

# The Harvest Beet

WINTER 2016-17

est. 1979

NATURAL  
HARVEST

FOOD CO-OP

*Locally owned,  
organically grown.*

## WHAT'S NEW?

### *Long Sleeve Tees Just In!*

Just in time for the holiday, Natural Harvest Long Sleeve T-shirts have arrived! Give the gift of coziness with these ultra-soft, U.S. made t-shirts for only \$19.99! Both men's and women's sizes available and in store now!



*Your quarterly source of information for healthy living!*

## INSIDE THIS EDITION:

Seasons Greetings Co-op Shoppers 🍷 This Year in Local Produce  
Eight Signs of Magnesium Deficiency 🍷 New Product Spotlight  
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Essential Oil Winter Recipes 🍷 Classes at the Co-op & More!

## Expansion Update: Construction is on Schedule!

**Anja Parenteau, General Manager**

Just like I wrote in the last newsletter: Wow, a lot has happened in three months!

Construction is well underway; we have a parking lot, a floor, walls, trusses and by the time you read this, a roof as well. The construction is on schedule and the opening date of June 1 is still our goal.

The loans with Bremer Bank, Shared Capital, the Northland Foundation and the Northeast Entrepreneur Fund were closed in late September and our Owner Loan Campaign has reached \$279,500 as of mid-November, which means we are only \$500 short of our goal of \$280,000! If you have been thinking of investing, give us a call! And a big THANK YOU goes out to the 107 owners who have already invested; with the help of these owner loans and what the Co-op had in savings, we were able to provide over 35% of the equity for this project. Lake Country Power, through their Revolving Loan Fund,

agreed to give us a low-interest loan of \$100,000 as well! This is the Co-op Principle 6 in action—Cooperation among Cooperatives! With this final loan, our financing for the project is wrapped up.

Behind the scenes, we are busy preparing for our move. A timeline has been created that captures everything from the opening product order (over \$70,000 of additional inventory!) to menu planning and staffing for the new store. Every department manager will be busy making merchandising plans, adding new deliveries and making new schedules with additional staff over the winter. In May, we will be busy putting up shelves, merchandising the store, hiring and training new staff, and of course, making plans for the big Grand Opening Party as well. We have quite the exciting winter ahead! 🍷

Yours in cooperation,  
— Anja



A view of the front of the new Co-op building, currently under construction on Silver Lake in Virginia.

## NEW STAFF!

### *At Your Service!*

**Mary Baker,  
Front End Manager**

Life is full of new adventures, regardless of your age! My next life adventure has started right here at Natural Harvest as the new Front-End Manager. I have lived many places in the Midwest and Pacific Northwest, but was born in Whitefish, Montana, near beautiful Glacier National Park. My dad's work brought us to Minnesota in 1980 and here I have stayed. My husband of 25+ years grew up in Bear River and it was always his dream to retire there. So

here we are – blessed to be caretakers of over 250 acres of northland beauty. We are empty nesters with four adult children following their dreams in the Twin Cities, Western and Southern Minnesota.

I have spent the last 30 years working for various Fortune 500 companies in a variety of positions including project management, human resources and office management. My family is passionate about environmental sustainability, supporting local farmers and natural foods. This fire was lit by our youngest daughter, a recent graduate with a degree in Environmental Studies and currently an organic farmer. We support CSAs, small organic farms, and socially responsible agriculture. In addition, we take the opportunity at every turn to educate our generation on the importance of where our food comes from and how it's grown.

My husband and I are excited to be planning organic gardens and getting ready for horses, chickens and many more critters come springtime. Not to mention our first grandchild in May!

I am excited to be part of a forward thinking team here at Natural Harvest — working together for better food, a stronger community and a healthier world. 🌱



## Board Report: Seasons Greetings Co-op Shoppers!

**Leah Calgare, Board Vice President**

With Thanksgiving now behind us, and Christmas and the New Year just ahead, it seems that once again the season of gratitude, joy and new beginnings is all around us. This is a unique time of hibernation for northern Minnesota, when we all can take a moment during the chilly weather to reflect on the past and look ahead to the future. We sure feel that here at the Co-op! Lots of changes have taken place in the last year and there are even more to come.

During this time of change, we could not be more thankful to all of our owners, shoppers, and staff for their support throughout the expansion process. Change is not always easy; most of the time it can be uncomfortable and difficult. But with a little gratitude and joy, change can really bring in some positive growth, and growth is necessary for life.

A good example of this positive growth can be seen in the history of our own Co-op. In 1979, a small buyers' club officially became Natural Harvest Food Co-op with its original storefront on Chestnut Street. Twelve years later, talk of expansion was well underway as we were quickly outgrowing our space. In 1995, a dream became reality as construction of our current log building began. Now 20 years later, we are expanding again to a new location on the neighboring Silver Lake. The last expansion for Natural Harvest was very successful, and I have faith that this one will be too. A fantastic community supports Natural

Harvest and that community is growing!

Here at Natural Harvest, we have so much gratitude for this community and are certainly looking forward to the future with joy. To us, the expansion of our Co-op not only means a bigger building, better parking and an expanded deli, it also means that there are more people in our community buying non-GMO and organic foods for their family. It means having a place where our community can shop with confidence and with more opportunity to buy products for self-care, for their homes, and for their pets that are chemical-free and better for the environment. This expansion means that there is a growing, health-conscience community not only in Virginia, but across the Iron Range, which is truly something to be thankful for!

Natural Harvest began as a few individuals who came together because they wanted to be able to buy more nutritious whole foods for their families. Natural Harvest continues this mission today by keeping our families, our friends, and our community safe, happy, and healthy while offering a certain type of atmosphere and product with a transparency that you just cannot get at a big corporate store.

So, happy holidays shoppers! May we look at the past year with gratitude in our hearts and look forward to the future with joy! Big things are ahead for this Co-op family. Thank you all for such a wonderful year! 🌱



Above: The view from Silver Lake (back of the store). Below: The architect's perspective rendering.





# This Year in Local Produce

by Ashley Phoenix, Produce Buyer



Janna, Milo and Jasper of Fat Chicken Farm in Embarrass.

Each year at Natural Harvest, we get excited about the upcoming local produce growing season. Besides being able to provide the community with amazing, nutritious produce options, it gives us the opportunity to directly connect with our local producers. Usually starting at the beginning of the year, conversations begin with growers who have provided us with produce in the past, as well as beginning conversations with new growers who approach us. While we do not require organic certification (it is usually not cost effective for local growers), growers must use organic practices and sign an agreement confirming that they do not use banned substances as laid out by the National Organic Program.

Near the end of each season, we like to provide customers with a recap of how the local produce year went for growers who sold to the Co-op. By the end of October (with more items still arriving), the Co-op purchased 2,089.54 lbs. of local produce. Included in this total were 434.13 lbs. of winter squash, 247.18 lbs. of pie pumpkins, 156.71 lbs. of cherry tomatoes, 262.94 lbs. of cucumbers, and 97.05 lbs. of a variety of specialty peppers. Not everything is purchased by the pound, so here are some of those items to highlight: 473 bunches of kale, 188 bunches of collard greens, 205 bunches of chard, 98 bunches of beets, 280 heads of lettuce, and 245 bunches of green onions. 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 Iron Range local growers. Starting in early July until October 31, we paid a total of \$5,845.83 to our local growers.

While the numbers are great, and we had an amazing amount of produce come through the doors, there were a few issues that resulted in lower numbers. If you garden at home, you may remember how the rainfall amount made it difficult to grow certain crops as well as harvest them. The same impact was felt by some of the local growers who had a few crops not grow in their favor this year. Besides weather events, we had a few local

growers take the 2016 season off who would have normally provided additional produce. However, it was still an excellent year; we are already looking forward to the 2017 season and hope you are too.

Without our great local growers, we would be unable to highlight and feature Iron Range produce, so we would like to take this opportunity to recognize and thank them:

## Janna Goerdt

(Fat Chicken Farm, Embarrass)

## Kate Paul & Donna Johnson

(Owl Forest Farm, Iron)

## Pamela Wettering

(Lost Lake Farm, Tower)

## Vicky and Russell Keating (Eveleth)

## Mae & Frank Keating (Eveleth)

## Nate & Tiffany Briggs

(Rice River Lamb Company, Angora)

## Sherry Erickson (Orr)

## William & Laura Hall

(Hall's Farm, Gilbert)

## Ulrike & Phil Lambert

(Heaven Sent Farm, Iron)

## Mark Roalson (Hoyt Lakes)

## Stephen Menart (Gilbert)

## Jack Lamar (Early Frost Farms, Embarrass).

**REMEMBER,  
BY SUPPORTING LOCAL,  
MONEY STAYS LOCAL,  
AND OUR COMMUNITY  
CONTINUES TO BENEFIT!**



Ron, Kate, Donna and Noah of Owl Forest Farm, located in Iron.



# Winter Staff Picks

by Patty Torrel, Marketing & Owner Services

Let's face it – December can be hectic. And as much as we all like to say “don't sweat the small stuff,” stress can be a big factor in holiday preparations. A few of the staff share with you their go-to products for the holiday season. From great eco-friendly gift ideas, to the simple joy of sharing a hot cup of cocoa with a loved one, you'll find what you need to check a few names off your gift list as well as take a little time for yourself to slow down and enjoy the simple pleasures of the season. Happy Holidays!



## ALEX

I like the new Natural Harvest Blend Coffee from Alakef; it's perfectly roasted for my taste, not too dark, not too light. The perfect medium for my taste buds.

## SANDY

I have found my match made in heaven for the holidays: Coop's Microcreamery Hot Fudge and Salted Caramel Sauces! Hand made in Massachusetts, every spoonful of sauce is a decadent dream that you won't want to wake up from. On top of organic vanilla ice cream, or sandwiched between homemade cookies, I don't think there is any treat that won't be elevated



by these delicious sauces. I'm already planning to give a set to my brother- and sister-in-law to thank them for hosting us for the holidays! Spread good cheer. (Limited quantities).



## ANJA

My pick is the 16 oz. Klean Kanteen insulated travel mug. Great for both hot and cold drinks and it does not spill! I try to bring mugs everywhere I go so I do not contribute

to more waste. Makes a great gift too! And for great snacks to take skiing, look no further than the dried fruits in our Bulk Department!

## JESSICA

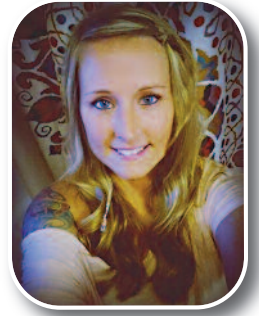
My pick is definitely Westsoy's Chocolate Peppermint Stick soy milk. This stuff is delicious by itself but also divine in your morning cup of coffee. Creamy, chocolatey, with just enough peppermint to make your taste buds soar. Just don't let your family try it or you'll be fighting over who gets the last cup!



## BRITTANY

I love the Alaffia baskets! They are beautifully hand-crafted works of art. They are hand-woven in Africa out of wild harvested savanna grass. They work great to use for shopping and forego

that paper or plastic bag. They also look great as a decor piece in your home, with many useful purposes. And they make wonderful gifts! Alaffia is a fair trade cooperative and inside each basket is a leather tag with the name of the weaver and the village they are from. Now, how special is that?



## KELLEY

Most people like to wait for a thick layer of snow and rosy cheeks before they sit down to a nice, rich glass of eggnog, but I'm usually through my first quart by November 2. Organic

Valley's Eggnog — it's free from antibiotics, synthetic hormones, toxic pesticides, and GMOs making it a guilty pleasure without the guilt. Also, if you're like me and you get stuck spending time with relatives this holiday season, nothing makes this beverage more wholesome than adding a little (or more) holiday spirit to it...

## SARAH

My winter go-to is Golden Jojoba Oil by Heather Lorraine Cosmetics. It helps my skin retain its own moisture as jojoba is molecularly similar to skin's natural oils. Many people ask me the difference between golden and clear jojoba oil. I always say, “In Winter, I reach for the gold!”



## PHOENIX

GoMacro bars are a great tasting snack to help boost energy while running holiday errands. Sunny Uplift is my favorite!



## JEN

I would like to pick the whole store because I love everything we carry! But if I have to choose one thing, it will be Equal Exchange Hot Chocolate, especially the dark chocolate. It

is creamy and delicious, and perfect for snuggling up to watch Christmas movies with my little boy (also a big fan)!

# Essential Oil Winter Recipes

Maribeth Ganoë, Health & Beauty Buyer



## CINNAMON & CLOVE ORNAMENTS (MAKES 24 ORNAMENTS)

### WHAT YOU'LL NEED:

One cup ground cinnamon  
1/2 teaspoon clove essential oil  
3 cups all-purpose flour  
2 cups water  
Parchment paper  
One plastic straw  
Ribbon, raffia  
Cookie-cutter

### DIRECTIONS:

In large bowl, combine dry ingredients. Add water and oil gradually, stirring continuously until liquid is completely absorbed. Knead for a few minutes. Cover and place in refrigerator for 1-1/2 hours. Roll dough flat on parchment paper so that is 1/4-inch thick. Cut with cookie-cutter or make your own design. Pre-heat oven to 250°. Using a straw, place a small hole in the top of each cutout. Place ornament on baking sheet lined with parchment paper. Bake one hour. Carefully remove baking sheet from oven, turn ornaments over and place back in oven. Bake for 1 more hour, or until ornaments are very firm, then remove and set-aside to cool. Thread with ribbons and hang on tree!

## HAND WIPES

### WHAT YOU'LL NEED:

1/4 tsp. almond oil  
1/4 tsp. vegetable glycerin  
1 tsp. Aura Cacia Renew essential blend  
5 to 10 paper towels or reusable cloths,  
cut into approximately 4 x 6" squares  
1/8 tsp. unscented Castile soap  
1 cup water

### DIRECTIONS:

In small mixing bowl, combine almond oil, vegetable glycerin, liquid soap and Renew oil blend. Add water and whisk until the mixture becomes milky, being careful not to create too many bubbles. Place cloths in a reusable container and add 1 teaspoon at a time until cloths are soaked thoroughly. To use, remove one wipe and cleanse hands, then discard. Store in refrigerator for up to one week.

## VALENTINE'S DAY LOVE POTION MASSAGE OILS

Aromatherapy, also referred to as Essential Oil therapy, can be defined as the art and science of utilizing naturally extracted aromatic essences from plants to balance, harmonize and promote the health of body, mind and spirit. And though the benefits are vast, perhaps the most widespread and popular use of aromatherapy is for relaxation and stress relief. What better gift to give your special someone than to pamper them with a relaxing massage? Try one, or more, of the following oils to make a personalized massage oil for a Valentine's Day to remember!

### Suggested Essential Oils

**Cardamom:** An exotic smell that soothes worries and increases confidence, lifts apathy and addresses mood swings.

**Sandalwood:** Increases self-image and self-esteem, heals emotional breakdowns, alleviates depression and fears of failing. There is some anecdotal evidence that in some men it acts like Viagra.

**Jasmine:** Increases confidence and happiness, lifts depression, releases guilt and stress.

**Ylang-ylang:** Reduces stress and depression, releases guilt and stress.

**Patchouli:** Relieves anxiety and grief, helps to connect with one's sensual nature, and reduces the fear of sexuality.

**Neroli:** Reduces fear of love and feelings, increases the sense of joy, decreases stress and grief.

**Rose Absolute:** Increases the feeling of happiness and joy, brings sense of peace, and decreases the fear of sexuality and the fear of love.

## MASSAGE OIL RECIPE

1/2 cup almond oil (or other carrier oil)  
1/2 tsp. essential oil

Put in a bottle and shake the bottle before using.

You can also mix 6 drops of Essential Oil in 1 oz. of any carrier. A carrier is water, skin oil (such as almond, jojoba, or rosehip) or unscented lotion.



Aromatherapy has many benefits, but it is imperative that safety precautions are taken when handling essential oils. While they may seem harmless (they are extracted from plants, after all), many need to be diluted with a carrier before applying directly to the skin.

## COLD & FLU

### Defend Yourself Naturally!

Sarah DeBreto,  
Supplement Buyer

At the start of every school year, it happens: kids go off to school and bring home germs to share. Soon every nose is running and sniffing, and the coughs follow. We continue this dance well into spring, but thankfully, we have products to help you through!

Here, my friends, are a few show-and-tells for you. Winter doesn't have to be miserable! We can enjoy the snow and be healthy too! This cold and flu season, defend, fortify and protect yourself with these best sellers.

- **AMERICAN HEALTH: Ester Vitamin C** – 24 hour super boost immune support to nip it in the bud.
- **BOIRON: Coldcalm** for colds, **Oscillococcinum** for flu, and **Chestal** for both cold & flu – Use these when you feel you are coming down with something.
- **NATURAL VITALITY: Natural Calm** – Perfect to take the edge off work, home or holiday stress.
- **NOW: Immune Renew** – Use a preventative measure or to help accelerate recovery.
- **SAMBUCCOL and NATURE'S WAY brands: Elderberry and Cold and Cough Formulas** – If you've got full-blown symptoms, these are the products for you.
- **Herbal remedies such as:**  
**ASTRAGALUS** to de-stress & restore.  
**CAYENNE PEPPER** to clean & clear.  
**ECHINACEA** to fortify & protect.  
**GOLDENSEAL** to detox.  
**GINGER** to reduce pain & inflammation.  
**HOLY BASIL** to improve strength & stamina.  
**MORINGA** to improve overall health.  
**TURMERIC** to regulate inflammation, oxidation & DHA.

As a first course of action, you should always talk with your healthcare provider about your health concerns. It is my express wish to help in any way I can, and am usually around the store if you have any questions. Thank you, and have a happy and healthy Holiday season! Cheers! 🍷



# STAYING ON TRACK:

## Healthy Eating Habits for a Healthier Year

**Ashley Phoenix,  
Produce Buyer**

As each new year begins, many of you look for ways to boost your health. While there are many new diets and trends you can follow, there are also some simple ways to improve your diet by increasing your daily fruit and vegetable intake.

Below are some simple suggestions to help increase your daily intake and get you on track to new, healthier eating habits.

- Put produce front and center in your refrigerator so it is not "out of sight, out of mind."
- Prep a lot of produce at once each week so they are ready for snacking or to grab quick on your way out the door. Package items in containers so they are ready to use or pack. Also, when produce is prepped, you may be more apt to throw it in recipes while cooking.
- Try some new smoothie/juicing recipes to increase your intake.
- Substitute veggies like cucumbers and bell peppers instead of crackers for dips/hummus.
- Learn to cook one new vegetable each month to increase variety.
- Freeze any produce that might be near its expiration; less waste, more produce ready to use.
- Replace bread products with lettuce wraps.
- Eat the rainbow! Nutrients and vitamins are found in produce across the color spectrum. Purples/blues are particularly high in antioxidants, for example.
- If texture hinders your vegetable intake, try blending and add to recipes.

Start small and build on as you develop healthy habits. Try not to take on more than you can chew! 🥗

# New Product Spotlight: Riojana Olive Oil

In the town of Arauco in the La Rioja province of Argentina stands the oldest olive tree in the country, which was planted in the 1600s. Although not native to Argentina, the Arauco olive is highly prized for its

buttery smoothness and meaty texture, and for the robust floral and fruity flavor notes it contributes to olive oil.

There, in the Antinaco-Los Colorados Valley, the cooperative producers of Riojana extra virgin, fair trade organic olive oil are cultivating much more than their 350 olive trees. Through cooperation, they are growing a healthy, vibrant and sustainable community.

## REINVESTING PROFITS FOR HEALTH AND EDUCATION

La Rioja's founders came from Italy to Argentina in the 1940s and began cultivating grapes for the production of wine, and planting olive trees as a natural companion plant. Certified fair trade by Fairtrade International in 2006, the members of the cooperative have invested more than \$11 million Argentinean pesos (~ \$730,000 US), primarily from the sale of their fair trade organic wines, in projects including a new drinking water supply for the village of Tilimuqui, where many of La Rioja's workers and their families live. The fair trade premium has also been invested in production improvements, new community centers and medical equipment, but the most visible result of the cooperative's reinvestment in its farmer members and their families can be seen in their commitment to education.

A new secondary school specializing in agriculture opened in Tilimuqui in 2010.



Offering free education to children age 13-18, the school has had a profound impact on its community, providing a catalyst for local development, and increasing employment with the creation of more than

50 new jobs at the

school, and providing training in technical agronomy to help slow the migration of young people to larger cities. Since 2010, enrollment in the school has grown from 33 pupils to more than 300. With plans to build new classrooms, the cooperative hopes to expand the school's capacity to 600 students in the next few years. The cooperative also provides kits of school supplies to children of its members, as well as free computer courses to adult community members.

## FOCUSING ON THE ENVIRONMENT TO ENSURE A BRIGHT FUTURE

Besides supporting health and education, the cooperative is invested in green initiatives and sustainability, so transitioning more of its growers to become equivalency USDA Certified Organic is another important goal. With a focus on becoming carbon neutral, La Rioja Cooperative is introducing improved water management techniques, the use of solar and bio energy and a reforestation project.

When you purchase Riojana olive oil you are not just purchasing a delicious ingredient to enjoy, you are casting a vote in favor of cooperative, fair trade businesses — and helping more than 422 cooperative members continue to invest in a brighter future. 🌱



# “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 and the co-op community have a chance to 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 September, we collected over \$1,207.00 for United Way's **Buddy Backpack Program**; in October, over \$1,295.00 was donated to the **Iron Rangers for GMO Labeling**; and as of this writing, we were averaging over \$46.00 per day for the Friends of the Greenhouse **Winter Greens Program**. 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!

## LOOKING AHEAD

December features the Olcott Park **Fountain Restoration Project** which aims to restore Virginia's 80 year-old, historically significant fountain to its former glory. The fountain no longer works and needs major repairs and modifications to give it “life” for



future generations. The city has unsuccessfully applied for grants over the last four years and though the city will continue to apply for grants, competition for funds with other cities in the state, in addition to the financial undertaking of Hwy. 53 relocation, made it clear to some concerned community members that private funds needed to be secured. Hence, the Fountain Restoration Committee was formed. Whether you yourself have fond memories of this city's iconic fountain or you just believe in preserving a piece of history, your spare change will help get the Fountain Committee one step closer to bringing the fountain — and a piece of Virginia's history — back to life.



With sights set on a new year and new beginnings, we enter 2017 with the warm fuzzies — fuzzy little creatures, that is. January's round-up recipient is **Precious Paws Humane Society** based in Chisholm, and they help the less fortunate furry friends among us. Founded in 1991, Precious Paws is a small scale, no-kill shelter run entirely by volunteers. Their mission is to prevent and alleviate animal suffering through shelter, adoption, education, and community outreach. In addition, they support the enforcement of animal welfare laws and state statutes, and aim to strengthen the human/animal bond. Awww...warm fuzzies, indeed!

In February, we return to our area's rich history by featuring the Hibbing Historical Society's **Mining Location Project**. Mining has been the backbone of our area and an integral part of the area's history. The Historical Society was formed to preserve this history for future generations. The funds collected this month will be used for a new, permanent display that focuses on the various Mesabi Iron Range Mining Locations that will include photos, maps, and oral histories. The Hibbing Historical Society is also looking for stories, maps, photos and artifacts for this project; you can find more info at [www.hibbinghistory.com](http://www.hibbinghistory.com).

If your 501(c)(3) non-profit organization would like to participate in the round-up program, please email [info@naturalharvest.coop](mailto:info@naturalharvest.coop) or stop in and pick up an application. 🐾

## New Products Available at Natural Harvest...

### FROZEN

#### ALEXIA

- Oven Reds (Potatoes) with Olive Oil, Parmesan & Roasted Garlic

#### THE FILLO FACTORY

- Organic Fillo Dough

#### TUSCAN TAMALES

- Green Chile Pork & Cheese
- Vegan Blue Corn & Veggie

#### BEELER'S

- Smoked Ham Shanks

#### FERNDAL MARKET

- Teriyaki Turkey Jerky

#### FREEBIRD - CO+OP BASICS!

- Whole Chickens
- Chicken Breasts

#### THOUSAND HILLS -

#### CO+OP BASICS

- 80:20 Ground Beef

### BAKERY

#### SILVER HILLS

- Sprouted Squirrelly Bread

### REFRIGERATED

#### HODO SOY

- Firm Tofu
- 5-Spice Tofu Nuggets
- LA TERRA FINA DIP
- Jalapeno Artichoke

### CHEESE

#### LITTLE LUCY - LOCAL!

- Redhead Creamy Brie
- ORGANIC VALLEY
- Raw Jack Style Cheese

#### ROTH KASE

- Grand Cru Reserve
- Gruyere

#### SARTORI

- Extra-Aged Asiago
- Fontina

### GROCERY

#### AMY'S ORGANIC SOUPS

- Quinoa, Kale & Red Lentil
- Split Pea
- No Chicken Noodle
- Chunky Tomato Bisque

### BIONATURE

- Organic Strained Tomatoes

#### BOB'S RED MILL

- Paleo Baking Flour

#### EXPLORE CUISINE

- Organic Bean Pasta
- Green Lentil Lasagna & Chickpea Spaghetti

#### FIELD DAY

- Organic Granola
- Organic Pizza Sauce
- Organic Coconut Oil
- Organic Tomato Paste

#### BALSAMIC VINEGAR

#### FRONTIER ORGANIC SPICE

#### BLENDS

- Berbere
- Curry Powder
- Harissa
- Garam Masala
- Ras El Hanout
- Tandoori Masala
- KETTLE CHIPS
- Moscow Mule
- Korean Barbeque

### KIND

- Pressed Fruit & Veggie Bars

#### LUCINI ARTISAN

#### VINAIGRETTES

- Cherry Balsamic & Rosemary
- Parmesan & Garlic
- Fig & Walnut

#### NATIVE FOREST

- Organic Coconut Milk, Simple (no thickeners or stabilizers)

#### PACIFIC

- Roasted Garlic Potato Soup

#### SIMPLE MILLS GLUTEN-FREE ALMOND FLOUR

#### BAKING MIXES

- Artisan Bread
- Chocolate Chip Cookie
- Chocolate Muffin/Cake

#### SIMPLY ORGANIC FLAVORING

- Vanilla (Alcohol Free)
- Lemon
- Orange
- Peppermint

### SIMPLY ORGANIC

- Fish Taco Seasoning

#### TEATULIA

- Organic Single Garden Teas

#### UDI'S GLUTEN-FREE SOFT

#### BAKED COOKIES

- Salted Caramel Cashew
- Maple Pecan Chocolate Chip

#### VICTORIA

- Vegan Alfredo Sauce
- WESTBRAE ORGANIC

#### BEANS, 25 OZ. CANS

- Black
- Garbanzo
- Kidney
- Pinto



# CLASS IN SESSION

Learn something new in the new year! We have a terrific line-up starting in January to help you create healthy and sustainable new habits. We have, once again, partnered with the Common Ground Community Kitchen at Messiah Lutheran Church for our cooking classes to provide a more hands-on cooking experience. Due to the size of the kitchen, these classes can only hold a maximum of 10 participants. You can sign up and pay for all classes at Natural Harvest, either in-store or over the phone. A minimum of 6 participants must be pre-registered and we strongly encourage payment at least 48 hours in advance. All Class fees: \$13 for owners; \$15 for the public (except where noted).

(We are always looking for instructors who are willing to share their passion and knowledge with the community. If you are interested in teaching a class, please call the store and ask for the Marketing Manager or email: [info@natural-harvest.coop](mailto:info@natural-harvest.coop).)

## BIOFEEDBACK: ONE-ON-ONE SESSIONS

Thursday, January 5

3:00 to 7:00 PM

Tuesday, February 7

3:00 to 7:00 PM

(Only 6 Time Slots Per Date)

Special \$15 Fee For Each  
Individual 40 Minute 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. A special discount will be available if you book an appointment for a full Biofeedback session that day.

## FOOD AS MEDICINE: EAT MORE PLANTS!

Thursday, January 12

5:30 to 7:00 PM

Want to look younger, lose weight, and stave off serious chronic diseases such as Alzheimer's, dementia and cancer? It all starts with plants. In this class, Dr. Carrie Sell, chiropractor and owner of Ashawa Health in Cook, will teach you the science behind the healing properties of fruits and vegetables, as well as dispel many common myths about plant-based diets. You will learn how to make beet kvass, create hearty plant-based soups, and safely grow your own sprouts at home. Snacks, immunity-boosting superfood shots and mocktails will be provided!

## UNDERSTANDING & BALANCING HORMONES NATURALLY

Tuesday, January 17

6:00 to 7:30 PM

FREE CLASS

This free class will offer women down-to-earth practical and commonsense approaches to keeping hormones in balance and achieving optimal health. It is of special interest to women 35 and older, women who have had a hysterectomy and women who have experienced female related cancers. This information will also help women with weak bones or bone loss. Gain insight on which hormones are right for you and how to deal with mood swings, hot flashes, night sweats and other distressing symptoms of menopause and premenopause. Marlyn Swanson, BSN, will explain the research of Harvard and U of MN trained John R. Lee, M.D., an internationally acknowledged pioneer and expert in the study and use of the hormone progesterone.

## COOK NOW, FREEZE FOR LATER

Tuesday, January 24

5:30 to 7:30 PM

Common Ground Kitchen at  
Messiah Lutheran Church

(Cost: \$20 fee for owners; \$22 for  
general public, includes cost of food)

Join Janna Goerdts from Fat Chicken Farm for a hands-on cooking class that is perfect for busy lifestyles. We all want to eat healthy, but finding the time is not always easy. On the nights you do not have time to cook from scratch, wouldn't it be nice to have a back-up plan? In this class, Janna will create with you two meals: Swedish Meatballs in Mushroom Gravy with Kale and Potatoes and a Vegetarian Shepherd's Pie. She will also talk about other good recipes you can prepare in batches and freeze for later. Be sure to bring two freezer-friendly containers to take a portion of each meal home with you! Aprons will be provided.

## HEAL YOURSELF WITH GUT-FRIENDLY FOODS

Thursday, February 16

5:30 to 7:00 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 available at Natural Harvest!

## BUILD YOUR OWN SOLAR GREENHOUSE

Thursday, February 23

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.

## FIVE FOUNDATIONS OF HEALTH

Tuesday, February 28

5:30 to 7:30 PM

In this class you will learn about the five foundations of health and how to better incorporate them into your everyday life —

DIGESTION: How the digestive system works.

FATTY ACID BALANCE: The truth about fats.

BLOOD SUGAR REGULATION:  
What sugar does to the body.

MINERAL BALANCE:  
Co-factors that help in mineral balance.

HYDRATION: How much water you need.

Angela is a Nutritional Therapy Practitioner (NTP) certified by the Nutritional Therapy Association INC. She is 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.



# Eight Warning Signs of Magnesium Deficiency

Maribeth Ganoë, Health & Beauty Buyer



The signs and symptoms of magnesium deficiency are vast. Some are subtle, while others can cause serious health problems. Many people have a deficiency and don't even know yet, and a lot of health issues are blamed on something else or remain unexplained if a potential magnesium deficiency is overlooked. You can have a magnesium deficiency if you don't consume enough of the nutrient in your diet or if your body doesn't absorb enough when it goes through your system. Other things, like consuming too much alcohol and certain medications can also deplete your body's magnesium.

Magnesium is a mineral used by every organ in your body, especially your heart, muscles, and kidneys. It also regulates nutrient levels and keeps bones strong. Since this mineral is so important, it's best to stay on top of the eight warning signs of magnesium deficiency.

## 1. FATIGUE

Feeling tired and lethargic is not uncommon, and it is easy to blame fatigue on many factors — from stress at work or a busy schedule to not sleeping well or running around with your kids. Since magnesium helps produce and transport energy, an insufficient level can easily result in feeling tired and weak. It's difficult to come to the correct diagnosis — a magnesium deficiency isn't likely to be the first thing your doctor is going to check, yet fatigue is one of the earliest signs of magnesium deficiency.

## 2. MUSCLE & LEG CRAMPS

As a magnesium deficiency worsens, muscle spasms and cramping can occur. While athletes often suffer from muscle cramps due to inadequate stretching, dehydration, over-exertion, and lack of proper diet, many other people suffer from them and it can be hard to figure out why and how to prevent them. If you suffer from regular cramping and muscle spasms, with no other obvious reasons, this could be a warning sign of low magnesium levels. Getting your levels to where they should be will likely ease your symptoms.

## 3. ARRHYTHMIA

Magnesium plays a vital role in overall heart health. It's vital for proper muscle

contraction, and a low level can affect your body's most important muscle, your heart. Some studies have shown that maintaining a regular level of magnesium may even prevent some heart problems and diseases, including arrhythmia. Other studies focus on whether or not proper magnesium levels can prevent heart disease or lower the risk of heart attacks. While nothing is guaranteed and no heart is the same, some of these studies have shown a positive effect on heart health and prevention of heart disease with an increase of magnesium intake.

## 4. DIZZINESS

Dizziness can occur as easily as just standing up too fast. But it will quickly disappear. When you have magnesium deficiency, dizziness doesn't disappear; it can last all day long without relief. It can be hard for your doctor to diagnose properly because so many things can cause dizziness. As a result, magnesium deficiency is often overlooked. Low magnesium levels can give you similar feelings as vertigo, making you feel not only dizzy, but completely off balance. As a magnesium deficiency worsens, so do the symptoms.

## 5. NAUSEA & VOMITING

Though these symptoms are considered an early, but not necessarily severe symptom of magnesium deficiency, constantly feeling nauseated is quite simply unpleasant and can greatly impact your routine. For those who suffer from regular nausea and/or vomiting, it's worth asking your doctor about magnesium deficiency. Please note: nausea could also be a sign that your levels are too high, as well as too low. You are unlikely to experience the feeling of nausea from absorbing too much magnesium through food, so check your supplements and medications for magnesium to make sure you are not overdoing it.

## 6. NUMBNESS

Since magnesium impacts your nervous system, tingling and numbness can be a warning sign of a deficiency, particularly as it worsens. Without sufficient magnesium in the body, it can prevent nerve and muscle



functions from acting and reacting properly. Severe symptoms like numbness are rare and should not be taken lightly; there are a number of reasons it could be happening beyond a relatively simple magnesium deficiency, so consulting a doctor is recommended.

## 7. PERSONALITY CHANGES

Significant personality changes, including abnormal amounts of confusion and irritability, can seem to come out of nowhere. You may notice the change but are unsure of how to fix it or what's causing it. And since many things can cause symptoms like this, a magnesium deficiency is often not considered when trying to diagnose a change in personality. Magnesium deficiency can also make it difficult to sleep. Since sleep is vital for your mental, physical and emotional health it is important to know whether or not your magnesium is up to a sufficient and healthy level.

## 8. ANXIETY & PANIC ATTACKS

Everyone experiences a bout of anxiety or panic once in a while, but if you're experiencing it regularly, it could be due to a magnesium deficiency. And unfortunately, if you are suffering from anxiety, the stress can dwindle your magnesium levels, making it a vicious cycle — low magnesium causes anxiety and in return depletes your magnesium reserves during attack.

There are several ways to increase your magnesium: supplements, topical treatments and diet. Some foods rich in magnesium include:

- YOGURT: 47mg in 1 cup.
- BANANA: 32mg in 1 medium.
- DARK LEAFY GREENS: 157mg in 1 cup.
- ALMONDS: 75mg in 1oz.
- AVOCADO: 58mg in 1 medium.
- PUMPKIN SEEDS: 325mg in 1/2 cup.
- DARK CHOCOLATE: 95mg in 1 square.

Magnesium can be absorbed through the skin with products such as Epsom salts, magnesium body oil, body lotions, body wash and pure magnesium flakes. Come in and check out our full line of magnesium products! 🍌

Nutritional and health information found here is not meant to substitute for consultation with a licensed health care provider.

# Beans: High in Fiber, Low in Fat!

**Ambir Vesel, Bulk Department**

Rich in nutrients, beans, such as kidney, pinto, navy and black beans are all part of the legume family. The legume plant produces seeds in a pod and when harvested the mature seed in these pods are known as “dry beans”. Besides beans, the legume family also includes lentils, peas, soybeans, chickpeas and peanuts.

As you may already know, beans are high in fiber and low in fat. They also contain a variety of minerals, vitamins, and other nutrients which could improve your overall health while decreasing the risk of developing certain diseases such as heart disease, obesity, and even types of cancer. Beans are also naturally gluten free, so substituting bean flour in some of your recipes is a great alternative for those who experience gluten intolerance.

Approximately half a cup of cooked beans contains 7 to 10 grams of protein, 25 to 30 percent of the recommended daily value of fiber, 25 grams of carbohydrates, and are packed full of B vitamins with only about 100

to 120 calories per serving. Being rich in carbohydrates, beans give the feeling of being full which can help in weight loss and regulate glucose and insulin levels after meals.

Now that you know a bit about the benefits of beans, what are the different types and what do you do with them? Here's a breakdown of just some of the beans we offer at Natural Harvest and some recipes to follow:

## **BLACK BEANS/TURTLE BEANS**

are dark in color (usually black or a dark purple), have a subtle sweet taste and are great in bolder recipes like chili and southwestern/Mexican dishes. Substitute for pinto beans in these types of recipes.

**ADZUKI BEANS** are native to Asia and are one of the most digestible. They are similar to kidney beans with a slightly sweeter taste. Mix with ginger and rice for a great side dish or try with other Asian-style recipes.

**CANNELLINI** are large and white in color, have a mild nutty flavor and pair well in Italian dishes and soups like minestrone.

**FAVA BEANS** are large brown beans; they come in a pod and need to be removed before cooking (soak them in water and squeeze the bean out of the pod). They have a strong flavor and are good in Mediterranean-style soups and stews.

**MUNG BEANS** are small, round and green in color. The flavor of these beans compliment Indian and Asian cuisines containing ginger, curry and chilies. Precooked they're also a great addition to stir-fry.

As we head into the New Year, one way to better health is to add more beans to your diet. Beans will accompany most diet choices whether you are gluten-free, vegetarian or have no restrictions. Have fun looking for recipes and trying new beans. And as always, shop bulk! 🌱

## **Adzuki Bean Veggie Burgers**

### **INGREDIENTS:**

150g (.33 lb.) Adzuki beans, previously soaked for at least 5 hours  
(It is best to let them soak overnight.)  
1 medium onion, chopped  
1 small carrot, grated  
6-7 young salad leaves, chopped  
2 tbsp. ground flax + 3 tbsp. water (or one large egg)  
2 tbsp. fresh chopped parsley  
Breadcrumbs or chickpea flour (you can also use regular wheat flour; you'll need it if the composition is too moist)  
Sea salt and ground pepper, to taste  
1 tsp. thyme + 1/2 tsp. ground coriander + 1/2 tsp. allspice or burger spices mix  
(Optional – if you want it to taste even more like beef burgers you can add a spices mix, but be sure it's natural and additive-free. If you add spices mix you won't need to add salt and pepper as it most likely already contains them.)

### **DIRECTIONS:**

Mix the ground flax and water in a small bowl and set aside for 5 minutes to thicken. Put the previously soaked adzuki beans in a pot and cover them with water. Let them boil for 40 minutes (or until tender) and don't forget to add 1 tsp. baking soda in the water. This way the beans won't cause bloating and will get soft faster. When ready, drain very well the adzuki beans. Put them in a large bowl and using a vertical mixer, lightly mash. Do not over-mash; whole Adzuki beans give the burger a very nice texture. Add chopped onion, parsley, grated carrot, salt, pepper, spices (or spices mix), water/flax or 1 egg and chopped salad leaves. Blend them well together using a fork. Now, the composition has to be sticky and easy to shape into patties. If it is too moist you can add some breadcrumbs or chickpea/rice/soy flour. Start with 2 tbsp. and add more if needed. Heat some oil in a non-stick frying pan. 1 tbsp. of oil is enough. Place patties on the pan to cook. Let them cook about 2 minutes on each side. Serve with anything you like. (Tip — they're great with mustard — yum!)

## **Moroccan Fava Bean Vegetable Soup**

### **INGREDIENTS:**

2 pounds fresh fava beans or 1/2 lb. frozen double-peeled (2 cups)  
2 tbsp. extra virgin olive oil  
2 leeks, white and light green parts only, cleaned and sliced  
1 large onion, chopped  
2 medium or large carrots, peeled and diced  
2 medium turnips, peeled and diced  
1 small potato (about 4 oz.), peeled and diced  
2 quarts water, vegetable stock or chicken stock  
Salt to taste  
A bouquet garni made with a couple of sprigs of parsley, a bay leaf & several sprigs of cilantro  
1/2 tsp. ground white pepper  
1/2 tsp. turmeric

### **DIRECTIONS:**

Skin the fresh favas: bring a medium pot of salted water to a boil. Fill a bowl with ice water. Drop the shelled fava beans into boiling water and boil 5 minutes. Drain and transfer immediately to the cold water. Allow the beans to cool for several minutes, then slip off their skins by pinching off the eye of the skin and squeezing gently. Hold several beans in one hand and use your other thumb and forefinger to pinch off the eyes, have a bowl for the shelled favas close at hand and this will not take very long. Heat 1 tbsp. of the olive oil over medium heat in a large, heavy soup pot or Dutch oven and add the leeks, onion, carrots and celery. Cook, stirring until vegetables are just tender, about 5 minutes, and then add the turnips, potatoes, favas, water or stock, salt and bouquet garni. Bring to a boil, reduce the heat, cover and simmer for 45 minutes, or until the vegetables are very tender. Remove and discard the bouquet garni. Purée the soup using a hand blender or a food mill, or working in batches in a blender, making sure that you place a towel over the top of the blender and remove the inner part of the lid to avoid hot splashes. Return to the pot, add the pepper, turmeric and chopped cilantro and bring to a simmer over medium-low heat. Turn the heat to low, cover and simmer, stirring often, for 30 minutes. Taste and adjust salt and pepper. Serve in wide soup bowls, garnished with cilantro leaves and with a drizzle of olive oil over each serving.



# What's Cooking?

## Delicious Winter Recipes!



### Golden Turmeric Milk

Shared by Sarah DeBreto, Supplement Buyer

I found this recipe on wellnessmama.com and have been using it for a while now. It takes me about 3 minutes to prep and tastes delicious! It really should be a winter staple in everyone's home; I found it helps avoid illness and keeps my immune system happy.

#### INGREDIENTS:

2 cups of your milk of choice  
1 tsp. fresh or powdered turmeric  
1/2 tsp. cinnamon  
1 tsp. raw honey  
A pinch of black pepper  
A small piece of raw peeled ginger or 1/4 tsp. ginger powder  
A pinch of cayenne pepper  
(You don't have to, but I do!)



#### DIRECTIONS:

Combine all these ingredients, and blend well. Heat 3-4 minutes, then strain if using fresh ginger and/or turmeric. Garnish with a cinnamon stick and enjoy the perfect winter mocktail!

### Hazelnut Maple Granola

Shared by Sandy Tardiff, Assistant GM and Grocery Buyer  
(Adapted from "Whole Grain Mornings" by Megan Gordon)

#### INGREDIENTS:

3 cups rolled oats  
1 cup hazelnuts  
1 cup coconut flakes, unsweetened  
1/2 cup sliced almonds  
1/4 cup cacao nibs  
1/2 cup coconut oil (or butter, olive oil, etc.)  
1/2 cup maple syrup  
1 tsp. vanilla extract  
1 tsp. cardamom  
1/2 tsp. cinnamon

#### DIRECTIONS:

Preheat oven to 325 degrees. Prepare a large, rimmed baking sheet by spraying with oil or lining with parchment paper. Mix dry ingredients in a large bowl. Melt coconut oil briefly in microwave, then mix wet ingredients and spices together. Add dry and wet mixtures together and mix thoroughly, then dump onto baking sheet and spread out fairly evenly. Bake for 15 minutes, then use metal spatula to stir granola thoroughly. Return to oven and bake another 15 minutes. Stir again; if it is not browned to your liking, return to oven for 5 - 10 minutes longer. Let cool, then store in an air-tight container. Granola can also be frozen for longer storage. Makes about 6 cups.

## HOLIDAY CO-OP HOURS:

### Christmas Eve

December 24  
9 AM to 3 PM

### Christmas Day

December 25  
Closed

### New Year's Eve

December 31  
9 AM to 5 PM

### New Year's Day

January 1  
Closed



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

Janet Koski (Virginia)  
Lynne King (Eveleth)  
Carolyn Tuttle (Virginia)  
Linda Herzog (Makinen)  
Andrew Babbini (Brown Mills)  
Diane Moren (Ely)  
Stuart McKie (Big Lake)  
Karen Tini (Mountain Iron)  
Ramon Berg (Soudan)  
Sandra Sellars (Chisholm)  
Beth Ismil (Eagan)

Sue Arvola (Mountain Iron)  
Ashlee Altobelli (Iron)  
Mary Baker (Cook)  
Julie Ioerger (Cook)  
Andie Hunter (Gheen)  
Tom & Stella Froehlingsdorf (Britt)  
Richard & Lisa Erickson (Mountain Iron)  
Megan & Eric Thiele (Hoyt Lakes)  
Wendy J. Brown (Mountain Iron)  
Allen Lewis (Virginia)  
Larry & Becky Barnes (Angora)

Shawn Arnold (Meadowlands)  
Chuck Soderling (Gilbert)  
Mary Raukar (Virginia)  
Mike & Teresa Layman (Aurora)  
Susan West (Eveleth)  
Jennifer Levelwind (Aurora)  
Rob Larson (Virginia)  
Tara Lindstrom (Hibbing)  
Tony & Cathy Altiero (Ely)  
Gail Kupferschmidt (Brimson)  
Patricia Amitrano (Babbitt)

Rhiannon & James Korpi (Gilbert)  
Shannon Forrest (Zim)  
Geraldine Crain (Cook)  
Jan Hendrickson (Loretto)  
Shane Baasi (Hibbing)  
Beth Scott (Mountain Iron)  
Adam Hancock (Gilbert)  
David Danielson (Hibbing)

# Welcome New Board Members!

A warm welcome to our newest Board Members: Deb Meissner DeVries, Janel Scheuring, Lori Ismil and incumbent Samantha Papenfuss-Krage! This is an exciting time for the Co-op and we know that our newest elected members will be great addition to the team.

We would also like recognize the efforts of our outgoing Board Members. THANK YOU to Britta Bloomquist, Zach Yurczyk and Chris Ismil! We appreciate your time, input and support of this Co-op. We are where we are today, in part, because of you! 🌱



Natural Harvest Food Co-op Board Members:  
(From Left to right)  
Front Row — Leah Calgaro, Troy Caddy, Samantha Papenfuss-Krage, Lori Ismil. Back row: Jake Rosandich, Sarah Packa, Debbie Pettinelli, Deb Meissner DeVries and Janel Scheuring.

## NHFC BOARD MEMBER CONTACT INFO

### BOARD OFFICERS

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**Vice President** • Leah Calgaro  
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**Secretary** • Lori Ismil  
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**Treasurer** • Troy Caddy  
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### BOARD

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**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**  
WINTER 2016-17