

The Harvest Beet

FALL 2018

est. 1979

NATURAL
HARVEST

FOOD CO-OP

*Locally owned,
organically grown.*

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

Anne Lantry (GM Evaluation Committee)
anne@naturalharvest.coop

Pauli Rancourt (Perpetuation Committee)
pauli@naturalharvest.coop

Julie Juntune (GM Evaluation Committee)
julie@naturalharvest.coop

Emma Peterson (Perpetuation Committee)
emma@naturalharvest.coop

Shayna Ray (Education Committee)
shayna@naturalharvest.coop

Your quarterly source of information for healthy living!

Change On Owner Coupons — Because We Heard You!

Anja Parenteau, NHFC General Manager & NHFC Owner

Back in April, we replaced the 5% monthly owner discount with monthly owner coupons. Since then we have received a lot of owner feedback regarding the change. We've heard everything from "the new coupons are great" to "they don't work for me at all." Mostly what we're hearing is that it makes your shopping experience more complicated, which is not what we were aiming for.

The idea was to feature different departments throughout the month in hopes that it would encourage our owners to try new products and shop with us more often. Each month we carefully reviewed our sales data to see if the new approach was reaching its desired goal. While this was going on we also took the time to analyze all the feedback we were receiving from our owners. Research shows that our desired goal was not reached and the majority of owners prefer a choose your own day 5% discount. This data lead us to reassess this owner perk and we have come to a conclusion.

Starting September 1, we will go back to the choose your own day 5% owner discount,

but we will have to cap it at \$5 per month. As always, please let your cashier know when you would like to use the discount.

At this point, 1 year after an expansion, we need to ensure our business stays financially strong. The \$5 cap is necessary to give us greater control over the amount we pay out in owner discounts. Owner discounts must be responsibly monitored just like the rest of our expenses so we can lead our Co-op back to a profitable state as soon as possible, so that we can once again be in a position to pay a patronage rebate.

As always, thank you for shopping at your Co-op and we appreciate your feedback. Please remember, as owners, you also get monthly deals on new and local products as well as discounts on case purchases and class registrations. The newest perk is our owner texting program – once you register for the program we will text you bi-weekly flash sales directly to your cell phone. Register by texting the words "ownerperk" to 33222.

In Cooperation,

— Anja



Back by Popular Demand!

5% Monthly Owner Discount!

- Change begins September 1st
- Use it on a day your choice
- Maximum discount \$5
- Not valid on sale items or co-op basics



Natural Harvest Board Members — Left to right: Pauli Rancourt, Shayna Ray, Darrel Swenson (Vice President), Deb Meissner DeVries (Secretary), Anne Lantry, Julie Juntune, Megan Thiele (Treasurer), and Carrie Sell. Not pictured — Emma Peterson.

Board Report: Fresh Starts

Emma Peterson, NHFC Board Member & NHFC Owner

***“Every moment
is a fresh beginning.”***

-T.S. ELIOT

With the turn of the seasons from spring to summer, change as always was upon us. Warmer weather (finally!) came bringing the excitement of summer, the eager anticipation of longer days and the making of new goals that leave behind the cold winter dreariness. Perhaps you also set new goals, changed your

diet, and tweaked things you hoped to change.

At Natural Harvest, change was also in the air by welcoming in five new board members: Julie Juntune, Anne Lantry, Pauli Rancourt, Shayna Ray and Emma Peterson. We came with energy, interest in helping to guide our Co-op to further success, and experience in diverse fields. We believe in the mission and goals of our Co-op and appreciate how the Co-op has touched each of our lives in different ways, bringing fresh ideas and new diet choices.

We began our experience with a retreat orientation to introduce us to the current

board members, meet our general manager, and learn the goals and responsibilities of our board. We continue on with our regular meetings and helping with special events that happen involving the co-op.

As fall quickly approaches, again we anticipate change. New and seasonal products will continue to arrive, providing opportunity to cook a new meal or refresh and change the products you use every day in your home. The board welcomes you to come in, connect with friends, try new things, and begin afresh with us!

WATCH FOR MORE INFO IN-STORE!

Save the Dates!

ADDITIONAL DETAILS ONLINE!

Thurs., Sept. 20

**ST. MICHAEL'S
CHILI COOK-OFF**

Your Co-op will be serving
some delicious chili at
Miners Memorial Building!

Sat., Oct. 27

**OWNER
APPRECIATION DAY**

Owner Specific Perks All Day
Store Happenings for Everyone
Watch for more details in-store!

Wed., Oct. 31

**KIDS TRICK OR
TREATING &
DANCE PARTY**

Watch for more
details in-store!

Sat., Nov. 24

**SHOP SMALL
SATURDAY**

Watch for more
details in-store!

No Patronage Rebate This Year; No Profit Made in 2017

Anja Parenteau, General Manager and Darrel Swenson, Board Vice President

Since we implemented the Patronage Rebate system in 2014, we were able to pay out part of our profits to our owners for three years in a row. (You can find more information on the Patronage Rebates and how much we paid out by visiting our website: www.naturalharvest.coop).

In 2017, we opened our beautiful new store and with that very big investment into the new facility, equipment, staff and inventory will come a few years that show a loss on our Income Statement. At the May Board Meeting, the Board accepted the General Manager's recommendation to not pay out a Patronage Rebate for 2017, following a review of our financial statements and tax consequences.

Patronage rebates are the cooperative way to equitably return a portion of profit to our Owners – rest assured we are working hard to get us back on the road to profit, and back to sharing them with you – our Owners!

The best way for you to help us get there, is to shop for your groceries at your Co-op! Thank you for being an Owner!



Newsletter Update: We're Going Green!

What does "Going Green" mean?

- You've probably noticed that green is everywhere these days — in the news, politics, fashion, and even technology.
- Going green means adopting practices that reduce harm to the environment and help to ensure better sustainability.
- "Going Green" is all about getting the right attitude and following it up with the right initiatives.



With the increasing paper waste via production, cost of printing and postage, and the rising popularity of digital mediums, we determined that now is the time to make a change. In a commitment to being green and saving money the newsletter will be sent out via email and a select number of paper copies will be available in-store.

If you would like to continue receiving the newsletter please request to be added to our email list by completing the form below and returning it to the store. If you do not want to sign up for email delivery you can pick up a printed copy at the store or view it on our website.

Use the form below to sign up for email delivery of your newsletter.

Please sign me up to receive my quarterly newsletter via email.

Name: _____

Owner Number: _____ Phone Number: _____

Email Address: _____

Please mail form to: Natural Harvest 732 N. 4th St. Virginia, MN 55792



Local Producer Spotlight

FARM:
Lost Lake Farm

LOCATION:
Tower, MN

FARMER:
Pam Wettering



HOW DID LOST LAKE FARM GET STARTED?

When we bought the property there was a small clear cut area that I saw an opportunity to try and grow things on. I had to do some heavy tilling and a lot of treating the swampy soil with compost and various animal manures, but was surprised when things started growing well! That original small area has since at least quadrupled in size by clearing trees and allowing the chickens to 'fertilize' the soil to make it grow-worthy!

WHAT INSPIRES YOU TO BE A FARMER?

I have an addiction to growing plants. Since I have six house cats I'm unable to keep plants alive in my house so I'm very happy to get things growing in the ground outside in our short growing season.

WHAT IS YOUR FAVORITE THING TO GROW?

Winter Squash!!

WHAT IS THE MOST DIFFICULT PART OF THE FARMING PROCESS?

For me it's the lack of any easily accessible water. The last two years have been great with all the rain, but in a dry year I have to pump and haul water from the lake, 400 gallons at a time in a tank pulled by my truck, and pump it out of the tank to water the garden. It takes about half a dozen trips to the lake, a mile away, to water the garden once!

TELL US SOMETHING MOST PEOPLE DON'T KNOW ABOUT LOST LAKE FARM...

Lost Lake Farm is completely off the grid... including my home. All my seedlings are started in a small wood heated greenhouse which I bunk in at night in order to keep the fire going and maintain the necessary warm temperatures that seedlings need. We have no running water on the property so all water is either hauled in from the lake for watering, or from a spring for potable water needs.

A warm welcome to our newest Natural Harvest Owners!

Jessica Ross (Britt)
Julie Lindeman (Chisholm)
Grover & Diana Gillespie (Orr)
Amy Swensen (Virginia)
Kaye & Peter Riley (Ludington)
Clay Mariucci (Britt)
Kevin & Lisa Marolt (Ely)
Audrey & Dennis Peterson (Gheen)
Julie Nester (Ely)
Stacie Jarvela (Gilbert)
Mary Nelson (Mountain Iron)
Hannah Godbout (Gilbert)
Dena Roseth (Babbitt)
Ruby Hoiland & Jeff Anderson (Biwabik)
Mike & Kathy Tilander (International Falls)
Michael Jarve (Virginia)
Tom & Alycia Roller (Ely)

Christine Zamlen (Virginia)
Megan Manley
Julie & Ryan Nehring (Chisholm)
Adam Sersha (Eveleth)
Laura Williams (Tower)
Amanda Wills (Embarrass)
Lisa Bowie & Stephen Harbin (Boca Raton)
Kelly Lambert (Chisholm)
Donna & Nathan Lobb (Aurora)
David Vuicich (Virginia)
Donelle Patton (Side Lake)
Kathleen Wierimaa (Aurora)
Kalia Sims Hotchkiss (Chisholm)
Delores & Darrell Wold (Moose Lake)
Jerome Klaras (Hoyt Lakes)
Dennis Olson (Eveleth)
Kaylee Hennen (Mountain Iron)

Sam & Carol Galatz (Hibbing)
Peter Lambert (Duluth)
Barbara & Tom Baldrice (Virginia)
JoAnne Hoole (Gilbert)
Kristina Deppe (Virginia)
Tracey Oates (Virginia)
Molly Jones (Hibbing)
Barb Lofquist (Tower)
Michelle Makela (Eveleth)
Kortani Martin (Side Lake)
Shawn C. Haghighi (Minneapolis)
Candice Seppa Arroyo (Minneapolis)
Darlene Nemanich (Ely)
Nathan Acker (Virginia)
Amy Zadnikar (Virginia)
Julie Finch (Des Moines)

“Change Within Reach” Round-up Report

Once again, your contributions have added up in a big way! We would like to extend a huge “THANKYOU” 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 May we collected over \$1,500 for **Bess Metsa Garden**; in June, over \$1,100 was donated to the **I.R.P.S. (Iron Range Partnership for Sustainability)**; in July, almost \$1,200 was given to the **Northern Lights Music Festival** and when the newsletter went to print we were averaging over \$40 per day for the **North St. Louis County Habitat for Humanity**.



LOOKING AHEAD

In support of education we will round up for **VinE (Volunteers in Education)** in September. Your donation will go towards paying coordinators as well as towards ongoing expenses that keep the program running, growing and improving. VinE coordinators schedule and organize volunteer tutors, recruit new tutors, and match volunteers with classroom needs. They also provide support to the tutors and help ensure they are trained and well informed.



This October, in recognition of Non-GMO month, we will continue to support and promote the right to know what's in our food by rounding up for the **Iron Rangers for GMO Labeling**. Your donations will help the organization to further their educational outreach and continue their crusade in the fight for proper labeling of GMOs.



Your November donations will support **Advocates for Family Peace**. Your contributions will help with offering free and confidential services to families experiencing intimate partner violence in northern St. Louis County. Funds will be used for direct services to victims. This includes empowering and counseling victims and survivors through emotional support, safety planning, emergency shelter, and advocacy within medical, court and child welfare systems.



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.

“You’ve Gotta Try This!” — Staff Picks

Check out some of our favorite products here at the Co-op!

Health-ade Ginger Lemon Kombucha Santa Cruz Raspberry Lemonade

Jen D.

Grocery Assistant

(Located in the kombucha cooler/grocery aisle)

Drink them alone or mix them together. It's the best combination in the universe! Fill a glass with ice & mix equal parts booch & lemonade. It's sweet, refreshing, and it has a delightful kick from the ginger. Makes a great mocktail!



Orca Bay Ahi Tuna Poke

Alex H.

Deli Manager

(Located in the freezer section)

Fancy without the fuss, a fish source I can trust. Put it on some greens or put it on some rice with edamame soy beans and avocado by the slice. This stuff is the bomb, you should serve it to your mom!



Honey Mama's Nibs & Coffee Cacao-Nectar Bar

Andrew H.

Front End Department

(Located in the deli cooler)

An amazing guilt free treat that puts a big smile on my face!



Josie's Organic BBQ Ranch Chopped Salad Kit

Ashley P.

Produce Buyer

(Located in the produce cooler)

Makes for a quick, easy meal that is healthy. We also have four other varieties of chopped salad kits to choose from so you can mix it up!



Coolhaus Ice Cream Sandwiches

Jordan A.

Front End Department

(Located in the freezer section)

Amazingly soft and delicious cookies with equally amazing ice cream smooshed between them. They are so addictive and filling!



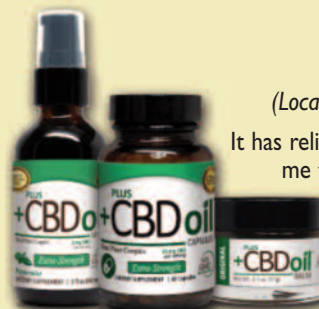
Plus +CBD Oil

Lori M.

Office Administration

(Located on the customer service counter)

It has relieved the aches in my hip and given me the energy to garden without pain. I feel calmer and happier overall since I've started taking it. I've turned friends onto CBD oil and it's working for them too!



Derma-E Skinbiotics Treatment Cream

Briana S.

Marketing & Owner Services

(Located in the wellness department)

This cream is amazing! It clears up Exzema in a flash and works better than any prescription cream I've ever used. Say goodbye to dangerous steroid creams for good!



Kalona Whole Milk

Sarah P.

Front End Department

(Located in the dairy cooler)

After you taste this milk, you'll never want to drink anything else! It's non-homogenized and batch pasteurized the old fashioned way. Enjoy milk as it should be!



CLASS IN SESSION!

Knowledge is power! Check out our class line up for fall. 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.

CHAGA MUSHROOM: MINNESOTA'S MEDICINAL TREASURE

Thursday, September 13 • 5:30-7:30 PM
Natural Harvest Classroom

Cost: \$23 for NHFC Owners; \$25 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.

ESSENTIAL OIL BLENDS: ROLLERBALL MENTALITY

Tuesday, September 18 • 5:30-7:30 PM
Natural Harvest Classroom

Cost: \$23 for NHFC Owners; \$25 Public;
Includes cost of supplies.

Learn all about essential oils and how to use them as natural remedies. In this hands-on class you will mix different essential oils with carrier oils to create your very own therapeutic roll on blends. You will make 4 roller bottles including Stress Less, Calm & Focused, Memory Loss and Hormonal Wreck. Go home with a 10 ml bottle of each and loads of new insights and information! Instructor, Jilly Gilley, has been working with homeopathic remedies for 35 years and loves to share her knowledge with others.

HEALTHY MEALS

Thursday, September 27 • 5:00-7:00 PM
Natural Harvest Classroom

Cost: \$16 for NHFC Owners; \$18 Public;
Includes cost of food.

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. This is a demonstration based class.

CO-OP YOGA

Sundays • 10:00 AM • September 30
October 21 • November 11
Natural Harvest Classroom

Cost: \$13 for NHFC Owners; \$15 Public;
Includes cost of supplies.

Join us for a vinyasa flow yoga session with instructor Nancy Henderson-Korpi. Nancy has 30 years of experience teaching yoga and fitness classes. Whether you're a beginner or expert yogi, all experience levels are welcome. Bring your own yoga mat and any yoga props you require. The class includes your choice of a post-session specialty coffee, smoothie, or drip coffee/tea with deli pastry/cookie. All students are welcome to mingle in our classroom after class and enjoy their deli treats.

THE HERBAL FIRST AID CUPBOARD

Thursday, October 4 • 5:30-7:30 PM
Natural Harvest Classroom

Cost: \$25 for NHFC Owners; \$27 Public;
Includes cost of supplies.

Join herbalist Allie Austin and begin to build your very own herbal first aid cupboard! In this hands-on class, we will learn how to use herbs to create a variety of first aid remedies for both internal and external use. From bug bites, rashes, minor cuts and wounds, to headaches and arthritis, herbalism has been used for centuries as a tried and true, natural way to support our body's natural healing response. Students will each go home with their own multi-purpose first aid remedy they have made in class, along with an in-depth Herbal First Aid Manual full of information and recipes to build an effective, natural first aid cupboard in your own kitchen.

FOOD ALLERGIES & SENSITIVITIES

Tuesday, October 9 • 5:30-7:00 PM
Natural Harvest Classroom

Let instructor, Stacey Quade help you decide if going gluten- and dairy-free is right for you. Class participants will learn the basic immune function response that causes a reaction and how to identify conditions and symptoms that could be manifesting from food sensitivity. You will also learn strategies, lifestyle changes and resources to assist with eliminating allergens and improve wellness by understanding the process of how the body heals from allergies and what to expect.

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, briana@naturalharvest.coop.

FINNISH SQUEAKY CHEESE

Thursday, October 18 • 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 more than 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.

EATING FOR ENERGY

Tuesday, November 13 • 5:30-7:30 PM
Natural Harvest Classroom

Join Functional Medicine Certified Health Coach, Zack Schroeder in a beginner's class on "Eating for Energy". You will be learning how to boost brain power through nutritious foods and lifestyle. This can help reduce brain fog and fatigue while increasing energy, resiliency and focus. Featuring Chef Bryan, who will be leading a cooking demonstration and providing nutritious samples throughout the class. Bring an appetite for knowledge and satiety-inducing foods!

NATURAL SOAP MAKING 101

Thursday, November 29 • 3:30-7:30 PM
Natural Harvest Classroom

Cost: \$50 for NHFC Owners; \$53 Public;
Includes cost of supplies.

Join longtime soap maker, Brenna Kohlhasse, for a hands-on class about the art of making cold-processed soap using an oven cured technique. Essential oils will be added for scent along with organic herbs and botanicals for color. You will take home a 4-6 bar loaf of soap along with the skills for making soap at home. Safety precautions with the soap making materials will be covered extensively. Students must be 16 years or older and should wear closed-toed shoes and a long-sleeved shirt and/or apron to protect clothes. SAFETY GLASSES ARE A MUST! Cardboard molds will be available, but if you like, you can bring your own 1-2 lb. mold. (Pringle's cans, shampoo bottles with the top cut off and straight sided plastic boxes or silicone cake pans work great for soap molds.) No metal molds please. All supplies will be provided.

Where Does It Come From?

The next time you visit the Co-op, take a peek at a few of our local producers. We've installed new signage throughout the store featuring a few of our local farmers and producers who deliver organic vegetables, dairy products, beverages and more!



Crockpot Calico Beans

(Recipe from www.strongertogether.coop)

Not too sweet, not too tangy, these just right beans are the perfect dinner, party or potluck side.

TOTAL TIME:

5 hours, 15 minutes; 15 minutes active

SERVINGS: 10

INGREDIENTS:

- 1 tablespoon olive oil
- 1 yellow onion, diced
- 1 red bell pepper, diced
- 2 garlic cloves, minced
- 1 15-ounce can pinto beans
- 1 15-ounce can butter or cannellini beans
- 1 15-ounce can kidney beans
- 1 15-ounce can crushed tomatoes
- 1/3 cup ketchup
- 3 tablespoons maple syrup
- 2 tablespoons tamari
- 1 tablespoon apple cider vinegar
- 2 teaspoons Worcestershire sauce
- Salt and pepper to taste

NUTRITIONAL INFORMATION:

270 calories, 3 g. fat, 0 mg. cholesterol,
340 mg. sodium, 48 g. carbohydrate,
15 g. fiber, 15 g. protein

PREPARATION:

Rinse and drain the canned beans. Heat olive oil in a skillet over medium-high heat and sauté the onion, pepper and garlic for 5-10 minutes until tender. Add the onions and peppers to a crockpot along with the rest of the ingredients and stir well. Turn the crockpot to low and cook for 5 hours. Taste for salt and pepper. Serve warm.

SERVING SUGGESTION:

Serve these slow-cooked beans in tangy-sweet sauce alongside fried or barbecued chicken, with a side of your favorite potato salad. Using a crockpot is a great strategy for keeping the house cooler on steamy days, too.



Visit us online! Like us on Facebook, and follow us on Instagram @NaturalHarvestCoop!

E-MAIL: info@naturalharvest.coop
WEB: www.naturalharvest.coop

FAX: 218-741-6153

PHONE: 218-741-4663

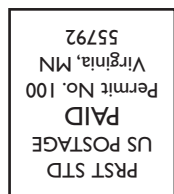
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SAT: 9 AM - 8 PM • SUN: 9 AM - 8 PM

OPEN MON - FRI: 7 AM - 8 PM

~ ON SILVER LAKE ~

*Locally owned,
organically grown.*



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

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