

The Harvest Beet

SUMMER 2015

est. 1979

NATURAL
HARVEST

FOOD CO-OP

*Locally owned,
organically grown.*

Get Those Green Thumbs Out!

by Ashley Phoenix, Produce
& Greenhouse Buyer

Each spring, the Co-op has a greenhouse stationed outside the entrance of the store. Since 2006, we have purchased an assortment of plants from Barb Holliday in Duluth. Barb has operated out of her business, Barb's Gardens, selling wholesale since 2000 and selling at the Duluth Farmers Market since the 1990s. However, her experience in the gardening and greenhouse realm began back in the early 1970s helping her parents. Besides selling to Natural Harvest and the Duluth Farmers Market, she also sells to Whole Foods Co-op in Duluth and various programs in Duluth. From 2000-2005, her business was certified organic. In 2006, she decided to not get her certification renewed; however she has not changed any of her practices from when she was certified organic. Barb "enjoy[s] growing and providing gardeners with plants that are grown without the use of dangerous (in my opinion) products."

(Continued on back cover)

Your quarterly source of information for healthy living!

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Strengthening Our Local Economy

by Anja Parenteau, General Manager

When we think local, we tend to think local growers who produce delicious veggies for us during our short growing season, but there are so many other local and regional producers we support. At Natural Harvest we have defined local as products produced within 100 miles and regional within 400 miles from Virginia. Among our local products we have dairy and eggs, pork, chicken, beef, Lake Superior fish, flour, baking mixes, jam, honey, maple syrup, Health & Beauty products and even chocolate!

We worked with 59 local & regional producers in 2014 and paid \$205,512.54 directly to these folks for their products. Of this number, 63% were produced within 100 miles from Virginia! These direct to the producer purchases account for almost 15%



of all the products we buy. In addition, there are many more regional products that come to us through the various warehouses we work with.

Investing in our local community does not stop with the products we purchase. In 2014, we

paid over \$70,000 to local small businesses for supplies and services and over \$345,000 in wages to our employees. According to a NCG study, food co-ops in general have more local impact than conventional grocery stores. For every dollar spent at a food co-op, \$0.38 is reinvested back in the local economy compared to \$0.24 at privately or investor-owned grocery stores.

So when you are looking for local produce this summer, don't forget to look for all the other local products on our shelves — you'll be surprised how many you will find! 🐣





Product Selection: Balancing Supply & Demand

by Sandy Tardiff, Grocery Buyer

Natural Harvest's Ends (or goals) are what we would like to see occur as a result of the existence of our cooperative business. Two of these Ends state that there exists "a vibrant, local food economy" and "people in our area have access to healthy products". These Ends were first articulated by the Board of Directors about 10 years ago and, while they are not set in stone, they have served us well as guiding principles.

Throughout our store's history, since we opened in 1979, we have always avoided some ingredients: no artificial ingredients, no trans fats, and no high fructose corn syrup. We have also strongly promoted other properties of our products, such as being locally produced, organic, or from companies concerned with paying fair wages for workers and fair prices for raw ingredients. These days when our staff buyers choose new products or adjust the assortment of products in their departments, they are keeping our Ends statements in mind

as well: are the products organic or non-GMO (concerns human and environmental health), are they produced locally (within 100 miles) or regionally (within 400 miles) thereby contributing to our local food economy, what kind of packaging is involved and is it recyclable in our area. Of course, we also think about the cost for our customers! All staff buyers work hard to offer the highest quality products at the lowest prices possible. We bring local and regional products into the store whenever possible in order to strengthen our community economics.

As new products are requested and added, some other less popular products are discontinued in order to make room. Space is always hard to find in a small, rapidly growing store like ours! Besides getting rid of slow sellers, sometimes products are no longer available to us for a variety of reasons, including: 1) a product does not sell well in our region for our distributors and is discontinued, even

though it sells well for us, 2) a product does not sell well enough for the company producing it and they end production, 3) the ingredient supply needed for that product becomes tenuous (this is becoming more of a problem as demand for organic product outstrips supply), 4) a company goes out of business.

We are sorry when products are discontinued, and we realize that it can be frustrating and disappointing when a favorite product disappears from the shelf. It has happened to all of us, unfortunately. Let us know when it happens and we may be able to recommend an alternative, or at least explain what happened. And continue to let us know what you'd like to see on the shelves. At times our small size and geographic isolation limit access to products you see other places, but we have already seen an improvement in our access to a variety of producers since joining the National Cooperative Grocers just over a year ago in April 2014! 🌱

New Products Available at Natural Harvest...

REFRIGERATED

ORGANIC VALLEY

- Whole Milk, 1 gallon
- GRAY DUCK
- Chai, 12 oz

CHEESE

ORGANIC VALLEY

- Cheddar Slices

BULK

KISSYPOO CRAPOLA:

- Chocolate Raspberry Granola

HONEY ROASTED SESAME STICKS

FINE GRAIN HIMALAYAN PINK SALT

ORGANIC LONG GRAIN WHITE RICE

ORGANIC LOTUS VOLCANO RICE: a blend of red and brown rice

FROZEN

ANNIE'S PIZZA BAGELS

- Cheese or
- Pepperoni & Sausage

BEAR CREEK ACRES PORK - EMBARRASS, MN

- Wild Rice Bratwurst
- Italian Sausage
- Breakfast Sausage
- Ground Pork
- Bacon
- Pork Chops

THOUSAND HILLS CATTLE CO.

Grass-Fed Top Round Beef THREE TWINS

Organic Cherry Chocolate Ice Cream

TRES PUPUSAS

- Black Bean & Corn
- Pinto Bean & Chili

TRUE DOUGH

- Organic Pizza Dough

GROCERY

BOB'S RED MILL ORGANIC FLOUR

- White
- Whole Wheat
- White Whole Wheat
- Whole Wheat Pastry
- 1 to 1 Gluten Free Flour

DULUTH PRESERVING CO.

- Gooseberry Spice Preserve

ISABEL STREET HEAT HOT SAUCE

- Jalapeno
- Habanero

ENDANGERED SPECIES

- Chocolate Spreads

LOCAL FOLKS

- Pizza Sauce
- LOKI SALMON JERKY

- Northwest Spice

- Pepper Garlic

R.W. KNUDSEN

- Recharge Sports Drinks

SIR KENSINGTON

- Ketchup: Classic or Spicy
- Mayonnaise: Gourmet or Sriracha

- Mustard: Dijon or Spicy Brown

VOSS

- Norwegian Still Water

WISCO POP (SWEETENED WITH HONEY!)

- Cherry
- Ginger
- Root Beer

TAXABLE GROCERY

CASTOR AND POLLUX

- Cat Treats

CITRADISH

- Lemon Verbena Dish Soap
- IF YOU CARE

- Compostable Lawn & Leaf Bags

SEVENTH GENERATION

- 2X Liquid Laundry Soap

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!

Are You Committed to the Co-op? Run for the Board!

by Britta Bloomquist, Board Member & Perpetuation Committee Chair

At this time of the year, no one really wants to think about autumn, but the Perpetuation Committee, comprised of Britta Bloomquist, Gina Wheatman, and Greg Niska, is in full force planning for the upcoming Board election in October!

Why serve on the Natural Harvest Food Co-op Board, you ask? Because you have the opportunity to change your community and co-op in so many positive ways! The Board of Directors is looking for possible candidates for the upcoming Board election. We want owners who want the co-op and its employees to flourish and thrive! Is that you?

The Board of Directors has four seats opening this fall: three of the seats are a three-year commitment and the fourth seat is a one-year commitment. The nine-member Board is committed to the co-op's mission and well-being. The Board works closely with the General Manager through store operations

and strategic planning and governs the Co-op with a set of principles called Policy Governance.

Change is on the horizon; and with change, strong leadership is needed. Our current Board is working diligently on the future vision and growth of Natural Harvest. So if you are interested in taking a leadership role in the next phase of the Co-op, are willing to commit your time and expertise, and are a current Natural Harvest Food Co-op owner, this is your call to step up. Please contact Britta Bloomquist

(britta@naturalharvestfoodcoop.com) or Anja Parenteau (218) 741-4663 (generalmanager@naturalharvestfoodcoop.com) for a board application, or pick one up at the customer service desk at the front of the store.

Completed applications must be received by August 1st and can be returned to the co-op office or sent to either of the two e-mail addresses above. Board candidate bios and ballots will be included in the fall newsletter. Voting by co-op owners will begin September 1st and the new Board members will be announced on October 15th.

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

Peace, Hope, and Community. ☺



Gearing Up for Locally Grown

by Ashley Phoenix, Produce & Greenhouse Buyer

As we get closer to the summer months, local growers are hard at work getting ready for the local growing season; busy preparing plants in greenhouses and high tunnels, nurturing the complex journey from seed to harvest. Here at Natural Harvest, we strive to support the local food system, and anxiously await the bounty of produce grown on the Iron Range.

With various innovations, including the implementation of refrigerated shipping systems, food is now able to travel great distances from farm to table. While this opens a large spectrum of choices for our diets and nearly year round availability, it may not provide us with produce of optimum quality. On average, food travels 1,500 miles to reach our plates in the United States. Often times, produce is harvested two weeks in advance of it reaching grocery stores which can impact its flavor, freshness, as well as require various resources to prevent it from spoiling before reaching its destined market.

In the 2014 season, we were lucky to purchase a variety of produce items from 15 different Iron Range growers, all within around 50 miles or less of the Co-op. At the peak of the local growing season, the majority of vegetable products available in the produce department come from local sources. We hope to continue many of these partnerships for the 2015 grow-

ing season, providing a market for locally produced items as well as keeping local dollars in the Iron Range economy.

While the local growers we currently purchase produce from are not certified organic, they all grow organically. In order to sell to the co-op, growers are required to agree to a set of regulations, such as adhering to the list of allowed and prohibited substances laid out in the USDA's National Organic Program. By requiring local growers to agree to these regulations, we are able to establish a baseline of growing practices. There are many reasons why local growers do not apply for USDA organic certification. Many small scale growers do adhere to organic practices; however, the costs of obtaining and maintaining certification can be cost prohibitive.

Local produce items will begin to come into the co-op starting in June and will increase throughout the summer. Watch for signs in the produce department identifying local items. When a local food system is supported, citizens have direct participation in their community, resulting in stronger community food security. We hope you are as excited as we are for this upcoming growing season, and the chance to actively support our local food system. Help us show appreciation for the hard work of our local growers: buy local, eat local! ☺



New Product Spotlight: Health & Beauty

EO AGELESS SKIN CARE: The Ageless Skin Care Collection features exotic active botanicals like tsubaki oil, snow algae extract and Moroccan lava clay that are clinically proven to replenish skin and activate collagen production. Restorative essential oils of rose, frankincense, and helichrysum soothe and balance the skin. This collection visibly reduces the signs of aging — naturally.

EO EVERYONE ESSENTIAL OILS AROMATHERAPY BLENDS: Relax, Focus, Lavender, Fresh, Peppermint and Eucalyptus. Use in a room diffuser, blend into a lotion or body oil, use as a personal fragrance, mix with water in a spray bottle for a natural room spray or use with a hot or cold compress.

BITE-SIZE NEWS



ROUND-UP REPORT

Thank you for making the Change Within Reach round-up program such a huge success! In just three months since the last newsletter, your generosity contributed over \$4,800 to local charities! And starting in February, Natural Harvest began contributing an additional 5% of the monthly total to each charity as well! In February, Care Partners was the recipient of \$1,505.48. In March, we all came together for the Quad City Food Shelf by raising over \$1,950.00, and in April, those dimes, nickels and pennies added up to \$1,625.74 for the Northstar Foundation Summer Arts Camp. By shopping the Co-op, you not only nourish your family, you connect with others...and together we are building a stronger community.



CHANGE WITHIN REACH

In June, we will be rounding-up to support the Lyric Center for the Arts and their mission to provide artistic and educational opportunities for children and adults across the Iron Range while renovating the historic Lyric Building. In July, we will be helping some furry friends in need by donating our change to the Precious Paws Humane Society of Chisholm. And in August, all round-ups will be donated to the Patient Crisis Fund, a non-profit that provides funds to patients to help with bills not covered by insurance such as utility bills, gift cards for gas & food, as well as co-payments for specialists.

MONTHLY MEETINGS

Want to hear the latest in co-op happenings? Or maybe you have a suggestion you would like to bring to the Board? Join in on the Co-op conversation every fourth Monday of the month. Meeting time and place will be posted in-store, on Facebook and on our website...or you can always just give us a call for details.

Walk With Your Co-op — A Path to Better Health

by Patty Torrel, Marketing & Owner Services

The spirit of co-ops has always been rooted in cooperation: the desire to come together as a group to accomplish a goal that would otherwise be difficult to accomplish as an individual. Walking, I understand, is one of the easiest forms of exercise to perform on one's own — special gear is minimal, no spotting necessary, no equipment needed and it is accessible almost anywhere. So why would the co-op want to build community around something almost anyone can do on their own? The difficulty is not necessarily in the exercise itself, it is in the motivation to stay committed and consistent. The most important aspect to any exercise program is not the intensity but the consistency; consistency is the key to success—and Natural Harvest would like to help you achieve your goal.

Since WWII, American communities, whether big or small, have been designed toward inactivity: suburbs sprawled in all directions making it difficult to even grab a gallon of milk without the use of a car; escalators, elevators and moving sidewalks were installed to get us to our destination without effort; remote controls and wireless phones allowed us to avoid leaving the couch; computers and mobile phones keep us sitting, sitting, and sitting. We, as a society, have literally engineered physical movement out of our lives. And our new sedentary lifestyle is taking its toll on our physical and mental well-being.

Research shows that the sedentary lifestyle has become the biggest public health problem of the 21st century, being linked to as many deaths as smoking. It has become an epidemic in America. The impact of inactivity is

astounding; obesity, heart disease, high blood pressure, diabetes, stroke and declining mental health can all be linked to inactivity. It is so easy

to not move in our society and the result is that we are not living the lives our bodies were so beautifully constructed and ideally designed to live.

If there were a pill that could be credited for nearly cutting in half the risk of heart disease, stroke, and diabetes; could reduce the risk of cognitive decline, depression and stress; improve emotional and physical well-being; and, save Americans more than \$100,000 billion a year in health care costs, we would not be able to keep it on the shelf! That pill is available in the form of 30 minutes a day, five days a week, of brisk walking.

With just two trips around Bailey's Lake, 5 days a week, you will be on your way to a happier and healthier you. And, remember, it is not the intensity that matters, it is the consistency. Even if you can only walk for 10 minutes or 5 minutes, the important step is to just show up and do what you can in that moment. So, lace up those sneakers, invite a friend and take a step towards better health! 🐾

WALK WITH YOUR CO-OP



JOIN US!

Time: 9 AM
When: Monday through Friday
Where: Bess Metsa Garden next to Natural Harvest on Bailey's Lake
Who: Anyone and Everyone — All Fitness Levels Welcome
Why: For the Health of It!

HOPE TO SEE YOU AT THE CO-OP!

(Source: everybodywalk.com)

A Co-op Call to Action: The Future of GMO Labeling

See more at NCG's <http://strongertogether.coop>



Right now, Congress is debating a proposed law that would block the mandatory labeling of GMO foods at the national and state levels. Many experts anticipate that this bill could pass very quickly. First introduced by Congressman Mike Pompeo (R-KS), who named it The Safe and Accurate Food Labeling Act, the bill has been dubbed the Denying Americans the Right-to-Know, or “DARK,” Act because it would codify, or make official, the current system of voluntary GMO labeling. For many people, voluntary labeling doesn’t adequately address the call for GMO transparency. Mandatory labeling advocates point out that, in the two decades since GMOs first came on the market, no food manufacturer has ever chosen to voluntarily label their product as containing or produced using GMOs.

Safe and Accurate Food Labeling Act supporters often assert that their bill would prevent a fifty-state patchwork of conflicting GMO labeling laws. However, another bill called the Genetically Engineered Food Right-to-Know Act has already been introduced to Congress that would solve this problem, and also answer consumers’ call for mandatory GMO labeling. Check out the FAQs below for more information about this alternative bill.

GMO LABELING FAQs —

Who wants GMOs to be labeled? Surveys consistently show that the majority of Americans, regardless of age, income, education or party affiliation, think GMO foods should be labeled. More than 60 countries around the world already require GMO labeling. In fact, many manufacturers who oppose labeling in the U.S. already label their GMO products overseas.

Will GMO labeling cause food prices to rise? In the countries where GMOs are required to be labeled, mandatory GMO labeling has not

caused an increase in food prices. Manufacturers routinely update labels without raising their prices.

Are GMOs required to feed the world? Since the introduction of GMO crops 20 years ago, crop yields have risen due to a variety of factors — regardless of whether the crop is genetically modified or not. In other words, GMOs have not been the cause of yield increases. There are more effective, and less destructive, ways to feed the growing population.

What is the connection between herbicides (weed-killers) and GMOs? Most GMO crops on the market have been engineered to survive being sprayed with herbicides so farmers can spray fields to kill weeds without damaging crops. Weeds that do survive evolve so that they, too, can withstand the herbicide. In 2012, U.S. farmers planted 170 million acres of GMO crops, and the vast majority (154 million) of those acres were planted with crops genetically modified to survive being sprayed by the herbicide glyphosate, which the World Health Organization considers a probable carcinogen. As a result of glyphosate’s overuse, farmers in 27 states have found glyphosate-resistant “superweeds” in their fields. Roughly 61 million acres are now infested with superweeds. These superweeds cannot be controlled with glyphosate, so farmers resort to more toxic herbicides to combat them. Since glyphosate-resistant GMO crops no longer work as well as they did when they were first introduced, biotech companies are creating “second generation” GMOs that are resistant to more toxic pesticides. In 2014, crops resistant to the herbicide 2,4-D were approved for planting, and dicamba-resistant GMO crops will likely be approved in 2015. USDA estimates that these new GMO crops will increase the use of 2,4-D three-to-seven-fold by 2020, and cause

a ten-fold increase in dicamba use if GMO crops resistant to that herbicide are approved.

What is The Genetically Engineered Food Right-to-Know Act? The Genetically Engineered Food Right-to-Know Act is the only federal bill that would require mandatory, federally enforced labeling of GMO foods in accordance with international standards. Like The Safe and Accurate Food Labeling Act, this bill would avoid a fifty-state patchwork of conflicting GMO labeling laws — but rather than tell states that they cannot require GMO labeling, this bill would instead eliminate the need for state-level GMO labeling by requiring GMO foods to be labeled in every state, and enforcing it at the federal level. Additionally, this bill would make it illegal to label foods “natural” if they contain GMOs.

National Co+op Grocers (NCG) and Natural Harvest support mandatory, federally enforced GMO labeling because we believe people have the right to know what’s in their food, and therefore we oppose The Safe and Accurate Food Labeling Act.



MAKE YOUR VOICE HEARD — If you would like to make your voice be heard, calling or emailing your lawmaker is the most effective way to influence his or her vote on the Safe and Accurate Food Labeling Act bill. Contacting Congress is easy and takes as little as ten minutes depending on how much you want to say. In addition to contacting Congress directly, you can also visit the Just Label It (JLI) campaign website (www.justlabelit.org) to add your name to their petition to FDA and letters to Congress. 🗣️

(Sources: consumerreports.com; centerforfoodsafety.org; govtrack.us; wired.com; guardian.com; ewg.org)



What's Cooking?



Grilled Mushrooms: Two Ways!



Portobello, or portabella, mushrooms are the mature form of baby crimini mushrooms and have an intense flavor and a meaty texture. These mushrooms provide a number of essential nutrients, but few calories, making them a nutritious addition to any diet. They are fat free and loaded with vitamins and minerals including numerous B vitamins, selenium, copper, and potassium. Mushrooms are one of the few natural sources of vitamin D, but the amount they contain depends on their exposure to ultraviolet light.

PREPARATION TIPS

Store Portobello mushrooms in the refrigerator and use them within 7 to 10 days. Clean them with a damp cloth or paper towel. Do not rinse them because they will absorb too much water. You can use Portobello mushrooms in place of any other type of mushroom you usually enjoy, but they are substantial enough to be the centerpiece of a dish.

Try using them as a meat substitute: Grill Portobello mushroom caps and eat them like hamburgers; chop them up and use them to replace part of the meat in meat sauces; or add them to pizzas, soups or fajitas. Roast or braise mushrooms for a flavorful side dish. Tip: remember to remove the black gills when adding to a dish or your food will turn a gray color, which is not harmful but may not be appealing. 🍄

GRILLED PORTOBELLO MUSHROOMS

(Recipe from epicurean.com)

- 4 Portabella Caps
- 2 T. olive oil
- 2 cloves garlic, minced
- 1 T. fresh oregano, minced
- 1 t. salt
- 1/4 t. pepper
- Lemon wedges

DIRECTIONS:

1. Prepare hot fire in a grill or preheat broiler.
2. Clean mushroom with a damp towel, removing stems. In a small bowl, combine oil, garlic and oregano. Brush caps with oil mixture, season with salt and pepper.
3. Place stem side down on grill or broiler rack 4-6 inches from heat. Grill 3-5 minutes until well-marked from grill. Turn and cook 3 minutes longer, or until tender but still hold their shape. Serve as is with lemon wedges or top with a robustly flavored cheese, such as Gorgonzola, Gouda and Asiago and grilled onions...with or without a bun. Serves four.

GRILLED MARGARITA MUSHROOMS

Recipe courtesy of our very own Alex Haugen. (Excellent recipe for those with gluten sensitivities).

- 4 Portabello Caps (stems & gills removed)
- 4 cups spinach (or any leafy green of choice)

- 1 large tomato
- 4 cloves garlic, minced
- 1 cup mozzarella, shredded
- 1/2 cup basil, cut into tiny strips
- Salt & Pepper to taste

DIRECTIONS:

1. Prepare grill (the Co-op now carries lump, hardwood charcoal. I suggest using a chimney starter to start the charcoal — this gives a much better taste compared to using lighter fluid) or preheat the oven to 375°.
2. Sauté garlic in oil of your choice until it starts to brown.
3. Add spinach to garlic, cook until wilted and remove from heat.
4. Brush mushroom, inside and out, with oil.
5. With cap side down, fill mushroom with garlic/spinach mixture and cover with sliced tomato & shredded cheese.
6. Salt & pepper to taste.
7. Place on the grill, over indirect heat or on a cookie sheet if using an oven.
8. Grill or bake until cheese has melted (roughly 8-12 minutes).
9. Remove from grill or oven and garnish with cut basil.

VARIATIONS: Add sausage or pepperoni to the sautéed garlic and spinach. Drizzle with balsamic reduction after plated. Use your imagination with toppings and treat it like your favorite pizza pie recipe. Or grill mushrooms for a party and allow your guests to fill them with their own choice of toppings.

A warm welcome to our newest Natural Harvest members!

Michele Mayry (Iron)
 Gary & Linda Arnebeck (Hibbing)
 Tristin Hammons (Cotton)
 Wendy Erickson & Ryan Elkington (Virginia)
 Brent Uzelac (Virginia)
 Jennifer Maynard (Virginia)
 Lori Stavnes (Hibbing)
 Glenn Maki (Aurora)
 Terri Hilar (Biwabik)
 Alena & Jason Raida (Virginia)
 Anthony Ebnet (Gilbert)
 Amanda & Michael Harten (Gilbert)
 Chad & Jennifer Stewart (Aurora)
 Jennifer Shusta (Ely)
 Amanda Murfin (Eveleth)
 Clarence Kontio (Aurora)
 Kim Csargo (Ely)
 Kathy Halfaker (Virginia)
 Taryn & Pete Greiner (Virginia)

Holly & Daniel Spence (Virginia)
 Michelle Babich (Mt. Iron)
 Jean Marie Kalinowski (Kinney)
 Jim Marinoff (Pengilly)
 Crystal Larson (Iron)
 Chris Chandler (Ely)
 Susan Maki (Virginia)
 Erin & Scott Garmaker (Chisholm)
 Debbie Morris (Ely)
 Patrick & Heather Steele (Hibbing)
 Coleen Bruun (Aurora)
 Corina Hoshal (Gilbert)
 Jennifer Vonderhaar (Virginia)
 Jodi Backman (Embarrass)
 Tiffany McCormick (Cook)
 Sara Patterson (Ely)
 Linda Koskiniemi (Eveleth)
 John & Margaret Handley (Eveleth)
 John & Mary Turnquist (Babbitt)

Cole Nelson (Chisholm)
 Daniel Jelle (Nashwauk)
 Edie Everts (Tower)
 Linda & John O'Brien (Zim)
 Briana Sterle & Zach Nault (Buhl)
 Bonnie Anderson (Ely)
 Tim & Candi Blomberg (Embarrass)
 George & Elisabeth McCrea (Ely)
 Lois Jenkins (Hoyt Lakes)
 Barbara & Floyd Gorman (Chisholm)
 Carma Lind (Virginia)
 Tracey Lexvold (Chisholm)
 Carole Rutka (Aurora)
 Angela Gurius (Tower)
 Mark Anderson (Hoyt Lakes)
 Judith Korpi (Gilbert)
 Jessica Patterson (Hoyt Lakes)
 Jim Bougalis (Hibbing)
 John Laurich (Eveleth)

Dianna Sainio (Mt. Iron)
 James Nieters (Britt)
 Janice Conklin (Mt. Iron)
 Melissa Trueblood (Virginia)
 Diane & Larry Maki (Chisholm)
 Sherry Gazelka (Iron)
 Leah Briski (Virginia)
 Laurel Hillstrom (Hibbing)
 Lisa & Dave Johnson (Biwabik)
 Patti Alt (Marcell)
 Bruce & Tammy Youngquist (Buhl)
 Priscilla & Daniel Triestman (Virginia)
 Philip Lambert (Virginia)
 Ronda King (Hoyt Lakes)
 Julie Bohlken (Winton)
 Vern Hanson (Virginia)
 Vern Houser (Gilbert)
 Natalie Smolich (Virginia)
 Heather Thompson (Chisholm)

Welcome Back Co-op Snow Birds!

In case you have not heard, Owner Benefits changed April 1st! We have changed Owner Benefits to include, and adjust to, the introduction of a Patronage Rebate. The Patronage Rebate system allows us to distribute profits to all active owners at the end of a profitable fiscal year. We can do this now because of the new POS cash register system which allows us to track owner patronage. It replaces the 2% daily discount and offers a more balanced return on each owner's patronage: the more you shop, the greater your return! Your new benefits are as follows:

- You now have a 5% 'Pick Your Own Discount Day' once per month! We have heard from owners over the years that-

getting here on the 1st or 2nd was not always possible so we wanted to offer a more flexible option. (This replaces the 10% discount days on the 1st and 2nd)

- Owners, 60 years or older, are eligible to receive 3% off every Wednesday
- Owner Deals, averaging 20% off or more, on over 50 different products throughout the store every month
- Owner case discounts of 15% on many pre-ordered items (does not apply to sale items)
- Class registration discount
- Eligibility for an annual Patronage Rebate when declared by the Board of Directors (This replaces the 2% daily discount). ☺

Mesabi Trail: Join the Fun!

We are lucky to have the Mesabi Trail just steps from our door and in support of that, the co-op is a vendor of both the 3-day (\$5) and annual wheel passes (\$15) to ride the Mesabi Trail. All adult cyclists who use the trail should buy a pass and help keep the trail maintained. And remember, the Great River Energy Mesabi Trail Tour is August 1st and Natural Harvest will be on the



trail serving up fresh watermelon, trail mix and water to the participants! The Tour is designed for families and serious trail riders alike. Four starting points allow riders to customize their route, from 11 to 72 miles. At the end of the day, all trails lead to Eveleth, for a picnic and concert. So grab your pass now to maximize your trail riding experience. Ask a cashier for a pass today! ☺

The Benefits of Jojoba Oil

by Maribeth Ganoe, Health & Beauty Buyer

Jojoba Oil is distilled from the bean of the Jojoba, which grows in the Sonoran Desert in Southwestern United States. Jojoba, with its antioxidant properties, is nature's most perfect moisturizer and conditioner for skin and hair. As a natural and effective skin emollient, it has been shown to battle wrinkles with just a few drops smoothed over bare skin or over your favorite face cream to aid in

absorption. It is gentle enough to lift grime and clean pores. It penetrates deeply, absorbs quickly and dramatically reduces fine lines and wrinkles as it soothes and restores elasticity to dry skin. It leaves skin soft, smooth and younger looking. Jojoba Oil makes a great massage oil, hot oil treatment for hair and scalp, a shaving aid and is even gentle enough for newborn babies. ☺

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

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

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

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- LAST WORD -

"Every aspect of our lives is, in a sense, a vote to the kind of world we want to live in."
(Frances Moore Lappe, author of *Diet for a Small Planet*)

LECTURE SERIES

In cooperation with The Shop Coffeehouse, we are happy to host a lecture series with international speaker and lecturer, Dr. Brad J. Montagne DC as he brings a wealth of 25 years of Natural Medicine practice to the Iron Range. He interweaves a great depth of science, Naturopathic understanding, and clinical insights in a simple, understandable language of practical ways to take back your health and life. There is no charge for these informational presentations.

BEATING LYME DISEASE

Wednesday, June 10

3:30-5:00 PM

at The Shop Coffeehouse

Lyme disease mimics some of the worst diseases out there: Alzheimer's, MS, Lou Gehrig's, Dementia, Post Traumatic Stress Disease, Chronic Fatigue, Arthritis, and many more. The real cause of lyme disease is a corkscrew shaped bacteria called Borellia that is commonly carried by the Deer Tick. Dr. Montagne will discuss the signs, symptoms and natural treatments that are available...and will be available to answer all your questions.

BLOOD PRESSURE & HEART DISEASE

Wednesday, June 17

3:30-5:00 PM

at The Shop Coffeehouse

Dr. Montagne will explain how blood pressure & heart disease can stem from our dietary lifestyle. Research and clinical practice is proving that the traditional markers used to assess are still missing 50% of the cardiovascular problems that people have. There are simple causes that can be practically addressed to reverse and manage these often terrifying conditions. Proven strategies will be covered here.



The Power of Maca

by Erika Schaffer, Bulk & Coffee Buyer

Maca is a plant that grows in central Peru in the high plateaus of the Andes Mountains; it belongs to the radish family. The tuberous roots have a tangy sweet taste and an aroma somewhat like butterscotch. Known as Peruvian Ginseng, even though it is not affiliated with the ginseng family, Maca is an important staple in the lives of the Peruvian people, as it has the most nutritional value of any food crop grown there. The Andean Indians and indigenous people even trade it for other staples such as corn, rice, beans and green vegetables with communities at lower elevations. It is rich in sugars, protein, starches and essential nutrients. It has been cultivated for thousands of years as a vegetable crop and the root is used to make medicine.

Most commonly found in powder form, Maca root is used for a variety of ailments, including but not limited to: anemia, chronic fatigue syndrome, memory issues, fertility

problems, menstrual complications, menopause, osteoporosis, depression, stomach cancer, leukemia, HIV/AIDS, and tuberculosis. It has been shown to enhance energy, stamina, athletic performance, and to boost the immune system. Maca packs a vitamin and mineral punch with: vitamin B, C and E and calcium, zinc, iron, magnesium, phosphorus and amino acids. Used as a supplement, the recommended dosage is ½ to 1 tsp 3-5 days per week. It can be added to a smoothie, juice, water, or just sprinkled over food. It is not recommended to add Maca root powder to hot drinks as high temperatures destroy the beneficial properties.

Like many herbal remedies, Maca has not been formally studied other than the nutritional benefits provided by the vitamins and minerals, so the other benefits are subjective. Check out more information on Maca and other Superfoods online or in "Superfood Kitchen", a book by Julie Morris. Pick up your Maca today; it is conveniently located in our spice isle, so you can grab a pinch to try or stock up on a full month's supply! 🌱

(Green Thumb, cont. from cover)

In addition to plants provided by Barb, we will also continue to have tomato plants, strawberries, and flower baskets from Darrel Swenson. Darrel, who retired from Natural Harvest in 2014, has been growing organically since 1970. While not certified organic, Darrel grows everything using organic practices. Before the Co-op started purchasing from Barb, Darrel grew all of the plants for the greenhouse from 2000-2005. Since 2006, Darrel has provided a variety of tomatoes, petunia baskets, and strawberries for the greenhouse. The greenhouse opened for the 2015 season on May 12th and we hope you have had a chance to stop in and find some great plants for your garden. In addition to the greenhouse, we have garden seeds, seed potatoes, and onion sets available. Happy Gardening! 🌱

~ ON BAILEY'S LAKE ~
 OPEN MON - FRI: 8 to 8
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"The Harvest Beet" is a publication of Natural Harvest Food Co-op. Editor: Patty Torrel

The Harvest Beet
 SUMMER 2015