

# The Harvest Beet

SPRING 2017

est. 1979

NATURAL  
HARVEST

FOOD CO-OP

*Locally owned,  
organically grown.*

## WHAT'S NEW?

### Klean Kanteen

Did you know that Americans used about 50 billion plastic water bottles last year? In addition, the U.S.'s recycling rate for plastic is only 23 percent. That means 38 billion water bottles were wasted, some went to landfills while others ended up in our oceans and lakes... and that is only water bottles! Think about how many single-use coffee cups and other beverage containers get wasted every day. Help be the change with Natural Harvest's stylish new Klean Kanteen! It's the perfect reusable vessel for all your beverages; keeping hot beverages steamy and cold beverages cool as ice.



*Your quarterly source of information for healthy living!*

## INSIDE THIS EDITION:

Board Report – Change is Here! ☺ Iron Range Earth Fest  
Tips to Get Your Garden Started Off Right ☺ Class in Session  
New Product Spotlight ☺ Notice of Annual Meeting & Election  
“Change Within Reach” Round-up Report & More!

## New Building Expansion Update

**Anja Parenteau, General Manager**

This is the last newsletter where I'll be giving you an expansion update! Next time, I'll talk about how the move went and share with you how the Grand Opening party was a success!

Our new building is getting closer to being finished every day. Siding is being wrapped around the building, the entryway sliding doors are getting installed and paint is on the walls. All plumbing and electrical is roughed in and ready to be finished. What's left is tiling for the kitchen, installing the kitchen and classroom equipment, polishing the concrete floors, and setting up the retail floor and offices. Our date to open our new doors for business is April 26! It's crunch time now.

Many decisions had to be made since we first started talking about expanding our store. Our decision to build as energy efficient as possible has led to SIP (Structural Insulated Panels) walls, high efficiency equipment and siding using Wisconsin Ash trees which needed to be cut down due to the Emerald Ash borer. We'll be reclaiming heat, which would otherwise be wasted in the refrigeration process, to heat our hot water. We also decided to use local and union workers throughout the construction of our new building. The carpenters, roofers, painters, plumbers — in short all the people working for

our contractor and sub-contractors — are union workers who live in our communities. Energy efficiency, quality materials (like steel beams made in the U.S.) and quality workmanship show in the finished product. We will have a store to be proud of and I can't wait to show it off to you in April!

We are also in the process of hiring new employees. We are adding around seven new staff right away and some of our current employees are going from part-time to full-time. This will bring our staff total to 32 people, adding jobs to our community for those wanting to make a difference in their lives and the lives of others. I often hear the same comment when we talk to job candidates: “The Co-op seems like a great place to work.” I couldn't agree more!

Expanding the store to 9,000 square feet, projected sales of over \$3.5 million in 2017, a staff of over 30! Natural Harvest has come a long way since 1979 on Chestnut Street, but it is still the same spirit of providing a sense of community, healthy food choices, education, and jobs to our city and region which make this Co-op great. Join us at the Annual Meeting to learn more, and shop in the new store starting April 26! I'll see you there. In cooperation,

— Anja



# CALL FOR VOLUNTEERS

*April 22-26  
& May 19-20*

Your help is needed as we transition to the new store. We are looking for enthusiastic energetic volunteers. Some of the work will require heaving lifting so be sure to bring some muscle; also be prepared to get your hands dirty. Volunteers will be needed April 22 – 26 and May 19 – 20, with the possibility if additional days. Assistance is needed with the following tasks:

- Shelving teardown & installation
- Transport of products & equipment
- Trucks for hauling
- General cleaning at old & new store
- Stocking shelves
- Greeters and baggers for opening dates
- Grand Opening festivities

If you are interested in volunteering please sign up in the store. A signup sheet will be posted at the customer service counter. If you would like more information, please ask for our Marketing Manager or email [info@naturalharvest.coop](mailto:info@naturalharvest.coop).

## NOW HIRING *Part-Time*

We are accepting on-going applications to fill positions in the new store. Natural Harvest is looking for hard working enthusiastic team players to become part-time Cashiers, Stockers, Deli Assistants and Produce Assistants. Some shifts require early morning, evening, and weekend availability. These positions are part-time (15-25 hours) with the opportunity to grow into full-time positions as our staffing needs grow. Applications are available in-store; they can also be found on our website, [www.naturalharvest.coop](http://www.naturalharvest.coop).



*Our new 9,000 square foot store will be opening on April 26, 2017!*

## Board Report: Change is Here

**Jake Rosandich, Board President**

Can you feel it in the air? Change is here, folks! Spring is almost here and the new building is nearly completed! I think Bob Dylan said it best, "Everything passes, everything changes, just do what you think you should do."

Both as a community and as a Co-op we have dealt with accelerated change over the past year. The year was packed full of hard work and tough decisions, and now we are to the point of transitioning not only to a new building, but a new opportunity. To make this move successful, we've had positive collaboration with community leaders, other co-ops, architects, contractors, development groups, and, most important, collaboration with each other.

Through the years we have grown organically from a buying club based on natural products and positive community, to the Natural Harvest which will soon reside in a new, energy efficient building. This growth enables us to pass on the values of

community and healthy living to our current and future generations. Not only will we see a new classroom, store layout, products, and deli, but also new faces in the aisles and behind the registers — a new outlook on Natural Harvest. So pass it on and spread the word!

It is our choice as individuals, and collectively as a cooperative, how we approach this new opportunity. It is not just our chance to have a bigger face in the community physically, but it gives us a chance to reach out to more people and introduce healthy living and the principals of a cooperative.

We live in a fast-paced society in which cooperation and positivity can, at times, be hard to find. With this in mind, it is comforting to know Natural Harvest is here to offer us these virtues.

Thank you to the employees, board members, and owners both present and past. Your hard work, passion and confidence are what have brought us here today. 🌱

## *Save the Dates!*

**ANNUAL  
MEETING  
OF OWNERS**

**APRIL 8**

**IRON RANGE  
EARTH  
FEST**

**APRIL 22**

**NEW STORE  
OPENING  
DATE**

**APRIL 26**

**GRAND  
OPENING  
CELEBRATION**

**MAY 19-20**



# Tips to Get Your Garden Started Off Right

by Ashley Phoenix, Produce Buyer



As spring nears, we want to provide you with some basic gardening tips for you to keep in mind as you plan your garden. When looking for some advice, who better to ask than local growers who have provided produce to the Co-op for many years!

## MISSY ROACH —

(Bear River Farm in Cook, MN)

*"When growing carrots in heavy soil, dig the rows deeper and put straw in row, cover with soil, and then gently plant carrot seeds. The extra loft from the straw gives the carrot root room to grow without running into hard pack."*

## DARREL SWENSON —

(Local grower and NHFC greenhouse plant provider in Britt, MN)

*"If you have not had your soil tested, be sure to have this done. Just stop at the County Extension office in the Northland Building (in Virginia), and pick up a soil test kit. The kit includes a mailing packet to send the sample to the U of MN Twin Cities for a nominal fee of less than \$10. You will get an analysis of your soil with suggestions of what to do to improve your soil."*

When buying seeds, be aware of the "days to maturity" listed. Learn over a few years what the frost free dates are for your particular location; this can vary across the area. Also, if you want to avoid GMO seeds, avoid the "big box stores" and look for the "safe seed pledge" in catalogs; all of the seeds sold at Natural Harvest are from "safe seed" catalogs."

## KATE PAUL —

(Owl Forest Farm in Iron, MN)

*"Building healthy soil by supplementing it with organic matter is key. Add compost and well-composted manure and allow parts of your garden to "rest" every few years by planting it with a cover crop and turning it back into the soil."*

Tomatoes and peppers need extra potassium in order to produce lots of fruit. If they are supplemented with lots of nitrogen (manure), but do not receive enough potassium (composted vegetable matter), the plants will grow beautiful branches and leaves, but produce fewer tomatoes and peppers.

If you buy your plants from a greenhouse, let them sit outside several days to acclimate to the cooler temperatures before transplanting. Unless they are grown organically, the seedlings are most likely "hopped up" on an intense fertilizer regime, so it is normal for them to go into some shock when that stops. Resist the temptation to feed them with heavy amounts of non-organic fertilizer."

## JANNA GOERDT —

(Fat Chicken Farm in Embarrass, MN)

*"Start small and grow what you like to eat. If you start with a few plants that produce fruits and veggies you really like, you will be more likely to keep up with the gardening work."*

Choose good plants and good seeds. Stay away from cheap seed racks and plants that have a long spindly stem anchored in a half cup of potting soil. Get your garden off to a good start by purchasing quality, preferably organic seeds, and search out transplants with sturdy stems and big roots.

Have fun! Get your hands dirty, smell the earth, do not water too much, and be grateful for your harvest."



Don't forget to stop by the store and check out our unique collection of vegetable, herb and flower seeds. You will also want to keep an eye out for organically grown plants arriving the second half of May.



100% Recycled Fiber

*Share the Love by Spreading the Word!*

Before recycling this copy of the Harvest Beet, please pass it along or share it with a friend or neighbor. It's a great way to introduce your friends, family and co-workers to your Co-op!

Our newsletter is printed on paper made with 100% post consumer recycled fiber.

# Get to Know Your Super Greens

**Ambir Vesel, Bulk Buyer**

High in nutrients, super greens are growing in popularity all over the world. Most common, powder mixes (or available in capsules if you prefer, which can always be found in our supplement department) contain a variety of cereal grasses, algae, vegetables and herbs. Just mix into your favorite smoothie, juice, or water to get all the nutrients and vitamins offered in those “dark greens” we just don’t eat enough of.

Cereal grasses such as wheat, barley, and alfalfa are packed with vitamins and minerals. Wheat grass provides about 70% chlorophyll (oxygen for your blood) and also provides fiber, beta-carotene, amino acids, and vitamins C & B. Alfalfa is rich in magnesium, calcium, potassium, iron, and zinc, plus has eight essential amino acids. Alfalfa is from the legume family which makes it rich in protein as well. Vitamins like C, K and E, essential amino acids, and enzymes are found in the shoots of the barley plant. Barley is also high in calcium, magnesium and iron.

Spirulina, a fresh water algae, has been harvested from lakes for thousands of years. Abundant in nutrients like vitamin K and iron, spirulina is also about 60% protein by weight and has more beta-carotene than carrots. Research suggests that daily use may help improve brain function and coronary health.

Other vegetables and herbs you might find in super green mixes include, but are not limited to, dulse (a type of seaweed), kale, spinach, parsley, broccoli or even carrot and beet juice. With all these wonderful ingredients you can see why this is a true “super green.” Consuming one to six grams (depending on your dietary needs) a day is a great way to start living healthy. 🌱

## Banana Peanut Butter Smoothie

(Shared by Kelley Fischer, Office Manager)

- 1 banana (frozen)
- 1 cup Califia Almond Milk
- 1-2 tablespoons Manitoba Harvest Hemp Protein Powder (more or less as preferred)
- 1 tablespoon maca powder
- 1 tablespoon cacao powder
- 1 tablespoon peanut butter

Blend until smooth, then enjoy!

## Green Smoothie

(As Featured in Our Deli!)

- 1/3 cup frozen spinach
- 1/3 cup frozen mango
- 1/2 cup frozen banana
- 1 teaspoon spirulina
- 1 cup cooled green tea
- 1/2 cup apple juice (more or less as preferred)

Blend until smooth, then enjoy!

# Celebrate Earth Day at Iron Range Earth Fest

**Ashley Phoenix, Produce Buyer**

As reflected in the Co-op’s mission statement, we continue to be committed to sustainability as well as the health and well-being of our families, communities and our planet.

A wonderful local event takes place each spring which allows us to take part in sustainability efforts — the Iron Range Earth Fest. This event is organized by the Iron Range Partnership for Sustainability (IRPS) and is supported by several organizations and businesses in the area, including Natural Harvest.

The ninth annual Earth Fest’s theme is “Living Well on a Changing Planet”, and will take place on April 22, from 9:00 AM – 4:00 PM. Located along the Highway 169 corridor and split between Merritt Elementary School, Messiah Lutheran Church and the Mountain Iron Community Center, it will highlight connections between our personal, community and ecological wellness. Earth Fest is a FREE community event with fun for all ages.

If you haven’t attended Earth Fest in the past, it is packed full of workshops, presentations, kids’ activities, and an assortment of exhibitors and vendors emphasizing sustainable living. This year will include presentations on topics such as renewable energy and food issues. It will also feature a keynote presentation by David Abazs of Round River Farm in Finland, Minnesota, who will be discussing “The Future of Iron Range Food and Farming: Growing Local Food, Creating Local Jobs.” Aside from presentations, there will be several demonstrations taking place throughout the day such as fermenting, growing microgreens, yoga, and phenology walks with John Latimer of KAXE.

You can also take part in a silent auction at the community center; the proceeds from it will go towards funding the Community Sustainability Initiative (CSI) Awards, a competition for organizations and individuals to showcase their “green” ideas to advance the health and sustainability of Iron Range communities.

With all of the events going on throughout the day, you are bound to work up an appetite. Lucky for you, Natural Harvest will once again be serving lunch in the community center! Come out and try some of the tasty options created by our deli manager Alex and his staff.

While you’re at the community center, stop by our table and say “hi!” We hope you join us to celebrate Earth Day 2017!

If you are interested in being an Earth Fest volunteer please email Brian Bluhm at [brian.bluhm@irpsmn.org](mailto:brian.bluhm@irpsmn.org). 🌱

IRPS is a grassroots, nonprofit 501(c)(3) organization facilitating collaboration towards a sustainable and thriving Iron Range. It works to build connections between community, economy, and environment to promote sustainable living in northeastern Minnesota. Learn more at [www.irpsmn.org](http://www.irpsmn.org).





# It's Time to Choose Your New Board Members

Yes, it's that time again — time to elect your new Co-op Board Members! In order to give owners a chance to vote at the annual meeting, our election period has been moved back to April. This year we have five candidates running for four open 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 employs the principles of policy governance to focus on big-picture issues in order 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 & on next page). Additional information on each candidate is available in the store and online at [www.naturalharvest.coop](http://www.naturalharvest.coop).

Use the ballot (on bottom of next page) to select your choices for open Board Member

positions. Voting is open through Saturday, April 8. Your final chance to vote will be at the annual meeting on April 8. 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 at the annual meeting.

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 do you think is the role of the Co-op in our community?

### **KIM W. ANDERSON – EVELETH, MN (APPOINTED DURING UNEXPECTED VACANCY; NOW UP FOR ELECTION):**

"Our Co-op provides healthy, nutritious, and delicious food for our community. The Co-op also provides nutritional information for patrons through conversation with other shoppers, suggestions from great staff members, and by community classes offered right in the store. I'd especially like to see more seniors who have suffered from heart attacks, diabetes, high blood pressure, etc. understand how the Co-op can aide in the change to a healthy diet and healthy life."

### **JACOB ROSANDICH – VIRGINIA, MN (INCUMBENT):**

"I think the Co-op is the community leader in health and nutritional information and products. I take pride in being a member, and promoting the Co-op as a positive place in our community that can be trusted. With the new building, we have a chance to educate and inform more of our community. I think that making the best of this opportunity to enhance our role in serving our Northern Minnesota community, and educating our community would be good goals for our Co-op."

### **CARRIE SELL – COOK, MN:**

"I have visited many natural food stores in the San Francisco Bay Area (where I attended graduate school), as well as many more in my travels across the United States, and I believe that this area is incredibly fortunate to have Natural Harvest as a source of locally grown, organic food. That being said, I believe that the Co-op has a responsibility to grow financially so that it can serve more people throughout the entire region."

### **DARREL SWENSON – BRITT, MN:**

"In the past, Natural Harvest has had a very positive impact in many aspects of Virginia and the entire Iron Range area in promoting healthy eating and supporting all aspects of healthy and sustainable life styles. Because of our impacts, we have continually grown from that early beginning on Chestnut Street to the soon opening of the new store on Silver Lake. I see that impact simply continuing to grow in the future, and to help that growth it is imperative that we remember that our first job is to serve and accommodate our current and future members. Our members are the most important key to recruiting new members and helping our Co-op grow in the future. The word of mouth by current members is by far the best form of advertising our unique establishment in the community."

### **MEGAN THIELE – HOYT LAKES, MN:**

"I think the Co-op is a place to bring people together and help teach them the value of their food. Co-ops are places that are welcoming to people no matter what their background, and they place a higher worth in the food they provide. When people see how good the Co-op is for the community, their health, and the environment it continually draws more people in and shapes the values of the community. I think co-ops create vibrant communities that value local growers, the planet, and all the people in the area."

## *A warm welcome to our newest Natural Harvest owners!*

Suzanne Ruper (Chisholm)

Linda Ellis (Eveleth)

Cheryl Burritt (Eveleth)

Jenny Uhrich (Ely)

Justine Herberg (Virginia)

Kellie Hunter (Iron)

Mark, Suzanne, & Troy Starr (Hibbing)

Deborah Versteeg (Chisholm)

Don & Kathryn Niska (Mountain Iron)

Allison Austin (Virginia)

Nancy Skerjance (Aurora)

Jackie McHale (Hibbing)

Peter & Brenda Skorich (Virginia)

Connie & Dan Brakke (Eveleth)

Cath Light (Embarrass)

Brittany Anderson (Eveleth)

Thomas D. Lee (Virginia)

Nancy Edman (Virginia)

Jacki Wilsey (Virginia)

Ed Weeden & Doris Bicha (Embarrass)

Sue Long (Mountain Iron)

Shawn Hyde (Big Fork)

Rina Edstrom (Hibbing)

Lilli Lackner (Virginia)

Sandra Williams (Nashwauk)

Dan Lind (Virginia)

Anne Eustice (Hibbing)

Bill & Rachel Caplan (Cook)

Tami Haeg (Hoyt Lakes)

Keith Bundermann (Gilbert)

Danielle Lamppa (Tower)

Rebecca Krantz & John Fraser

(Golden Valley)

Barbara Walters (Buhl)

Elizabeth Jaco (Virginia)

Jacki & Brian Altman (Chisholm)

Bob & Jude Jalonen (Ely)

# Notice of Annual Meeting of Owners

The Annual Meeting of the Owners (Members) of Natural Harvest Food Co-op, Inc. (the "Co-op") will be held on Saturday, April 8, 2017, at the Mountain Iron Community Center, 8586 Enterprise Drive South, Mountain Iron, Minnesota 55768.

The Co-op will have a social hour from 4:00 to 5:00 PM and the business meeting will be called to order at 5 PM.

The Co-op will consider and be presented with the following agenda items: (1) review

fiscal year; (2) final chance to vote for board of directors; (3) announcement of new board members; (4) expansion update.



In order to minimize time counting votes at the Annual Meeting, the Co-op prefers to receive member votes in advance by mail or in-store. To vote by mail or in-store, please mail or drop off your Ballot to the Co-op's address as follows:

Natural Harvest Food Co-op, Inc.  
Attn: General Manager  
505 North 3rd Street  
Virginia, MN 55792

## What are some unique qualifications you have that would make you a great board member?

### **KIM W. ANDERSON – EVELETH, MN (APPOINTED DURING UNEXPECTED VACANCY; NOW UP FOR ELECTION):**

"In addition to volunteering for my church environmental group and in youth ministry, I spend a lot of time at Natural Harvest. I like to volunteer at the Co-op whenever opportunities arise. I enjoy lunch at the Co-op on a regular basis and look forward to the deli offering dinner at the new store. My personal health issues lead me to self-research regarding nutrition and Natural Harvest has been a vital key to maintaining my new, healthier self. I also believe that being active as we age is a crucial decision that everyone can benefit from."

### **JACOB ROSANDICH – VIRGINIA, MN (INCUMBENT):**

"I've managed teams in current and previous jobs in supervisor/manager roles totaling over seven years of management/meeting/professional workplace experience. I try to stay well-informed on organic, non-gmo, political, and holistic medicine news, ideas, and approaches. I have a family of five that plans to be in the area for many years, and I look to the Co-op as our place for groceries, health products, and like-minded conversations so I see the Co-op being a part of my life for many years, and I'd like to make an impact there where I can."

### **CARRIE SELL – COOK, MN:**

"I am a practicing chiropractor and small business owner. I am extremely passionate about healthy food and have spent countless hours reviewing research and attending seminars about nutrition. I currently teach classes at the Co-op. My ultimate goal is to explain the nutritional benefits of whole foods in such a way that it raises enthusiasm and encourages people to try new produce and products available in the store."

### **DARREL SWENSON – BRITT, MN:**

"After shopping at Natural Harvest for a period of time I finally became a member in 1994, and immediately signed up to be a volunteer at the original store on Chestnut Street. Thus, I was involved in the move to the new (current) store on the shore of Bailey's Lake. I continued to be a volunteer and at that time I was also elected to serve on the Board of Directors for two terms. After I retired from my teaching career position at Virginia High School, I had the opportunity to become a part-time employee at Natural Harvest; a position I held for almost 15 years. During my employment, I was in charge of the garden department (seeds, planting supplies, and the spring greenhouse), the coffee buyer, and the beverage buyer for the store. Therefore, because of the fact that I have been actively involved in all phases of the operation of Natural Harvest, from being a member, volunteer, employee, and past member of the board, I feel I can contribute to the future operations of the NEW Natural Harvest on the shore of Silver Lake."

### **MEGAN THIELE – HOYT LAKES, MN:**

"Being from an area that is vastly different from the Iron Range, I think I would bring a unique perspective and new ideas to the board. I have experienced many co-ops across the Midwest so I can offer ideas that I have seen in those co-ops. I have also worked with many people in Decorah who are involved in a local foods movement. I will be able to share stories from other places where co-ops thrive and are a vibrant and integral part of the community."

## 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!

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 4/8/2017.

\_\_\_\_\_ Kim Anderson  
\_\_\_\_\_ Jacob Rosandich  
\_\_\_\_\_ Carrie Sell  
\_\_\_\_\_ Darrel Swenson  
\_\_\_\_\_ Megan Thiele  
\_\_\_\_\_ (Write-in Option) \_\_\_\_\_

**ONE VOTE IS ALLOWED PER OWNER NUMBER. YOUR VOTE REMAINS CONFIDENTIAL.**

**RETURN BALLOT BY 4/8/2017**

505 N. 3rd St. • Virginia, MN 55792

Name & Owner #: \_\_\_\_\_

# CLASS IN SESSION!

## PH AND INFLAMMATION

**Tuesday, March 21**

**5:30 to 7:00 PM**

**Location: Natural Harvest Deli**

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

## EATING FOR MORE ENERGY

**Thursday, April 6**

**5:30 to 7:00 PM**

**Location: Natural Harvest Deli**

Sick and tired of feeling sick and tired? In this class, Dr. Carrie Sell, chiropractor and owner of Ashawa Health in Cook, will teach you simple strategies to overcome lethargy and fatigue. Learn how to replace sugary snacks with naturally energizing foods, ditch the caffeine for good, and eat in rhythm for steady, all-day energy. Come and enjoy good company, mood-boosting beverages and light refreshments!

## FENG SHUI & HEALTH

**Tuesday, April 11**

**5:30 to 7:30 PM**

**Location: Natural Harvest Deli**

Enhance your health, happiness, and prosperity by creating balance and harmony in your environment. Feng Shui is the study of how to arrange your environment in order to enhance the quality of your life. 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, which may contribute to your specific health concerns.
- Energetic understanding of illness
- Tools for beginning your health assessment process

Instructor Christy Mesojedec is a graduate of the Western School of Feng Shui and also holds certification from the International Institute for Building Biology. Her teachings bring a common sense and compassionate approach to the art of Feng Shui.

Take some time to expand your knowledge this spring! Our class lineup has a bit of something for everyone...and a new classroom to boot! 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 registered and paid at least 48 hours in advance to hold the class. All class fees: \$13 for owners; \$15 for the public (except where noted). Payment must be made at time of registration to hold a spot in the class. (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@naturalharvest.coop](mailto:info@naturalharvest.coop).)

## INTRODUCTION TO REIKI

**Tuesday, May 9**

**5:30 to 7:30 PM**

**Location: New Classroom!**

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 body's energy systems. Christy Mesojedec is a Reiki Master and a Teacher of Usui, Tibetan Reiki, Karuna Reiki, Japanese Reiki, Crystal Reiki, and Reiki Drumming.

## GARDENING IN SMALL SPACES

**Thursday, May 11**

**5:30 to 7:00 PM**

**Location: New Classroom!**

Are you interested in growing your own food, but don't have space for a garden? Then container gardening is for you! In this class, you will learn about alternative ways to grow food in small spaces. Instructor and experienced hobby farmer, Tiffany Briggs, will discuss different methods for maximizing your space and yield, as well as which food varieties work best in your space.

## INTRO TO KOMBUCHA BREWING

**Tuesday, May 16**

**5:30 to 7:30 PM**

**Location: New Classroom!**

Do you love kombucha? Have considered brewing your own? Join avid and experienced homebrewers, Kelley Fischer & Alex Haugen, for a lesson in Kombucha brewing. You will learn about the S.C.O.B.Y., the health benefits of Kombucha, and

the process of home brewing. They will also discuss different brewing techniques, ingredients, flavoring, bottling, and kegging.

## SECRET INGREDIENTS FROM AROUND THE WORLD

**Thursday, May 18**

**5:30 to 7:00 PM**

**Location: New Classroom!**

Herbs and spices have long been used to add flavor and depth to favorite dishes, but did you know that many promote long-lasting health? In this class, Dr. Carrie Sell, chiropractor and owner of Ashawa Health in Cook, will teach you the many benefits of seasonings from around the world. Sample snacks and drinks from a variety of ancient cultures. You'll also have the opportunity to create your own bouquet garni and a special spice blend to take home!

## THE ART OF HERBALISM: TOPICAL REMEDIES

**Tuesday, May 23**

**5:30 to 7:30 PM**

**Location: New Classroom!**

**Cost: \$20 for Owners; \$22 for**

**General Public; Includes Supplies**

Join Alli Austin, owner of Birch Botanicals, for a hands-on workshop where you will learn the art of creating topical herbal remedies that include:

- Infused oils
- Salves
- Ointments
- Liniments
- Herbal first aid

Each student will take home an herbal recipe book along with their hand-made first aid salve!

## RESTORE YOUR BODY'S NATURAL BALANCE

**Thursday, May 25**

**5:30 to 7:00 PM**

**Location: New Classroom!**

Would you like more energy? Do you feel as good as you would like to? Would you like to improve cardiac function, reduce discomfort and stress, and sleep better? If so, come learn how you can increase the body's nutrient and oxygen supply while releasing toxic waste from the body to improve circulation and restore the body's natural balance. Instructor, Laurie Gileck, has studied natural health care solutions for over 25 years and has worked as a patient care manager in White Bear Lake. There she helped patients implement treatment plans through diet and supplementation. In this class, you will learn how to achieve optimal nitric oxide levels in the body through nutrition and modern BEMER technology.



# “Change Within Reach” Round-up Report



Once again, your contributions have added up in a big way! The grand total donated to local charities through the Change Within Reach program in 2016 was \$15,311.58. It's truly amazing how a little bit of spare change can add up to so much. We would like to extend a huge “THANK YOU” to everyone who continues to

donate to the program. Your nickels and dimes are helping make our Iron Range Communities stronger.

## A LOOK BACK

In December we collected over \$1,400 for the **Olcott Park Fountain Restoration** project; in January, over \$1,500 was donated to Chisholm's **Precious Paws Humane Society**; and as you read this we are averaging over \$38 per day for the **Hibbing Historical Society's** mining location project.

## LOOKING AHEAD

In support of the Minnesota Food Share Campaign, our March recipient will be the **Quad-City Food Shelf**. It serves Eveleth, Gilbert, Mountain Iron, Virginia, and the surrounding areas. In January alone, they distributed 35,000 lbs. of food to more than 500 families. Their participation in the food share campaign ensures your donations will be matched by local businesses. How great is that?!



In April, your spare change will be used to support Range Mental Health Center's **Dustin Damm Memorial Fund**. The fund is set up to assist those on the Iron Range who are struggling with a major mental illness. The donations go towards medical co-pays, utilities, transportation, and other personal needs. In addition, RMHC will be holding their annual Dustin Damm Memorial Walk on Thursday, May 19 in Olcott Park.

Your May donations will support the **Bess Metsa Garden Fund**. It will help pay for garden workers, new plantings, and more. Every year this neighborhood garden is transformed into a lush oasis that serves as a respite for folks walking around the lake. It provides a wonderful habitat for pollinators, helping to improve their health and numbers. In addition, it serves as an open-air learning space for school children, allowing them the opportunity to develop a relationship with our environment and the food it supplies.



If your 501(c)(3) non-profit organization would like to participate in the round-up program, stop in and pick up an application or print one from our website. We are currently accepting applications for 2018. The application deadline is September 30, 2017. All applications will be reviewed by a Natural Harvest staff committee. You will be notified by October 31, 2017 if your organization has been selected. 🐾



## New! Home Care Essential Oil Blends

**Maribeth Ganoë,  
Health & Beauty Buyer**

### DOWN TO EARTH

Grounding aroma for use in homemade deep cleaning recipes, such as floor cleaners, toilet bowl cleaners, and furniture polishes.

Featuring: Sweet Orange, Texas Cedarwood, Lemon, Grapefruit, Pine Clove Bud, 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 sprays.

Featuring: Sweet Orange, Lemon, Grapefruit, Lavandin, Palmarosa, and Lemon Tea Tree essential oils.

### PETAL POWER

A floral aroma for use in gently refreshing homecare recipes, such as laundry detergent, fabric softeners and carpet powders.

Featuring: Lavandin, Sweet Orange, Atlas Cedarwood, Palmarosa, and Bergamot essential oils.

### KEEP IT FRESH

A fresh aroma for use in air freshener recipes including home sprays, wax melts and garbage pail pods.

Featuring: Lime, Grapefruit, Sweet Orange, Lavender, and Sweet Basil essential oils.

## Floor & Surface Cleaner

**2 tablespoons unscented liquid soap, Castile-type  
20 drops Down to Earth essential oil blend**

1. In a small mixing bowl, combine essential oil blend and soap.
2. Pour mixture into a one gallon bucket of warm water and stir until well blended.
3. Use to clean floors and hard surfaces.

**STOP BY THE STORE TO PICK UP YOUR  
FREE DIY HOMECARE RECIPE BOOKLET!**



# New Product Spotlight: Health & Beauty

These new health and beauty products are close to home and bring greater meaning to the term "local!"

## BIRCH BOTANICALS, ARTISANAL ORGANIC SKIN CARE — VIRGINIA, MN

They use high quality organic ingredients for all of their products and wild harvest most herbs right here in our northern Minnesota forests. Their goal is to bring nature's healing to you in its purest form.



Offering: Oats & Lavender Face & Body Scrub, Coffee & Citrus Face & Body Scrub, Tea Tree & Pine Facial Toner, Calming Lavender Facial Toner, Cedarwood & Frankincense Body Butter, Tea Tree & Pine Facial Serum, and Calming Lavender Facial Serum.

## ESSENTIALLY JO, HANDCRAFTED SOAP BARS — CHISHOLM, MN

Holding strong ties to nature and the environment, Essentially Jo has created handcrafted products that fulfill people's needs without endangering our world. They use only natural and organic ingredients, never testing on animals. Their soaps are made using the finest food-grade vegetable and essential oils. If you cannot ingest an ingredient, you are not likely to find it in their products.

Offering nine different scents: Rugged Beard & Body Bar, Burly Stone Manly Bar, Bouquet, Citrus Burst, Calm, Apple Cider, Awaken, Clear Facial Calming, Pure "Fragrance Free".



## New Products Available at Natural Harvest...

### FROZEN

- ALEXIA
- Crispy Rosemary Fries
- BEAR CREEK ACRES - EMBARRASS, MN!
- Grass Fed Ground Beef or Ground Pork
- BEYOND BEEF
- Beast Burgers
- CASCADIAN FARMS ORGANIC FROZEN FRUIT BLENDS
- Cherry Berry
- Mango Strawberry
- CHANTICLEAR PIZZA - MINNEAPOLIS, MN!
- Cheese
- Sausage
- Pepperoni
- FREEBIRD - CO+OP BASICS!
- Whole Chickens
- Chicken Breasts
- THOUSAND HILLS - CO+OP BASICS
- 80:20 Ground Beef
- THREE TWINS ORGANIC ICE CREAM
- Dad's Cardamom
- WOODSTOCK
- Organic Dark Sweet Cherries

### REFRIGERATED

- BREW DR.
- Kombucha
- GT'S KOMBUCHA
- 48 oz. - Trilogy
- 48 oz. - Gingerade
- HOPE FOODS
- Organic Hummus
- Organic Guacamole

### NANCY'S

- Organic Soy Yogurt
- ORGANIC VALLEY
- Raw Jack Cheese
- REED'S ORGANIC KOMBUCHA
- Passion Fruit Ginger
- Cabernet Grape
- TILLAMOOK
- Extra Sharp Cheddar
- WILDBRINE ORGANIC KRAUT
- Arame Ginger
- Cauliflower Curry
- Beet

### GROCERY

- ALTA PALLA ORGANIC FAIR TRADE SODA
- Lemon, Blood Orange
- Grapefruit
- Black Cherry
- ARGO READY-TO-DRINK TEA
- Sangria Hibiscus
- Carolina Honey
- Ginger Green
- BIG TREE FARMS
- Organic Coconut Sugar
- Coco Aminos
- BOULDER CANYON
- POTATO CHIPS
- Sweet Vinegar
- Red Chili
- FIELD DAY - CO+OP BASICS
- Sliced Black Olives
- Organic Tomato Paste
- Organic Granola
- Organic Fruit Twists
- EPIC ANIMAL FATS
- Beef Tallow
- Pork Lard
- Duck Fat

### GOOD HEALTH PRETZELS

- Veggie
- Gluten Free
- JOVIAL ORGANIC BROWN RICE PASTA
- Farfalle
- Fusilli
- Penne
- LA TOURANGELLE OILS
- Roasted Walnut
- Sweet Almond
- LUNDBERG ORGANIC SPROUTED RICE MEALS
- Toasted Coconut
- Chile Verde
- Thai Red Curry
- Vegetable Fried Rice
- NATIVE FOREST
- Organic Unsweetened Coconut Milk (without Guar Gum)
- NOW FOODS ORGANIC INSTANT QUINOA CUPS
- Wild Mushroom
- Southwestern BBQ
- PACIFIC ORGANIC CHICKEN STOCK
- Salted
- Unsalted
- SENCHA GREEN TEA MINTS
- Dragon Fruit
- Mango
- Mint
- SIMPLE MILLS
- GF Almond Flour Crackers
- GF Baking Mixes
- SIMPLY ORGANIC
- Fish Taco Seasoning Mix
- TASTY BITE
- Ready-to-Eat White Rice - (8 or 16 oz.)

- Ready-to-Eat Brown Rice (8 or 16 oz.)
- TEATULIA
- Organic Teas - in Recyclable Containers!
- THRIVE BARS
- BY GOMACRO
- Lemon Ginger
- Caramel Coconut
- Chocolate, Nuts & Sea Salt
- UDI'S GF SOFT BAKED COOKIES
- Maple Pecan
- Chocolate Chip
- Salted Caramel Cashew
- YUMMY EARTH ORGANIC GF LICORICE
- Peach
- Pomegranate
- Strawberry
- WOODSTOCK
- Organic Trail Mixes

### BULK

- WOODLAND FOODS
- Dried Pears
- Dried Peaches
- NUTS.COM
- Mixed Nuts in Shell
- GRANDY OATS
- Organic High Antioxidant Trail Mix
- Organic Maple Roasted Cashews
- SUNRIDGE FARMS
- Yogurt Pretzels
- Parfiat Pretzels
- Raspberry Pretzels
- Sea Salt & Apple Cider Vinegar Cashews

### BULK COMMODITY

- Organic Rainbow Popcorn
- Zante Currants (Back in Stock!)
- G.A.S.
- Chocolate Covered Dried Mango (Back in Stock!)
- Chocolate Covered Dried Pineapple (Back in Stock!)

### HEALTH & BEAUTY

- BIRCH BOTANICALS - VIRGINIA, MN!
- Cedarwood & Frankincense Body Butter
- Oats & Lavender Face & Body Scrub
- Coffee & Citrus Face & Body Scrub
- Tea Tree & Pine Facial Toner
- Calming Lavender Facial Toner
- Tea Tree & Pine Facial Serum
- Calming Lavender Facial Serum
- ESSENTIALLY JO SOAP BARS - CHISHOLM, MN
- Rugged Beard & Body Bar
- Burly Stone Manly Bar
- Bouquet
- Citrus Burst
- Calm
- Apple Cider
- Awaken
- Clear Facial Calming
- Pure "Fragrance Free"

# Your Co-op: The Next Best Place

*Mary Baker, Front End Manager*

Several times throughout the week, I am greeted by some wonderful ladies walking through the door around 8:30 AM. Following their morning walk, they come to Natural Harvest to gather in the deli for a great cup of coffee, conversation and friendship. Each time they come through the door, it makes my heart happy. They walk in like they own the place. And in fact, they do!

Natural Harvest is much more than the products and services within its walls. It is the next best place. A place where folks can feel connected, valued, recognized, and accepted. What exactly does it mean? If the Co-op is the NEXT best place, what is THE best place? Well, THE best place may be your home and for some, the second best may be their place of work. The NEXT best place can provide happiness, support and stability for not only the customers, but also the community. This is what we strive for.



We know not everyone can stop by for coffee in the mornings, but each and every day I can see how people connect and the sense of community they feel. Whether friends are meeting in the deli for lunch, old neighbors bump into each other while searching for that perfect piece of produce or family shopping while visiting from out of town; they make the Co-op the next best place.

At Natural Harvest, the more we can do to create a business where our customers feel a sense of ownership, the more connected they will become to what the Co-op is all about and staying with us for the long-haul.

Welcome, to the Next Best Place! 🌱

## NHFC BOARD MEMBER CONTACT INFO

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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: Briana Sterle

*The Harvest Beet*  
SPRING 2017