

The Harvest Beet

FALL 2016

est. 1979

NATURAL HARVEST

FOOD CO-OP

*Locally owned,
organically grown.*

WHAT'S NEW?

Stylin' New Tees!

These t-shirts are so soft and comfortable – you may want to buy an extra one just to sleep in! Made in the U.S. and only \$15.99! Available at the Co-op, in both women's and men's sizes.



Your quarterly source of information for healthy living!

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Ch-ch-ch-Chia Seed Superfood 🌱 Classes at the Co-op & More!

Expansion Update — The New Building is Taking Shape!

Anja Parenteau, General Manager

Wow, a lot has happened since the last newsletter. The new store is taking shape – and fast!

In cooperation with the City of Virginia, the IRRRB and Benchmark Engineering we were able to accept a bid from Utility Systems of America to do the site work at 4th Street North. With the site work finished, the next phase of building the store can begin!

The City of Virginia has conveyed the parcel on 4th Street to the Co-op. We have also worked out an agreement with our new neighbor to the west, Dr. Miskovitch of Virginia Family Dental, which gives us even more parking on evenings and weekends and provides his employees off-street parking. Thank you Dr. Miskovitch!

Our architects have reviewed the plans and bids from local contractors and we accepted the lowest bid from Max Gray Contractors in Hibbing. Negotiation is still underway with the architects and Max Gray to lower costs as much as we can to stay within our budget.

After much work with numerous local and regional banks, we finally accepted Bremer Bank as our major financial partner. We have also teamed up with Shared Capital, the Northland Foundation and the Northeast Entrepreneur Fund to finance equipment and other costs associated with a big project like this. Of course, our Owner Loans are part of this package too. We ended up with \$240,000 in Owner Loans to the Co-op, which

is a bit short of our goal. **We are still accepting loans! Please give us a call or talk to me in the store about investing in our new store. Every loan helps!**

Board members and staff have been visiting a lot of different co-ops and other grocery stores to get ideas of what will and will not work for us in the new store. With this input, I am working with store and kitchen designers and refrigeration specialists to design the most efficient work space as well as the most comfortable and efficient space for our customers to shop, have a great lunch or take a class. Energy efficiency is a major concern and all refrigeration and HVAC equipment, lighting and plumbing fixtures will meet LEED standards. The new store will be built to incorporate a photovoltaic system (solar energy system) and it is our goal to have this installed as soon as possible after the new store is built in order to minimize our carbon footprint.

Our general contractor is ready to start construction in September. The plan is to complete construction late May 2017, though we will be able to get the new store merchandise,

equipment moved, and POS installed in early May so we are ready to open our doors on June 1, 2017. (I have a countdown on my phone, as of this writing we have 289 days left to get it all done!) For updates on our progress or for more info on our owner loan campaign, check out our website: www.naturalharvest.coop. See you at the Co-op! 🌱

— Anja

Calling All Owners!

We are still accepting Owner Loans – help us bridge the gap!

We are only \$40,000 short of our owner goal.

Be an INVESTED part of this exciting time for your Co-op!



BREAKING NEWS!

Natural Harvest Breaks Ground on New Expansion

On Wednesday, August 31 at 4:30 p.m., Natural Harvest Food Co-op, your community-owned grocery store in Virginia, hosted an official Ground Breaking Ceremony for their new 9,000-square-foot retail and classroom facility at their new location site at 732 4th Street North.



In the last 22 years Natural Harvest Food Co-op has grown from \$400,000 in sales to almost \$2,500,000 in sales last year. The ownership has grown to over 2,200 active owners who shop there for all their grocery needs from local, organic produce, bulk flours and spices to local dairy and eggs, even supplements and beauty products. Everybody is welcome to shop at the Co-op and more shoppers are becoming owners as they learn about the benefits of ownership.

"I have been an owner of Natural Harvest for 17 years, an employee for nine years and the General Manager since 2013. It is so exciting to see this Co-op grow the way it has. Our new store will provide more products and services, more education and more jobs for our community," says General Manager Anja Parenteau. "We are also very proud to represent our owners' concerns for the environment by building the new store using green building practices."

Troy Caddy, Natural Harvest Board Co-Chair said the Co-op is excited about the new location near the bike path around Silver Lake. Parenteau added, "We look forward to still being in the heart of Virginia on the bike trail, and part of the Mesabi Trail."

Our new \$3 million home will provide the Co-op twice the space of the existing store, with an expanded deli offering fast, healthy options for dine-in or take out, and a 30-seat classroom for more classes as well as an open community space. The Co-op expects to employ about 40 people as sales increase. Continued growth helps Natural Harvest successfully accomplish their mission to nurture the local food economy and educate the families of our community on healthy foods and healthy living.

To learn more about the expansion project, and see progress reports on the new facility, visit www.naturalharvest.coop.



It's Time to Choose Your New Board Members

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

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.

We asked each candidate about their interest in becoming a Co-op Board member (see answers below). **Additional information on each candidate is available in the store and online at www.naturalharvest.coop.**

Use your ballot (below) to select your choices for the four open Board Member positions. Voting is open through Friday, September 30 — 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 by Friday, October 7, 2016.

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! 🍀

What motivated you to run for the Natural Harvest Co-op Board of Directors?

SAMANTHA PAPENFUSS-KRAGE • MTN. IRON, MN (INCUMBENT):

"Continue to help the Co-op grow and support our community."

JANEL SCHEURING • AURORA MN:

"I am motivated to run for the Natural Harvest Food Co-op Board of Directors because I think the future is exciting for the Co-op and its members with the expansion and the new store being built."

DEB MEISSNER DeVRIES • BRITT, MN:

"I see our Co-op growing and changing, and feel like it is really important to focus on two things: making sure Natural Harvest truly serves its members and community, and also strengthening its identity as something much more than just another grocery store. I'd like to see us even more connected to the larger community, playing a big role in the economic and social revitalization of the Range."

LORI ISMIL • BRITT, MN:

"I am motivated to run for the Natural Harvest Food Co-op Board of Directors because I am passionate about health and hope that my involvement on the board would ultimately help other people live healthier, and thus happier, lives."

KIM W. ANDERSON • EVELETH, MN:

"Would like to help."

What is your vision for the Co-op?

SAMANTHA PAPENFUSS-KRAGE • MTN. IRON, MN (INCUMBENT):

"A warm community feel, outreach, and education."

JANEL SCHEURING • AURORA MN:

"My vision for the Co-op is for it to be an important fixture in the community that offers a variety of food choices and services that help the community to be healthful."

DEB MEISSNER DeVRIES • BRITT, MN:

"I would love to see the Co-op develop partnerships with local schools to provide solid food/health information and resources for students. I envision offering internships for high school or college students interested in pursuing careers in community development. The Co-op can offer more chances for people to learn and share skills, provide more tangible benefits to members, develop a stronger member-volunteer program, and make a real difference in the larger community — that's what I'd like to see."

LORI ISMIL • BRITT, MN:

My vision for our Co-op is growth. I want us to grow in offering more products to the Co-op members: more meats; more produce; and especially more hot meals, a daily salad and soup bar, and dinner options. Further, I want us to grow in offering more education to the Co-op staff, Co-op members, and community — education that is based on healthy eating, which serves as a preventative health strategy and also helps those that are currently struggling with health issues. Finally, I want us to grow in offering more community connections. Connected people are often happier and healthier people. I'd like our Co-op to host more events to better connect individuals and families in our community.

KIM W. ANDERSON • EVELETH, MN:

"To be a visible active presence in the community — fitness events — teach by example."

Election Ballot



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 9/30/2016

505 N. 3rd St. • Virginia, MN 55792

There are four spots open on the Natural Harvest Board of Directors. Please choose up to four Board Member candidates here, and return your ballot to the store by 9/30/2016.

_____ Samantha Papenfuss-Krage
 _____ Janel Scheuring
 _____ Deb Meisser DeVries
 _____ Lori Ismil
 _____ Kim W. Anderson
 _____ (Write-in Option) _____

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

Name & Member #: _____

Save the Dates!

**3RD ANNUAL IRON RANGE
HARVEST FESTIVAL
FRIDAY THRU SUNDAY
SEPTEMBER 9-11**

SEPTEMBER 9: DISCUSSION

5:00 pm • The Shop Coffeehouse
(235 Chestnut St., Virginia, MN 55792)
With Michael Dahl, director for the
Minnesota Food Charter Network.
More details at www.irpsmn.org or
www.mnfoodcharter.com.

SEPTEMBER 10: FARM TOURS

11 am-1 pm • Owl Forest Farm
(3442 Moberaten Dr., Iron, MN 55751)
1-3 pm • Rice River Lamb Company
(8595 Arola Rd., Angora, MN 55703)
3-5 pm • Bear River Farm
(1544 Hwy. 5, Cook, MN 55723)

SEPTEMBER 11: FARMERS MARKET

Followed by the 100 Mile Meal —
(A community meal with dishes featur-
ing locally produced/grown ingredients).
Free-will donation, anyone can bring
dishes to share, but it's not required.
2-4:30 pm • Farmers Market
5 pm • 100 Mile Meal
Both events will be held at Messiah
Lutheran Church in Mtn. Iron
(8590 Enterprise Dr., Mtn. Iron, MN 55768)

**CO-OP FEST
SATURDAY, OCTOBER 8
11 AM to 3 PM**

Event held on the Natural Harvest lawn.
Join Natural Harvest in partnership
with the 218 Taphouse for a day of live
music and great food as well as a beer
and kombucha garden! All profits will go
to our local growers! It is not easy
being a seasonal farmer on the Iron
Range and we want them to know how
much we appreciate what they do. So,
gather up your family, your friends, grab
a blanket for the lawn and come cele-
brate community with Natural Harvest
and the 218! 🍷

Co+operation Among Co+operatives: The 6th Co-op Principle

Sandy Tardiff, Grocery Buyer

Just as people in our area joined together in the late 1970's to create Natural Harvest Food Co-op, so have thousands of people around the world joined together to form a variety of cooperative businesses. Globally, cooperatives count over 1 billion people as members — literally one seventh of the world's population! There are many kinds of cooperatives, including: worker, producer, housing, banking and consumer co-ops; all generally follow the seven guiding Rochdale Principles, which were first set down in 1884 by the Rochdale Society of Equitable Pioneers in England.

THESE PRINCIPLES ARE:

1. **Voluntary and open membership**
2. **Democratic member control**
3. **Economic participation by members**
4. **Autonomy and independence**
5. **Education, training and information**
6. **Cooperation among cooperatives**
7. **Concern for community.**

These are powerful ideas that we try to keep in mind here at Natural Harvest as we "think globally, act locally".

Everyone wants to eat delicious, healthy food that is produced in a sustainable manner by people earning a fair wage. That is our ideal, and what we work towards every day here at your Co-op. One way in which we do this, is by sourcing products from producer cooperatives such as Alaffia, Equal Exchange, Frontier, Maple Valley and Organic Valley. This is Principle 6 in action! All of these companies are organized as cooperatives where producers are the owners of the business that makes and distributes their products, whether it is maple syrup, milk, tea, chocolate, spices or soap. The cooperative model allows people who have joined together in cooperation to use their added numbers to gain leverage in the marketplace where individuals often have difficulty when acting alone. Processing or adding value to raw materials is time-consuming and expensive to do on an individual basis, and is easier when many people come together to add capital and labor (storing or grinding grain, processing coffee or cocoa beans, boiling maple sap, and making soap, for example).



In October, we're proud to join with nearly 150 other NCG food co-ops (National Co+op Grocers is a co-op of food co-ops!!) around the country to celebrate the many stories of how cooperative companies, suppliers, manufacturers and farmers are growing strong, healthy communities around the world. Together with you, our Co-op shoppers, we can make a difference!

The participating companies in our October 5-18 promotion work with cooperative suppliers and manufacturers or are cooperatives themselves, and as such, work to build strong bonds between the people who purchase their products and the people who supply them. Co-ops offer a way to transform how business is typically done; co-ops give you the opportunity to get the products and services you need on a daily basis while strengthening the community around you. Participating companies include Alaffia, Alter Eco, Divine Chocolate, Dr. Bronner's, Equal Exchange, Guayaki, Maggie's Organics, Organic Valley, Shady Maple Farms and Theo Chocolate. These companies, along with National Co+op Grocers, are aiming to raise \$80,000 for the La Riojana Co-op, an Argentinian producer of wine and olive oil. Through their cooperative business model, La Riojana has been able to significantly improve the well-being of their member communities. With the funds raised, La Riojana Co-op can obtain organic certification for almost two entire villages, which equates to 80-95 growers.

To learn more about how these companies are helping communities to grow around the world, visit www.strongertogether.coop — and look for more information in the October Co+op Deals flyer. Happy Co-op Month! 🍷

**Every time you
eat or drink, you
are either feeding
disease or fighting it.**



**The question should not
be... why is healthy food
so expensive, but rather
why is junk food so cheap?**



**Medicine is
SICK care.
Healthy Food
is HEALTH care.**

Being Green...It's Trending!

Patty Torrel, Marketing

As Kermit the Frog famously said, "It's not easy being green."

We feel your pain, Kermit. It is definitely not easy being green – but it is certainly not impossible and it is well worth the effort!

Co-ops have always been ahead of the trend, both with organic and being green. And as owners, you should be proud of this! So, it should come as no surprise that your Co-op is taking steps to incorporate "being green" into the construction of your new Co-op – even if it is not easy. As Natural Harvest began the planning stages of the new store, the GM and Board of Directors knew that expansion could not come at the expense of the Co-op's principles. It was important to continue to be an example of sustainable business practices in every aspect of our operations. Therefore, lessening our carbon footprint had to start with the construction site, not just upon opening our shiny new doors.

It was decided we would adhere, as closely as possible, to the green building standards of LEED. Developed by the U.S. Green Building Council, Leadership in Energy and Environmental Design (LEED) is a set of rating systems for the design, construction, operation, and maintenance of green buildings. To achieve LEED standards, a building needs to meet rigorous standards in both construction methods and materials used. As stated in the LEED Guide: the building movement offers an unprecedented opportunity to respond to the most important challenges of our time, including global climate change, dependence on non-sustainable and expensive sources of energy, and threats to human health. The environmental impact of building design, construction, and operations industry is enormous. Consider these facts: buildings annually consume more than 30% of the total energy and more than 60% of the electricity used in the US. In 2006, the commercial building sector produced more than 1 billion tons of carbon dioxide, an increase of more than 30% over 1990 levels.



Each day 5 billion gallons of potable water are used solely to flush toilets. In addition, development alters land from natural, biologically diverse habitats to hardscape that is impervious and devoid of biodiversity. And the waste from construction alone is a major contributor to landfill expansion all across the U.S.

Knowing our owners were committed to a green building concept was a key component in moving forward because a green building is substantially more expensive to build. It is also a process that is less familiar to many contractors in the area, so finding community partners who were enthusiastic about this process was also crucial. LHB Architecture Firm was the first piece placed in our construction plan puzzle. Their extensive green building experience has been and will continue to be paramount in guiding Natural Harvest, as well as Max Gray Construction, through the complicated maze of LEED's rigorous standards.

WHAT BEING GREEN WILL LOOK LIKE:

- All construction waste will be sorted with the goal of diverting as much material into the recycling stream and away from the waste stream. (Typically, ALL construction waste goes directly into the landfill).
- All LED lighting: Up to 50% energy savings over fluorescent lighting.
- Use of as much natural light as possible to reduce the need for additional electric lights.
- Building will be using SIPs (Structural Insulated Panels) which will contribute to

heating and cooling savings of up to 50% over stick-built buildings.

- Refrigeration technology that will save us 20% in energy costs compared to the individual condensers we are using now.
- Heat that is produced by the refrigeration system will get captured and used for our hot water needs.
- Siding on the new store will be northern WI Ash salvaged by the forestry industry in response to the borer infestation. The raw stock is cut and dried there, eliminating the possibility of the borer entering MN with the shipment. To make it rot and pest resistant, the wood is heat treated near Aitkin, MN using a thermal modification kiln, rather than dipped in chemicals!
- Low-flow toilets in all restrooms and low-flow faucets to save up to 30% more water.
- Polished concrete floors that do not need chemical waxes.
- Low VOC materials & no-formaldehyde composite wood for better indoor air quality.
- Night curtains for all open refrigerated cases to keep the cool air in, as well as plastic curtains on all cooler and freezer doors to minimize cold air escaping while stocking.
- Air curtain over the door in the entry way to minimize cold or warm air escaping to the outdoors.
- High efficiency rooftop units for heating and cooling the building.
- Solar panel ready! For a future investment in renewable energy!

This project has been and will continue to be an education for most of us involved, but we look forward to the ever-evolving process! It is an exciting time for the Co-op...and for being green. Please visit our website often to keep up to date on the building project as it begins in September. June 1 is our expected date of opening! And if you have been on the fence about making a loan to the expansion, there is still time to invest. Stop in and ask us how you can help. ☺



"Change Within Reach" Round-up Program Report

"Stronger Together" is more than just a slogan: its meaning rings true in just about every facet of our co-op's operations. And nowhere does it ring more true than in our Change Within Reach round-up program. With just a few nickels and dimes here and there, Natural Harvest, along with its customers, can make a much bigger difference in the life of a non-profit than would be possible individually. Thank you for your continued support of this program!

A LOOK BACK

In June, we collected over \$1,490.00 for **Project Care Free Clinic**; in July, over \$1,300.00 was donated for the state-wide recognized **Old Time Fiddle Championships**; and as of this writing, we were averaging over \$48.00 a day in August for the **Community Connect Event** run by Range Transitional Housing. And as always, Natural Harvest donates an additional 5% of the total customer donation each month: the more our customers give, the more we contribute! Our gratitude goes out to you for helping us help so many great organizations do GREAT things in our community.

LOOKING AHEAD

In September, we will have the opportunity to help school children in critical need of food assistance through the **Buddy Backpack** program. Approximately 47% of the students in the public school system on the Iron Range qualify for free or reduced lunch during the week which means they often miss meals or are not properly fed over the weekends. The Buddy Backpack program, through the United Way of Northeastern Minnesota, is designed to help fill the missing meal gap for food-insecure children.



Each Friday during the school year, Buddy Backpacks provide a backpack filled with nutritious, nonperishable, child-friendly food items to children who would otherwise suffer from hunger over the weekends. Last year, 673 children were enrolled in the Buddy Backpack program on the Iron Range and the director of the program projects similar if not higher numbers this year. Enrollment begins the first week of school.

In October, in recognition of Non-GMO Month, we will continue to support and promote our right to know what is in our food by rounding-up for the **Iron Rangers for GMO Labeling**. Even though 90% of Americans wanted GMOs labeled clearly, the fight for transparency took a big knock-down this past summer when the Dark Act passed — but the fight is not over. The Dark Act gives companies three options for labeling: 1) Using actual words, 2) Using a QR Code, or 3) Using a

nationally recognized symbol (still to be determined) that stands for "contains GMOs". Don't know what a QR code is? Exactly the point! Only 64% of Americans have the capability to scan a QR code and of that, only 20% have ever scanned a QR code in the past or know what one is. So, although the bill has passed, there is much work to be done. Over the next two years, Right to Know MN and Iron Rangers for GMO Labeling will be pushing for repeal, influencing key players and aspects of the bill, positioning themselves as the place to go for education and information about GMOs, and reaching out to companies who have already verbally committed to labeling their products with actual wording (Like Campbell's) and asking them to stick to their promise. This is a chance to rally together in support of groups that can continue to apply pressure and raise awareness. There is still time to effect change!

And in November, we leave the politics behind and focus on the helping the **Friends of the Greenhouse Winter Greens Program**. Some of our customers were lucky enough to take home a bag or two of the greens produced by the greenhouse two years ago, but roof problems and lack of funds for repairs prevented the greenhouse from producing enough product to sell to the store last winter. It is a small program run by volunteers, and it is an example the sustainable spirit we love to support in the community so, we are hoping your spare change will help the greenhouse greens program get back up and running! Fresh local greens in the winter? Yes, please!!

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



New Products Available at Natural Harvest...

FROZEN

BIGFORK

- Bacon Sausage with Aged Cheddar

CASCADIAN FARMS

- Organic Strawberries
- Organic Blueberries

HILARY'S

- Curry Burger
- Spicy Mesquite Bites

SO DELICIOUS

- Coconut Ice Cream Quarts

REFRIGERATED

PROHIBITION KOMBUCHA - MINNESOTA MADE!

- Pink Robot: Taiwanese Guava
- The Sicilian: Rosemary, Lemon & Orange Blossom

GROCERY

BACK TO NATURE

- Organic Crazy Bugs Macaroni & Cheese Dinner

CHOCOLOVE CHOCOLATE BARS

- Salted Almond Butter
- Salted Caramel
- Extreme Dark 88%

DAIYA

- Deluxe Cheddar Style Cheesy Mac (gluten, soy, dairy & lactose free)

EARTH BALANCE

- Vegan Mac & Cheese

FIELD DAY

- Organic Sliced Black Olives

LOTUS FOODS

- Organic Brown Rice Ramen

MAPLE VALLEY COOPERATIVE

- Organic Maple Syrup — in a Squeeze Bottle!

MISS JONES

- Organic Baking Mixes: Brownies, Chocolate Cake, Vanilla Cake
- Organic Ready-To-Use Icings: Vanilla & Chocolate

PAMELA'S

- Gluten-free Pancake Mixes: Non-Dairy & Sprouted or Non-Dairy & Grain-Free
- Grain & Gluten-Free Nut Flour Blend (almonds, coconut, pecans, walnuts)

REPUBLIC OF TEA

- Super Herb Tea: Milk Thistle & Moringa

- U Matcha: Natural, Ginger or Chai

RUSTIC CRUST

- Pizza Sauce
- SMART JUICE
- Organic Antioxidant Force

CHEESE

ORGANIC VALLEY

- Muenster

MEAT

FERNDAL MARKET

- Turkey-Cranberry Sticks

BAKERY

RUDI'S

- Organic 100% Whole Wheat Bread

BULK

ECOS-PRO

- Free and Clear Dishwashing Liquid

JUST COFFEE

- Deas del Sol, 12 oz. Package
- GENE HICKS COFFEE
- Fishing Blend, 12 oz. Package

NOW BACK IN BULK — CRAPOLA!

- Red, White & Blueberry Colonial Times Granola

Spotlight on New Products at the Co-op

Supplements

Sarah DeBreto,
Supplement Buyer

NORDIC NATURALS PERMANENT DISPLAY

The new Nordic Naturals' Display showcases their biggest sellers. As a bonus for bringing in this beautiful piece, I'm able to apply a 20% EVERYDAY DISCOUNT on these products for our customers...owners and non-owners alike. That's 20% every day for everyone!! How cool is that!?! 🍌



CELL POWER

Back in June I brought in Positive Power, a company out of Murrieta, California. I'd spent some time talking to their science department about the many benefits of their Cell Power via a wonderful person named Kari. But even after a few conversations, I was still unsure whether or not to bring this product into our store; their product sounded too good to be true! This company, being true to their promise "100% Satisfaction Guaranteed or Your Money Back," sent me a sample of Cell Power to try out for myself and I have to say, this product really is amazing! Cell Power is made from fruit & veggie proteins, purified water, and sunshine. I know the sunshine sounds strange, but it is an integral component of the formula. The water & plant solution sits in the California sunshine in an airtight, clear glass barrel for 3 months absorbing the sun's energy. During this time, the liquefied plant solution absorbs the full-spectrum energy from the sun, storing that energy like a solar panel or plant photo synthesis, in order to

energize your body's cells when ingested. All-in-all, the entire process takes seven months. There is so much to say about this product, but I will break it down to just five of its major benefits.

When taken regularly and at its recommended therapeutic dose, your body will experience:

- Increased nutrient absorption & assimilation – Cell Power helps your cells do what they were designed to do – essentially helping your body balance and heal itself. (This makes it a great compliment to other supplements as they will be more readily absorbed into the cells).
- Aids in PH Balance. This is accomplished not by forcing your body's PH to balance through alkalizing it, but by increasing the energy to cells and releasing oxygen and hydrogen from your daily water intake (your PH should balance in four to ten weeks with consistent use at therapeutic dose).
- Immune system support.
- Increased cellular respiration (increased oxygen to the cells) – a great benefit to athletes or simply for those who exercise regularly...or want to start.
- Faster recovery and healing inside & out.

Of course, results may vary but this oxygen-producing, high-energy concentrate has helped me with my asthma and I'm breathing much better after several weeks of continued use. Stop in and ask for me if you are interested in learning more about this product! There is no risk in trying...but I think you'll be just as amazed as I was!! 🍌



Health & Beauty

Maribeth Ganoe,
Health & Beauty Buyer

AURA CACIA: HOME CARE ESSENTIAL OIL BLENDS

Stop in for a free
DIY recipe brochure!

DOWN TO EARTH

Grounding aroma for use in homemade deep cleaning recipes, such as floor cleaner, toilet bowl cleaner, and furniture polish. Featuring sweet orange, Texas cedarwood, lemon, grapefruit, pine, clove, frankincense, Atlas cedarwood and coriander essential oils.

MAIN SQUEEZE

Bright aroma for use in everyday homemade cleaning recipes, such as window cleaner, dishwasher pods, and multi-purpose spray. Featuring sweet orange, lemon, grapefruit, lavandin, palmarosa, and lemon tea tree essential oils.

PETAL POWER

Floral aroma for use in gently refreshing home care recipes, such as laundry detergent, fabric softener, and carpet powder. Featuring lavandin, sweet orange, Atlas cedarwood, palmarosa, and bergamot essential oils.

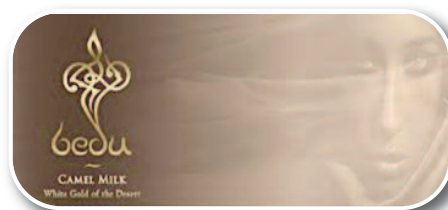
KEEP IT FRESH

Fresh aroma for use in air freshening home care recipes, including home freshening spray, wax melts, and garbage pail pods. Featuring lime, grapefruit, sweet orange, lavender, and sweet basil essential oils. 🍌

BEDU BAR SOAP: TRIPLE MILLED CAMEL MILK SOAP

Bedu soap is 100% natural and does not contain any artificial ingredients. It is created using essential oils and natural fragrances, from sustainable and renewable plant ingredients. Why camel milk? For centuries, camel milk, also known as desert gold, has been recognized by women for its many unique and amazing beautifying properties. Camel milk is saturated with protective proteins and is most effective in reducing inflammation and speeding recovery of skin conditions such as acne, eczema, and psoriasis. It also is beneficial in accelerating the healing of wounds.

Camel milk is a natural source of age defying alpha and beta hydroxyl acids, which is known to plump skin and smooth fine lines. It helps to naturally keep the skin moisturized and prevent signs of aging, sun damage, and pigmentation through its gentle exfoliating and lightening effects. Rich in Vitamin C, it increases collagen production and improves skin resiliency. Camel milk has three times more Vitamin C than cow's milk, and is rich in Vitamin A, which protects the skin against cell mutation in the sun and pollution. Camel milk is a natural source of the essential fatty acid linoleic, which is known to help retain moisture. The deeply moisturizing lanolin in camel's milk provides a calming and soothing effect on the skin and is beneficial for all skin types. Although camel milk is only beginning to be fully explored by modern science, camel milk is understood today to have an amazing range of exceptional healing properties. These properties, along with its anti-bacterial agents, have prompted clinical studies to further our understanding of all the benefits camel milk can provide! 🍌



DON'T FORGET ABOUT BULK WEEK — OCTOBER 16-22
LOOK FOR SPECIAL DEALS ON ALL YOUR FAVORITE BULK ITEMS!



What if
**EVERYONE SHOPPED
 THE BULK BINS?**

260 MILLION POUNDS*
FOIL PACKAGING
 DIVERTED FROM LANDFILLS PER YEAR
 IF ALL AMERICANS PURCHASED COFFEE BEANS FROM THE BULK BINS

749 MILLION POUNDS*
 ABOUT **OF WASTE**
 DIVERTED FROM LANDFILLS PER YEAR
 IF ALL AMERICAN FAMILIES BOUGHT FRESHLY GROUND PEANUT BUTTER FROM THE BULK BINS

78 MILLION POUNDS*
OF WASTE
 DIVERTED FROM LANDFILLS PER YEAR
 IF AMERICANS PURCHASED RAW ALMONDS FROM THE BULK BINS

THESE NATURAL/ORGANIC FOODS FROM THE BULK BINS CAN COST 10–89% LESS THAN PRE-PACKAGED



FLOURS & GRAINS



NUT BUTTERS



COFFEE & TEA



BEANS



DRIED FRUIT



GRANOLA



SPICES



CONFECTIONS

NEW TO SHOPPING THE BULK FOODS AISLE?



BUY ONLY WHAT YOU NEED

Less food waste and lower food costs



EXAMINE THE FOOD

See exactly what you get before you buy



BRING YOUR OWN PEN

Note item numbers – much easier than hunting down store pens



STORE SAFELY & SUSTAINABLY

Use recycled containers and store in a cool, dark place in your pantry



Ch-Ch-Ch-Chia Seed Superfood

Ambir Vesel, Bulk Buyer

Once known in popular culture as the filler that created the lush green “fur” on animal-shaped terra-cotta pottery, chia seeds hold a much more elevated status in the health community as being an important superfood. This ancient supergrain is harvested from the *Salvia hispanica* plant, a type of sage in the mint family and dates as far back as 3500 B.C. It was eaten by the ancient Aztecs to improve their endurance and this amazing plant has been working wonders for mankind for centuries, providing a surprising amount of health benefits.



Study after study show chia seeds to possess many superior nutritional properties including: the highest known whole food source of omega-3s found in nature, more calcium than three cups of whole milk, as much vitamin C as 7 oranges and the highest amount of natural fiber content than any other food...just to name a few. High fiber diets have been shown to decrease flare-ups of diverticulitis and reduce pressure and inflammation in the colon. The high amounts of Omega 3s help protect against heart disease and strokes by lowering blood pressure and cholesterol levels. Chia seeds can also aid in the reduction of after meal blood glucose levels and help with weight loss.

Chia seeds are usually grown organically, non-GMO, and are naturally gluten-free. They have several applications including use in salads, beverages, baking and even as an egg replacement. All you need to do is sprinkle them on your food of choice or grind them up when used in cooking (refrigerate any leftovers if grinding). They take on a “jelly” form when placed in liquid so do not be alarmed...and only about 2 tablespoons are suggested per day.

Because of all the benefits that chia seeds provide, they are a great start to getting healthy! I have included a great fall smoothie recipe for y'all and do not forget about the chia seed pudding that our wonderful deli staff makes...or try the Banana Hemp Chia Pudding recipe (below) shared by fellow employee Adriana Panek (cashier)! All ingredients can be found in our store and as always, thank you for shopping BULK!! 🍌

Banana Pumpkin Power Smoothie

INGREDIENTS:

1/3 cup pureed pumpkin
 2/3 cup soy milk (or your choice, almond milk, coconut milk, etc.)
 1 frozen banana
 1/4 teaspoon cinnamon
 1 teaspoon agave (or your preferred sweetener)

1 teaspoon chia seeds

Small handful of kale
 2 ice cubes
 (Optional: add a scoop of protein powder for added goodness!)

DIRECTIONS:

Just blend it all together and enjoy!

Banana Hemp Chia Pudding

INGREDIENTS:

1 cup chia seeds
 2 cups vanilla yogurt
 1 cup hemp milk
 1 cup hemp hearts
 2 bananas, sliced
 2 tablespoons maple syrup
 (Optional for extra sweetness)

DIRECTIONS:

Mix everything together in no particular order. Place in a jar or bowl, cover and let sit in the refrigerator overnight. Notes: Add less or more of each ingredient to taste. Use very ripe or browning bananas for a stronger banana flavor and a bigger nutritional boost.

CLASS IN SESSION

Most classes are held at the Natural Harvest Deli. This fall we have partnered with the Messiah Lutheran Church's Common Ground Kitchen for some of our cooking classes so we could provide a more hands-on cooking experience. Due to the size of the kitchen, these classes can only hold a maximum of 10 participants. For both venues, a minimum of 6 participants must be pre-registered and paid 48 hours in advance in order to conduct the class. You can sign up and pay for all classes at Natural Harvest, either in-store or over the phone. Class fee: \$13 for owners; \$15 for the public (except where noted).

BIOFEEDBACK: ONE-ON-ONE SESSIONS

Tuesday, September 13

4:00 to 7:00 PM

Only 6 Time Slots Available

Special \$10 Fee For Each Individual
1/2 Hour Session

Biofeedback is a treatment technique in which people are informed about their health by using signals from their own bodies. We already use "machines" to give us feedback from our body...like using a thermometer or stepping on a scale. With the power of Quantum Technology, you can receive analysis of nutritional deficiencies, allergies, food sensitivities, toxicities, emotional blockages, and much more! In just four minutes the EPFX (biofeedback) device can test one's reaction to over 10,000 items, including bacteria, viruses, parasites, worms, vitamins, minerals, chemical toxins, and environmental pollutants. Tim Morgan and his wife acquired their EPFX device over ten years ago and in doing so became part of a worldwide network of fellow practitioners. They received extensive training in biofeedback therapy as well as the use of homeopathic remedies. They studied in Santa Monica, California; Venice, Florida; and Budapest, Hungary and have trained with naturopaths, chiropractors, massage therapists and medical doctors. Each half-hour session will produce an emailed report detailing possible problem areas, possible toxins and nutritional deficiencies. If you would like to continue treatment with Tim at his Virginia office, a special discount will be available if you make an appointment that day.

EASY HEALTHY MEALS FOR BUSY FAMILIES

Tuesday, September 20

& Tuesday, October 18

5:00 to 7:00 PM

Common Ground Community
Kitchen at Messiah Lutheran Church

Want to cook more healthy meals at home but not sure where to start? Or simply looking for fresh recipes to add to your usual rotation? Join intrepid home cook and Co-op Board member Sarah Packa as she shows you how to whip up a complete meal fast with a versatile spaghetti marinara and green salad with lemon vinaigrette, plus some easy ideas for dessert as well! Fall in love with your kitchen! All recipes are vegan and gluten-free!

CANNING BASICS

Tuesday, October 11

5:00 to 7:00 PM

Common Ground Community
Kitchen at Messiah Lutheran Church

Your hard work in the garden has paid off...maybe too well. So what now? Preserve all that goodness with canning! Simply put, canning is one step beyond cooking. It's a method that applies heat to food in a closed-glass, canning jar to stop natural spoilage by removing air from the jar which creates a seal. This introductory class will cover the two home canning methods: water bath canning and pressure canning, plus the basics of canning food – from the equipment needed to food safety steps to some favorite recipes for preserving tomatoes and fruits. You will make a strawberry/jalapeno jam using the water bath method as well as process a chicken stock (made from Janna's chickens) using the pressure canning method. Everyone will go home with either a jar of jam or a jar of chicken stock. Janna Goerdts from Fat Chicken Farm in Embarrass will be heading the class.

FENG SHUI AND HEALTH

Thursday, September 22

5:30 to 7:30 PM

In this class you will learn how to use Feng Shui to create optimal Health. Learn crucial Feng Shui health principles; assess the health-related interior factors of your home – giving you a great head start in looking for problems as they manifest in your interior environment that may contribute to your specific health concerns. You'll also gain an energetic understanding of illness and learn tools for beginning your health assessment process. As a graduate of 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.

SQUEAKY CHEESE

Thursday, September 27

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 35 years' experience and over 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 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!

INTRO TO AROMATHERAPY

Thursday, October 13

5:00 to 7:00 PM

This class will cover a little background (history) on Aromatherapy, what essential oils are and how they can be used (application methods, common symptoms addressed), using essential oils for stress relief and first aid, self-care using essential oils along with other modalities, household uses, how to store them, how to use them safely, and use with children and pets. Linda Halcón, PhD, MPH, RN is an associate professor emerita in the University of Minnesota's School of Nursing and a faculty member in the Center for Spirituality & Healing where she taught clinical aromatherapy courses for over 15 years.

DIY SOLAR POWER

Thursday, October 20

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 Helmberger 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).

*More Classes
on the
Next Page!*

HEAL YOURSELF WITH GUT-FRIENDLY FOODS

Thursday, October 27
5:30 to 7:30 PM

Your mood, your hormones, and your energy level are all intricately linked to the health of your gut. In this class, Dr. Carrie Sell, chiropractor and owner of Ashawa Health in Cook, will teach you the signs and symptoms of gut flora imbalance as well as proven strategies to heal with natural foods. You will learn how to make homemade sauerkraut and kombucha (a fermented tea beverage) with easy step-by-step instructions. In addition, you'll get to sample a variety of gut-friendly foods which are available at Natural Harvest Food Co-op!

INTRODUCTION TO REIKI

Thursday, November 10
5:30 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.

EATING HEALTHY FOR THE HOLIDAYS

Monday, November 14
5:30 to 7:30 PM

Join Angela Reimer to learn the five foundations of health and how to stay on track over the holidays: Digestion; Fatty Acid Balance; Blood Sugar Regulation; Mineral Balance; and Hydration. Angela is a certified Nutritional Therapy Practitioner (NTP) trained to evaluate a client's nutritional needs, support normal function, and identify nutritional deficiencies. The scope of her practice is not to diagnose or treat, but to make recommendations of dietary change, lifestyle considerations, and nutritional supplementations based on a client interview, analysis of a client's food journal, nutritional assessment questionnaire, functional evaluation, and Lingual-Neuro testing.

What's Cooking?

Cauliflower: Two Ways!



Cauliflower is an excellent source of vitamin C, vitamin K, folate, pantothenic acid, and vitamin B6. It is a very good source of choline, dietary fiber, omega-3 fatty acids, manganese, phosphorus, and biotin. Additionally, it is a good source of vitamin B2, protein, vitamin B1, niacin, and magnesium. 🥦

Parmesan Dijon Roasted Cauliflower

Alex Haugen, Deli Chef
Prep Time: 10 mins | Cook Time:
1 hr., 20 mins | Serves 4-6

INGREDIENTS:

- 1 head cauliflower
- 4 cloves of garlic, minced
- 1/2 cup melted butter
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 cup Dijon Mustard
- 1 cup shredded Parmesan cheese

DIRECTIONS:

Preheat oven to 350°F. Mix butter, garlic, salt and pepper. Set aside. Cut off stem of cauliflower so it sits upright in the baking dish. Spread butter mixture onto cauliflower. Cover with foil and bake for 1 hour. Remove from oven, brush with mustard and generously coat with shredded Parmesan. Bake for another 20 minutes uncovered, until golden brown.

Buffalo Cauliflower Bites

Shared by Patty Torrel, Marketing & Owner Services

Author: wholefoodsmarket.com

Prep Time: 10 mins | Cook Time: 10 - 15 mins | Serves 4

Since adopting a mostly plant-based diet, I have not missed many meat dishes, except one – the savory, tangy, spiciness of Buffalo Hot Wings. Some years ago, I came across a Breaded Buffalo Cauliflower appetizer in a vegetarian restaurant that became that aha! moment where my craving met its meatless-match. Since that encounter, I have been on the hunt for a comparable recipe and even though this recipe lacks breading, I think it comes pretty darn close. Without the breading and what I can only guess was a little bit of frying, you lose a bit of the savory note, but what you lose in complexity you gain in health and degree-of-ease. Throw some crumbled bleu cheese on the top to make it truly official. Cauliflower never tasted sooo bad for you!

INGREDIENTS:

- 1 head cauliflower, broken into small florets
- 1/4 cup cider vinegar
- 2 tablespoons sweet paprika
- 1 tablespoon garlic powder
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon cayenne pepper, or to taste
- 1 1/8 teaspoon fine sea salt
- 2 tablespoons hot sauce
- (I used two different kinds: Isabel Street Heat's Jalapeno & Cholula Original, but use your favorites)
- 3 tablespoons water
- Crumbled Bleu Cheese (optional)

DIRECTIONS:

Preheat the oven to 450°F or prepare a grill for medium heat cooking. Roast cauliflower on a parchment-paper-lined baking sheet or place it on a grill rack and cook, turning occasionally, until browned and tender, 10 to 15 minutes.

Meanwhile, whisk vinegar, sweet paprika, hot sauce, garlic powder, smoked paprika, cayenne, salt and 3 tablespoons water together in a large bowl. Taste the sauce; if you'd like it hotter, add a bit more cayenne. Toss the cauliflower in the sauce until well coated and transfer to a platter.



ACORN SQUASH

Dark green exterior, orange/yellow flesh. Mild, nutty flavor. Many uses, baked, roasted, stuffed and steamed.



BUTTERCUP SQUASH

Dark green exterior with green/gray streaks, orange flesh. Sweet, creamy flavor. Sweeter than many other varieties. Best steamed or baked. Firm texture ideal for curry.



BUTTERNUT SQUASH

Cream exterior, bright orange flesh. Sweetest of the winter squash. Perfect for roasting, sauteing, or soup. Very versatile.



DELICATA SQUASH

Cream to yellow exterior with green stripes, orange/yellow flesh. Mild flavor, similar to sweet potatoes. Ideal for stuffed squash.



HUBBARD SQUASH

Color: Green to blue/gray exterior, yellow flesh. One of the largest varieties. Rich, sweet pumpkin flavor.

All About Squash

Ashley Phoenix, Produce Buyer

As each season changes, so do our eating options. With the coming of fall, there is a vast assortment of winter squash varieties to choose from and enjoy. At Natural Harvest, our assortment will include organic winter squash grown right here on the Iron Range! At the time of writing, we are not sure which specific varieties we will have, but if the weather goes in squash-growing favor, we hope to have some great, locally-grown options available! For those of you who have not ventured into the world of winter squash, or for those of you who need a reminder of the many varieties, we have put together a simple guide for some commonly found winter squash. In general, winter squash should be stored in a cool, dry place and used within a few months (some can keep up to 6 months, but appearance will let you know). We hope to see you this fall at the Co-op taking home some winter squash as well as some other Iron Range grown produce!



KABOCHA SQUASH

Dark green to red exterior with small lumps, bright yellow flesh. Sweet, nutty flavor. Texture similar to blend of sweet potato & pumpkin. Great baked or stuffed.



PUMPKIN

Pale to bright orange exterior, orange flesh. Pie pumpkins are smaller than field pumpkins. Sweet, earthy flavor. Use like other squash. Ideal for soup, curries, pies.



RED KURI SQUASH

Red/orange exterior, creamy yellow flesh. A type of hubbard squash. Nutty flavor. Great in stews, baked or roasted.



SPAGHETTI SQUASH

Pale cream to bright yellow exterior, yellow flesh. Once cooked, flesh develops into strands resembling spaghetti. Mild flavor, lacks sweetness. Roast or steam, then scrape out strands. Top with sauce or mix with vegetables as if it were spaghetti.



SWEET DUMPLING SQUASH

Yellow exterior with orange and green stripes, yellow/orange flesh. Starchy and sweet, with flavor reminiscent of corn. Ideal to stuff or roast.

A Warm Welcome to Our Newest Natural Harvest Owners!

Roslyn & Earl Heisel (Virginia)
Jack & Tracy Cerine (Babbitt)
Becky Aho (Babbitt)
LeeAnn Geshick & Michael Gauthier (Ely)
Darlene Majkich (Hibbing)
Ray & Deb Luoma (Virginia)
Randy Lindula (Iron)
Sharon Crep (Eveleth)
Tyler Goodrie (Buhl)
Stacy Lee (Embarrass)
David Brenner (Britt)
Ann Prebarich (Eveleth)
Rebekah & Rodney King (Cook)
Brittany DelCaro (Virginia)
Gene Halberg (Eveleth)
Tracy Podpeskar (Virginia)
Vicky Frederick (Virginia)
Renee A. Anderson (Hibbing)
Phyllis Dall (Makinen)
G.S. Skalko (Chisholm)
Lacie Laurich (Eveleth)
Sheri Zarn (Mt. Iron)
Stacey Ray (Hibbing)
Lynn Wood (Duluth)
Carol Wavrin (Hibbing)
Hannah Wells (Virginia)
Denise Trotto (Mt. Iron)
Karen Secola (Virginia)
Katie Dane (Virginia)
Cindy Latola (Aurora)
Jesse Peroceski (Angora)
Steve & Anne Badanjak (Britt)
Shelly Wiitanen (Gilbert)
Paul & Amy Maki (Virginia)
Sarah Monahan (Int'l Falls)
James & Heidi Berquist (Gilbert)
W.A. Fisher Company (Virginia)
Lenci Enterprises, Inc. (Virginia)

Lila Klaras (Gilbert)
Kirsten Klang (Gilbert)
Alicia Carlson (Buhl)
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Amber & Brian Zak (Soudan)
Willow Yoder-Sullivan (Eveleth)
Linda Johnson (Chisholm)
Erika Kennedy (Eveleth)



Co+op Basics Expands!

Sandy Tardiff, Grocery Buyer

A little over a year ago, in August 2015, Natural Harvest introduced a line of everyday low-priced (mostly) organic staples called Field Day. Pricing support for this low-cost line is provided by negotiations undertaken on our behalf by National Cooperative Grocers, the cooperative of nearly 150 food co-ops that we joined in April 2014. Thanks to the enthusiastic response from customers shopping here and at co-ops across the country, Co+op Basics will be expanding into more areas of our store and will include brand names outside of Field Day.

Look for new purple Co+op Basics shelf tags in more areas of the store every month this fall! New Field Day products can be found many places, and are not just pantry staples, but now include dish soap and laundry soap, as well. Another way Co+op Basics is expanding, is through the addition of brands other than Field Day. Co+op Basics pricing can now be found on Alaffia black soap, EveryDay Shea and EveryDay Coconut products, some Equal Exchange bulk coffee, Organic Valley milk, Cascadian Farms organic frozen blueberries and strawberries, and Natural Sea tuna.

We continue to look for ways to help everyone find the products they want at a fair price. Our Co+op Basics program is one way that we have done this, by expanding the options available to everyone with affordable prices on pantry staples and everyday items. Thank you for choosing to shop Co+op! 🌱

Note: As with Co+op Deals, the case discount does not apply to cases of Co+op Basic brands.

NOTE: BOARD ELECTION BALLOT INSIDE...
Vote for your new Board Members in September!

2016 NHFC BOARD MEMBERS CONTACT INFO

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Co-Chair • Samantha Papenfuss-Krage:

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FALL 2016

The Harvest Beet

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