

The **Harvest Beet**

SUMMER 2018

est.  1979

NATURAL HARVEST

FOOD CO-OP

*Locally owned,
organically grown.*

WHAT'S NEW?



Fresh Fruit & Veggie Trays!

Looking for something delicious and healthy to bring to your next pot luck or summer BBQ? Look no further because our amazing deli crew has you covered! Its offerings now include organic fruit and veggie trays. Each tray will include a variety of organic seasonal fruits or vegetables that are hand-selected for maximum freshness and flavor and are beautifully arranged onto 12" trays that serve 8-12 people. In order to allow the deli crew enough time to plan any additional staffing, all orders must be placed one week prior to the pickup date. Please inquire at the deli counter about pricing.

Your quarterly source of information for healthy living!

General Manager's Report for 2017

Anja Parenteau, NHFC General Manager & NHFC Owner

What a year it's been! We opened our new store on April 26, 2017 after more than a year of getting expert opinions, planning the new store, securing our financing, building the new store, hiring and training additional staff and finally moving! We were closed for 3 days during the final move and opened our doors at 7 AM on the 26th with 1/4-inch of ice on the ground!

Our project came in under budget and we were able to open about 1 month earlier than expected! Each of the first few days open in the new store topped the previous day with sales; it was very humbling to see and hear the community respond so positively to our new building, the classroom and the new deli offerings.

We ended that first month open with our ribbon cutting ceremony and our Grand Opening, which turned out to be a great celebration attended by a lot of new faces who came to see what our Co-op is all about!

In May we saw over 38% sales growth compared to May of 2016. Overall, we ended the year with 21.6% sales growth, \$3,252,000. (Please find the complete Annual report online at www.naturalharvest.coop).

Sales to Owners decreased by 3 points to 58%, meaning we attracted a lot of new shoppers. Our customer growth was an impressive 23.4%. Our Front End staff is doing a great job signing up new Owners, 413 in 2017, which amounts to \$34,160 in new equity on our balance sheet. Active Owner shopping increased by 26%.

Our star growth departments are: Deli: 88% growth; Refrigerated: 41% growth; Frozen and Cheese: both 36% growth; Produce: 32% growth. These are the departments that we invested most heavily in, because of previous growth and shopper demand.



Our Salad and Hot Bar is another area of the new store that was on our wish list. The Deli crew is making sure we have delicious lunches available every day of the week, now also on Sundays — check out our Sunday brunch from 11-3 PM.

We now have 37 employees (we had 24 at the old store), 12 of which are full-time. Salaries and benefits amounted to \$750,734 in 2017!

With the new store and higher sales we are able to support more local producers in our local economy. We now work with 69 local producers directly, which amounted to over \$240,000. Sales of local products are increasing steadily; they increased by 33% over 2017. Over 1,100 products at the Co-op are meeting our definition of local (produced or grown within 400 miles from Virginia), and sales of local products are 24% of all sales, if we include the items that are produced in our Deli.

We are out and about in the community, or invite the community in! Our staff has represented us at such fun events as the Land of the Loon Parade, the St. Michael's Chili Cook-Off and the rest stop at the Mesabi Trail Ride, 10 off-site events total in 2017. We also held 10 in-store events — like the Virginia Art Crawl or my favorite, a Trick-or-Treating party.

(Continued on Page 8)



The evening kicked off with entertainment provided by Rob Wheeler and Jill Burkes.



Natural Harvest Food Co-op owners and staff members gathered for the 2018 Annual Meeting, held this year at the Virginia Elks Club.

Annual Meeting Recap

Carrie Sell, NHFC Board Member & NHFC Owner

On the evening of Saturday, April 14, more than eighty owners and staff members gathered at the Virginia Elks Club for the 2018 Natural Harvest Food Co-op's Annual Meeting of Owners.

The evening began with lively music provided by the talented Rob Wheeler and Jill Burkes. Local producer AJ Arntz of Dahl's Sunrise Dairy, from Babbitt, MN, was on hand to provide attendees with complimentary samples of fresh milk. Owners enjoyed a savory meal of eggplant Parmesan prepared by Alex Haugen, Deli Manager, and his staff.

Board Vice President Darrel Swenson welcomed everyone in attendance and officially called the meeting to order. Swenson delivered the President's Report on behalf of Jacob Rosandich, who was unable to attend. Swenson thanked General Manager Anja Parenteau and staff for their hard work over the past year, noting the opening of the new store and consistent ownership growth. He also mentioned that the Co-op's former log building is still for sale.

During the General Manager's report, Parenteau highlighted some of the major events of the past year, including the Grand Opening for the new store. The number of staff grew to 37 employees. The Co-op was able to

greatly expand its community footprint by hosting more in-store and off-site events. Additionally, the new building and higher sales enabled the Co-op to stock more local products. However, sales growth slowed last fall and despite great effort the Co-op fell just shy of its sales goal for the year.

Next, Marketing Director Briana Sterle introduced three local producers who gave the keynote address for the evening. Janna Goerd of Fat Chicken Farm spoke of farming in Embarrass where it is very cold. Goerd loves her soil and decided to grow the kinds of food she likes to eat, thus becoming one of a fast-growing number of women-run small farms nationwide. Allie Austin, owner of Birch Botanicals, talked about being new to the area and acknowledged the Co-op staff and class attendees for helping her grow her small business and form connections with like-minded people in the community. AJ Arntz from Dahl's Dairy described the dairy's practices, pointing out that the use of glass bottles saves thousands of plastic bottles from landfills each year.

Names were drawn from a raffle for free milk, along with more than 20 other prizes from the Co-op.

Board members Carrie Sell and Megan Thiele then announced the results from

this year's board election. Votes were tallied and the following Board election winners were announced: Julie Juntune, Emma Peterson, Pauli Rancourt, Anne Lantry and Shayna Ray.

Owners were invited to ask questions before Darrel Swenson officially closed the meeting at 6:26 PM.

Thank you to all the Natural Harvest owners who were able to attend. We look forward to seeing you next year!



Above: AJ Arntz of Dahl's Sunrise Dairy

Below: Allie Austin of Birch Botanicals



NHFC BOARD MEMBER CONTACT INFO

BOARD OFFICERS

President • TBA

Vice President • Darrel Swenson
(GM Evaluation Committee)
darrel@naturalharvest.coop

Secretary • Deb Meissner DeVries
(Perpetuation Committee)
deb@naturalharvest.coop

Treasurer • Megan Thiele
(Education Committee)
megan@naturalharvest.coop

BOARD

Carrie Sell (Education Committee)
carrie@naturalharvest.coop

NEW BOARD MEMBERS

Anne Lantry
Pauli Rancourt
Julie Juntune
Emma Peterson
Shayna Ray

New Product Selection & Customer Feedback

Sandy Tardiff, NHFC Grocery Manager & NHFC Owner

Product selection is an ongoing process at Natural Harvest, as we strive to offer the best quality, value, and diversity of products to our customers. We bring in new products for many reasons, including: customer requests, a basic kitchen or wellness ingredient missing from our shelves, new product or cooking trends, discontinuation of a product that we then need to replace. Lifestyles and personal circumstances change, creating a changing demand for different types of products. Bone broth and CBD oil are two examples of products new to our store within the last year that we now get questions about every week!

We want to be a grocery store at which serious cooks can locate hard to find ingredients. Unfortunately, we have to balance our desire to have unusual ingredients on the shelves with the need to keep products from becoming stale and out of date! The offerings of our primary warehouse also determine to a large extent what products we can bring to our shelves at a reasonable cost. One limitation of a warehouse distributor is the time it takes to bring in new products. We are always glad to hear about products customers want us to carry, particularly if they are the "next new thing" and we are wondering if we have a market for something like that. Unfortunately, it can then be 4-6 months before a new product is available to us from our warehouse; that is a long wait, but we do our best to bring in products that may have been mentioned to us in a customer suggestion, even if it may seem we've forgotten about it. Buying directly from a company is usually cost-prohibitive due to shipping costs, and the extra labor required. That being said, we do certainly try to augment our offerings by judiciously buying from some companies directly, especially local or regional ones.

We believe in making product choices available to our customers, rather than trying, through our buying procedures, to control what people eat. Therefore, we prefer to err on the side of flexibility rather than rigidity. As we celebrate the First Anniversary of our new building here on 4th Street North, we

continue to work hard to ensure that our shelves are stocked with a wide range of

products that meet the needs and budgets of all our customers.

New Products at Natural Harvest...

FROZEN

ALEXIA

- Onion Rings

BONAFIDE PROVISIONS

- Organic Bone Broth

CASCADIAN FARM

- Organic Riced Cauliflower

COOLHAUS

- Ice Cream Pints

DUFOUR

- Puff Pastry - All Butter!

CHILL

HONEY MAMA'S

- Chocolate -
In the Deli Cooler!

KALONA SUPERNATURAL

- Organic & Non-Homogenized - Whole Milk, Half and Half, Kefir

LIFEWAY

- Organic Kefir Cups

NO EVIL FOODS

- Plant Meat

OATLEY

- Barista Edition Oatmilk

SIETE

- Grain-Free Almond Flour Tortillas

THE PIGGERY

- Bacon Jam
- Uncured Bologna

TRADER'S POINT CREAMERY

- Yogurt

BULK

RED APE

- Turmeric
- Cinnamon
- Ginger

GROCERY

BHUJA

- Beer Nuts

BRIANNA'S

- Salad Dressings

D'VASH

- Organic Date Nectar

GOOD CRISPS

- Organic Stacked Chips

ISABEL STREET HEAT

- Sriracha - Made in St. Paul!

JOYCE CHEN

- Duck Sauce

MAINE ROOT

- Blueberry Soda

MIKE'S MIGHTY GOOD

- Organic Craft Ramen

Q DRINKS

- Kola

- Ginger Beer

- Club Soda

- Tonic Water

PRIMAL KITCHEN

- Avocado Oil

- Salad Dressings

- Mayonnaise

RED'S SAVOY PIZZA SAUCE -

A Minnesota Classic!

SUNRISE BAKERY LINGUINE -

From Hibbing!

- Butternut Squash

- Spinach

- Black Pepper

TCHO

- Chocolate Bars

WILDLY ORGANIC -

Processed in Silver Bay!

- Coconut Products

YAI'S THAI CURRY SAUCES

- Red, Yellow, Green

MEAT & CHEESE

CARR VALLEY

- Shepherd's Blend Cheese

KITE HILL

- Cream Cheese - Plain or Chive

MARIEKE

- Gouda, Raw & Young

MIYOKOS

- Vegan Mozzarella

ORCA BAY

- Poke Salmon Kit

WELLNESS

BULLETPROOF

- Brain Octane Oil

- XCT Oil

- Cold Brew Bulletproof Coffee

ICE CUBE'S - REMER, MN!

- Whole & Ground Chaga

- Chaga Tincture

- Birch Bark Tincture

- Lion's Mane Tincture

- Turkey Tail Tincture

- Triple Threat Tincture

- Pumpkin Seed Extract

- Honey Berry Tincture

DELI

SPECIAL ORDER

- Fruit Trays

- Veggie Trays

SUNDAY BRUNCH

BRUNCH

SUNDAYS

11:00-3:00

A Warm Welcome to Our New Board Members!



ANNE LANTRY
Cook, MN



PAULI RANCOURT
Eveleth, MN



JULIE JUNTUNE
Virginia, MN



EMMA PETERSON
Virginia, MN



SHAYNA RAY
Biwabik, MN

A warm welcome to our newest Natural Harvest owners!

Colleen & Nathan Bray (Iron)	Susan Benjamin (Nashwauk)	Ericka Iverson (Orr)	Katy Kinsley (Cotton)
Gladysce Shamp (Aurora)	Lori Bandelin (Hibbing)	Amanda Isaacs (Hibbing)	Perry Yoder (Ely)
Ashley Majkich (Hibbing)	Amanda Koivisto (Tower)	Erin Kennedy (Cook)	Diane & Frank Vertin-Guldbrandsen (Ely)
Darcy Robich (Gilbert)	Martha Karish (Biwabik)	Shirley Cotton (Tower)	Jon Sojka (Mountain Iron)
Jeanette & Dave Johnson (Virginia)	Karen Tveit (Virginia)	Carrie & Tom Jensen (Biwabik)	John & Carol Osufsen (Aurora)
Dawn Matschiner (Virginia)	Pam Brittell (Eveleth)	Jody Johansen (Biwabik)	David Andrews (Chisholm)
Kevin Kezar (Zim)	Jay & Lindsay Delcaro (Eveleth)	Gloria Portz (Mountain Iron)	Laurie Milleson (Virginia)
Dwight Moore (Ely)	Taylor Wudinich (Eveleth)	Kristen Hennis (Eveleth)	Lisa Helstrom (Side Lake)
Rian Burkes (Hibbing)	Amanda Bjork (Virginia)	Samson Spector (Virginia)	Chuck Andrews (Britt)
Erik & Katie Dinsmore (Hoyt Lakes)	Ruth Pengal (Ely)	Jody Izsak-Williams (Gilbert)	Darrin & Angela Johnson (Aurora)
Lisa Johnson (Aurora)	Angela Hansen (Aurora)	Jody Johansen (Biwabik)	Stephen Turner (Hibbing)
Holly Gross (Hoyt Lakes)	Deb Tikkanen (Gilbert)	Jennifer Moreland (Virginia)	Susan Odella (Virginia)
Paul & Karen Minerich (Hibbing)	Troy Bruun (Eveleth)	Toni Monsivais (Cook)	Carol Somerville (Melrude)
Wade & Jena Schottmuller (Eveleth)	Logan Hoche (Eveleth)	Amber Graves (Gilbert)	Kate Putnam (Virginia)
Frank & Kari Madore (Minneapolis)	Evelyn Kuzma (Ely)	Katie Schulzentsberg (Eveleth)	Carol Spragg (Gilbert)
Angela Pepin (Chisholm)	Marc Westerbur (Mountain Iron)	Casey & Janessa Clover (Hibbing)	Tom Benson (Ely)
Kathy Paugh (Nett Lake)	Victoria Decker (Virginia)	Bonnie & Michael Lantry (Cook)	David & Virginia Seward (Hibbing)
Rosemary Shepherd (Ely)	Pat Surla (Mountain Iron)	Kristen & Charles Kidd (Ely)	Linda Ralidak (Hibbing)
Ann Vucetich (Hibbing)	Risto Kultala & Rachel Munson (Bemidji)	Jessica Odella (Hoyt Lakes)	Margaret York-Jesme (Ely)
Sabrina Spicer (Buhl)	Tauna Roth (Virginia)	Mark & Dewey Lauderbaugh (Burnsville)	Kay Tarnowski (Hibbing)
Wendy Rauzi (Duluth)	Tom Larson (Virginia)	Teresa Rautiola (Cook)	Lillian Bell (Virginia)
Gianna Paola & Scott Koker (Gilbert)	Nikki Schram (Hibbing)	Sidra Starkovich (Tower)	Terry Defoe (Tower)
Susan Anderson (Virginia)	Jane & Steve House (Hoyt Lakes)	Joan Olson (Hoyt Lakes)	Lisa & Jason Fix (Virginia)
Teresa Sandnas (Virginia)	Jennifer Kober (Mountain Iron)	Mark Blackburn (Virginia)	Vicky Prout (Virginia)
Tessi Stolp (Nashwauk)	Sharon Lenka (Gilbert)	Audra Fink (Virginia)	Danette Carpenter (Side Lake)
Lisha Pearson (Angora)	Kelly Nelson (Cook)	Alyssa Fickas (Virginia)	John Bergerson (Virginia)
Brynn Anderson (Virginia)	Robert & Angela Gustafson (Buhl)	Harold & Stacy Anderson (Virginia)	Colleen Kenyon (Buhl)
Stephanie Erjavec (Eveleth)	Zach & Kate Beresford (Duluth)	Shane & Heidi Johnson (Embarrass)	Tom & Luona Seitz (Mountain Iron)
Robert Corradi (Hibbing)	Nikki Davey (Hibbing)	Nancy Reing (Cook)	Kim Johnson (Virginia)
Molly & Mark Olson (Ely)	Claudia & Frank Modich (Hibbing)	Peta Barrett (Ely)	Danielle Thomas (Hoyt Lakes)
Carlie Worke (Mountain Iron)	Kathryn Cremers (Virginia)	Walter Haglund (Virginia)	Amy Mattson (Virginia)
Andrea Briggs (Virginia)	Sherry Anderson (Tower)	Mary Martin (Hibbing)	Christina Skalko (Virginia)
Caryn Frost-Ranum (Gilbert)	Carrie Rahikainen (Britt)	Jeannette Newton (Babbitt)	Morgan Aldrich (Makinen)
Cassie Peterson (Virginia)	Cedric Littlewolf (Virginia)	Carli Timmerman (Hibbing)	Andrew Johnson (Virginia)
David & Adena Stone (Gilbert)	Randy & Megan Knowles (Hibbing)	Janis Allen (Gilbert)	Becky Hecimovich (Mountain Iron)
Dean Johnson & Phyllis Suomala (Buhl)	Michelle Lowe (Virginia)	Lisa Koski (Tower)	Cynthia Johnson (Ely)
Rose Maki (Gilbert)	Carl & Karen Stone (Babbitt)	Katherine Naland (Virginia)	Bob & Clyda Prosen (Eveleth)
Julie Buria (Virginia)	Carrie Bristol (Virginia)	Christen Ableman (Orr)	Joanne Niedzielski (Hoyt Lakes)
Joel & Diann Carlson (Gilbert)	Brent Marchetti (Virginia)	Anders Osthus (Duluth)	Marvin & Carol Isaacson (Iron)
Kara Burgess (Virginia)	Dave & Susan Tollefson (Virginia)	Janet Just (Iron)	Julie & Robert Stoehr (Tower)
Marie & Ryan Pingry-Carlson (Virginia)	Crystal Phillips (Cook)	Roger & Jennifer Saccoman (Hibbing)	Jeanette Rinta (Britt)
Wendy & Mike Sibley (Ely)	Martha McPheeters (Ely)	Elizabeth Ward (Eveleth)	John Byers (Hibbing)
Michele Coldagelli (Eveleth)	Benjamin Paolo (Hibbing)	Jessica Graves (Cook)	Julie & Jeff Warmuth (Pengilly)
Mykaela Paradis (Aitkin)	Tyler Nason (Cook)	Terri Pylka (Babbitt)	Deanne Holmberg (Virginia)
Bernie & Laura Zollar (Soudan)	Rachel Beldo (Eveleth)	Nick Renollet (Chisholm)	Dustin Calgaro (Gilbert)
Loni Calgaro (Iron)	Carly & Johnaton Knudson (Biwabik)	Elaine Hayes (Chisholm)	Sue MacGregor (Virginia)

Spinach & Strawberry Salad with Goat Cheese

This salad is a love poem to the strawberry, whose succulent sweetness is set off by the savory and tangy greens and vinegar, and complemented by creamy goat cheese. Make it with an all-fruit jam, to add strawberry flavor and sweetness with no refined sugar. (Recipe from www.strongertogether.coop).

4 cups strawberries, reserve two, slice remaining

1 small shallot, peeled

2 tablespoons strawberry jam

2 tablespoons balsamic vinegar

4 tablespoons olive oil

1/2 teaspoon salt

4 ounces spinach, pre-washed

2 medium scallions, slivered

4 ounces goat cheese, crumbled

1/4 cup sliced almonds, toasted



PREPARATION:

1. In a food processor or blender, process two strawberries with the shallot until well minced. Add the jam and vinegar and process to mix, then drizzle in the olive oil gradually with the machine running. Mix in the salt. Transfer to a cruet or cup.
2. Combine the spinach, berries, and scallion in a serving bowl and top with goat cheese.
3. Drizzle with the dressing and top with almonds. Serve immediately.



“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. In 2017 you collectively raised \$18,063.95 for local charities.

A LOOK BACK

In February we collected over \$1,700 for **Mesabi Humane Society**; in March, over \$1,900 was split between the **Quad City Food Shelf** & the **Ely Area Food Shelf**, the donations were then proportionally matched by the MN Food Share Organization; in April, more than \$1,200 was given to **I.R.O.C. (Iron Range Off Road Cyclists)**; and when the newsletter went to print we were averaging over \$40 per day for the **Bess Metsa Garden**.

LOOKING AHEAD

In support of local farming we will round up for the **Iron Range Partnership for Sustainability** in June. The donations will be used to fund local farm tours during their annual Harvest Festival in September. More information at <https://www.irpsmn.org/>



The arts play an important role in providing cultural experiences within our communities. Your July donations will go to the **Northern Lights Music Festival** organization. The funds will support their annual music festival, held across the Iron Range, in July. Find more information at <https://www.northernlightsmusic.org/>



Your August donations will support **North St. Louis County Habitat for Humanity**. Your contributions will help them provide safe and affordable housing for families who would not otherwise be able to escape standard housing situations.



HOW TO APPLY:

If your 501(c)(3) or 501(c)(4) 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.



Local Chaga from Remer, MN!

We are now supplying local, wild harvested Chaga from Ice Cube Enterprises! This small company works out of Remer, Minnesota (84 miles from Virginia) to provide northern Minnesotans the medicinal mushroom superfood we should all take a hard look at.



“Chaga has proven itself to be one of nature’s oldest, safest, and most powerful medicinal full spectrum extraction mushrooms, that stimulates the body to heal itself.” (<https://theicecubetray.com>)

Tapuat Kombucha, a favorite beverage here at the Co-op, seasonally brews a Chaga blend using Ice Cube Chaga.

FROM INSTAGRAM:

TAPUATCHA — We are brewing UpNorth today with our sustainably harvested chaga from IceCubeChaga. Chaga has become widely popular in the health foodie world, so finding a source that does not overharvest is really important. Chaga may become endangered sooner than we all hope due to irresponsible overharvesting. We keep our Up North on a three-month seasonal brew schedule and aim to provide strong medicine with best intention. (www.tapuatkombucha.com)

Icecube Enterprises complies with all aspects of the Minnesota Department of Health, and is licensed by the Minnesota Department of Agriculture. You can find IceCubeChaga on your wellness endcap, on a seasonal rotation lasting until the end of summer. After that, check out your wellness aisle to find your sure-to-be new favorite medicinal mushroom.



NUTS & NUTRITION

If you are trying to improve your eating habits and need new snacking ideas, look to the nuts! Ounce for ounce, nuts are one of the most satisfying and nutrient packed snacks around! Here's a quick and easy guide to help you find your perfect snack mix. Just remember that nuts are nutrient dense, so a few nuts will go a long way and portion control is key.

Almonds: Good source of protein, calcium, and vitamin E.

Brazil Nuts: Just two Brazil nuts a day provides 100% RDI for selenium.

Cashews: Great source of plant-based iron.

Macadamias: Nuts highest in monounsaturated fats, thiamin, and manganese.

Pistachios: Great source of potassium, plant sterols, and the antioxidant resveratrol.

Walnuts: Nuts highest in alpha linoleic acid (plant-based omega 3's) and antioxidants.

Peanuts: Though technically a legume, peanuts are packed with many important B-complex groups of vitamins such as riboflavin, niacin, thiamin, pantothenic acid, vitamin B-6, and folate.

In general, raw nuts are the healthiest since they are unprocessed, but dry roasted varieties are also a great choice. Nuts are also incredibly versatile! Add nuts to top cereals, yogurts, salads, or soups. Another great snacking option is to pair your favorite nuts with dried fruits to make your own custom trail mix. So head over to our bulk section and go nuts!

— Jen Donabauer,
NHFC Bulk Buyer & NHFC Owner

CLASS IN SESSION!

Knowledge is power! Check out our class line up for summer. You can sign up and pay for all classes at Natural Harvest Food Co-op, 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 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.

CHAGA MUSHROOM: MINNESOTA'S MEDICINAL TREASURE

Tuesday, June 19 • 5:30-7:30 PM
Natural Harvest Classroom

Cost: \$23 for NHFC Owners; \$25 for General Public — includes cost of supplies.

Join herbalist, Allie Austin, for this in depth class about all things Chaga! Did you know, growing on our birch trees is one of the most powerful medicinal mushrooms in the world? Chaga has been highly studied and is proven to kill cancer cells, shrink tumors, increase the body's ability to respond and adapt to stress, and has a multitude of other benefits. In this class you will learn how to identify, harvest, and utilize this medicinal powerhouse for both internal and external use. You will make chaga remedies in class and each student will go home with their own informational chaga guide which includes a recipe booklet showcasing creative ways to use Minnesota's most treasured fungi.

NATURAL SOAP MAKING II

Thursday, July 19 • 3:30-7:30 PM
Natural Harvest Classroom

Cost: \$55 for NHFC Owners; \$57 for General Public — includes cost of supplies.
This class is limited to 10 students.

Instructor, Brenna Kohlhasse, has 20 years' experience as a soap maker and enjoys sharing her knowledge with others. Learn how to make layered and multi-colored cold-processed and oven-process soap using essential oils for scent and organic herbs and botanicals for color. Prerequisite of Soap Making I or previous cold processed soap making experience is required. You'll be using lye in the process (safety glasses required) and will also be "super fatting" your soap to make it skin-loving and gentle for use on babies and pets. Bring a 2 lb. mold if you have one (cardboard boxes will be provided as needed). Students are required to bring their own safety glasses and wear protective clothing; long sleeve button up shirts with aprons work best.

WILD CRAFTING HERBS: A MINNESOTA GUIDE

Tuesday, August 14 • 5:30-7:30 PM
Natural Harvest Classroom

Cost: \$23 for NHFC Owners; \$25 for General Public — includes cost of supplies.

Join herbalist, Allie Austin, and learn how to wildcraft your own medicinal herbs in northern Minnesota. Students will learn to identify the common medicinal plants that are found in our area, how and when to properly harvest, drying and storing techniques, as well as how to make herbal preparations from these wildcrafted herbs for both internal and external use. Students will each receive an in depth guide to identifying, harvesting and drying as well as recipes for preparing herbal remedies with these common medicinal plants of Minnesota.

WATCH FOR MORE INFO IN-STORE!

Save the Dates!

ADDITIONAL DETAILS ONLINE!

**JUNE 14 &
AUGUST 16
VIRGINIA
ART CRAWL**

Watch for featured artists at your Co-op!
(More information at
www.virginiaartcrawl.com)

**JUNE 16
LAND
OF THE LOON
PARADE**

Watch for your
Co-op in the parade!

**AUGUST 16
OLCOTT
BREWFEEST**

Your Co-op will be there
serving delicious food!
(More information at
www.olcottparkbrewfeest.com)



Owner Deal Coupons



Want access to more Owner Deals?

Sign up to receive coupons, reminders, flash sales & store happenings
via text message by texting "ownerperk" to 33222

Owner Deal!

Valid for a single use JUNE 1-15, 2018

10% OFF

Sunscreen & Bug Spray

Maximum Discount \$5.

Single use, per owner account. May not be used with other owner deal coupons or the case discount.



Owner Deal!

Valid for a single use JUNE 16-30, 2018

10% OFF

Ice Cream

Maximum Discount \$5.

Single use, per owner account. May not be used with other owner deal coupons or the case discount.



Owner Deal!

Valid for a single use JULY 1-15, 2018

10% OFF

Cheese

Maximum Discount \$5.

Single use, per owner account. May not be used with other owner deal coupons or the case discount.



Owner Deal!

Valid for a single use JULY 18-24, 2018

10% OFF

Produce

Maximum Discount \$5.

Single use, per owner account. May not be used with other owner deal coupons or the case discount.



Co-op Owners...

New coupons will be printed in every issue of The Harvest Beet newsletter. **No need to bring the coupon into the store.** Your Owner Deal Coupons can be applied at the registers when you provide your Owner number.

Owner Deal!

Valid for a single use AUGUST 1-31, 2018

\$5 OFF

Owners enjoy \$5 off a purchase of \$40

Single use, per owner account. May not be used with other owner deal coupons or the case discount.



(GM Report — Continued from Page 1)

Our Change-Within-Reach program has also benefitted from the higher sales in the new store — we were able to collect \$18,063 for 12 local organizations in 2017. Any food we can't sell anymore, because of expiration dates or produce that is past its prime, we donate to the Salvation Army and on average that is about 1,200 lbs. of food per month that stays out of the landfill. Produce scraps, or produce that is not usable anymore gets picked-up by volunteers who are using it in their compost piles.

Our fabulous classroom gets used at least twice per week by community groups and we use it for classes, staff trainings, and meetings, including board meetings. In 2017 we were able to offer 34 classes to our community — taught by community experts — and over 450 people participated in those classes.

Last fall and winter we experienced less growth than expected and worked hard to adjust our schedules and purchasing accordingly. One of the challenges ahead is to manage our expenses carefully, in order to get to a positive bottom line as soon as possible.

I am very proud of everything that was accomplished in 2017 and I would like to extend a huge thank you to all involved — our staff, our board and you — our owners! We have a fun day planned for our first anniversary in the new store. Mark your calendars for May 19 — hope to see you all there! In Cooperation,

— Anja

Wellness Update

ESSENTIAL OILS HAVE MOVED!

In March, we re-set our HABA department to better serve you all. Our customers now have easier access to the quality natural body care products you can expect from Natural Harvest. Many people have asked, "Did you move the oils?" Well yes, we did! The Aromatherapy section can now be found across the aisle from the Baby Care section, at the end of Aisle 2.



Summer Plantings are Here!

Get your garden started off right with plants from your local Co-op! This year's arrangement of organically grown vegetables, herbs, and flowers are from Barb's Garden in Duluth. Her plants are a staple at the Duluth Farmers Market and she has now branched out to offer her quality plants at our Co-op.

You will also see organically grown plants from the garden of Darrel Swenson.

HOLIDAY HOURS: **MEMORIAL DAY — 9 AM - 7 PM**
FOURTH OF JULY — 9 AM - 7 PM

CHECK OUT OUR NEW SUNDAY BRUNCH! • 11 AM-3PM

~ ON SILVER LAKE ~
OPEN MON - FRI: 7 AM - 8 PM
SAT: 9 AM - 8 PM • SUN: 9 AM - 8 PM
732 N. 4th St. • Virginia, MN 55792
PHONE: 218-741-4663
FAX: 218-741-6153
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