANDIDA & GUT HEALTH: THE KEY TO LIFE

Monday, March 9  
6 PM • Natural Harvest Deli

*There is no charge for this informational session. But space is limited to 20 people, so sign up at the Customer Service Counter if you are interested in attending.*

The health of your gut is the key to life. Your gut has its own nervous system; it craves, tastes, and controls your hormones. You have the choice to digest, ferment, or rot what you eat; that choice will make you healthy, toxic, or sick. Come join international speaker and lecturer Dr. Brad J. Montagne as he brings a wealth of knowledge from 25 years of Natural Medicine practice to all those who want to listen. He interweaves a tremendous depth of science, Naturopathic understanding, and clinical insights in a simple, understandable language full of practical ways to take your life back.  
[www.docmontagne.com](http://www.docmontagne.com)

## NEW CLASSES!

FREE SALAD...  
AND MORE!

Tuesday, March 24  
5-7 PM • Natural Harvest Deli

Fee: \$13 owners; \$15 non-owners

Identify and use the herbs nature planted right in your own backyard and the woods around you! Allow nature to provide for you. Become familiar with plants (weeds!) and herbs to add to your meals for basic nutrients and for use as an herbal first aid. Stacey Quade, with Energy for Life Connection, will be heading the class, sharing the knowledge she has gained over 13 years as a Certified Healing Touch Practitioner and Herbalist.

Must be pre-registered and paid by Sunday, March 22nd. Minimum 6 participants.  
[www.energyforlifeconnection.com](http://www.energyforlifeconnection.com)

## KITCHEN CUPBOARD WELLNESS: MOTHER HUBBARD'S EARTH'S CUPBOARD

Wednesday, March 18  
5-7 PM • Natural Harvest Deli

Fee: \$13 owners; \$15 non-owners

What are the health benefits of an onion? What is the sweet relief of honey? Find out the vast uses for many of the items you may already have in your cupboard and why they work! Whole foods and herbs are a gentle and proactive way to enhance and assist your body's ability to balance itself. Learn easy recipes, try some free samples, and have some FUN! Stacey Quade, with Energy for Life Connection, will be heading the class, sharing the knowledge she has gained over 13 years as a Certified Healing Touch Practitioner and Herbalist.

Must be pre-registered and paid by Monday, March 16th. Minimum 6 participants.  
[www.energyforlifeconnection.com](http://www.energyforlifeconnection.com)

# Salt of the Earth: Benefits of Himalayan Salt

by Erika Schaffer

The appearance of Himalayan salt is very easy to differentiate from other salt; the pink and red hues stand out and indicate its rich mineral content. Himalayan salt comes from deep in the Himalayas where it began as crystallized sea salt beds. These sea salt beds were covered with lava for millions of years, which is said to have protected it from modern day pollution and allowed it to keep the many minerals and energy-rich iron contained within it. It continues to be kept in a pristine environment covered with ice and snow year round before being mined by hand and brought to market. Because of these conditions, it is said to be the purest form of sea salt on earth.

Himalayan salts are mineral packed crystals which formed naturally within the earth. It is made up of 85.62% sodium chloride and 14.38% other trace minerals including: sulphate, magnesium, calcium, potassium, bicarbonate, bromide, borate, strontium, and fluoride. Because of the high mineral content,

Himalayan pink salt provides many benefits:

- Increases hydration
- Regulates water content both inside and outside of cells
- Balances pH (alkaline/acidity) and helps to reduce acid reflux
- Prevents muscle cramping
- Aids in proper metabolism functioning
- Strengthens bones
- Lowers blood pressure
- Helps the intestines absorb nutrients
- Prevents goiters
- Improves circulation
- Dissolves and eliminates sediment to remove toxins.

As well as cooking and curing, this salt can also be used for bathing, and in potpourri holders, air purification and essential oil diffusers. Its detoxification benefits and skin replenishing minerals make it an essential part of everyday life. Don't forget your pink Himalayan salt next time you are in the co-op! 🌱

(Earth Fest, cont. from cover)

Come out on **SATURDAY, APRIL 18, 2015, 9AM to 4PM** at the **Mt. Iron Community Center, Messiah Lutheran Church & Merritt Elementary, all on Hwy. 169.**

Visit the Natural Harvest booth to say hello, sample some snacks and enter our raffle. Expect to:

- Explore how we can all live more sustainability in our homes and communities, our economy and our environment.
- Learn about new and existing technological approaches as well as rediscover some of our long-standing local traditions.
- Tap into the knowledge of leading experts as well as our local indigenous knowledge through exhibits, demonstrations, speakers and vendors. 🌱

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 WEB: [www.naturalharvestfoodcoop.com](http://www.naturalharvestfoodcoop.com)  
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"The Harvest Beet" is a publication of Natural Harvest Food Co-op. Editor: Paty Torrel

**The Harvest Beet**  
 SPRING 2015