

The Harvest Beet

FALL 2015

est. 1979

NATURAL
HARVEST

FOOD CO-OP

*Locally owned,
organically grown.*

WHAT'S NEW?

Cashing In!

**by Anja Parenteau,
General Manager**

How did you like getting a check in the mail? We really liked sending them out! We wanted to thank you for your patronage in 2014, so in addition to the 2% daily discount you received as an Owner, the Board of Directors decided that we made enough profit to send out our first Patronage Rebate checks ever! Have you cashed your check yet? You have until October 14, 2015 to cash your check, thereby reducing the taxes the Co-op has to pay – every cent cashed is helpful! If you do not want to take a trip to the bank, you can bring it in and apply it to your purchase. The rebate amount will be different every year, depending on our profit and how much you shopped here during the year. If you did not receive a patronage rebate and shopped with us in 2014, we may have outdated contact info and would love to hear from you! Call the store at 218-741-4663 to let us know that you may have a returned check being held for you and that you would like to update your info.

I also hope you have been taking advantage of the coupons that were included with your letter and rebate check...just another little Thank You from all of us here at the Co-op. ☺

(More "What's New?" on back cover)

Your quarterly source of information for healthy living!

INSIDE THIS EDITION:

People. Planet. Product ☺ Choosing to be Fair
Unleash Your Greens! ☺ Iron Range Harvest Festival
Turkey Talk ☺ Classes at the Co-op ☺ What's Cooking?
New Product Spotlight ☺ Election Ballot & Much More!

Big News: Natural Harvest Has Ownership!

by Chris Ismil, Board President

It was 1996 that Natural Harvest Food Co-op moved from Chestnut Street to its current location. Natural Harvest paid its last loan payment for the building to the City of Virginia in June 2015 and found out that our Owners did not own the Natural Harvest building or land. The lease agreement, established many years ago with the city, specified a rent or lease payment, not a loan payment. After several meetings with City of Virginia officials and a final vote from the City Council on June 23rd, Natural Harvest Food Co-op Owners now own their building and land.

Benchmark Engineering surveyed and platted our current site and the St.

Louis County Recorder's Office has record of Natural Harvest Food Co-op owning its building and land. The journey, filled with sweat, toil and uncertainty, which the pioneers of our food Co-op embarked upon 20 years ago has paid off many times over as we look to the future and possibly a new store on Silver Lake. Thank you to all Owners, volunteers, staff, and loyal customers who have made the Co-op's success a reality.

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. ☺

Mission Statement:
**We are committed to
building a sustainable
future through
communication,
cooperation and
education. We believe
in quality food,
products and services
for the health & well-
being of our families,
our community
and our planet.
We believe in the
cooperative principles.**

Save the Date!

**Co-op Fest — Saturday, October 3, 11-2 at the Co-op
Following the "Blue and White 5K Fun Run"
Watch for more details at the store & online!**

People. Planet. Product.

by Sandy Tardiff, Grocery Buyer

Every year Grocery and Wellness Managers from National Cooperative Grocers' (NCG) member stores attend a conference in July called Convergence that focuses on the state of our cooperatives, new trends in our field and peer-building opportunities amongst attendees. This year's focus was sustainability, building a resilient food system, and the current competitive landscape for food co-ops. We listened to presentations on certification & sustainability, building sustainable food systems, and effects of climate change on producers. Speakers included Dana Geffner — executive director of Fair World Project, Tony Bedard — CEO of Frontier Natural Products Co-op, and Josh Tetrick — CEO of Hampton Creek.

Each year at Convergence, NCG and Convergence sponsors team up to donate to an important cause. This year, NCG named the Xerces Society as the Convergence Beneficiary. The Xerces Society, an Oregon based non-profit, has worked on behalf of

invertebrates and their habitats for more than 40 years, giving a helping hand to everything without a backbone: from freshwater mussels to beetles to worms to starfish. Their present focus finds them working tirelessly to protect pollinators and their habitats through their ongoing "Bring Back the Pollinators" campaign, aimed at educating individuals and organizations on the four simple steps to protect pollinators and their habitats: (1) grow a variety of pollinator-friendly flowers; (2) protect and provide nesting sites and caterpillar host plants; (3) avoid using pesticides, especially insecticides and (4) talk with community members about the importance of pollinators and their habitats. This year's combined donation from NCG and industry sponsors amounted to over \$65,000!

Everyone benefits from pollinators' actions, since two-thirds of the world's crop species are dependent on pollinators, and 85% of flowering plants depend on pollinators to reproduce. In other words, pollinators are responsible for 1 out of 3 bites of food we eat each day! Pollinators' losses are linked to a systemic pesticide, among other factors, that now coats the seeds of a majority of U.S. commodity crops, including most of our corn and much of our soy and cotton. But one thing



the Xerces Society's overall research shows is that more nectar and pollen sources will help improve their health and numbers.

The Xerces Society's initiative has led to the creation of more than 200,000 acres of pollinator habitats on farms, ranches, gardens, airports, golf courses, parks and public lands. In fact, they launched a campaign to register a million public and private gardens and landscapes to support pollinators called the "Million Pollinator Garden Challenge."

Natural Harvest has taken this challenge and

registered the Bess Metsa Garden to be one of the many gardens across America to pledge to protect pollinators. You can help too! From individuals, to schools, community groups and businesses — everyone can make a difference. From window and patio planters to home gardens — all can help. To see what you can do for pollinators at home, or to sign up your own garden, check out the Xerces Society at www.xerces.org.

(Sources: xerces.org, fairworldproject.org)



New Products Available at Natural Harvest...

REFRIGERATED

APPLEGATE

- Smoked Turkey, Sliced
- BROWN COW
- Maple Cream-Top Yogurt

GRAIN DROPS

- Fermented Beverage
- HOLYLAND
- Hummus

PITA BREAD

IMMACULATE BAKING

- Crescent Rolls
- Cinnamon Rolls
- WALLABY
- Organic Kefir

GROCERY

ANNIE'S

- Organic GrassFed Milk
- Mac'n'Cheese

BIRCHBENDER

- Pancake Mixes, Just Add Water!

COCONUT SECRETS

- Coconut Nectar

ENJOY LIFE

- Dairy Free Dark Chocolate Chips

EQUAL EXCHANGE

- Fruit & Cashew Bars
- GLUTENFREEDA

- Berry Instant Oatmeal

LA TOURANGELLE OILS

- Almond
- Grapeseed

- Walnut

JACKSON'S HONEST CHIPS

- Potato Chips, 5 oz. size!

PAMELA'S

- GF Chocolate Mini-Cookies

ORGANIC PRAIRIE

- Beef Jerky, Classic or
- Hickory Smoked

SODELICIOUS

- Cashew Milk

TAXABLE GROCERY

ARK NATURALS

- Flea Flicker, Tick Kicker!
- WOODSTOCK
- Hardwood Lump Charcoal

CHEESE

CASTLE ROCK (WI)

- Organic Aged Blue Cheese
- EICHTEIN'S (MN)
- Smoked Gouda

BULK

DARK CHOCOLATE

COCONUT CHEWS

SUNNY BEARS W/ VITAMIN C

BARSY'S ALMONDS

- Hotties — Nice and Spicy
- Naughties — Sweet
- Chocolate and Cinnamon
- Smokies — Hickory Smoke
- Stuffies — Think Turkey Stuffing

FROZEN

LARRY SCHULTZ

- Organic Whole Chickens
- Organic Breasts
- Organic Bone-in Legs & Thighs
- Organic Chicken Hot Dogs

BAKERY

RUDI'S

- Organic Hamburger Buns, Wheat or White
- Organic Hot Dog Buns, Wheat or White

SUPPLEMENTS

BARLEAN'S

- 'Fresh' Flax Oils (In Supplement Fridge)

NEW PRODUCTS

ARE ADDED

CONTINUALLY!

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



AS AN OWNER, YOU CAN SAVE 15% WHEN YOU PRE-ORDER A REGULARLY PRICED ITEM BY THE CASE!

2nd Annual Iron Range Harvest Festival

by Ashley Phoenix, Produce Buyer

Natural Harvest strives to promote and encourage local food production in our communities. This is why we are happy to once again co-sponsor the Iron Range Harvest Festival put on by the Iron Range Partnership for Sustainability. The event will take place September 11-13 at various locations across the Iron Range and this year, the festival kicks off with a community screening of the film FRESH, an underground documentary that became a massive grassroots' success. The film discusses food systems, how our agriculture has transformed into an industrial model, and highlights the positive things happening in communities across the U.S. who are forging healthier, more sustainable alternatives. It will be shown at the Virginia Mesabi Range Community College campus on Friday, September 11 at 6 PM, room C175. Saturday will consist of farm tours, including some of the farmers that sell produce to the Co-op. Sunday will involve a Farmers Market at Messiah Lutheran Church in Mountain Iron

from 3-5 PM followed by the 100 Mile Harvest Meal at 5 PM, also at Messiah Lutheran. If you have not attended the 100 Mile Harvest Meal in the past, it is a free, community meal involving dishes that highlight ingredients produced within 100 miles of Virginia. Everyone is welcome and has the option of bringing a dish to share. There will be various short speeches followed by the main keynote speaker Nathan Holst, the new youth director at Peace United Church for Christ in Duluth. Holst is a singer/songwriter as well as an advocate for social and eco-justice. Stay tuned to more information as you begin seeing posters at the Co-op as well as around the community. We will be posting updates on our Facebook page, but you can always check out what the Iron Range Partnership for Sustainability is up to by visiting their website at www.irpsmn.org. We hope you can make it out to the Festival's events to connect more with where your food comes from as well as show support for your local food producers! 🌱

SCHEDULE OF EVENTS

(Free Admission)

FRIDAY, SEPTEMBER 11

Harvest Fest Kick-off with a 6 PM screening of 'Fresh' at the Virginia Mesabi Range Community College, Room C175

SATURDAY, SEPTEMBER 12

Farm tours, including some of the farmers that sell produce to the Co-op.

SUNDAY, SEPTEMBER 13

Farmer's market at Messiah Lutheran Church in Mountain Iron. 3 to 5 PM followed by the 100 Mile Harvest Meal at 5 PM, also at Messiah Lutheran.

A More Positive Experience. Period.

by Maribeth Ganoë, Health & Beauty Buyer

Did you know that the average woman spends approximately \$5.00 a month on conventional, non-organic menstrual products? From the ages of 12 to 52, she would therefore spend up to \$2,400 in her lifetime! And if she is more health-conscious, her costs will go up significantly, because very likely, she will decide to use organic cotton tampons and pads, rather than those made from less expensive synthetic materials, such as bleached rayon. The reason these women choose the organic cotton versions of these products centers around the fact that the synthetics have been linked to potential health hazards, such as Toxic Shock Syndrome and exposure to dioxin, carbon disulphide, sulfuric acid, chlorine and caustic soda. As you might imagine, the cost of organic tampons and pads is significantly higher than the cost of non-organic disposables. In addition to the financial cost and the cost to women's health, there is the cost to the environment. If an average woman uses about 17,000 pads or tampons during her lifetime and there are about 3.5 billion women in the world...well, you do the math.



Although the menstrual cup has been around since the 1930's, The Diva Cup, launched worldwide in 2003, is a revolutionary improvement on the original design. It is free of any colors or dyes, is made from the highest quality healthcare grade silicone to assure comfort and durability, and does not contain any of the following: latex, plastic, PVC, acrylic, acrylate, BPA, phthalate, elastomer, or polyethylene. It eliminates any potential health hazards, as well as, the inconvenience and expense of purchasing disposable products in endless absorbencies, shapes and sizes. Another great thing about using a menstrual cup is that many women have reported having less severe cramping! The bell-shaped Diva Cup conveniently accommodates your changing flow: simply change 2 to 3 times in 24 hours, wash and reinsert. It provides the ultimate freedom

with no limitation on activities: enjoy yoga, swimming, camping, dancing...and even extreme sports without worry. Discover the healthy alternative to traditional feminine hygiene products. Better for women's health...better for the environment. 🌱

New Product Spotlight: Health & Beauty



DERMA-E PURIFYING LINE:

Specially formulated for oily, active skin types, the Purifying Line works naturally to draw out toxins, replenish vital nutrients and restore the skin's own resistance to oxidative stress. Available now!



ALBA FAST FIX:

Whether it is a morning after a long night, thin lips, or pop-up pimples, the power of nature offers a gentle yet effective solution! Look for the four Fast Fixes in store now: Fast Fix for Puffy Eyes; Fast Fix for Thin Lips; Fast Fix for Undereye Circles; and Fast Fix for a Pimple. Powerful treatments to rectify your beauty emergencies!



Round-up Report

In May, June and July, the Co-op community contributed over \$4,355 to local charities, including an additional 5% donated by Natural Harvest! In May, the Bess Metsa Garden was the recipient of \$1,489.72; in June, our change added up to \$1,440.64 for the Lyric Center for the Arts; and in July, we helped unite people with pets & future best friends by donating \$1,496.17 to Precious Paws Humane Society. Thank you for your continued participation! Together we are building a stronger community.

CHANGE WITHIN REACH

In September, we will be rounding-up to support the **Open Doors Program at the Virginia YMCA**. This program ensures that everyone has the opportunity to learn, grow and thrive, regardless of financial means, by providing financial assistance to families who cannot afford to pay full price for Y memberships and programs.

In October, during Non-GMO Month, we will be supporting and promoting our right to know what is in our food by rounding-up for the **Iron Rangers for GMO Labeling**. Even though 90% of Americans want GMOs labeled, the fight for transparency is against the deep pockets of Big Ag companies like Monsanto. We must continue to rally together in support of groups that can apply pressure and raise awareness. It may be the only way our elected officials will listen to their constituents, rather than the call of corporate contributions.

Departing from politics and focusing on literacy, November gives you the opportunity to support the **Friends of the Virginia Library's Reading Programs**, including a Summer & After-School Reading Program for children and teens, as well as an Adult Reading Program that has attracted over 1,000 attendees and tripled in attendance since 2008.

There are so many organizations that are advocates for bettering their community and Natural Harvest is proud to be able to assist in their endeavors. If your non-profit organization would like to participate in the round-up program, stop in and pick up an application! 🐾

Choosing to be Fair

by Ashley Phoenix, Produce Buyer

Whether you throw it in your oatmeal, muffins, cakes, breads, or simply take it with you for a snack, bananas lead fruit consumption in the U.S., with the average American eating 26 pounds of bananas annually. This simple fruit is enjoyed by many, but has a complex background. Just like any other food that is consumed, it is important to know how bananas are produced and the impact your choice makes on a farmer's well-being. Today people can choose from conventional, organic, or fair trade organic — and here at Natural Harvest we choose to only sell fair trade organic bananas to our customers.

The main exporters of bananas in the world come from Central America, with Ecuador, Costa Rica, and Colombia leading the pack. Bananas are a monoculture crop that can involve many negatives for the worker when grown conventionally including chemical exposure, low wages, discrimination, and various other poor working conditions. In these cases, a plantation worker may only receive 1-3% of a bananas retail value in wages. To sustain a plantation of bananas, a vast amount of pesticides and other chemicals are needed to ward off pests and diseases. Bananas are a highly perishable fruit that have been impacted by major diseases, including ones that have wiped out other varieties that preceded our current Cavendish variety. While there are bananas grown organically, there may still be poor conditions for the worker since organic does not ensure that a worker is treated humanely and fairly. However, there are now fair trade organic bananas on the market today which improves worker conditions greatly.

Equal Exchange is a fair trade company that originally started with coffee, but soon expanded to tea, chocolate and now fruit. This



company works with small scale banana farmer cooperatives in Peru and Ecuador: CEPIBO in Peru and El Guabo in Ecuador. In Peru during the 1960s-1980s, land redistribution took place encouraging small scale farming enterprises. However with multinational companies like Dole controlling the market, these small scale farmers did not have enough power or volume to fight for fair pricing. After discovering the fair trade model, farmers united into cooperatives allowing them to coordinate and

effectively market their fruit to the international market. The Central Association of Small Producers of Organic Bananas (CEPIBO) is a non-profit cooperative consisting of 7 different farmer associations with 800 families operating 900 hectares of land. Farmers own their own land and are paid above the minimum fair trade price per box of bananas. The minimum fair trade price varies by region and is based on the costs of sustainable production. El Guabo in Ecuador began in the late 1990s with 14 small scale farmers; today they consist of 350 small scale farmers. In addition to fair pricing for their bananas, they also receive an extra \$1 per box as a fair trade social premium. Members of El Guabo decided to invest the premium in education, health care, retirement, environmental projects, and infrastructure improvements.

While fair trade bananas are more expensive than conventional bananas, the benefits of fair trade greatly outweigh any extra cost. At Natural Harvest, we choose to carry only fair trade organic bananas because it is the right thing to do for both the producers, as well as our customers. To learn more about fair trade bananas and the industry in general check out Equal Exchanges www.beyondthepeel.com as well as a great book by Dan Koeppel, *Banana: The Fate of the Fruit that Changed the World*. 🐾

Groceries to Go Program: Groceries Delivered to Your Door



We have teamed up with Elder Services Network and their Groceries to Go Program. This free service is offered to seniors 60 or older who have difficulty getting to the store or just making their way through the aisles. If you live within the city limits of Aurora, Hoyt Lakes, Biwabik, Gilbert, Ely, Eveleth, Virginia, Mt. Iron, Buhl, Chisholm, Hibbing, and Cook, contact the Elder Services Network at 218-741-0415 or toll free at 1-888-741-0415 to register today. And be sure to tell them you would like them to shop the Co-op! 🐾

Choose Your Board Members

by Patty Torrel, Marketing & Owner Services

Yes, it is that time again — time to elect your new Co-op Board Members! This year we have six candidates running for five spots on the Board of Directors (see profiles below).

Just what do Board members do for the Co-op? A vital, efficient and effective Board of Directors is necessary to provide guidance and leadership to keep the Co-op healthy, active, productive and responsive to Owners' needs. The Board is accountable to you, the

Owners. The Board employs the principles of policy governance to focus on big-picture issues and to evaluate and help plan for the future of the Co-op without managing day-to-day operations.

Use your ballot (on Page 6) to select your choices for the five open Board Member positions. Voting is open through Saturday, October 3 — one entry per Owner number, please. We'll have a ballot box at the front of



the store, or you can mail your ballot to the store. New Board members will be announced Monday, October 5, 2015. Voters are eligible to win! Your name will be saved and entered in a drawing for a Natural Harvest gift certificate. Thank you for your vote and good luck! 🍀



TROY CADDY (Incumbent) has completed coursework in business management and marketing at UMD, and has more than 10 years of experience working in the food service industry. He currently works as a Curriculum Instruction and Integration Coordinator at the Virginia school district. He has been involved on numerous committees aimed at planning for the future of the district. Troy has been working with the Natural Harvest Board for the past 24 months and has found their mission to be a focal point of his life and his family. He believes in making the best available organic,

healthy food and product options available for our communities and region.



JACOB ROSANDICH lives, works, and raises his family here in Virginia. Since having their first child, he and his wife, Paige, have moved back to the area from Duluth to be closer to family and friends, and to raise their children in a supportive and positive community. They became members of the Natural Harvest Food Co-op their first summer back in Virginia, and have continued to shop frequently at the Co-op since. They now have 3 kids (2 of which you may see pushing mini carts through the co-op as they chase behind), and they do their best to promote a

healthy, local, and homeopathic lifestyle for their family. Jacob is a supporter of organic foods, local economy, and natural living. He is an opponent of GMO's, pesticides, mandatory fluoridation of water supply, and all other chemicals and toxins that exist in our water, air, food, and medicine. Most importantly, he encourages the education and sharing of knowledge regarding the challenges our society and area faces, and realizing that common sense solutions do exist. He looks forward to an opportunity to be more involved with his Co-op and his community, and he believes this is his chance to do so. He thanks you for the opportunity to be a candidate to join the Natural Harvest Board.



CHRIS ISMIL (Incumbent) works for the IRRRB as a Community Development Representative. He is from the Iron Range and currently resides in Britt, with his wife Lori and daughter Alexa. He is a volunteer at heart, and a strong advocate for youth and changing the unhealthy diets pushed on kids by the fast food and processed food industry. He believes we all have a stake in the future of our community and what is offered in our communities across the Iron Range. He believes in Natural Harvest as a promoter of healthy food and products that help people lead better lives. Chris

has been working with the Natural Harvest Board for the past 12 months on a process for a possible store expansion. He believes he can offer leadership as the Board works through this process. He is also a strong proponent for GMO labeling, as well as organic and healthy food products in general. He grew up on a small farm and believes in supporting our local farmers, who offer healthier food options for our region.



ZACH YURCZYK has been a part of numerous groups and committees throughout the years. Some of these organizations started for him while he was a student at the Virginia High School. He was the President of Iron Range Youth In Action, a member of the Generation W Youth-run Newspaper and DJ Service, Inauguration of the Green Team, and Vice President of the A Cappella Choir. He has since continued to be involved within the community, ranging from EMS and Fire Fighting to coaching local Special Olympics' athletes. He believes in living a healthy lifestyle

— and Natural Harvest Food Co-op has played a big role in that aspect. He firmly believes that a healthy life goes hand-in-hand with a healthy diet.



DEBBIE PETTINELLI is a lifelong resident of Virginia, and has worked as a Paraprofessional for the Virginia school district for 18 years. She started shopping at Natural Harvest quite a few years ago, mostly picking up things that weren't available in the grocery store. The more she became aware and interested in the things that were being put into, and onto, our foods, the more she shopped at the Co-op. Then, in 2009, she was diagnosed with colon cancer. It was at this time that she decided to become a member of Natural Harvest Food Co-op, and to do her

best to provide as clean and healthy of a lifestyle as possible for her family. Over the past few years she has become an active and dedicated shopper/Owner of the Co-op. Natural Harvest Food Co-op is now her grocery store. Debbie has been cancer free for almost 6 years now and feels that now would be a great time to become more involved in the decision process that will help our Co-op to grow. She feels that Natural Harvest is a much needed and desired asset to our region, and that we are lucky to have it right here in our community. With the desire to be more involved, and with the encouragement of both family and friends, Debbie has made the decision to run for the Natural Harvest Board of Directors.



LEAH BRISKI has a B.A. in philosophy with a minor in political science and a graduate certificate in holistic health studies. She has worked at The Shop Coffeehouse since 2013, and was previously employed at Natural Harvest Food Co-op. Leah spent her childhood shopping at Natural Harvest Food Co-op with her mother when it was just a humble establishment on Chestnut Street. Since then, she has watched the co-op evolve into a beautiful and positive community store. Leah sees the expansion as an inevitable part of Natural Harvest's future. She would

love to see a space where classes and meetings can be held for continual community education, an expanded deli, and even a larger seating area. She would like to participate as a member of the Board of Directors in order to help support the community in growing awareness of what it means to live a happy and healthy life.

Election Ballot



*Locally owned,
organically grown.*

Voters are eligible to win! Your name will be saved and entered in a drawing for a Natural Harvest gift certificate! Thank you for your vote and good luck!

RETURN BALLOT BY OCT. 3RD

505 N. 3rd St. • Virginia, MN 55792

There are five spots open on the Natural Harvest Board of Directors. Please choose up to five Board Member candidates here, and return your ballot to the store by Saturday, October 3.

_____ Troy Caddy
_____ Chris Ismil
_____ Debbie Pettinelli
_____ Jacob Rosandich
_____ Zach Yurczyk
_____ Leah Briski
_____ (Write-in Option) _____

ONE VOTE IS ALLOWED PER MEMBERSHIP. YOUR VOTE REMAINS CONFIDENTIAL.

Name or Member #: _____



I Love Bulk Week is October 11-17
with 20% off a new selection every day!

Our bulk department is a highlight and major point of value in our store. We have more than 500 products in bulk, many of them organic, to serve your baking, snacking, spicing and cooking whims whether it's an obscure ingredient or an everyday staple such as raisins, rice or flour. There are so many reasons we love bulk —

**LOVE
BULK**

AFFORDABLE: Bulk offers significant savings when compared to packaged foods

GREEN: Buying in bulk helps reduce food and packaging waste. Bring in your own containers to be a real green superhero!

HIGH QUALITY: Bulk is often fresher than packaged alternatives

CONVENIENT: Go ahead and try that new recipe...in bulk, you can purchase a pinch or a pound.

Bulk is the best way to try something new. From dried mango slices to exotic green tea blends, the cost is low and the fun factor is high when it comes to bulk.

Our featured sales during Bulk Week will include: All Instant Beans & Soups; All Cereals & Grains; All Trail Mixes, Nuts & Snacks; All Spices; All Rice, Pasta & Beans; All Candies & Dried Fruits; and All Flours, Sugars & Grains. Check our website, Facebook or just stop in for daily sales. And if you're not sure how bulk works or have an idea for a new product, just ask someone for help; we're always delighted to introduce a new customer to the wonderful world of bulk! 🌱

Coffee Talk

by Erika Schaffer, Bulk Buyer



Here at Natural Harvest, we carry a large selection of bulk and packaged coffees from a variety of suppliers. This allows us to offer coffees from all over the globe with many different variations of depth and flavor. Most of our coffees are certified organic (grown without any pesticides or chemical fertilizers) and are shade grown, as well as, fair trade (fair, equitable pay and treatment of the farmers and the people who work for them). The few coffees in our line-up that are not *certified* organic and/or fair trade are simply not certified due to cost restrictions; these coffees are still handpicked from small producers, are shade grown, do not utilize chemicals in their growing process, and pay a fair wage to employees. We pride ourselves in carrying only the finest coffees available to us and coffees that are treated in only the most natural ways possible. This includes our decaf selection.

While much of the decaffeinated coffee on the market has been processed using chemicals, no chemicals were used to remove the caffeine from our decaf offerings. Instead, they are all water processed by a series of soaking and filtration; resulting in a chemically-free, much healthier way to drink decaf. Here is a list of our decaf choices, listed by supplier:

GENE HICKS:

Northern Lites is an un-compromised half-caf blend with a full rich earthy, fruity, syrupy taste with full aromatic sweetness.

HIGHER GROUNDS:

Decaf Espresso that is a dark robust blend with a vanilla and toasted nut profile.

JUST COFFEE:

Decaf Dark Roast is smoky & spicy with gentle notes of chili powder and black pepper. Decaf Light Roast has notes of green tea, cocoa and cookie dough.

PEACE COFFEE:

Decaf Full City Roast is a light roast with mild acidity and a raisin, nutty, malty flavor profile. Decaf Dark Roast is a dark roast with gentle body and aroma with spice, chocolate brownie, black pepper and stone fruit.

Our coffees, both decaf and regular, vary from single origin coffee to blends. Single origin coffees are derived from one single country or area of a country. Blends of coffees are derived from many different countries blended together and either all roasted to one level of darkness or roasted to many different levels of darkness to maximize the taste profile. One common misconception about coffee is that the darker the roast the more oomph and caffeine it has, when actually the longer a bean is roasted the more caffeine is released. So, your lighter roasted coffees actually hold more caffeine than the darker ones.

If the selection looks daunting, please ask one of the sales associates to assist in choosing your next coffee adventure...or just stop by the deli and sample one of our fresh-brewed coffees of the day. ☕

Unleash Your Greens

by Patty Torrel, Marketing & Owner Services

We have all heard the old adage, "Eat more greens." But I, along with countless others, think that we could all benefit from a habit of *drinking* more greens. This was not always my point of view; I loved my greens in salads, sautéed, in soups, and mingling in vegetable bakes...but as a raw, cold, fibrous drink? No thank you! That is until I was introduced to a book called "Green for Life" written and published by Victoria Boutenko. She is not your typical smoothie mixologist, she was on a mission for better health and she wanted science to back her up.

Victoria, along with her family, had been eating a raw diet for over 11 years. They began this drastic diet out of frustration with doctors' inability to assist with the illnesses that seemed to plague them. Their conditions improved as raw foodists, but hit a plateau after just a few years. She began to ask the question "Is there anything missing in our diet?" In her search, she discovered that greens matched ALL human nutritional needs, but the amount needed was vague and the obstacle of 'eating' enough greens to meet that nutritional need was hard to overcome. The book delves into her exhaustingly thorough, yet fascinating study of the chimpanzee's green diet, how that diet correlated to a lack of diseases, and how over the years we, as humans, have lost our ability to truly grind, aka chew, a fibrous food sufficiently enough for nutrients to be assimilated into our body. The cells of these foods are tough to rupture and their rupture is what is necessary to release all the valuable nutrients contained within. On top of that, many humans' stomachs have a lower than needed level of hydrochloric acid, making 'eating your greens' an unpleasant experience. Her rationale made sense to me. Enter, the blender.

Of course, one option would be to chew our greens long enough for it to turn to a creamy consistency (picture any documentary on chimpanzees) OR we invest in a 'chewing assistant.' The

blender substitutes for our devolved jaw – it does the work and we reap all the nutritional rewards. Not all blenders are created equal when it comes to liquefying the tough cellulose of greens. Regular kitchen blenders may do the trick while the blades are sharp, but once the blades become dull, they will have trouble pushing around even a ripe avocado. Victoria recommends the Vitamix or Blendtec...and if you plan on making this a lifestyle choice, rather than just a diet, it is worth the investment. I have had my Vitamix for 6 years; I use it for everything and it shows no signs of slowing down.

The great news about drinking your greens is that you do not have to completely alter your diet in order to feel a difference in your energy, digestion, sleep patterns, skin or cravings for unhealthy foods. It is, in and of itself, a powerful way to inject vitamins, minerals, chlorophyll, enzymes and antioxidants into the typical American diet. I noticed that after developing a habit of drinking these smoothies,



I naturally wanted to incorporate more live foods into my diet.

Sounds like a lot of work, right? It does take a bit of discipline, but it is easier than you think. With a little prep on the weekend, you can have a ready-made power smoothie on your drive to work. And you can get your little cruisers to consume more greens by adding a smoothie to their lunch box! I prepare and freeze my smoothies in glass mason jars so that I can have my greens on the go or anytime I am feeling the need for a vitamin packed boost to my day. Just make sure you use jars that do not have shoulders (ones that are straight sided); these are the

easiest because the contents can expand upward in the jar during freezing. A general rule of thumb for any jar is to only fill to a little below the collar of the jar. For the kiddies, Ball makes plastic freezer jars that are BPA free. To enjoy green smoothies all winter long, blend all the extra greens from your garden now and pour the liquid into ice cub trays. Once frozen, store the cubes in freezer bags.

You can find green smoothie recipes everywhere, but here is a great "Green Smoothie Formula" from the folks at simplegreensmoothies.com. I do not mind my smoothies to be a little on the green side, so I do not add as much fruit as the formula calls for and Spinach is always the safest bet for beginners as it has the most subtle flavor. Play with the formula to find your own perfect combination and remember to change up your greens often to get the most nutritional bang for your buck. Happy Blending! 🥰

The Simple Green Smoothie Formula for the Beginner:

Blend leafy greens and liquid base together first, then add fruit and boosts if using.

2 CUPS + 2 CUPS + 3 CUPS
LEAFY GREENS LIQUID BASE RIPE FRUIT

Spinach
Kale
Romaine
Bok choy
Swiss chard
Collards
Dandelion
Beet & Carrot Tops

Water
Coconut water
Coconut milk
Almond milk
Kombucha
Yogurt
Milk
Green Tea

Banana
Mango
Berries
Orange
Avocado
Peach
Pear
Apple
Pineapple
Grapes

Boosts

Chia Seeds
Coconut Oil
Almond Butter
Hemp Seeds

Flax Seeds
Protein Powder
(Whey, Soy or
Plant Based)

Cacao
Cinnamon
Maca Root
Powder

Try Dried Fruits as Well

Pitted Dates • Figs • Raisins • Cherries



Turkey Talk

by **Sandy Tardiff,**
Grocery Buyer

Who doesn't love a traditional (more or less!) Thanksgiving meal! While November is still months away, here at Natural Harvest we have already put in our first orders for holiday turkeys! Despite the devastation of avian influenza on poultry flocks across the Midwest, both of our Minnesota turkey growers are disease free and gearing up to bring you your holiday bird.

Ferndale Market in Cannon Falls, MN will again provide us with the majority of our turkeys. John Peterson is a third generation turkey grower and his turkeys are raised antibiotic free, without artificial growth promotants, and range freely during the warmer months when they are moved to fresh pasture weekly. Organic turkeys will be available from Larry Schultz Organic Farms in Owatonna, MN. These turkeys are raised seasonally through the summer and fall on pasture and are fed only certified organic feed which does not contain GMO's, antibiotics, herbicides, or pesticides. Larry Schultz is also a third generation turkey grower! Both farms are incredibly easy to work with and enjoy knowing that our Co-op is selling their turkeys to customers who value their dedication to raising a superior product. At this time we are not anticipating any increase in pricing over last year: Ferndale Market turkeys were \$1.99/lb and Larry Schultz Organic Turkeys were \$3.75/lb. Turkeys should arrive the first week of November and will be sold on a first come, first served basis. Please let us know if you have any questions or concerns we can help you with. 🐔

What's Cooking?



Winter Squash

From sweet to savory, there are so many ways to enjoy winter squash. In addition to Alex's delicious soup recipe below, check out NCG's squash guide, with articles and more recipes to explore the many varieties of winter squash and dishes that accentuate its unique and delicious flavors. See more at: <http://strongertogether.coop/collections/sweet-savory-winter-squash/#sthash.V7JhiEnu.dpuf>



Pureed Butternut Squash with Rosemary

(Gluten & Dairy Free)

by **Alex Haugen, Beer & Wine Buyer**

This soup speaks fall to me and warms my soul. I choose to keep it simple by pairing it with a thick piece of fresh buttered bread...but you could get a little more creative and serve it with goat cheese on toasted sourdough.

- 2 large butternut squash (or another sweet winter squash)
- 2 yellow onions, roughly chopped
- 4 medium carrots, peeled, roughly chopped
- 1 habanero or jalapeno pepper, minced
- 4 cloves of garlic, minced
- 3 sprigs of rosemary, stems removed & chopped

- 4 cups of vegetable or chicken broth
- 2 15oz cans of coconut milk (or 4 cups heavy cream)
- 2 tbsp olive oil
- 1 ½ tbsp sherry vinegar
- Salt & Pepper to taste
- 1/3 cup of maple syrup

INSTRUCTIONS:

Preheat oven to 400°. Slice squash in half lengthwise & remove seeds. Place the squash cut-side up on a baking sheet and brush tops and insides with olive oil. Season generously with salt & pepper. Place on center rack and bake for approximately 45 minutes or until the squash is knife tender. When the squash is ready, set the baking sheet on a wire rack until the squash is cool enough to handle. Using a large spoon, scoop the flesh out and set aside.

Meanwhile, roughly chop onions and sauté in olive oil on med/high heat in a large saucepan or dutch oven until transparent. Add carrots, habanero, and garlic and sauté for another 8 minutes. Add rosemary, stock, coconut milk, sherry vinegar and maple syrup. Bring to a boil. Reduce the heat to medium low and simmer, stirring occasionally until the flavors meld, about 15 minutes. Remove from heat.

Using a blender, puree the squash & soup in batches until smooth. (Removing the small cap from the blender lid and covering the space with a kitchen towel allows the steam to escape and prevents the blender lid from popping off). Alternatively, use an immersion blender. Taste and season with salt & pepper as needed.

A warm welcome to our newest Natural Harvest owners!

Susan & Brian Stark (Eveleth)
Jeannie Hendrickson (Embarrass)
Theresa Lawrence (Embarrass)
Jennifer Wingren (Eveleth)
Jolene & Mckenzie Schreffler (Babbitt)
Travis Weber (Hibbing)
Joyce Mikowchok (Britt)
Tiffany Austad (Virginia)
Curtis Kangas (Iron)
Kelly Sheffield (Virginia)
Pauline Menuet (Hoyt Lakes)
Joan & Bill Bond (Virginia)

Matthew Carlson (Cook)
Aileen E. Aho (Virginia)
Hannelore Gruenewald (Eveleth)
Jim Beltramo (Hibbing)
Robyn Athmann (Tower)
Rhonda Duesler (Mt. Iron)
John Davidson (Virginia)
David & Debbie Windus (St. Louis, MO)
Chris Schuster (Tower)
Rebecca Tervo (Virginia)
Deb Fosso (Cook)
Patricia Alger (Virginia)

Dan Falbo & Margaret Tehven (Eagan)
Nancy Moundalexis (Ely)
Kenneth & Charlotte Carlson (Aurora)
Erin & John Pepelnjak (Duluth)
Colleen Brown (Aurora)
Jane Clements (Ely)
David O'Leary (Tower)
Stephanie Straw (Virginia)
Julie Ann R. Rahkola (Embarrass)
Michelle Edblom (Eveleth)
Isabelle Sage Creations (Grand Rapids)
Maureen L. Sadar (Eveleth)

Kim Yaroscak (Chisholm)
Phyllis Hokkanen (Virginia)
Scott & Julianne Schorr (Aurora)
Lena Haltvick (Eveleth)
Pat Sundeen (Cook)
Christine Tepke (Virginia)
Andrea Hovila (Bigfork)
Kathy & Seth Leino (Soudan)
Ryan Sherman (Gilbert)

SQUEAKY CHEESE (TWO DATES)

**Tuesday, September 15
5:30 to 7:30 PM**

**Tuesday, November 10
5:30 to 7:30 PM**

Diane Childs from our very own Iron Range has been making juustoa, Finnish Squeaky Cheese, since 1981. With over 30 years' experience and 1000 cheeses under her belt, Diane has not only perfected the process, but shortened it as well – all without compromising the texture or flavor. In this class, you will learn how to make juustoa from skim milk, with Diane walking you through step by step from start to 'Finnish'. Be prepared to take a step back in time and experience the 'squeak' that this cheese is so famous for!

FROM BERRIES TO WINE!

**Wednesday, September 16
5:30 to 7:30 PM**

Join longtime winemaking experts Lisa Hesse and Wayne Wilberg for a lively discussion on the fascinating process of turning the summer's bounty of berries into wine! You will learn how to make wines from fruits you grow yourself or harvest from the wild and review the whole process from start to finish including equipment, techniques and recipes. Come with your questions and your own experiences to share!

INTRO TO HYPNOTHERAPY

**Thursday, September 17
5:30 to 7:00 PM**

Would you like to get rid of a habit or make some healthy changes in your life? Theresa Babiracki, certified hypnotherapist, is offering an educational class and a short group hypnosis session demonstrating the benefits of using the power of your subconscious to make improvements in your life. Whether your goal is to live a healthier, more active lifestyle, get rid of a bad habit, or manage anxiety and/or depression, the subconscious mind can be accessed and reprogrammed to make these changes. By using guided imagery, deep breathing and relaxation techniques, the subconscious mind becomes open to suggestions to improve your life. Come and experience a group session and learn more about your powerful mind. Theresa Babiracki, CHt and owner of Northland Hypnosis, has been working with clients for over two years.

HELP ME SLEEP!

**Tuesday, September 29
5:30 to 7:30 PM**

In this class, participants will: 1) identify common factors that keep you from getting a good night's rest 2) obtain information for changing activity/sleep patterns 3) learn about herbal nervines and adaptogens (herbs that help support and calm your nervous system, and endocrine system) that can help you sleep better, feel more rested and less stressed. www.energyforlifeconnection.com

CLASS IN SESSION

**All Classes will be held
in the Natural Harvest Deli
Class fee: \$13 for Owners;
\$15 for the public.
A minimum of 6 participants
must be pre-registered and
paid 48 hours in advance
in order to conduct the class.**

INTRODUCTION TO REIKI

**Wednesday, October 7
6 to 7:30 PM**

Reiki (ray-kee) uses a hands-on therapy that has been shown to ease pain, discomfort, stress and anxiety... allowing for relaxation and healing. This informational class will give you the basic understanding of Reiki healing, Ki Energy, and the Chakra System. There will be a demonstration, as well as useful handouts to expand your understanding of the energy systems of the body. Christy Mesojedec is a Reiki Master and a Teacher of Usui, Tibetan Reiki, Karuna Reiki, Japanese Reiki, Crystal Reiki, and Reiki Drumming.

INTRODUCTION TO FENG SHUI

**Tuesday, October 13
6 to 7:30 PM**

Feng Shui is the study of how to arrange your environment in order to enhance the quality of your life. Learn the history, three basic principles of Feng Shui, and simple ways to apply Feng Shui wisdom to your home. As a graduate of the Western School of Feng Shui and Interior Alignment Feng Shui, as well as certified from the International Institute for Building Biology, Christy Mesojedec brings a common sense and compassionate approach to her Feng Shui Interiors' business.

OFF-THE-GRID SERIES: SOLAR POWER

**Thursday, October 15
5:30 to 7:30 PM**

Would you like to produce electricity from the sun, but do not know where to begin? Join Timberjay Publisher, Marshall Helmsberger for a primer on solar power. Marshall and his wife Jodi have lived "off-the-grid" at their rural Tower homestead for over 30 years, using photovoltaic panels for their electrical energy. The price of solar panels has plunged in recent years, which makes this a more affordable option than ever before for the public. But whether or not solar panels make sense for you depends on a number of factors and Marshall will walk you through the various questions to ask before you make a final decision. He'll also give you practical advice on how to move forward with your own solar installation and answer any other off-the-grid questions you may have (time permitting).

KITCHEN CUPBOARD WELLNESS: Mother Hubbard's Earth's Cupboard

**Tuesday, October 20
5:30 to 7:30 PM**

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.

PH & INFLAMMATION

**Wednesday, November 4
5:30 to 7:30 PM**

Everything we put into our bodies, as well as things in our environment, affect our PH. Significant impacts also occur from our emotions, thoughts and daily stress. PH has been found to be directly related to the inflammation and disease process and could be affecting your well-being. Stacey Quade from Energy for Life Connection will shed light on acidic vs. alkalizing food choices and the habits and/or behaviors that are contributing to your wellness or lack thereof. Learn how to: check your PH, find your optimal PH, and recognize the signals your body is sending. Stacey Quade has over 13 years' of experience as a Certified Healing Touch Practitioner and Herbalist.

WINTER CLEANSING & DETOXING

**Wednesday, November 11
5:30 to 7:30 PM**

Are you looking to revitalize your body? A detox helps improve your immune system, metabolism, and well-being over the long winter. Stacey Quade from Energy for Life Connection will show you how to cleanse in a gentle, supportive way. Learn what makes a good cleanse: the critical components, what happens during a cleansing process, and how to know if you need a full cleanse or just modification of your nutrition and habits. You will also learn about different detoxifying foods, herbs, and techniques that are easy to incorporate into your daily life.

FOOD SENSITIVITY & ALLERGIES

**Tuesday, November 17
5:30 to 7:30 PM**

Is gluten and dairy free right for me? With Stacey Quade's 13 years' of experience as a Certified Healing Touch Practitioner and Herbalist, you will learn: the difference between food sensitivity and food allergy; the process of the immune response in your body; steps to eliminating food triggers from your diet; and mental & emotional components of creating lifestyle/dietary changes in a positive way.

NCG Coupon Booklets Mailed Out to All of our Owners

www.strongertogether.coop

Your Co-op has joined together with more than 145 other locally-owned cooperatives to bring Owners great deals on delicious food and healthy products for your family in the September-October Co+op Deals coupon book! The September-October edition of the Co+op Deals coupon book is packed with money-saving coupons on some of your favorite products. Check your mailbox in the beginning of September or stop by the Co-op to pick up your copy today, and save



on great products from companies (and cooperatives!) like Organic Valley, Blue Diamond and many more. Co-ops like ours are helping to build a better world, locally, nationally and internationally, and we couldn't do it without the support of our Owners and shoppers like you. We are stronger together! Learn more about the positive impact food co-ops have on their communities at www.strongertogether.coop. Look for the coupon books beginning in September. Coupons are valid through October 31, 2015. 🌱

(What's New?, cont. from cover)

A Big Win for our Small Store!

Natural Harvest Food Co-op was one of two Co-ops, along with the Mississippi Market in St. Paul, to win NCG's sales contest for its exclusive offering of Alter Eco's Mixed Truffle Boxes! One staff member from each co-op will be flying to India in December to visit the producer co-ops that supply Alter Eco with its coconut oil. It will be a 10 day trip in early December to the Indian state of Kerala on the southeastern side of the Indian sub-continent. The cooperative of farmers make up the FTAK (Fair Trade Alliance of Kerala) which was founded in 2005 and has more than 3,500 farmer-members. Congratulations to the entire staff for this incredible accomplishment! Can't wait to see photos from the trip! 🌱

~ ON BAILEY'S LAKE ~
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 FALL 2015

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