

The Harvest Beet

WINTER 2018

est. 1979

NATURAL HARVEST

FOOD CO-OP

*Locally owned,
organically grown.*

Board Member Contact Info!

BOARD OFFICERS

President • Carrie Sell
(Education Committee)
carrie@naturalharvest.coop

Vice President • Darrel Swenson
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Secretary • Julie Juntune
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Treasurer • Anne Lantry
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BOARD

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Your quarterly source of information for healthy living!

40 Years of Cooperation!

Anja Parenteau, General Manager & NHFC Owner

Next year around this time is the day our Co-op was born 40 years ago! On November 16, 1979 we were incorporated by the State of Minnesota thanks to a group of people, our very first owners, who had the vision of a cooperatively owned grocery store in Virginia, MN. I just came across an income statement from 1982 – monthly sales were \$4,300. We now average almost \$10,000 per day.

I am thankful to those Co-op pioneers who wanted a business that supplied our community with healthy, whole food but also wanted a business that puts people before profits.

Every day when I walk into our beautiful new building, I am thankful for all the people who helped us get this newest vision of our Co-op off the ground and I'm thankful to our loyal customers who spread the word so we continue to grow. A changing grocery landscape and a new competitor in town, has renewed our efforts to look into how we can serve our owners and customers best. Better service, better product variety and of course

better prices are what we continually work on. We are in the process of adding more products to our Co-op Basics line to ensure our customers can find the groceries they need at affordable prices. I am thankful for our staff members who work diligently every day to make sure your shopping experience is a pleasant and fun one!

While we are busy with operations and planning anniversary events for next year, our Board of Directors is busy working on the newest vision for the Co-op. In the hyper-competitive grocery environment we are now in, it might take a few years to make our next vision a reality – but it never hurts to dream big, like our first group of owners did 40 years ago!

The best way to support our Co-op, as always, is to continue to shop here! See you at the Co-op! And have a happy, healthy and tasty holiday season!

In Cooperation,

— Anja



Natural Harvest Food Co-op was incorporated in 1979. The first storefront was located on the 100 block of Virginia's Chestnut Street. We will be celebrating our 40th Anniversary in 2019.

Board Elections are Coming!

Anne Lantry, NHFC Board Member & Owner

Dear Co-op Community:

Elections for Natural Harvest's Board are coming up in the next few months and we are looking for candidates to run. As a recently elected member, I think back to what my thought process was when deciding to run for a seat. What was my inspiration?

I knew when I heard from members about the election that I wanted to work with the board. I am passionate about food, people and healthy living. The potential of working with a team of like-minded individuals to achieve growth for the good of Northern Minnesota is inspirational and fits with my personal vision: I want my everyday actions to be beneficial to my community and to my individual growth. With a background in business I knew I would be able to contribute and provide valuable insight. Overall, a seat on the board seemed like a perfect fit. The difficulty I faced was deciding if I had the time! The thought of an additional commitment needing attention, the sacrifice of time and the 32 miles between my house and Natural Harvest weakened my interest. As I was processing I reminded myself that challenges spur growth, exploration leads to discovery and small steps are the groundwork for big change! So I took



a leap of faith, submitted my application, and shared my passion with friends and family. I was elected!

Now 6 months later, I see progress! The Board is learning to work together (5 new members elected this spring are a lot to assimilate in a group of 9) and strengthening its foundation through training and committing to achieving goals. Personally, this role has enhanced and strengthened my communica-

tion and leadership skills as I've taken part in discussions and assisted with projects and events. I continue to be inspired by our amazing general manager Anja Parenteau, the management team, board members and owners and am glad I committed to the possibilities inherent within a board seat. Thank you for your continued support!

Enthusiastically,

— Anne Lantry

ARE YOU INTERESTING IN JOINING THE BOARD? IF SO:

1. Tell somebody: Express your interest to a Board member.
2. Attend our monthly meeting, held on the 4th Tuesday of every month (except December) from 5:30-7:30 pm. The next upcoming meeting is **January 22, 2019**.
3. Follow this link to the online application <http://naturalharvest.coop/our-co-op/board-elections/> or go to Natural Harvest's homepage and select "Board Elections" from the "Our Co-op" tab.

The deadline to apply is **February 1, 2019**.

A Year in Local Produce

Ashley Phoenix, Produce Buyer & NHFC Owner



Once again, another successful local produce season is in the books! The Co-op strives to support locally produced products, especially in the produce department. Come spring each year, we get geared up to start having high quality, local produce come through our doors. 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.

Each year we recap how the season went and the produce your Co-op purchased from local growers. While it took a while for

winter to release its grip on our growers' soils, it was a successful season with many return growers as well as a few new ones.

As of October 29, the Co-op purchased \$10,675.46 worth of produce from local growers. This is an increase from the 2017 season of \$9,521.31! We have continued to receive produce since this date, so there will be even more for the 2018 total.

Here are some highlights of specific items we received:

Winter Squash: 815.54 lbs.
Tomatoes: 660.07 lbs.
Potatoes: 694.20 lbs.
Cucumbers: 420.72 lbs.
Bell Peppers: 405.24 lbs.

For all items that we sell by the weight, we received over 5000 lbs. this season! Not everything we sell is sold by the pound; here are highlights of items sold by the bunch:

Kale: 766 bunches
Green Onions: 425 bunches
Cilantro/Parsley: 178 bunches

Of course, none of this would be possible without our great community of local growers. Through their hard work and dedication, we

are able to provide customers with some amazing, fresh, Iron Range-grown produce. We would like to take this opportunity to thank them and recognize them for their contributions this season:

Janna Goerd (Fat Chicken Farm, Embarrass)
Kate Paul & Donna Johnson (Owl Forest Farm, Iron)
Pamela Wettering (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)
Frank Keating (Eveleth)
Russell & Vicky Keating (Eveleth)
Sherry Erickson (Orr)
Judy Drobnick (Eveleth)
Michael Oseland & Alta Levertson (Ely)
Jeff Hammerlind (Jeff's U-Pick Raspberries, Cotton)
Janet Miller (Virginia)
Greenlee family (Aurora)

While not much local produce is available during the winter months, we hope you visit us to support the other locally grown products we sell throughout the co-op. Only by supporting local, will more of your hard earned dollars stay local, helping our Iron Range communities benefit!

Expanding Co+op Basics to Meet Shopper Needs

Looking to stretch your grocery budget? So are we! That's why we're pleased to announce that we are expanding our Co+op Basics program. Since the inception of this program we have been able to lower prices on more than a 100 popular grocery and household items. After the program expansion is completed you will have access to over 200 products at lower prices. Keep your eyes peeled for signs indicating newly added products and new lower pricing.

Don't worry; we aren't paying our farmers or employees any less. We're simply committed to improving our selection so that everyone can find more value when shopping the Co-op. Don't forget to take advantage of these other great ways to save when shopping the Co-op:

CO+OP DEALS – our biweekly flyer focused on packaged grocery.

FRESH DEALS – our weekly flyer focused on fresh organic produce.

OWNER DEALS – ownership has its perks.

BULK – save when buying just what you need; buy a pinch or a pound.

New Lower Prices! Expanded Selection!



coop basics



BUDGET FRIENDLY RECIPES
Vegetarian Paella

INGREDIENTS:

- 1 tablespoon Field Day olive oil
- 1 medium yellow onion, peeled and diced
- 1 large red bell pepper, seeded and diced
- 3 cloves fresh garlic, peeled and minced
- 1 medium zucchini, diced
- 2 cups Field Day canned diced tomatoes and juice
- 2 teaspoons Spanish paprika
- 1/2 teaspoon crushed red pepper flakes
- 1-1/2 cups rice, medium- or short-grain
- 3 cups Field Day vegetable broth, room temperature
- 1/2 cup canned artichoke hearts, drained and quartered
- 2 cups Field Day canned garbanzo beans, rinsed and drained
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper

Vegetarian Paella

PREP TIME: 30 minutes active; 60 minutes total

SERVINGS: 4-6

PREPARATION:

In a large oven-proof stock pot or Dutch oven, heat the oil over medium-high heat. Add the onion and bell pepper and sauté for 10 minutes or until softened. Add the garlic, zucchini, diced tomatoes with juice, paprika and chili flakes, and sauté for 5 to 10 minutes. Add the rice and broth, stir, and bring to a boil. Reduce heat to low and simmer for 10 minutes. Preheat the broiler while the rice is cooking. Add the artichokes, garbanzo beans, salt, and pepper. Cover the pot and simmer for 10 to 15 more minutes. When the liquid is mostly absorbed and the rice is tender, transfer the pot to the broiler for 5 to 10 minutes, until the edges of the rice begin to brown and get a bit crispy. Remove from broiler and serve.

SERVING SUGGESTION:

There are a lot of layers of flavors in paella, so keep it simple with the side dishes. A tapas-style selection of olives, chewy bread and Spanish cheeses along with a crisp green salad dressed in a vinegar or lemon vinaigrette work well.

NUTRITIONAL INFORMATION PER SERVING:

361 calories; 4 g. fat; 0 mg. cholesterol; 399 mg. sodium;
71 g. carbohydrate; 8 g. fiber; 11 g. protein

ESTIMATED COST: Total: \$12.13 — Cost per serving: \$2.21

The nutritional values and information are approximations, and ingredient costs are estimated.

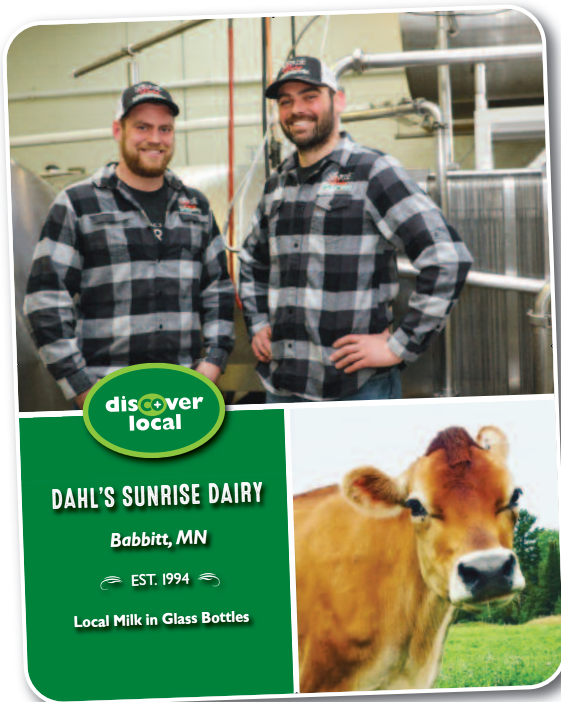
Local Producer Spotlight

Dahl's Sunrise Dairy

BABBITT, MN

A. J. Arntz

Dairy Owner/Operator • NHFC Owner



HOW DID DAHL'S DAIRY GET STARTED?

Dahl's Sunrise Dairy, Founded in 1994 by Wayne Dahl, has grown with the acquisition of Blue Valley Dairy, Sipola Dairy, Midwest Dairy retail routes, Ely Dairy, Velvet Freeze Ice Cream and Calvin Johnson Dairy. Sunrise Dairy is currently owned and operated by Chris Bialke, Nick Arntz, and AJ Arntz.

TELL US ABOUT YOUR COWS...

Dahl's Sunrise Dairy buys 100% of our milk from local Iron Range farms. Our farmers work very hard to ensure each cow is treated as humanely as possible and have vowed to never treat their animals with any type of growth hormone or steroid. We take pride in ourselves by doing our part to help continue the agricultural industry in northern Minnesota. It is very important to support our local farmers as best we can so we can continue to enjoy the freshest foods for generations to come.

WHAT MAKES YOUR MILK SO DELICIOUS?

For starters, our environmentally safe glass bottle makes sure that no leeching is happening to your milk. Our milk also comes from local farmers and is processed weekly to ensure your milk is as fresh as it can be! Sometimes making it from the farm to your fridge in a matter of hours!

TELL US SOMETHING MOST PEOPLE DON'T KNOW ABOUT DAHL'S DAIRY...

That we deliver milk right to people's fridges just like the old days in 25 communities in Northern Minnesota. From Babbitt and Ely to Duluth and Grand Rapids and most places in between!

WHAT DO YOU ENJOY MOST ABOUT BEING A MILK MAN?

Helping to support our Local Iron Range farmers. And, delivering the best tasting milk that comes from only local Iron Range farms!

A warm welcome to our newest Natural Harvest Owners!

Lauren Gapinski (Biwabik)
Jennifer Elmberg (Hoyt Lakes)
Pam Burrows (Minneapolis)
Lori Olson (Buhl)
Shannon Mattila (Eveleth)
Stephanie Allan (Hibbing)
Danya Johnson (Virginia)
Ellen Trancheff (Tower)
Theresa Laine (Ely)
Steven & Ann Schon (Ely)
Sara Behning (Duluth)
Natalie Larson (Britt)
Kristine & Martin Franklin (Hibbing)
Elizabeth Spence (Humble)
James Larson (Aurora)
David Trainor (Gilbert)
Robert Anderson & Marily Heiman (Ely)
Rachel Devich (Gilbert)
Kristina Wheatman & Gina Rosa-Villani (Duluth)
Brian Zupan (New York)
Jenny Markwardt (Virginia)
Kelsey Gantzer & Brady Miller (Virginia)
Ronnelie Grobler (Iron)
Alan & Liz Hartel (Superior)
Nancy Anderson (Virginia)

Brad Hoiland (Aurora)
Nancy & Rick Marwick (Virginia)
Sharon & Allen Wiermaa (Embarrass)
Michael Oseland (Santa Maria)
Margaret Sullivan (Eveleth)
Callista Miller (Culver)
Jeff Torrel (Eveleth)
J. Hugh Young (Hibbing)
Sandra Komula (Hibbing)
Marie Milan (Orr)
Jamie Herzmann (Aurora)
Jerry Rengo (Hibbing)
Thomas Rowbottom (Aurora)
Chloe & Taylor Swanson (Virginia)
Lisa & Mason Hanover (Britt)
Brittani Martin (Side Lake)
Bill Bauman (Virginia)
Karin Krueger (Aurora)
Jodi Pontinen (Virginia)
Lisa Beckstrom (Brimson)
Eric A. Tweten (Virginia)
Natalie Beck (Makinen)
Robert And Joy Sundquist (Chisholm)
Tracy Gonier (Virginia)
Mariah Jeske (Ely)

Whitney Kulich (Virginia)
Karen & Michael Weed (Ely)
Tony & Tareen Moskowicz (Ely)
Cathryn Peters (Angora)
Amy Nossum (Aurora)
Jordan Erickson (Virginia)
Jaimie Niska (Mountain Iron)
Wendy Dickhausen (Virginia)
Rhonda Johnson (Gilbert)
Heather Hicks (Ely)
Eric Westberg (Eveleth)
Joanne Bath (Hibbing)
Katy Lofquist (Virginia)
Bonnie McDowell (Eveleth)
Gayle Madison (Gilbert)
Renaes Nesburg Busse (Chaska)
Laura Rosier (Eveleth)
Debra & Andy Calivas (Hibbing)
Jake Carlson (Virginia)
Lori Koivisto (Aurora)
Barbara Healy (Eveleth)
Debby Spicer & Jerry Sawyer (Tower)
Richard Olson II (Virginia)

“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 August we collected over \$1,300 for **North St. Louis County Habitat for Humanity**; in September, over \$1,000 was donated to **VinE (Volunteers in Education)**, in October, more than \$1,200 was given to the **Iron Rangers for GMO Labeling** and when the newsletter went to print we were averaging over \$40 per day for the **Advocates for Family Peace**.



LOOKING AHEAD

In December we will round up for the **AEOA Meals on Wheels Program**. Your donations will help with the ongoing expenses of the program in which volunteers deliver nutritious meals to older adults in need of home meal services. Some of the funds will be used to purchase more reusable meal trays in order to reduce waste.



As we head deeper into another cold Minnesota winter, your January donations will go to **Range Mental Health Center's Project Warmth Fund**. Your donations will help them assist families in need of blankets and warm winter clothing. Funds will also be used to help families pay their utilities in the event of an emergency.



Your February donations will support **Camp Chicagami**, which has a mission to make their programs available to as many children as possible, on an equal opportunity basis, regardless of a family's ability to pay the full cost of camp. Your contributions will help the organization provide scholarships to children who qualify for assistance with camp fees.



If your 501(c)(3) or 501(c)(4) non-profit organization would like to participate in the round-up program, please visit our website to see when applications will be accepted for the year 2020.

Winter Product Spotlight



BIRCH BOTANICALS — LOCAL!

ST. JOHN'S WORT LIQUID EXTRACT FOR EMOTIONAL SUPPORT

The winter blues can be a struggle especially here in MN. Be prepared to combat them with this locally harvested herbal remedy made right here in Virginia, MN. Many people utilize St. John's Wort for depression, anxiety, nervous disorders, as a sedative, for pain relief, lung ailments, coughs, stomach ailments, jaundice, urinary problems and diarrhea.



MAILLE ORIGINAL CORNICHONS GHERKINS

You'll be sure to delight your guests by adding these French style mini gherkins to your relish dish this holiday season. They are harvested before reaching maturity for that extra-tart bite. Recommendations say to serve them with cheese or roasted meat but they are just as delicious on their own.



SHADY MAPLE FARMS ORGANIC MAPLE STROOPWAFELS

The original "stroopwafel", or syrup waffle, dates back to 18th century Holland, where people couldn't get enough of the delicious, caramel-filled waffle biscuits. Instead of using the traditional conventional caramel, Shady Maple Farms have a filling made with pure organic maple sugar, giving this Old World recipe a New World taste. Try warming your stroopwafel and enjoying it with a hot cup of coffee or cocoa on a cold winter day.



EQUAL EXCHANGE — FAIR TRADE! HOT COCOAS

Warm up during the winter months with a cup of these delicious, organic hot cocoa mixes. Allow each sip to warm your heart knowing their cocoa is Fair Trade certified. We have three varieties for you to choose from: Organic Hot Cocoa, Organic Dark Hot Chocolate, and Organic Spicy Cocoa with Chili & Cinnamon.



SHIKAI BORAGE THERAPY HAND CREAM & DRY SKIN LOTION

Winter can be rough on skin causing it to be dry and itchy. These lotions contain borage oil, an omega-6 fatty acid, to kick your skin's moisture into high gear. These lotions are staff tested and approved; they help relieve dry cuticles and chronic dry skin.



BAR BELL BEE RANCH — LOCAL! BEESWAX CANDLES

Our local honey suppliers are now using their beeswax to make beautiful candles. In addition to supporting sustainable beekeeping, the consumption of beeswax candles is also good for the air we breathe because they offer a clean non-toxic burn. These candles make great holiday gifts!

CLASS IN SESSION!

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

Payment must be made at time of registration to hold a spot in the class.

FINNISH SQUEAKY CHEESE

Thursday, December 6 • 5:30-7:30 PM

Natural Harvest Classroom

Cost: \$13 for NHFC Owners; \$15 Public

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.

CHAGA MUSHROOM: MINNESOTA'S

MEDICINAL TREASURE

Tuesday, January 8 • 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.

CO-OP YOGA

Sundays • 10:00 AM

January 13 • February 10

Natural Harvest Classroom

Cost: \$10 for NHFC Owners; \$12 Public

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.

ESSENTIAL OIL BLENDS: ROLLERBALL MENTALITY

Tuesday, January 22 • 5:30-7:30 PM

Natural Harvest Classroom

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

'Tis the season...for cold, flu and everything in between. Learn how to boost your immune system NATURALLY with Elderberry syrup, Immunity Chai tea and two essential oil roll-ons that are safe for your whole family. Go home with two roller bottles & recipes, a sample & recipe of the syrup and tea to make whenever you need it all winter long. Learn to doctor yourself & your family, naturally! Instructor, Jilly Gilley, has been working with homeopathic remedies for 35 years and loves to share her knowledge with others.

DIY SOLAR POWER

Thursday, February 7 • 5:30-7:00 PM

Natural Harvest Classroom

Cost: \$13 for NHFC Owners; \$15 Public

Would you like to produce electricity from the sun, but don't know where to begin? Join Timberjay Publisher, Marshall Helmberger, for a primer on

We Want You!

ISO: Instructors & Artists

- Share your passion & knowledge with the community through teaching classes
- Exhibit your artwork in our display areas



If you are interested in teaching classes or displaying your artwork please contact our Marketing Director for more details.
Briana@NaturalHarvestCoop

solar power. Marshall and his wife Jodi have lived "off-the-grid" at their rural Tower homestead for over 30 years, using photovoltaic panels for their electrical energy. The price of solar panels has plunged in recent years, which makes this a more affordable option. But whether or not solar panels make sense for you depends on a number of factors and Marshall will walk you through the various questions to ask before you make a final decision. He'll also give you practical advice on how to move forward with your own solar installation and answer any other off-the-grid questions you may have (time permitting).

WINTER CLEANSE

Tuesday, February 26 • 5:00-6:30 PM

Natural Harvest Classroom

Cost: \$13 for NHFC Owners; \$15 Public

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 to 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.

Interested in a Special Order?

Looking for a special item that's not on our shelves? Don't be shy, ask a staff member about placing a special order. Though all customers can place special orders at the Co-op, Owners enjoy a 10% discount on qualifying items when ordered by the case. Please understand that not all items can be ordered by the case so the discount may not always apply. The case discount excludes sale items; this includes, but may not be limited to, Co+op Basics, Co+op Deals, Owner Deals, Fresh Deals, and Bulk Sales.

All staff members, with the exception of our deli team, are trained to assist you with a special order. Just let us know the specific product and quantity you want and we will get the information to a department manager so they can look into your request. They will check with our suppliers to see if the product and quantity you need are available. If the item is available as you requested we will order it and give you a call when it arrives. In the unfortunate event that your item is not available through our suppliers we will still call you with an update. As always, thanks for shopping your Co-op!

Holiday Hours

Happy Holidays from Natural Harvest!
Our holiday hours are as follows:

CHRISTMAS EVE:

7 AM-2 PM

CHRISTMAS DAY:

Closed

NEW YEAR'S EVE:

7 AM-5 PM

NEW YEAR'S DAY:

Closed



Body Scrub

DIY BODY CARE

(Recipe By: Aura Cacia)

Whip up this easy to make sugar scrub that will leave skin supple and sweet.

INGREDIENTS:

2 tablespoons organic coconut oil
24 drops Aura Cacia Frankincense essential oil
24 drops Aura Cacia Sweet Orange essential oil
4 tablespoons organic granulated sugar
4-ounce wide-mouth amber glass jar,
rinsed and drained

DIRECTIONS:

In a mixing bowl, combine all ingredients.
Use a fork to mix until well combined and
transfer to a 4-ounce amber glass jar.

To use, apply to skin using gentle, circular
buffing motions. Rinse with warm water and
pat dry.

When finished, apply your favorite lotion
or oil. Enjoy!



~ 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
E-MAIL: info@naturalharvest.coop
WEB: www.naturalharvest.coop
Visit us online! Like us on Facebook, and
follow us on Instagram @NaturalHarvestCoop!

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RETURN SERVICE REQUESTED

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

The Harvest Beet
WINTER 2018

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Virginia, MN
55792