

# The Harvest Beet

WINTER 2015-16

est. 1979

NATURAL  
HARVEST

FOOD CO-OP

*Locally owned,  
organically grown.*

## A Huge 'Co-op Month' Thank You!

This past October was an incredible show of community spirit! We had our first ever Co-op Fest to kick off Co-op Month and the most successful Owner Drive in the Co-op's history. We welcomed 84 new owners to our co-op community...in October alone!

We would like to say THANK YOU to the following folks and businesses that helped make October's Co-op Month such a huge success —

- Natural Harvest's Board of Directors for putting on such a fun festival.
- To Buhl Water and Crapola Granola for coming through and donating product to Co-op Fest.
- To the musicians who donated their time and talent for the festival: Mark Henderson, The Genetics, Casey Aro, and Four Horse Johnson.
- To Pebble Spa and Daniel James Imagery for generously donating raffle prizes for our Owner Drive! Being an owner of the Co-op is incentive enough...but these two prizes upped the ante a bit.
- And finally, but not lastly, to all our employees! We have a great crew and we could not have done it without them. 🍷

*Your quarterly source of information for healthy living!*

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## What We Learned From Our First Survey

*by Anja Parenteau, General Manager*

In September, we rolled out our first customer survey and opened it to all customers and owners until October 3. The first few questions gave us a better idea of who shops at our store, how much of your grocery budget you spend at the Co-op and how often you shop here. The next few questions gave us insight on what categories and departments you shop the most, which ones you shop the least and which of our services you value the most.

Overall, we are meeting our customers' needs, but there is always work to be done. The question "What would make the biggest difference in allowing you to do more of your shopping at the Co-op?" was overwhelmingly answered with "more selection" and "lower prices". We strive to address both of these issues on an ongoing basis. Our department buyers have been cutting prices on many items and our new 'Co-op Basics' program is featuring lower-cost organic alternatives to other organic brands we carry. And we hope to expand Co-op Basics into our bulk & produce departments soon. Another factor in lowering prices is growth: the more we can buy from our suppliers, the better our contracts become and the more savings we can pass on to you! In our current location, providing a wider selection of products is complicated as

we have simply run out of shelf space. And increasing our purchases to reach the next price break from our distributor is difficult due to the lack of space for back-stock. Our buyers continuously monitor which products sell best and which products need to be discontinued in order to get new products on our shelves. As it is now, some products have to go before new products can come in! Your comments on what products/brands you are looking for are always welcome.

Overall, your responses to the survey were encouraging us to continue our pursuit of a bigger and better Natural Harvest Food Co-op. Many of you would like to see a bigger produce department, more refrigerated and frozen items, more meat in our store and an expanded Deli. Thank you to all the owners who took the time to answer the survey questions! Remember, you can give your input at any time via our suggestion box, Facebook page, website, emails or in person. Our Board meetings are always open to our owners and dates of Board meetings will be posted on our website. This is an exciting time for our Co-op and your Board of Directors and I are ready to take on the challenge of expansion so we can better meet your needs.

In Cooperation — Anja 🍷

## Check Out Our New Website!

Visit us online at [www.naturalharvest.coop](http://www.naturalharvest.coop)! It features a new look, easier navigation, current monthly specials, the newsletter, a "Stay in Touch" page where owners can easily update their contact info, as well as more information to keep you up to date on Co-op happenings. We will also be adding a section on our upcoming expansion soon, so that you will always have the latest expansion news...straight from the source.

# Board Report: The Future of Our Co-op

by Troy Caddy & Samantha Papenfuss-Krage, Co-Chairs

It was a busy Fall at Natural Harvest as we held the first annual Co-op Fest in conjunction with the Blue & White 5k Fun Run on October 3. The goal of Co-op Fest was to kick off Co-op Month and introduce new families to NHFC. The festival featured outstanding music from Mark Henderson, The Genetics, Casey Aro, and Four Horse Johnson. In addition, we had numerous craft vendors and kids' games. To top it off, we had an amazing lunch put together by our new Deli Manager, Alex. This was a great day to celebrate community and promote healthy living. From this event, the NHFC Board was able to donate \$250 to the Blue and White Health and Wellness Fund at the Virginia School District. This was the first of hopefully many future community festivals organized through Natural Harvest Food Co-op.

Regarding our store expansion project: Back in April, the NHFC Board hired Dakota Worldwide to complete a market study to determine the feasibility of an expansion of the Co-op. The market study reviewed four potential locations for a NHFC Expansion. It indicated that the best location for the Co-op to move forward with an expansion was at the Silver Lake location. The Silver Lake location is situated between Virginia Family Dental and the Carpenters' Union Building on 4th Street North and will be overlooking Silver Lake. With that information, the Board hired NCG - Development Cooperative to proceed with developing site design options, initial store

design layouts and completing a final feasibility Proforma and cost estimate. In October, the Board hired LHB of Duluth as our architecture firm to create schematic plans for a potential store. LHB has extensive experience in green building design and architecture for food co-ops in Minnesota. We are currently working with the city of Virginia to secure first rights to the property location on Silver Lake.

As we move into November and December, the Board will review a completed feasibility Proforma from NCG-Development Cooperative to determine if we are ready to move forward with the expansion process at this time. While we are waiting for the Proforma to be completed, the Board has arranged several meetings with food co-ops who have recently completed expansions of similar size and scope. We are meeting with these Boards and touring their stores to gain insight into the development process so we can move forward in the most efficient way possible.

As a Board we want our owner's input on the options related to what our potential new store will look like and what it will offer to the community. We will continue to update owners with notices on our website ([www.naturalharvest.coop](http://www.naturalharvest.coop)) and Facebook page. If you would like to provide the Board with your feedback and comments you can do so by using this link: (<https://goo.gl/kQAQk2>) or contact us via the website. As the expansion process continues, the Board will schedule open meetings to

discuss the process with owners. We will promote these meetings through our website and Facebook page as well. This is an exciting time to be an owner of Natural Harvest Food Co-op. On behalf of the Board, we THANK YOU for your continued support and input concerning the co-op's future! 🍌

## 2015 NHFC BOARD MEMBERS CONTACT INFO

### BOARD OFFICERS

**Co-Chair** • Troy Caddy: Perpetuation Committee - [troy@naturalharvest.coop](mailto:troy@naturalharvest.coop)

**Co-Chair** • Samantha Papenfuss-Krage: Education Committee - [samantha@naturalharvest.coop](mailto:samantha@naturalharvest.coop)

**Vice-Chair** • Debbie Pettinelli: Perpetuation Committee - [debbie@naturalharvest.coop](mailto:debbie@naturalharvest.coop)

**Treasurer** • Chris Ismil: GM Evaluation Committee - [chris@naturalharvest.coop](mailto:chris@naturalharvest.coop)

**Secretary** • Britta Bloomquist: Education Committee - [britta@naturalharvest.coop](mailto:britta@naturalharvest.coop)

### BOARD

Leah Briski: Education Committee - [leah@naturalharvest.coop](mailto:leah@naturalharvest.coop)

Sarah Packa: Perpetuation Committee - [sarahpacka@naturalharvest.coop](mailto:sarahpacka@naturalharvest.coop)

Jacob Rosandich: GM Evaluation Committee - [jake@naturalharvest.coop](mailto:jake@naturalharvest.coop)

Zachary Yurczyk: GM Evaluation Committee - [zach@naturalharvest.coop](mailto:zach@naturalharvest.coop)

## New Products Available at Natural Harvest...

### GROCERY

CASCADIAN FARM  
• Organic Cereal  
CROSSE & BLACKWELL  
• Seafood Cocktail Sauce  
FIELD DAY ORGANICS  
• Cereal, Crackers, Pasta, Pasta Sauce, Pretzels, Salsa  
JUSTIN'S  
• Maple Almond Butter  
LUNDBERG  
• Ready to Eat Brown Rice  
MAYA KAIMAL  
• Indian Simmer Sauces  
NATURE'S PATH  
• Qia Instant GF Oatmeal  
NOTHIN' BUT  
• Granola Cookies  
THE OJAI COOK  
• Tartar Sauce  
SPECTRUM  
• Distilled White Vinegar  
SUKI'S  
• Indian Chutney - Mango & Tamarind  
SUSHI SONIC  
• Real Wasabi, Powdered

### TIPTREE

• Lemon Curd  
WHOLE SOME  
• Organic Corn Syrup

### REFRIGERATED

BROWN COW  
• Cream Top Yogurt, 6 oz  
GREEN VALLEY ORGANICS  
• Lactose Free Cream Cheese  
• Lactose Free Yogurt  
HAIL MERRY  
• Chocolate Miracle Tart  
KOZY SHACK  
• Chocolate Pudding  
SIGGI'S  
• Whole Milk Yogurt - Mixed Berry & Strawberry Rhubarb  
• Yogurt Tubes

### BAKERY

OZERY BAKERY  
• Morning Rounds - Cranberry Orange & Apple Cinnamon  
RUDI'S  
• Organic Whole Grain English Muffins

### CHEESE

EICHTEIN'S  
• Cranberry Chipotle Pepper Gouda - MN made!

### FROZEN

AGAINST THE GRAIN  
• GF Pizza  
ALEXIA ARTISAN  
• French Rolls  
BEELER'S  
• Bratwurst  
BERLIN BAKERY  
• Sprouted Spelt Bread  
TALENTI  
• Gelato

### HEALTH & BEAUTY

DERMAE  
• Purifying Line Facial Skin Care Line  
EVERYONE LIMITED EDITION LINE  
• Winter Mint Hand Soap  
• Orange Spice Hand Soap  
AURA CACIA  
• Amber Bottles with Labels

### HONEST COMPANY

• Deodorants, Hand Wash, Shampoo, Conditioner  
GIOVANNI CHIC ULTRA REPAIR COLLECTION  
• Hair and Body  
SOUTH OF FRANCE  
SEASONAL BAR SOAPS  
• Evergreen, Vanilla Cream, Caramel, and Orange Clove  
DR. BRONNERS  
• All-in-one Toothpaste: Peppermint, Cinnamon, Anise  
ZION HEALTH  
• Clay Deodorant  
VIA NATURE  
• Seasonal Room Spray  
PACHA SOAP  
• Seasonal Bar Soaps: Tannenbaum, Lump of Coal, Pine  
ALAFFIA  
• Face Care Line

### SUPPLEMENTS

MACROLIFE NATURALS  
• MacroGreen SUPERFOOD, packets

### MEGAFOOD

• Blood Builder  
• Vitamin D3 - 2000 IUs  
• Adrenal Strength  
NORDIC NATURALS  
• Arctic Cod Liver Oil, 8 oz, Unflavored  
QUANTUM  
• Zinc Elderberry, Raspberry Lozenges, 1.4 oz  
• Cold Season Plus, Orange, 24 Loz



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



# For the Love of Chocolate

by Sandy Tardiff, Grocery Buyer

Each holiday season brings a wealth of chocolate choices to our Co-op! It is a good problem to have and I wanted to highlight some of the delicious offerings available this year. Whether you are looking for an old favorite like a chocolate bar from Endangered Species or truffles from Alter Eco, or you want to try something new from Divine Chocolate or Seattle Chocolates, we have something to delight everyone on your chocolate gift-giving list. These companies go out of their way to build a better world for all through partnerships with their global producers.

Alter Eco sources its cacao beans from Peruvian and Ecuadorian farmer-owned cooperatives and all their bars and truffles are certified organic and Fair Trade. Their chocolate bars are incredibly smooth and deliciously dark, and their truffles were everyone's favorite last year and are available singly or in boxes perfect for giving!

Divine Chocolate is going all out this year and has expanded its holiday offerings in a variety of delicious ways. This UK company is owned in part by the Ghanaian cacao farmer cooperative that grows the cacao beans used in all Divine chocolate; these products are Fair Trade and Non-GMO certified. Their chocolate is beautifully packaged with local decorations indigenous to western Africa. We have old favorites like the Divine Advent Calendar, milk and dark chocolate gold coins, "after dinner" mints and ginger thins, along with new products including gift boxes of filled Belgian chocolates, caramel-filled milk and dark chocolate bars, and limited edition holiday bars.

Endangered Species Chocolate is introducing a new Holiday Bar which features a white Dall's Sheep on a package of 60% dark chocolate accented with cranberries, orange & cinnamon. This seasonally scrumptious bar joins



old favorites: the penguin bar with dark chocolate and peppermint crunch, and the arctic fox bar where dark chocolate is paired with warm holiday spices and almonds. All Endangered Species Chocolate products are certified Fair Trade and Non-GMO, and the company annually donates 10% of net profits to their GiveBack Partners who are working around the world on behalf of wildlife. Don't forget to pick up a jar of their new chocolate & nut spreads for a winter breakfast treat!



Theo Chocolate makes a variety of organic and Fair Trade chocolate bars throughout the year, but their holiday offerings are always a special draw. Using chocolate sourced from Peru, Peru, and especially the eastern Democratic Republic of Congo, this company makes amazing holiday chocolate in flavors like Nutcracker Brittle, Peppermint Stick, Coconut Mint, and Gingerbread Spice. Theo is a company that really goes out of its way to make the entire chocolate making process as transparent and fair for everyone involved as they possibly can.

Finally, we have new holiday chocolate bars this year from Seattle Chocolates! The Co-op gave their Halloween bars a try, and the response was outstanding. We will have their holiday truffle bars, too, including

Hot Buttered Rum, Mom's Hot Cocoa, and Holiday Cheer Eggnog. Seattle Chocolates' bars are Non-GMO and Rainforest Alliance certified. This nationally certified Women's Business Enterprise is donating to food banks around America for every chocolate product bought between September 1 and December 31 this year. Donations are also made for every mention on social media with the hashtag #chocolategives; check out [chocolategives.com](http://chocolategives.com) for more information.

All of these chocolate choices make my mouth water! The only difficulty will be in choosing what to bring home to my family and friends. As you enjoy old favorites or discover new ones this holiday season, please let us know so we can be sure to bring them back again next year.

Your purchasing choices really do make a global difference, especially with chocolate. Thank you so much for your generosity in this season of giving. 🍫



## WHAT'S NEW?

### More Ways to Save with Co+op Basics

Looking to stretch your grocery budget? So are we! That's why we are pleased to introduce our new Co+op Basics program. Co+op Basics offers everyday low prices on many popular grocery and household items. From pasta and sauce to peanut butter and jelly, you'll find good quality and low prices on household staples throughout the store.

Don't worry; we are not paying our farmers or employees any less. We are simply committed to improving our selection so that everyone can find more value when shopping the co-op. Starting in December, you'll find more than 60 Co+op Basics items in our store and we will be adding more products every month. Just look for this sign:



Don't forget to take advantage of other great ways to save when shopping at Natural Harvest:

- **CO+OP DEALS** – our biweekly flyer focused on great deals on products throughout the store.
- **OWNER DEALS** – ownership has its perks; look for our monthly owner-only deals
- **HOT DEALS** – special monthly savings for everyone!
- **PRODUCE DEALS** – check out our weekly deals on the freshest organic produce.
- **BULK SAVINGS** – save when buying just what you need: buy a pinch or a pound!
- **CASE DISCOUNT** – owners get 15% off on pre-ordered, regularly priced case quantities
- **CO+OP DEALS IN-STORE COUPONS** – money saving coupons conveniently located throughout the store
- **CO+OP DEALS COUPON BOOK** – look for the coupon book every two months. 🍫

(What's New, cont. on back cover)



## Round-up Report

### A LOOK BACK

Since launching the "Change Within Reach" round-up program in April of 2014, our customers have "rounded-up" to raise over \$25,700.00 for local charities! And as of February 2015, Natural Harvest began contributing an additional 5% of the monthly consumer contribution to each charity as well. All funds donated through the round-up program, go directly to the charity...and it all adds up: In August, September, October and November, Co-op customers chipped in to help **The Patient Crisis Fund**, **The Open Doors Program at the YMCA**, the **Iron Rangers for GMO Labeling**, and the **Friends of the Virginia Library's Reading Program** — totaling over \$4,300 as of November 12!

### LOOKING AHEAD

In December, we will be rounding-up to support the **North St. Louis County Habitat for Humanity**. This program's objective is to move families out of sub-standard housing into simple, affordable homes. It works through generous volunteer support and donations of money and materials. Habitat for Humanity brings people together to build homes, communities and hope.

January gives us the chance to keep someone warm during the bitter, cold months by helping fund **Project Warmth**. This program, run by the Range Mental Health Center, benefits families in our community by providing blankets, warm winter clothing and assistance for utility bills in the event of an emergency. In the last three years, over 1,000 adults and children all over the Iron Range have benefited from this program.

In February, the focus will be on child development by featuring the **Apple Tree Learning Center**. Apple Tree invests in the building blocks of a nurturing, supportive environment that engages children, staff, and volunteers in a continuous learning process. It is unique due to its Generational Redistribution of Wisdom Volunteer Program, aka G.R.O.W. The program is designed to utilize the talents and skills of a community of volunteers to enrich the lives of not only the children, but the volunteers themselves.

If your 501(c)(3) non-profit organization would like to participate in the program, stop in and pick up an application! 🍎

# This Year in Local Produce

by Ashley Phoenix, Produce Buyer



Here at Natural Harvest, we are committed to providing customers with a variety of locally produced items, including in our produce department. At the start of each year, a conversation begins with local growers who are interested in selling to the Co-op. We discuss items they may have available, issues of quality and procedure, as well as their growing practices. Currently, none of our growers are organically certified, however they grow organically and have to sign an agreement that lists substances they can and cannot use as laid out by the National Organic Program. 2015 was a great year for local produce as you may have seen on your shopping trips this year. We wanted to take a chance to provide you with some highlights of what we received, and thank our great assortment of local growers.

For items that are sold by the pound, as of November 1, we had received 3,777.47 lbs. of local produce (compared to 1,979.45 in 2014). Included in this total were about 369.05 lbs. of cabbage, 348.90 lbs. of zucchini, 587.76 lbs. of cucumbers, 423.80 lbs. of winter squash, 294.93 lbs. of slicing tomatoes, and 134.23 lbs. of apples. Not everything is sold by the pound, so here are some of those items to highlight: 511 bunches of kale, 242 bunches of green onions, 280 bunches of herbs, and 378 ears of corn. Overall, there were 2,461 items sold by the each. There was very little spoil to report, which is due to the produce being of high quality as well as customers showing their support and appreciation for the local growers on the Iron Range. All together, we paid a total of \$5,781.50 to our local producers. By supporting local, money stays local, and our community continues to benefit.

There are many growers out there who provided us with produce this year, so we

would like to take this opportunity to recognize them:

- **Janna Goerdt** (Fat Chicken Farm)
- **Gail and Joel Hilgendorf** (Healthy Harvest Farm)
- **Becky and Tim Pretasky** (Meadowlands Farm)
- **Kate Paul & Donna Johnson** (Owl Forest Farm)
- **Pamela Wettering** (Lost Lake Farm)
- **Rich & Katherine Disterhaft-Cummings** (Green Gate Gardens)
- **Vicky and Russell Keating**
- **Nate and Tiffany Briggs** (Rice River Lamb Co.)
- **Sherry Erickson**
- **Hall's Farm**
- **Darrel Swenson**
- **Judy Drobnick**
- **Lisa Hesse**
- **Julia Lehman**
- **Stephen Menart**
- **Jack Lamar** (Early Frost Farms)
- **Heaven Sent Farms**

Each year, our group of local growers continues to expand, increasing the amount of locally grown produce available to our customers. It was a great season this year and we look forward to the 2016 season! 🍎





# Staff Picks

by **Patty Torrel, Marketing & Owner Services**

Back in June, I received a suggestion from longtime owner, Vern Simula, to add staff photos to the newsletter in order to personalize the articles. I took that suggestion to the staff and there was a bit of resistance. Supplement buyer, Sarah, suggested I ask for selfies in order to let people submit a photo they like. Well, I wasn't able to get everyone on board, but I will keep working on it. So, for now, I am only including staff photos with our Staff Picks. It is a start. Thank you, Vern, for your great suggestion!



## BREKLIN

I like the honey in bulk because not only is it the purest and healthiest honey of its kind around, but because it is a great whole food like no other. I put it on my toast before race

days and it gives me more sustainable energy than a power bar. It also really helps sooth my throat when I am sick and I believe it is 100% better than conventional store brands.

## PHOENIX

Too many picks to just pick one:

Pacific Soups – especially, Poblano Pepper & Corn Chowder; best packaged soup I have had and great for chilly days. That's It Bars – a great snack that only has a few simple ingredients. Ginger People's, Sweet & Spicy Dip and Cooking Sauce – great flavor with a nice bite.

I like to simply mix into a stir-fry.

NOW Immune Renew – great for an extra boost in immunity throughout the year.

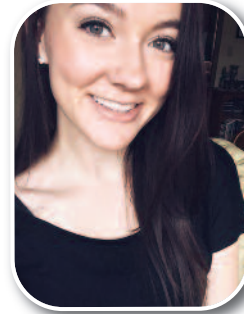
## ALEX

The product I would like to spotlight is the Nag Champa Incense — the original essential oil. I burn Nag all the time; it has a very relaxing, stress-free scent. Other incense can often be too perfume-y. Honestly, I haven't met anyone who doesn't enjoy the scent.



## LUCI

I love the San Pellegrino, Limonata. It's the best one! It's a must have.



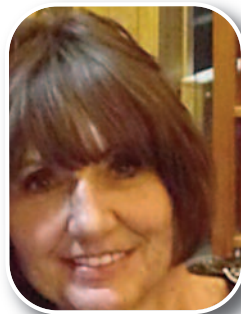
## LAUREN

I recommend the Good Belly probiotic drinks - especially the Tropical Green flavor. I've struggled with IBS since I was in elementary school and this is the only probiotic I take!

It tastes delicious, too.

## MARIBETH

I love the Roots & Fruits Apple Cider Vinegar and Honey bar soap. It naturally balances skin PH, leaves my skin soft and smooth, and was the 2015 "Best of Natural Beauty" award by Better Nutrition.



## SARAH

I recommend Pure Essence Labs' PureBiotics Maxima... because it works! Probiotics are good bugs that support digestion and a healthy immune system and also produce active forms of B-vitamins. We lose levels of these healthy cultures as we age and as a result of modern pollutants, chemicals and treatments. By providing my system with a robust, 100 billion cultures per day, I'm guaranteeing sufficient probiotic replenishment and allowing my



body to rebuild probiotic cultures on its own. With the holidays coming up, we could all use a helpful replenishment of the good stuff. This product is triple tested for purity, potency, and safety. For more information, please visit <https://www.pureessencelabs.com/xcart/PureBiotics-TM-Maxima.html>

## ERIKA

My pick for the season is Ashley Phoenix's butternut squash with herbs (rosemary, thyme and sage). A Hectic day sometimes calls for an easy dinner idea and the pre-cut squash with pre-packaged herbs is the perfect solution. Super easy prep and fantastic flavor!



## PATTY

My winter pick is a seasonal twist on my morning coffee pick-me-up: seasonally flavored almond, rice and soy milks. I usually take my morning cup of jo with unsweetened almond milk, but all through October, I changed things up a bit by using Pumpkin Spice Almond Milk instead. My morning ritual all of a sudden became festive! So, now that the pumpkins have moved over for candy canes and mistletoe, I am getting into the spirit with Rice Dream's Rice Nog & Westsoy's Chocolate Peppermint Stick Soymilk. Be festive – one delicious sip at a time!



# EDITOR'S NOTE

## Mindful Living: The Gift that Keeps on Giving

Recently, I helped clean a section of Highway 37 heading into Gilbert. This particular adopt-a-highway stretch is cared for by my aunt and uncle (double digit owners of the Co-op) in memory of their son Vic. As I walked along, picking up trash every two steps or so, I began to notice a trend: not once in the mile stretch, on both the north and south side of the highway, did I pick up something that once contained an organic or "as nature intended" product.

There was, on the other hand, plenty of big name soda cans; an impressive array of fast food bags and cartons; cigarette packs and mass produced alcoholic beverage containers were there to represent in arm-aching numbers, along with an exhaustible amount of Styrofoam. But happily, none of the day's bounty was recognizable as being a container from the Co-op. Coincidence? Maybe. But to me, it was one of those moments when you realize that you are part of a mindful community that not only cares about what goes in and on their bodies, but also about their impact on the environment.

Of course, there is always more to be done on being mindful of what we eat, how we treat others and how we care for the planet that sustains us, but choosing to be mindful in one area of your life seems to encourage mindfulness in other areas.

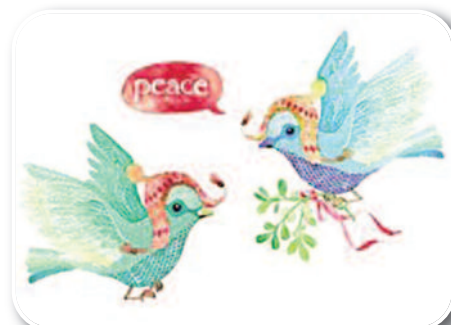
So, as you turn your focus to the season of giving, give yourself the gift of recognition for being part of the solution...even if it is a small part — because one small act has the power to initiate big change.

Wishing you a happy, healthy holiday...and a mindful New Year! 🐾



# Greetings for Any Season

by Ashley Phoenix, Produce Manager



As the holidays near, and you are looking to send season greetings, check out Natural Harvest's selection of greeting cards. We carry an assortment of everyday greeting cards throughout the year, as well as holiday specific cards during the holiday months. Currently, we carry cards from Artists to Watch, Good Paper, and Iron Range local Daniel James Imagery. Keep an eye out for single and 12 packs of holiday cards as we enter the holiday season.

**Artists to Watch** is based out of Maplewood, MN. Since 1994, they have produced cards featuring artwork from a variety of artists including MN artists Jim Brandenburg, Kenspeckle Press, and Nick Wroblewski. This company is an award-winning company, all at the hands of a handful of employees. They strive to print their cards on recycled paper using vegetable based inks and all of the paper mills and printers are Forest Stewardship Council certified as well. The FSC is an international not-for-profit organization established in 1993 to promote responsible management of the world's forests.

**Good Paper** produces handmade, eco-friendly, Fair Trade cards based out of California. Since 2010, they have provided cards made by women who have escaped sex trafficking in the Philippines or were orphans in Rwanda. Each card is signed by the cardmaker and you can read individual stories on the company's website: [www.goodpaper.com](http://www.goodpaper.com). This company carries two card lines: **Sanctuary Spring** and **Cards from Africa**.

Their mission is "to restore the humanity and beauty within each of us that gets so easily forgotten and tossed aside." There are an assortment of cards produced by this company, including a Co-op favorite "May the fork be with you", a Star Wars inspired birthday card.



**Daniel James Imagery** is based in Iron, MN featuring photography by Daniel Briski.

Briski has always been fascinated by photography from family to landscapes, and most recently by nature/owl subject matter. Briski branched out into making cards 2-1/2 years ago with the help of Barb at Andrew's Cameras in Virginia. What motivates and interests Briski regarding photography is "sharing an image that you may not have otherwise been able to enjoy and experience yourself... and just maybe give you the feeling of being there!"

Whether you are in need of a holiday greeting card, birthday card, or simply a card to send along a kind sentiment, we hope you browse through the Co-op's selection for your next purchase. 🐾

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# Winter Essentials

by Maribeth Ganoe, Health & Beauty Buyer

The use of natural essential oils for aroma therapy is an ancient and time-honored tradition that has been improving moods and lifting spirits for years. Aromatherapy oils are genuine reflections of the botanicals from which they are born. When these natural extracts are diffused, they can inspire, energize, soothe and encourage wellness and peace of mind.

The use of essential oil as fragrances dates back almost 6,000 years and they have been used by a variety of cultures and ethnic-

ities. Essential oils were used for therapeutic, hygienic, spiritual and ritualistic purposes; in many cultures they are still used today. Almost anyone can enjoy the benefits of aromatherapy oil, but certain individuals, such as pregnant women, persons with allergies and those with respiratory conditions, such as asthma, should only use essential oils under the guidance and supervision of a trained professional. Keep in mind that essential oils are highly concentrated botanical extracts and should never be ingested or applied to skin in full strength.

## HOW TO USE THE RECIPES:

Mix desired blend together and add to 1oz. of your favorite skin care oil such as almond, Jojoba and coconut, or you may also use an unscented lotion. You should always test a small area of your skin to check for sensitivity and always avoid mucus membranes. Essential oils can also be used full-strength in any number of diffusers, including our new diffuser necklaces. We will be offering weekly specials on diffusers & oils all month long in December, so stop in to begin filling the air with the scents of the season...and become a believer in the therapeutic benefits of essential oils!

## December Recipes

### FRESH FALLEN SNOW

- 1 drop Wintergreen
- 2 drops Pine
- 6 drops Grapefruit

### CANDY CANE

- 3 drops Peppermint
- 2 drops of Vanilla

### MEET ME UNDER THE MISTLETOE

- 2 drops of Cedar
- 5 drops of Balsam Fir
- 1 drop of Juniperberry

### HOLY JOLLY HOLIDAYS

- 2 drops Cinnamon Bark
- 2 drops of Ginger
- 1 drop of Clove Bud
- 2 drops of Nutmeg
- 4 drops of Lemon

## January Recipes

### ENERGIZE

- 1 drop Peppermint
- 1 drop Rosemary
- 2 drops Cinnamon

### WAKE UP

- 1 drop Basil
- 2 drops Lemon
- 2 drops Ylang Ylang

### DIET

The following three oils are recommended for weight loss.

The more frequently you use these scents, the more effective they will be.

The oils should be used one oil per day in rotation.

- 20 drops of Grapefruit Oil
- 20 drops of Cinnamon Oil
- 20 drops of Peppermint Oil

## February Recipes

### EXOTIC NIGHTS

- 3 drops Orange
- 2 drops Ylang Ylang

### LOVE IS IN THE AIR

- Love is in the Air
- 1 drop Patchouli
- 3 drops Jasmine
- 5 drops geranium

### SWEET ROMANCE

- 2 drops of Cedarwood
- 2 drops of Clary Sage
- 7 drops Vanilla
- 1 drop Orange

### SO SWEET CINNAMON

- 6 drops Tangerine
- 4 drops Cinnamon Bark
- 2 drops Nutmeg



## Ways to Experience Essential Oil Blends...

### BATH –

Add 3 to 5 drops directly to warm water or blend with therapeutic bath salt and add to tub for a soothing experience.

### STEAM INHALATION -

Add 2 to 5 drops per 1 oz. of steaming warm water in a heat resistant bowl. Use a towel to partially tent the steam. Breathe deeply to enjoy benefits.

### MASSAGE –

Add 10 to 15 drops per 1 oz. of carrier oil or unscented lotion. Apply on areas of sore muscles, base of neck or use with foot rub.

### DIFFUSE –

Use 3 to 5 drops in diffuser or nebulizer to enjoy aromatherapy experience that fills the air in a room or car.

### AIR & BODY MIST –

Add 10 to 20 drops per 1 oz. of distilled water into a mist spray bottle. Spritz into air, onto bedding, or use as body spray.

### CLEANERS AND HAND SOAPS –

Boost natural cleaners and liquid soaps by adding a few drops and gently shaking before use.

### TRAVEL –

Travel – For car travel, use car aromatherapy diffuser or put a few drops on a cotton ball and place by air vent. For air travel use in body lotion or foot rub prior to flight. Use air mist to freshen up hotel rooms.



## HOLIDAY HOURS:

**Christmas Eve (Dec. 24)**

Open 8 AM to 3 PM

**Christmas Day (Dec. 25)**

Closed

**New Years Eve (Dec. 31)**

Open 8 AM to 5 PM

**New Years Day (Jan. 1)**

Closed

*Happy Holidays*

from the  
Board and staff  
at the Co-op!

## What's Cooking?



Does the description "gluten-free dessert" conjure up other descriptions like tasteless, dry or crumbly? Do you want to cater to a guest's gluten intolerance, but are afraid of spoiling everybody else's Holiday dessert experience? Well, I have the solution for you: Le Bête Noire et Blanc, aka the Black and White Beast. This decadent dessert is a flourless, white chocolate cake, with a chocolate ganache. So rich, custardy and loaded with flavor, your guests will be amazed when you tell them it's gluten-free. 🐾

### CAKE:

1 C. water  
3/4 C. sugar  
9 T. unsalted butter  
18 oz. white chocolate  
6 large eggs  
1 t. vanilla

### Le Bête Noire et Blanc

by Alex Haugen,  
Deli Manager

### GANACHE:

1 C. heavy  
whipping cream

8 oz. bittersweet or  
semisweet chocolate,  
chopped or chips

**FOR THE CAKE:** Preheat the oven to 350° F. Butter a 10 inch spring-form pan, line the bottom of pan with parchment paper, and then butter that as well. Wrap 3 layers of heavy-duty foil up and around the outside of the entire pan, bringing foil to the top of rim. Combine water and sugar in a small saucepan. Bring to boil over medium heat, stirring until sugar dissolves. Simmer 5 minutes and remove from heat.

Melt butter in large saucepan over low heat, add white chocolate and whisk until smooth. Whisk sugar syrup into white chocolate and cool slightly. Add eggs and vanilla to mixture and whisk until blended, pour batter into prepared spring-form pan. Place cake pan into roasting pan and add enough hot water to the roasting pan to come half way up the sides of the cake pan.

Bake until top of cake barely jiggles, about 50 minutes. The top may become goldish brown, but don't worry. Remove from water bath. Transfer to rack and cool completely in pan.

**FOR THE GANACHE:** Bring whipping cream to simmer in small saucepan over medium heat. Remove from heat. Add chocolate and whisk until smooth. Pour over top of cake still in pan. Gently shake to distribute ganache evenly. Refrigerate until it is set, about 2 hours. To release: Run knife around pan to loosen cake, release sides, cut cake with knife or wire and serve with whipped cream.

Added variation: try a drizzle of the Sultan all natural Pomegranate Molasses we sell at the co-op to take the taste and the look to another level.

## A Warm Welcome to Our Newest Natural Harvest Owners!

Dovey Jahn (Britt)  
Heather Tomczak (Eveleth)  
Mark R. Mayne (Tower)  
Donna Puhek (Chisholm)  
Linda & Rolf Swanson (Hoyt Lakes)  
Kimberly R. Gerzina (Mt. Iron)  
Rhiannon Lovald & Dean Mattila (Iron)  
Ann & David Olson (Chisholm)  
Abby Pontinen (Gilbert)  
Linda Rissanen (Orr)  
John R. Hill, Jr. (Ely)  
Cheryl Cadwell (Aurora)  
Jen Sundvick (Hibbing)  
Todd Merten (Mt. Iron)  
Brittany Foster (Tower)  
Rebbekkah Bahneman (Hibbing)  
Gregg Hill (Eveleth)  
Eleanor Larmouth (Tower)  
Tyler Jacobson (Mt. Iron)  
Bryanna Harmel & Kelly Fischer (Hibbing)  
Nancy Stebbins (Cook)  
Graham Sparkman (Gilbert)  
Hillary Hartleben (Hoyt Lakes)  
Joni Moore (Aurora)  
Terry Hammond (Hibbing)  
Sara Luoma (Eveleth)  
Marjorie Sella (Tower)  
Julie Leecy (Virginia)

Ed & Kelli Forsman (Chisholm)  
Colleen Rablin (Cook)  
Jana Bell (Hibbing)  
Mackenzie Black (Chisholm)  
Cindy & Stace Landwer (Gilbert)  
Courtney Johnson (Britt)  
Alyssa & Luke Johnson (Buhl)  
Bridgett Maki (Aurora)  
Danny & Shirley Grimes (Gilbert)  
Robin Mueller (Ely)  
Lori Beth Maki (Eveleth)  
Judith Loff Dircks (Eveleth)  
Becky Jaeger (Mt. Iron)  
Betsy & Bob Olivanti (Mt. Iron)  
Hailey Plunkett (Eveleth)  
Kathleen Ranisate (Soudan)  
Steven & Joni Banks (Gilbert)  
Cindy Moe (Ely)  
Carley & Duane Ramfjord (Aurora)  
Laura Snyder (Cook)  
Vicky & Gary Lubben (Tower)  
Kristy Hill (Virginia)  
Rita Licari (Biwabik)  
Katie Harley (Virginia)  
Patty Tomassoni (Virginia)  
Tina Fredrickson (Makinen)  
John & Katrina Brooks (Mt. Iron)  
Sadie Scholl (Babbitt)

Donna Wolf (Babbitt)  
Julie Staver (Gilbert)  
Tom Wichner (Kabetogama)  
Jana Blomberg (Iron)  
Lynn Fena (Makinen)  
Angela Boyd & Ryan Siebold (Virginia)  
Brent Robinson (Virginia)  
Nancy & David Markwardt (Ely)  
Deidre Swanson (Virginia)  
Laura Hakala (Aurora)  
Connie Larson (Virginia)  
Megan Oakman (Virginia)  
Joni Dahl (Eveleth)  
Jenna Ballinger (Virginia)  
Kathleen D Westcott (Brimson)  
Lisa Kruse (Virginia)  
Kim Driskell (Zim)  
Candy Goerd (Chisholm)  
Carol Overby (Hoyt Lakes)  
Susan Chaffee (Gilbert)  
Steven M. Gams (Cook)  
Jessica Zalusk (Elko)  
Sarah Ashburn (Virginia)  
Monica Pavek (Virginia)  
Micah Beukemo (Virginia)  
Debbie Judnick (Eveleth)  
Jennifer Rabideaux (Virginia)  
Mallory Johnson (Ely)

Brian C Nelson (Eveleth)  
Monica Olson (Chisholm)  
Gary Bullock (Remer)  
Linda Gilbertson (Buhl)  
Evan Callahan (Tacoma)  
Mary Lehman (Littlefork)  
Becky & Dianne Fallstrom (Gilbert)  
Christa Peterson (Gilbert)  
Amy Wilson (Hibbing)  
Sharon & Glenn Aune (Angora)  
Robert Smolich (Aurora)  
Samantha Warren (Embarrass)  
George Briski (Virginia)  
April Howe (Eveleth)  
Heather Tuthill (Britt)  
Joan Luhta (Ely)  
Jane M. Haurunen (Iron)  
Angela Aaseng (Eveleth)  
Kathryn Hetra (Virginia)  
Carmin Stahlberg (Virginia)  
Elizabeth Graves (Ely)  
Kris James (Chisholm)  
Debra DeVaney (Soudan)  
Roxanne Kelson (Eveleth)  
Karen Rask (Cotton)  
Cody Perkins (Ely)



# CLASS IN SESSION

## *A New Year, A More Informed You*

All Classes will be held in the Natural Harvest Deli unless noted.  
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.

### WINTER CLEANSING & DETOXING Tuesday, January 12 5:30 to 7:30 PM

Are you looking to revitalize your body? Shake off the holidays with a detox! 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. [www.energyforlifeconnection.com](http://www.energyforlifeconnection.com)

### SQUEAKY CHEESE Thursday, January 14 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 1,000 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'll 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!

### HELP ME SLEEP! Tuesday, January 19 5:30 to 7:30 PM

Start the New Year off with the information to help you finally get some sleep! 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 nerviness 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. 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.

### INTRODUCTION TO REIKI Thursday, January 21 6:00 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.

### KITCHEN CUPBOARD WELLNESS: Mother Hubbard's Earth's Cupboard Tuesday, January 26 5:30 to 7:30 PM

Stacey, with Energy for Life Connection, comes with 13 years of knowledge as a Certified Healing Touch Practitioner and Herbalist and can help you find relief from what ails you...just by opening your kitchen cupboard. 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!

### MAKING WINE 101: BERRIES, FRUIT OR KITS Wednesday, February 3 5:30 to 7:30 PM

Have you often wondered about all those wine kits we have alongside the Deli and whether or not you were ready to be your own winemaker? Wonder no more. Join longtime winemaking experts Lisa Hesse and Wayne Wilberg for a lively discussion on the fascinating process of turning berries, fruit or grape concentrate from a kit into wine! They will review the process from start to finish including choosing a kit, equipment, techniques and recipes. Come with your questions and your own experiences to share!

### INTRODUCTION TO FENG SHUI Thursday, February 9 6:00 to 7:30 PM

Enhance your health, happiness and prosperity by creating balance and harmony in your environment. 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 its 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: BUILD YOUR OWN SOLAR GREENHOUSE Thursday, February 11 5:30 to 7:30 PM

How would you like grow your own vegetables ten months out of the year, right here in the North Country? It's not a pipe dream. Just ask Marshall Helmberger, publisher of the Timberjay Newspaper, who built his own solar greenhouse in 2014. Imagine your planting season starting March 1 and the harvest running from mid-April through Christmas each year...And doing it with minimal supplemental heating, relying almost entirely on the sun and heat storage. Join us for a basic how-to that will have you itching to get your hands in the (unfrozen) dirt.

### FOOD SENSITIVITY & ALLERGIES Tuesday, February 16 5:30 to 7:30 PM

Is gluten and dairy free right for you? 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.

### PH & INFLAMMATION Tuesday, February 23 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 your body's signals. Stacey Quade has over 13 years' of experience as a Certified Healing Touch Practitioner and Herbalist.

### BEEKEEPING 101 Thursday, February 25 5:30 to 7:30 PM

Learn the basics of how keep honeybees alive and help them thrive in northern Minnesota. Janna Goerdt from Fat Chicken Farm will be discussing the fascinating habits of these social insects, the kind of equipment you'll need to give them a good home, and how to keep your beehive healthy. Taste some locally-gathered raw honey, and bring plenty of questions! And then if there's enough interest in this class, we will schedule a field day class out at Janna's farm sometime in the Spring. All proceeds of this class will be donated to the University of Minnesota Bee Lab!

# To Your Wellness! Greetings from Your Supplements Buyer...

by Sarah DeBreto

It's been one heck of a year! After taking over the department in April, completing an entire department reset in June, participating in an NCG Retail conference in July and then a Retail Basics program in September; I've learned that I have a lot to learn. With the New Year quickly approaching, my resolution is to provide our customers with the best products on the market. I'm



looking for natural ingredients wherever possible, organic, non-GMO, and sustainably sourced materials, along with quality assurance and transparency in all the brands we carry.

Do you have ideas and suggestions for new products you'd like to see in our community? Stop by the Co-op and let me know what you think! 🐞

(What's New?, cont. from Page 3)

## New Deli Manager!

A big welcome to our new Deli Manager, Alex! Alex has been a Natural Harvest employee since March of 2014, starting as a cashier and eventually taking over as Buyer for the Wine and Beer department. But his passion has always been creating plated works of art in the kitchen. From garden to plate, Alex knows and appreciates food in its most natural form. His creations are both healthy and delicious and he brings a sense of excitement to the Deli; it is an enthusiasm for really good food that is contagious...and the entire staff shows up each day wondering what delicious dish awaits. You can tell that this isn't just a job for him — it is a way of life and a passion. We are so happy to have him on our team! Stop by the Deli often to taste and discover something new! 🐞

~ ON BAILEY'S LAKE ~  
OPEN MON - FRI: 8 to 8  
SAT: 9 to 6 & SUN: 10 to 6  
505 N. 3rd St. • Virginia, MN 55792  
PHONE: 218-741-4663  
FAX: 218-741-6153  
E-MAIL: info@naturalharvest.coop  
WEB: www.naturalharvest.coop  
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