

The Harvest Beet

WINTER 2017-18

est. 1979

NATURAL HARVEST

FOOD CO-OP

*Locally owned,
organically grown.*



WHAT'S NEW?

Navigating the Wellness Aisle

We've installed beautiful new aisle signs (organized according to what the products are used for) to help you find your favorite wellness products more easily. Here are some tips for navigating with the help of our new signs.

- 1) Look up and get familiar with the categories each time you shop.
- 2) Identify what your product is used for so you can find the right category. (Example: Turmeric is commonly purchased to alleviate inflammation so it can be found under the inflammation sign.)
- 3) Know the name of your product and its brand. Write it down or take a picture of the product before you leave the house.
- 4) Each time you find a product look up to see what category it falls under.

Lastly, please don't hesitate to ask our friendly staff for assistance. If we don't have your product we might be able to special order it. You don't need to be a member-owner to place a special order.

Your quarterly source of information for healthy living!

INSIDE THIS EDITION:

What Our Board of Directors Does & How You Can Be a Part of It
Fair Trade & How You Can Help 🌱 Staff Favorites for the Holidays
Your Purchases Support a Better Way of Doing Business
This Year in Local Produce 🌱 Goodness Giveaway & More!

You Are the Co-op Difference – Help Spread the Word!

Anja Parenteau, General Manager & NHFC Member-Owner

Whether you've been a Co-op member-owner since 1979 or you just became one during our October owner drive, I am confident you became member-owners of this cooperatively owned grocery store for the same reasons. Those reasons being, you understand how important the Co-op is to our Iron Range communities and you care to support the values our Co-op upholds.

These common values and your financial support, through ownership and product purchases, are what have built our Co-op into a thriving business. You are the reason for our Co-op's overall success and you are the reason for the positive impacts our Co-op has on our communities as well as our personal and planetary health.

Because of YOU...

- **Our thriving business now employs 38 people** and offers an entry level wage of \$10.50 or more after 90 days of employment. As of 01/01/2018 the minimum wage set for large employers, in the state of Minnesota, is \$9.65. It sure feels good to beat minimum wage!
- **We are a marketplace that works to keep your grocery dollars circulating within the local economy.** This is done by allowing small business owners, from within our communities, to sell their products at our Co-op. This includes locally grown organic vegetables, granolas, soaps

and herbal salves, as well as milk, eggs, meat and more! We also work to strengthen our regional economy by seeking out products from independently owned companies within the greater Minnesota region, Wisconsin, Iowa and the Dakotas. In addition, your support allows us to purchase services and supplies from many other Iron Range Small Businesses. Thank you!

- **We can care for our Iron Range communities.** Your support allows us to give donations to many charitable organizations throughout the year. In particular, you have made our Change Within Reach program a huge success by choosing to round up your purchase amounts. Your spare change adds up to provide local charities with the funds they need to make positive impacts within our communities. To top it all off, you have made it possible for us to have a beautiful classroom overlooking the lake. This classroom has allowed us to offer more community education classes than ever!
- **We can offer you the only all-organic produce department and the largest bulk department in our region.** You have made our shared values come to life! Because of you we can take extra steps to ensure that we select products with the health of you and our planet in mind.

(Continued on next page)

You help create a
robust local economy
when you shop at the co-op.

You help grow a
healthier environment
when you shop at the co-op.



LOCAL & FAIR TRADE HOLIDAY CARDS

Have you checked out our greeting card display lately? We proudly offer cards that are Fair Trade and feature amazing artists. Some of the artists are even Local! The holiday cards that recently came in are from two companies that have great missions. Purchasing cards from our Co-op promotes positive change in the world, and we have you covered through the holiday season all the way to Valentine's Day.

Good Paper: Can a card be more than ink on paper? They believe it can. Their mission is to restore the human spirit; to restore the humanity and beauty within each of us that gets so easily forgotten and tossed aside. They do this by starting with their card makers (women who have escaped human trafficking in the Philippines and young adults orphaned by disease in Rwanda) and it continues with you sending one of their creations to a loved one, and in turn delivering... delight, encouragement, joy and hope. Can a card change a life? Yes, more than ever imagined! Their cards are changing the world.

Artists to Watch: This is a Local company from Minneapolis, MN! They focus on supporting independent artists from all over the world and feature many that are located in our area. We currently have holiday cards featuring the popular artwork of Rick Allen of Kenspeckle Letterpress in Duluth. To top it off, the cards are crafted and printed in the USA on recycled paper with soy based inks.

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- **We can take extra steps to ensure we are caring for our planet as much as possible.** This is done through recycling, offering reusable dishware in our deli, the purchasing of recycled office supplies, and more. Your support has allowed us to become more energy efficient than ever through the installation of new ecofriendly equipment. Because of you we can look forward to implementing more environmentally friendly practices in the future... did someone say solar panels?!?
- **And last, but not least... we get the pride of knowing that our Co-op has become a successful independent business and our member-owners shop with a higher purpose that supports our common values and**

positive change. By choosing to shop our Co-op for your essential grocery & wellness products, in addition to specialty products that you just can't get anywhere else locally, you continue to allow our Co-op to thrive. In this day and age, when more consumers than ever are purchasing groceries at big box stores, convenience stores and ordering online, we thank you for sticking to OUR values.

Help us spread these values by talking up our Co-op at your next family gathering or at your company holiday party, because we all know you will bring the best tasting dish to the party and it will be made with ingredients bought at your Co-op.

And we thank you for that!

In cooperation,

— Anja

Fair Trade & How You Can Help

**Jen Donabauer, Assistant Grocery Manager,
Bulk Buyer & NHFC Member-Owner**

As you wander through your friendly local Co-op, you may notice that many of our products are labeled "Fair Trade". It sounds like a nice term, and you need that coffee (or chocolate) anyways, so you purchase that item. However, by selecting items that are Fair Trade, you, dear Co-op shoppers, are doing something much bigger. You are helping to improve the lives of farmers and producers around the globe!

First of all, let's define what "Fair Trade" actually means. Fair Trade means that the farmers (in many cases, small farming co-operatives) producing crops like coffee, cocoa, vanilla, and bananas are being paid fair prices for the products and services that they provide. This is incredibly important because these commodities often come from less developed parts of the world, and unfortunately, in many cases, slavery and exploitation are involved in the supply chains. While there is no simple solution to this problem, making an effort to purchase Fair Trade items can help to make a difference.

In our Co-op, we carry a variety of products that are certified Fair Trade. Equal Exchange is one of our biggest suppliers, and

they have a very strong commitment to the principles of Fair Trade and improving the lives of the farmers that they partner with. Natural Harvest carries Equal Exchange coffee, tea, bananas, and CHOCOLATE! We have Equal Exchange chocolate chips, chocolate bars, and several varieties of cocoa. And, while we're on the subject of chocolate and Fair Trade, Tony's Chocolonely has landed on our shelves! Tony's Chocolonely is a great chocolate company that was started over a decade ago by a Dutch journalist who was shocked when he discovered how much slavery was involved in traditional chocolate supply chains. To make a long story short, he founded a company dedicated to making chocolate that is 100% slave free!

The really great part about these products is that you can feel good about purchasing them! Not only are you getting the chocolate, coffee, or bananas that you need, you are also helping to improve the lives of the cocoa farmers who helped produce the chocolate chips in your shopping cart — now that's sweet! 🍫

LEARN MORE:

<http://equalexchange.coop/fair-trade>
<https://us.tonyschocolonely.com>



What Our Board of Directors Does & How You Can Become a Part of It

Deb Meissner-DeVries, NHFC Board Secretary & NHFC Member-Owner

Way back in the '90s, I served a term on the board of directors for our Co-op as it was outgrowing its small storefront on Chestnut Street and planning started for its move to the log building on Bailey's Lake. Now, 20-some years later, I'm back on the NHFC board helping to provide vision and direction for our Co-op as we face the new challenges and opportunities brought on by our most recent move to Silver Lake.

Since my first term, the role our board plays for our Co-op has changed. Back then our focus was directed towards store operations but in more recent years co-ops, as a whole, have switched their boards over to the "Policy Governance*" model. NHFC also follows the Policy Governance model. Through this model the board focuses on setting the direction and vision of our Co-op and delegates the handling of store operations to our General Manager.

I often find myself getting asked, "What does the NHFC board actually do?" So I would like to take this moment to give you a rundown of the board's role.

Our member-owners elect a Board of Directors that works to set the direction and vision for OUR COOPERATIVE BUSINESS. This is done by establishing and upholding policies that focus on reaching our goals and ensuring the long-term financial health of OUR COOPERATIVE BUSINESS. In addition, the board ultimately works to ensure that we have a General Manager who is equipped for and accountable to success.

Our Board meets on a monthly basis to achieve the following goals. In addition, Board committees meet occasionally on the side in order to execute these goals.

1. **Provide vision** for the sustainable growth of our cooperative business within our community.
2. **Build an effective voice for our members** by attending monthly meetings, monitoring policies in order to support GM & Board performance, serving on committees, networking with other co-ops, and taking advantage of board training opportunities.
3. **Providing oversight** on policy and management to ensure the long-term financial health and sustainability of Natural Harvest Food Co-op. This includes the review of reports related to annual budgets & sales performance.

As a member-owned cooperative, Natural Harvest is YOUR store. You can have a voice in your Co-op's future through voting in board elections, volunteering for events or on committees, and/or serving on the Board as an elected director. **Our next board election will be held in the Spring of 2018.**



We look for the following characteristics in potential Board members:

- Commitment to learning about policy governance, cooperative principles, and our cooperative business model.
- Willingness to bring his/her energy and skills to provide advocacy and practical help.
- Concern for meeting the needs of our community, member-owners, and staff.
- A vested interest in health, food and sustainability issues.
- Must be a NHFC member-owner.

Board members must commit to attending monthly board meetings, serving on one board committee that focuses on improving our board and Co-op, furthering the education of our board, and participating in our annual member-owner meeting as well as other Co-op sponsored events. Our board committees include the GM Evaluation Committee,

Education Committee, and Perpetuation Committee.

With our next board election scheduled for the spring of 2018, we are on the lookout for member-owners who are interested in running for a seat on the board. If you have an interest in running for the board, now is the perfect time to start exploring the possibility.

To find out if serving on the board is the right for you please contact a current board member to express your interest. They will assist you with getting the information you need in order to make an informed decision and can schedule a date for you to attend an upcoming board meeting. Attending a meeting will help you get a good sense of what the Board does. If you decide you would like to run in the election you can pick up a Board application at the store. We will also be posting the application and information on our website. **Board applications are due by February 15, 2018.**

**Upcoming Board Meeting:
January 22, 2018**

Individual board member contact information is listed on the back page of this newsletter, on our website and in-store above our comment board. You can also contact them through the general board email address, board@naturalharvest.coop. 📧

**Policy Governance offers a way to clearly delegate authority to a single person, in this case the General Manager, and then to monitor the performance of the organization according to clearly articulated written policies.*



CDS Consulting Co-op Retreat – St. Paul: Our Board of Directors and management team take part in trainings to ensure the success of our Co-op.

CLASS IN SESSION!

KITCHEN CUPBOARD WELLNESS

Tues., Dec. 12 • 5:30-7:00 PM
Natural Harvest Classroom

An onion is good for what?! The sweet relief of honey. Take the time for Thyme. Sage wisdom. That's "mint"! (OK how many of you dated yourself with that one!?) Ginger-ly or not, Cinnamon is a cinch! Cayenne you see how warming spices can help you be healthy. There are more — but I'll stop here! Join instructor, Stacey Quade, and learn about common herbal remedies you have right in your kitchen that will assist your body in balancing to prevent and relieve symptoms of colds, flu, and will support your wellness all winter long. You'll learn what they are, why they work, and how to make some easy recipes. Fun and free samples will be provided.

BIO-FEEDBACK (ONE-ON-ONE SESSIONS)

Tues., Jan. 9 • 3:00-7:30 PM
Natural Harvest Classroom

Special \$15 fee for each individual 40-minute session. Only 6 time slots available.

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 world-wide 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.

WINTER CLEANSE CLASS

Tues., Jan 16 • 5:30-7:00 PM
Natural Harvest Classroom

Why winter detox? Re-vitalize after the holiday season. Improve your immune system, metabolism and wellness all winter long. "To detox or not to detox" is not the question...it's "how can you safely do it in a gentle supportive way during the time of year when your body needs to be nurtured and supported?" What makes a good cleanse? Critical components, dos and don'ts. What happens during a cleansing process? It's not just physical. How to decide if you need to do a full cleanse or just modify nutrition and habits. Join instructor, Stacey Quade to learn about different detoxifying foods, herbs, and techniques that are easy to incorporate into your daily life.

HERBAL REMEDIES FOR WINTER WELLNESS

Thurs., Jan. 18 • 5:30-7:30 PM
Natural Harvest Classroom

Cost: \$20 for NH Member-Owners; \$22 for General Public — includes cost of supplies.

Explore an herbal approach to winter wellness with instructor, Allie Austin. In this hands-on class you will learn how to strengthen the immune system and deeply nourish your body during the cold winter months using simple but effective herbal remedies. You will learn to make immune boosting syrups, herbal cough drops, nourishing winter infusions, and more. Students will each take home a recipe booklet and remedies they have made in class.

HEALTHY MEALS

Thurs., Jan. 25 • 5:00-7:00 PM
Natural Harvest Classroom

Cost: \$16 for NH Member-Owners; \$18 for General Public — includes cost of supplies.

Come learn about the importance of healthy fats, adequate protein and healthy carbohydrates for the preparation of healthy meals, snacks and desserts for your family. You'll get a meal and a dessert with this class, along with recipes, and snack ideas. This information will be given by, Angela Reimer, a certified Nutritional Therapy Practitioner.

DIY HERBAL SKINCARE

Thurs., Feb. 8 • 5:30-7:30 PM
Natural Harvest Classroom

Cost: \$20 for NH Member-Owners; \$22 for General Public — includes cost of supplies.

Join Allie Austin for this hands-on workshop as you learn to make your own herbal skincare products at home! Students will learn to make a variety of organic products including body butters, scrubs, herbal masks, serums, and more! Students will each go home with their own skincare product they make in class, along with a step-by-step booklet which includes herbal skin care recipes and a detailed guide to making herbal skin care products at home.

FINNISH SQUEAKY CHEESE CLASS

Thurs., Feb. 15 • 5:30-7:30 PM
Natural Harvest Classroom

Diane Childs from our very own Iron Range has been making Juustoa, Finnish Squeaky Cheese, since 1981. With over 30 years experience and 1,000 cheeses under her belt, Diane has not only perfected the process, but shortened it as well — all without compromising the texture or flavor. In this class, you will learn how to make Juustoa from skim milk with Diane walking you through step by step from start to 'Finnish'. Be prepared to take a step back in time and experience the 'squeak' this cheese is so famous for! This is a demonstration based class.

BASIC KNIFE SKILLS DEMONSTRATION

Tues., Feb. 20 • 5:30-7:30 PM
Messiah Lutheran Church
Community Kitchen

The knife is the most important tool in your kitchen. Come learn how to chop, dice, mince, julienne and more! Everyone is welcome from novice cooks to seasoned professionals. Food will be chopped, cooked and sampled. Students are welcome to assist in the process.

About the instructor: Jenna Ballinger has lived in Virginia for two years. She previously lived in New York working for various companies as a Social Media Coordinator. Her love for cooking and farmers markets led her to where she is now, cooking in the Natural Harvest Deli. You may also see her doing an occasional cooking demo at the Virginia Market Square, stop by and say hi!

Knowledge is power! Check out our class line up for winter. 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 with payment at least 48 hours in advance to hold the class. ALL CLASS FEES: \$13 FOR MEMBER-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 contact us by email at info@naturalharvest.coop.

This Year in Local Produce

Ashley Phoenix, Produce Buyer & NHFC Member-Owner



As a community owned co-op, it is important that we continue to foster strong connections within the area communities. One way we have done so for several years is by supporting our local food producers, in particular our local produce growers.

Each year as spring rolls in, we experience a rush of excitement as our local growers prepare for the upcoming growing season. Prior to that rush, while our grounds are still covered with snow, we start conversations about the upcoming season with our veteran growers and start new connections with prospective growers that are interested in doing business with the Co-op. While we do not require organic certification (as it is not cost effective for small producers), growers must use organic practices and sign an agreement confirming that they do not use banned substances as laid out by the USDA's National Organic program.

For the last few years, we've wrapped up the season by providing a written recap for our customers. The purpose of the recap is to let our customers know how the local growing season went for the Co-op and our farmers.



The 2017 season proved to be one in which the growers had to practice patience. This was due to the extensive amounts of rain we received and the slow to ripen tomatoes. Even with these challenges growers continued to provide the Co-op with produce of great quality and did so with enthusiasm and pride. As of October 23, the Co-op had purchased \$9,521.31 from Iron Range growers and anticipated receiving produce shipments into November. The finalized year end total will be revealed in the upcoming annual report for 2017. Here are some highlights from the local produce total:

Winter Squash: 466.66 lbs.
Pie Pumpkins: 262.06 lbs.
Cabbage: 360.57 lbs.
Onions: 338.37 lbs.
Potatoes: 293.81 lbs.

Keeping in mind that not all produce is purchased by the pound, here are some highlights from the bunched and packaged local produce:

Kale: 933 bunches
Microgreens: 473 packages
Radishes: 263 bunches
Greentop Carrots: 201 bunches
Greentop Beets: 144 bunches

That adds up to 1,162 bunches of various local greens!

None of this would be possible without the dedication and hard-work that our local growers put into their farming practices. We would like to recognize them and extend a huge THANK YOU to our growers for making it possible to highlight and feature Local Iron Range Grown Produce at our Co-op. These are the growers you can thank for the delicious local produce you ate this year:

Janna Goerd (Fat Chicken Farm, Embarrass)
Kate Paul & Donna Johnson (Owl Forest Farm, Iron)
Pamela Wattering (Lost Lake Farm, Tower)
Van Conrad (Northern Delicious CSA, Babbitt)
Jack & Erika Lamar (Early Frost Farm, Embarrass)
Ulrike & Phil Lambert (Heaven Sent Farm, Iron)
Ted Anderson (2 Maple Farm, Hibbing)
Rich & Katherine Disterhaft-Cummings (Eveleth)
Mae & Frank Keating (Eveleth)
Russell & Vicky Keating (Eveleth)
Sherry Erickson (Orr)
Stephen Menart (Gilbert)
Mark Roalson (Hoyt Lakes)
Darrel Swenson (Britt)
Judy Drobick (Eveleth)

While there is not much available during the winter months for local produce, you can still support your local producers by purchasing packaged products such as local honey, syrup, and body care products. Remember, by supporting local, more money stays local, and our Iron Range Communities continue to benefit!

GOODNESS GIVEAWAY

*Win Groceries.
Give Groceries.*

Generosity is its own reward, but if you'd like the opportunity to give to others and get great groceries yourself, stop by the Co-op in early December to participate in the "Goodness Giveaway," featuring great Co-op Basics groceries. Natural Harvest will be giving away an assortment of Co-op Basics items valued at \$75 to one lucky winner and making a \$75 donation in the winner's name to a local food shelf. Win the gift of healthy food and support an organization in our community that provides healthy foods to many of our neighbors. Keep your eyes peeled for signup information to appear in-store and on Facebook.

One of the seven cooperative principles is "Concern for the Community." Providing healthy foods for the whole community has long been a priority for food co-ops because we believe access to good food is a right, not a privilege. And for decades now, co-ops have been working to provide more affordable products while maintaining high standards of nutrition and quality.

That's where Co-op Basics comes in. Co-op Basics is a program that provides shoppers with low prices every day on hundreds of products throughout the store. You'll see great pricing on many of your favorite household brands like Thousand Hills, Greek Gods, Field Day, Seventh Generation, Organic Valley, Equal Exchange and CLIF. Enter the sweepstakes at Natural Harvest for a chance to do good and get good groceries. 🍎



Staff Favorites for the Holidays

LILLIAN

I love the Froth Bath Bombs from Pacha; especially the Merry Mistletoe, Sugar Cookie, and Sugar Plum Fairy scents that we brought in for the holidays. After a long stressful day they offer more than just relaxation. They allow you to put your mind at ease, knowing that your Pacha purchase supports clean water initiatives and other sustainable ventures in developing countries. As you draw your bath mix your favorite spirits with our Mulling Spices Cocktail Mixer from Owl's Brew. This is a crucial step to ensure the perfect end to your day. After all, you deserve it!



SARAH P.

They are so many things that I love at our Co-op! Where should I start? I like to spice up my oatmeal cookies by substituting Frontier Co-op's Garam Masala Powder for the usual cinnamon spice. This makes my holiday baking experience extra special. When it's time to curl up on the couch for a holiday movie I reach for Frontier Co-op's Vindalu Curry Seasoning. It will delight your taste buds when tossed with popcorn and a light drizzle of butter. You can find these spices in my favorite department...BULK!



JENNA D.

Two of my favorite products right now are the French Vanilla Granola from our Bulk department and Califia Farms Unsweetened Almond Milk. When paired together it's a match made in heaven. This pairing is perfect for those transitioning to a dairy free diet through the hectic holiday season. It's a quick and easy breakfast option that will get you fueled up and energized for your day.



BRIANA

My favorite place to relax is in a hot sauna! To achieve maximum relaxation I keep the sauna stocked with these health & beauty staples. Pre sauna I reach for Gilley's Naturals Deep Muscle Relief. This warming oil relaxes muscles and adds a delightful aroma and calming effect to the steamy sauna air. When it's time to lather up there is nothing better than Nature's Gate Herbal Scented Shampoo & Conditioner. The sauna has an affect that allows your hair to absorb its delicious herbal scent better than ever. You will be left with silky smooth hair and an aroma that keeps you relaxed through the next day. To complete this ultimate sauna and aromatherapy experience I recommend using Nature's Gate Herbal Scented Lotion and applying Chakra Balancing, Roll-On Aromatherapy Oil by Aura Caci in the Enlightening Crown Scent. You're guaranteed to impress the sauna lover on your holiday list with this recipe for relaxation!



DUYEN

I love lamp... salt lamps that is! If you need a holiday gift for the person that has everything, I recommend a Himalayan Salt Lamp from Evolution Salt Co. They are perfect for adding a warm relaxing glow to any room. Pair it with some Backcountry Essential Oils or Campfire Incense from Juniper Ridge and you'll get an ambiance that beats your holiday tree, especially if you choose the seasonal Christmas Fir Scent.



LORI

What can I say? The Sesame Sticks in our Bulk department are simply the BEST! They come in an array of flavors that include Garlic, Salted, and my personal favorite — Honey Roasted. The Bulk department is the first place I go for stocking stuffer snacks because it has something for everyone. Whether you're looking for something sweet, salty or savory, Bulk has you covered. The best part is you can purchase as much or as little as you'd like; this makes it easy to be adventurous and try new foods.



PHOENIX

Looking to impress your foodie friend this holiday season? I recommend building them a gift basket filled with Locally Made Isabel Street Heat Hot Sauces from St. Paul, MN. Their sauces are made with only the freshest local ingredients and they leave out all the weird additives. Our Co-op carries seven different flavors for you to choose from, including Thai Chili, Jalapeno, Serrano, Habanero, Fatalii, Ghost and my favorite...Chipotle! Throw in some Field Day Water Crackers and some Horseradish Leek or Garlic Dill Pickle Kraut from Farmhouse Culture and you'll really increase the WOW factor!



JEN

'Tis the season for my favorite holiday must haves! It just wouldn't be a holiday without Roasted Salted Cashews from the Bulk department; they are the perfect snack to hold you over when holiday dinner is running late. I also love the Chocolate Mint flavor of Califia's Almond Milk Coffee Creamer. Pairing it with a cup of Bike Fuel Coffee from Just Coffee Co-op makes a perfect winter warmer. Bike Fuel is a medium roast that offers a rich and smooth chocolatey flavor. Last, but not least, I love Tony's Chocolonely chocolate bars! You can choose from plain dark or milk chocolate, milk chocolate almond sea salt, or my favorite...milk chocolate caramel sea salt. There is a bonus to eating Tony's chocolates. You feel extra good because each purchase helps them to further their mission, which is to end slave labor in the chocolate industry.



Your Purchases Support a Better Way of Doing Business

Sandy Tardiff, Assistant General Manager, Grocery Buyer & NHFC Member-Owner

Did you know that many of the products you purchase at our Co-op come from companies that are working to improve the health of our planet and the lives of people all over the world? That's right; your purchases are making positive changes in our world!

More companies than ever are trying to improve the lives of people worldwide, even as they sell us high quality and distinctive foods grown in tropical regions of the globe. Founders of these companies started with a vision of how to do things differently (such as growing rice using less water and back-breaking labor, and finding compostable packaging for their products) and they have successfully persevered into moderately sized forces for good. Their success is all due to the help of consumers like you! Below are a just a few of these companies.

Lotus Foods sells rice grown in several areas of Southeast Asia, and they have pioneered an innovative way for farmers to grow rice called More Crop Per Drop. As climates become more unstable, one thing severely impacted is the pattern of rain across the globe; being able to grow a water-intensive crop like rice with less water, gives farmers greater flexibility as we move into the future. Lotus Foods also pays farmers more for their crop, giving them a chance to escape poverty.



**LOTUS
FOODS**
RICE IS LIFE



This is why their rice costs a bit more on our shelf.

REBBL functional beverage was started by a group called Not For Sale, as a way to help end human trafficking around the world. Not For Sale was looking for a market-based solution to the global problem of exploitation, starting with the Peruvian rainforest. REBBL donates 2.5% of its revenue to Not For Sale each year.

Alter Eco is a company that began as an experiment in social entrepreneurship. They work with a variety of small farmers and farming cooperatives to source the best foods they can, including quinoa, rice, sugar, and chocolate. While they sell fairly traded and organically raised foods, their innovation has come from developing compostable packaging for some of their products. They are also working to become a carbon negative company! One way they are doing this is by pioneering a Pur Projet reforestation project in Peru.

We all make daily choices on how best to nurture our minds and bodies. Now companies are offering you a way to extend that nurture out into the world. Try adding these companies to your routine the next time you're looking for a chocolate truffle treat, a drink to go with your lunch, or some rice or quinoa for dinner. Purchasing their products is an easy way to add some feel good to your day. 🌱



A warm welcome to our newest Natural Harvest owners!

Mary Beth & Nick Skorich (Eveleth)	Bonnie Vergoth (Embarrass)	Stephanie Dickinson (Aurora)	Rebecca Spengler
Ashley & John Dietz (Virginia)	Sam Campagna (Cook)	Ana Rooda (Eveleth)	Patsy & Jeff Mogush
Stephanie Aho (Virginia)	Matt Socha (Virginia)	Nancy Dostal (Chisholm)	Fran Douglas
Linda DiCasimiro (Soudan)	Betty Culbert (Eveleth)	Mary Jane Patrow (Gilbert)	Gabriella Feldt
Robin Majerle (Tower)	Michelle Raich (Meadowlands)	Kathy Bailey (Virginia)	Sandra Goodyear (Scandia)
Mary Riddle-Wade (Ely)	Shelby Greenlee (Buhl)	Margaret Cornelius (Aurora)	Stig Edwardson (Gilbert)
Eddie Bravo (Ely)	Morgan Anderson (Hibbing)	Rita Brabec (Mountain Iron)	Latisha Giezen (Mountain Iron)
Amber Hoffman (Iron)	Billie Rouse (Babbitt)	Julie Mitchell (Eveleth)	Sena Schwartz (Hibbing)
Amanda Merhar (Babbitt)	Patty Miller Sabie (Embarrass)	Elizabeth Johnson (Aurora)	Teather Miller (Chisholm)
Jennifer Lupich (Tower)	Sarah Vanderscheuren-Keskitalo (Hoyt Lakes)	Clinton Koskovich (Virginia)	Mark Swartz (Biwabik)
Nickolette & Steve Turman (Virginia)	William Wittwer (Gilbert)	Alyssa Triebwasser (Cotton)	Joy & Kyle Colbert (Tower)
Annaliesa McCartney (Grand Rapids)	Gary & Nikki Stark (Mountain Iron)	Joanna Boyer (Tower)	Nancy Powers (Ely)
Christina Hujanen (Mountain Iron)	Barbara Knapper (Virginia)	Nancy Larson (Soudan)	Brenda Maki (Buhl)
Susan & Morgan Sauls (Duluth)	Angela Rosu (Hibbing)	Linda Alto (Virginia)	Crystal Yernatich (Mountain Iron)
Joy & Eric Irwin (Chisholm)	Jesse & April Glass (Cook)	Peggy Fry (Poplar Grove)	Alyssa Nevala (Virginia)
April Leinonen (Cook)	Pat Frederick (Angora)	Ralph & Samantha Mattern (Minneapolis)	Patti Smith (Gilbert)
Stephanie & Tom Lantry (Cook)	Thompson Blodgett (Ely)	Dawn Niemi (Virginia)	Betsy & Joshua Howe (Minneapolis)
Steven Johnson (Virginia)	Ted Stall (Virginia)	Anne Marie Wiley (Babbitt)	Brooke Boulton & Gary Kaunonen (Eveleth)
Teresa Dolinar (Soudan)	Lisa & Nick Richards (Virginia)	Krista Elfrink (Hibbing)	Alison Scofield (Hibbing)
Lisa & Jim Glowacki (Britt)	Susan Kamnikar (Eveleth)	Kim Huewe (Virginia)	Tina Brown (Soudan)
Judy Greenwaldt (Stacy)	Rosemary Moilan (Virginia)	Carol Leinonen (Eveleth)	Kristen Anthony (Ely)
Jackie Jenko (Mountain Iron)	Natalie Belt (Iron)	Kelly Kishel (Eveleth)	Kari Srock (Ely)
Lindsey & Tanner Ott (Ely)	Mary Sprague (Biwabik)	Laura Lendrickson	Devvie & Len Cersine (Ely)
Laura Leoni (Mountain Iron)	Shannon Meyer (Ely)	Monica Merhar	Sue MacGregor (Virginia)
Jenilee Lehti (Tower)	Pam Johnson (Gilbert)		

HELP US LOWER OUR CARBON FOOTPRINT!

Each quarter our number of member-owners increases, which in turn increases the amount of paper copy newsletters that are printed. Please help us save some trees by electing to receive future issues of the Harvest Beet electronically, by email. Switching is easy — just email your name, owner number and phone number to info@naturalharvest.coop or drop the requested information in our store comment box. You can also mail the requested information to 732 N. 4th St., Virginia, MN 55792.



“Change Within Reach” Round-up Report

Once again, your contributions have added up in a big way! We would like to extend a huge “THANK YOU” to everyone that continues to donate to the program. Your nickels and dimes are helping make our Iron Range Communities stronger.

A LOOK BACK

In August we collected over \$1,700 for **Range Respite**; in September, over \$1,500 was donated to the **Mesabi Family YMCA Open Doors Program**; in October, more than \$1,100 was given to the **Iron Rangers for GMO Labeling**; and when the newsletter went to print we were averaging over \$35 per day for the **Mesabi Symphony Orchestra**.

LOOKING AHEAD

As 2017 comes to a close we will be rounding up for the **Angel Fund**. This program provides financial assistance to individuals who are fighting cancer. The funds collected in December will assist them by paying medical

expenses that are not covered by insurance.

The New Year will begin with a focus on childcare. Your January donations will help **Apple Tree Learning Center** to provide positive learning experiences that encourage healthy development and shape the lives of children and families.

Your February donations will support the **Mesabi Humane Society**. Your contributions will be used to ensure that stray animals are cared for until they are returned to their owners or until they can find new forever homes.

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. 🐾

NATURAL HARVEST BOARD MEMBER CONTACT INFO

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Carrie Sell (Education Committee)
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Kim Anderson (Perpetuation Committee)
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Run for your board in 2018!
Applications due 2/15/18.

HOLIDAY HOURS:

CHRISTMAS EVE: Closed

NEW YEAR'S EVE: 9 AM – 5 PM

CHRISTMAS DAY: Closed

NEW YEAR'S DAY: Closed

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The Harvest Beet
WINTER 2017-18

“The Harvest Beet” is a publication of Natural Harvest Food Co-op. Editor: Briana Sterle

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