

# The Harvest Beet

SPRING 2019

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  
(GM Evaluation Committee)  
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**Secretary** • Julie Juntune  
(GM Evaluation Committee)  
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**Treasurer** • Emma Peterson  
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### BOARD

Deb Meissner Devries  
(Perpetuation Committee)  
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Megan Thiele  
(Education Committee)  
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Pauli Rancourt  
(Perpetuation Committee)  
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Shayna Ray  
(Education Committee)  
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*Your quarterly source of information for healthy living!*

## From a Handful of Owners to Almost 4,000 — 40 Years of Growth!

**Anja Parenteau, General Manager & NHFC Owner**

It has been 40 years since Natural Harvest Food Co-op was started. Before there was an actual store, there was a buying club; these early pioneers used their own pickup trucks to haul their bulk groceries from Duluth. In 1979, the club realized that they needed a better space for dividing their sacks of bulk foods than the greenhouse in Olcott Park or a church basement. With some hard work and big dreams, they came up with a name, drew up the Co-op by-laws at a kitchen table, and opened the store on Chestnut Street in 1979.

This handful of people had a vision that one day more than just a handful of people would buy into the idea of healthy whole foods and cooperation!

In the early days, the Co-op was synonymous with brown rice, tofu, and organic oats. The early food co-ops were known as “health food stores” and most people did not do their weekly grocery shopping there. Many people also did not know that you could shop at the Co-op without being a member/owner, and yet this way of eating and doing business grew steadily over the years. What was once seen as a fringe movement has now become a lifestyle that many aspire to.

Eating healthy, shopping locally, and doing more for the community you live in are not buzz words for us — the Co-op has aspired to help shoppers reach those ideals from the

beginning. The Co-op’s steady growth in sales and membership over these 40 years has been a testament to those aspirations. Our new store on Silver Lake is reaching more people in our community than ever before whether as shoppers, class participants, or through events in the community. We have grown into a grocery store! Read about our accomplishments for 2018 in the Annual Report on our website.

We are now serving 400 shoppers every day, we have close to 4,000 owners, and we are aiming for \$4 million in sales over the next

couple of years. And, for over 40 years, we have been true to our mission:

**“At Natural Harvest we are committed to building a sustainable future through communication, cooperation, and education. We provide quality food, products, and services for the health and well-being of our families, our community, and our planet.”**

It is has been a great success story and I hope we are making those early Co-op pioneers proud! Just like the handful of people who dreamt big to get the Co-op started, we are still dreaming big — let’s see where the next 40 years takes us!

In Cooperation,

— Anja



# Board Report — Reflecting on Change and Community

Shayna Ray, NHFC Board Member & Owner

Dear Co-op Community:

This year, we celebrate the Co-op's 40th Anniversary! With all anniversaries, it's natural to look back and reflect on how we've come to this point. As one of the newest board members, I was thinking about how much I've learned during my short time on the Board. I joined the Board after the Co-op went through the expansion and move into our beautiful new building. Even though I've had the chance to face challenges and opportunities in my few short months here, I haven't been involved with an undertaking of that measure. Because of this, I had asked a few of our current and past Board members to weigh in with their experiences from the past 20+ years. After reading their responses, I picked up on two themes immediately; change and community (see their comments below). As they say, change is inevitable, but it's interesting to see that the success of the Co-op has put us almost in the same place as 1997; with a new building and a new set of challenges. The sense of community members and Board members feel for the Co-op is the constant. This has not only driven the Co-op's past success, but will continue into our next 40 years.

## DARREL SWENSON —

I was on the board from around 1999 to about 2006. It was during the time when the Co-op being in the log building on Bailey's Lake was new. I believe that it was January, 1997 when we moved the store from Chestnut Street to the log building. At that time the Co-op was faced with some of the same issues that we are currently facing. Even though the sales the first year in the log building were twice the amount of the last year of the Chestnut Street store, we had just started to pay the loans associated with building the new log building on Bailey's Lake. At that time we did not have the resources to pay for the new building as we do have today with our new building on Silver Lake. The first ten years in the store on Bailey's Lake were difficult ones. While the sales increased each year, we were really going month to month in paying for operations as well as on the debt for the new building. During that decade the store had four general managers. One event that really helped

propel the monthly increase in sales was the introduction of a 10% member discount day on the first day of each month. As we reached the end of the first decade in the log building, we were well on the way to annual sales of one million and also a degree of profitability. Now another decade later we are once again in a new building; also with increasing owner-membership and increasing sales; but because of the costs associated with the construction of the new facility we will once again have a few years before we reach a state of profitability; but we are well on our way!

## SANDY TARDIFF —

When my family moved to the Iron Range in 2001, the Co-op was one of the first places where we found a community connection. After becoming owners that fall, I became a Wednesday volunteer, helping to put away the UNFI order. In 2004, Shawn Callahan (former deli manager, supplement and grocery buyer) encouraged me to become more involved with the Co-op, so I ran for a seat on the Board of Directors. I served on the Board for 4 years, during which time we adopted Policy Governance to provide needed structure and focus to our board work. When a part-time produce assistant position became available in 2007, I resigned from the Board; I felt I had more time to offer the Co-op since my youngest daughter was in kindergarten. It has been exciting and rewarding (to say the least!) to watch the Co-op grow from \$1 million in sales, to \$2 million, and now to \$3.6 million! This success warranted the building of our new store on Silver Lake, giving us improved facilities — a larger deli, a classroom, more parking — and the ability to better serve our community's needs.

## DEB MEISSNER —

I was on NHFC board from 1993-95, and again from 2015-19. I became a member/owner when Natural Harvest was in a small storefront on the east end of Chestnut Street and put in lots of volunteer hours in exchange for the discount. I joined the board in 1993 in response to a call for help at the annual

meeting — they wouldn't adjourn the meeting until they had enough nominations to fill the open board positions! It was the same year as my first child was born, and I was so grateful to have access to healthy food and information, which I knew was not a given in communities of our size. The Co-op was a way to meet people (I had moved to the Range in 1990 and had no family or friends in the area). A really high percentage of Natural Harvest's member/owners attended the annual meetings, folk dances, and holiday dinners back in those days! During my first time on the board, the focus was on helping the general manager develop a marketing plan, make choices about which products would be offered, start working on personnel policies, and begin the process of getting the Bailey's Lake building built. My second stint on the board began right as the construction of the new store on Silver Lake was getting underway. The Co-op has changed and grown so much over those intervening 20+ years. The functions of the board and staff are more differentiated, but still focused on the success of the business, the good of the member/owners, and the betterment of the community at large. The board now is focused on creating policies that will ensure the continued success of the Co-op into the future, as it responds to societal and market changes.

## BRITTA BLOOMQUIST —

I was on the NHFC board from October 2014-October 2016. Previously, I was employed by NHFC as the Marketing and Member Services Coordinator from August 2011-July 2013. I saw significant change while employed and then while on the board at Natural Harvest Food Co-op. As an employee, we had one significant change including upgrading the old-fashioned cash registers where we had to manually type in every single price, to a system that was connected to the internet! When I joined the board in 2014, we started exploring the options for building a new store. I learned a lot about the business sector and what it takes as a development team to relocate and build a new store. From market research to groundbreaking, it was a fascinating experience!

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

Cera Brink (Virginia)  
Larry Siebert (Hibbing)  
PJ & Michelle Ryan (Tower)  
Katie Congdon (Crane Lake,)  
Meghan Green (Eveleth)  
Olivia & Christopher Bonander (Silver Bay)  
Ken & Sharon Loveall (Aurora)  
Michelle & Lucus Lisson (Ely, MN)

Dorine & Scott King (Ely)  
Lanis Aynes (Virginia)  
Kristie Kylvjala (Virginia)  
Paya de Marcken (Babbitt)  
Khorri & Mike Vaerconum (Hibbing)  
Michelle Niska (Mountain Iron)  
Gina Nukala (Cook)  
Debi Holkko (Britt)

Peggy Bonach (Minneapolis)  
Greg Manninen (Virginia)  
David Ysen (International Falls)  
Kathy Jankila (Eveleth)  
Evonne Crep (Makinen)  
Betty Klemensich (Aurora)  
Bill & Brenda Tibbetts (Cook)

# It's Time to Choose Your New Board Members

Yes, it's that time again; time to elect your new Co-op Board Members! This year there are four open seats on the Board of Directors.

Just what do Board members do for the Co-op? A vital, efficient, and effective Board of Directors is necessary to provide guidance and leadership to keep the Co-op healthy, active, productive, and responsive to Owners' needs. The Board employs the principles of policy governance to focus on big-picture issues in order to evaluate and help plan for the future of the Co-op without managing day-to-day operations.

We asked each candidate about their interest in becoming a Co-op Board member (answers on pages 3-5). Information on each candidate will also be available in the store and online at [www.naturalharvest.coop](http://www.naturalharvest.coop).

Use the ballot (page 4) to select your choices for open Board Member positions. Ballots must reach the Co-op by Friday, April 26. If you happen to miss this deadline you will be allowed to submit your ballot at the Annual Meeting on April 27. One vote per Owner number,

please. We'll have a ballot box at the front of the store, or you can choose to mail your ballot. New Board members will be announced at the Annual Meeting.

- 1 Why would you like to serve on the Board of Directors of Natural Harvest Food Co-op?**
- 2 Describe any volunteer or paid experiences relevant to your service as a co-op board member. What skills or experience will you bring to the board?**
- 3 What opportunities and challenges do you see in the future of Natural Harvest Food Co-op?**
- 4 Other Comments**

## NHFC BOARD CANDIDATE BIOS

### Stephen Levchak (Chisholm, MN)



**1** The opportunity to run for a position on the Board of Directors of Natural Harvest Food Co-op is something that I am very excited about. The Co-op has given me so much throughout the years, and now I want to be able to give back by serving on the Board. I value healthy living, a sustainable environment, and being part of a community. These ideals are what our Co-op is all about. I'm ready to put in the time, energy, and hard work to govern effectively and represent every Owner.

**2** I received a Bachelor's degree from UMD in Teaching Earth and Space Science and operated the Alworth Planetarium for four years while attending college. I did much to ensure it remained a valuable local asset through educational and community outreach work. My current work as a control room operator at Hibbing Taconite, where I have worked since 2006, involves collaborating with people from multiple departments in order to keep the production process running smoothly. In both capacities, I visualized the big picture in order to see how different actions could affect the overall results and goals. My experience and skills will be valuable as I work with other Board members to insure the Co-op's long-term success.

**3** Speaking of success, the Co-op is well-positioned to remain at the forefront of the healthy living and organic movement in our area. More people are becoming concerned about their health, their food, and the sustainability of the planet. We have great opportunities to further increase ownership, provide the products and services our communities want, and be an educational resource for those who choose a healthy way of life. A challenge to this, however, is the wider availability and decreased prices of organic and natural food products at other food retailers. In this very competitive market, it is of the utmost importance that we use the skills, resources, and reputation of the Co-op to stay one step ahead and offer what larger stores

cannot: a sense of belonging through ownership, knowledgeable staff, and great service and local product selection in a welcoming atmosphere.

**4** Most importantly, I want the Co-op to succeed. It is an invaluable asset to our community, our friends and family, and ourselves. I would be honored to be given the opportunity to serve on the Board of Directors to continue the long-standing record of excellence Natural Harvest is known for.

### Robyn Athmann (Tower, MN)



**1** I would love to serve on the Board of Directors of Natural Harvest Food Co-op! The wonderful foods and products at NHFC have been weekly staples for my family since moving to the Northwoods 3-1/2 years ago.

**2** I am a lifelong student of, and lifestyle adapter to, achieving optimal health through natural organic foods and through a healthy sustainable lifestyle. I love to encourage others. I completely support the values of the Co-op and would enjoy contributing to the success of future visions and goals. I believe I bring the passion, experiences, and eagerness to learn to do so. I have had the great fortune to experience creating visions, setting goals, developing plans, and hiring, training, and mentoring employees. Most personally rewarding was achieving success as a team. I miss it! I bring 25 years of experience working for a large healthcare company with values I also completely supported.

**3** I look forward to learning about challenges the Co-op faces and to participating on the Board and with members to overcome them. I believe NHFC has tremendous opportunity to advance its benefits more broadly to our community and I would love to participate and support this through membership on the Board of Directors.

### Jenna Asuma (Gilbert, MN)



**1** As a former employee of Natural Harvest, I absolutely loved my job and being a part of something that I passionately believe in, (sustainable agriculture, organic food, local community and non-toxic living.) The first time I walked through the door, I still remember the feeling of being inspired. I signed up to be an owner that very day, and now my hope is to continue to be a part of Natural Harvest's mission that I have believed in since the beginning. Even though an unexpected opportunity has taken me down a different career path, being able to serve on the Board of Directors would again grant me the ability to be a part of the Co-op that I love so much.

**2** I worked at Natural Harvest for a year and half, and it was such a memorable experience. To me, it was much more than just learning the operations of a Co-op. It was being able to connect with like-minded individuals — both co-workers and customers alike, meet and get to know our local farmers, and continually refresh my own knowledge on a wide range of store products and anything pertaining to the health and wellness field. I am a very passion driven person, which is what initially led me to pursuing a position as an employee, and now as a board member. I am dedicated, and will work hard to effectively represent all owners. I am ambitious and motivated, so my objective is to ensure the sustainability and success of Natural Harvest. I love being a part of a great team and collaborating with others to come up with innovative ideas, and ultimately put those ideas into action.

**3** It is my strong belief that the future opportunities for Natural Harvest are endless. As more research is continually being published, consumers are taking charge and educating themselves on how food impacts our health, lifestyle changes, natural remedies, the negative effects toxic chemicals have on us and our planet, and more. That leaves Natural Harvest with unlimited opportunities to learn, grow and adapt as a Co-op, to



# 2019 Board Election Ballot

**RETURN BALLOT BY 4/26/2019**

Use the ballot box at the front of the store or mail your ballot to:  
 732 N. 4th St. • Virginia, MN 55792

There are four seats open on the Natural Harvest Board of Directors. Please choose up to four Board Member candidates here, and return your ballot to the store by Friday, 4/26/2019.

\_\_\_\_\_ Steven Levchak      \_\_\_\_\_ Jenna Dickinson  
 \_\_\_\_\_ Robin Athmann      \_\_\_\_\_ John Byers  
 \_\_\_\_\_ Jenna Asuma      \_\_\_\_\_ Kirstin Dosan  
 \_\_\_\_\_ Kelsey Gantzer      \_\_\_\_\_ (Write-in Option) \_\_\_\_\_

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

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



facilitate these positive lifestyle changes that we, as consumers, are making. Of course, with growth comes challenges. Natural Harvest is still a smaller Co-op with big competitors. But, as history has revealed, Natural Harvest has succeeded again and again, despite challenges, and I am confident that will continue because we are a Co-op, and our values of self-help, self-responsibility, democracy, equality, equity and solidarity are what sets us apart.

**Kelsey Gantzer (Virginia, MN)**



**1** I would like to serve on the NHFC Board because I believe in the mission and values that the Co-op promotes: creating a sense of community, access to healthy products, vibrant local economy, and informing members about both cooperative principles and personal & environmental health. The Co-op provides so many opportunities in our community for both individuals and businesses, and I want to give my time to serve the community through the Co-op.

**2** I have experience serving on the board of a philanthropic organization, volunteering with a health-focused nonprofit for youth, and working in nonprofit organizations that are board overseen, including serving as the staff liaison to the board. In both my experience on a board and as an employee, I created and managed organizational budgets, prepared audit documents, and developed strategic plans. In my current role as the Rutabaga Project Manager, I am working towards making healthy, local food accessible to everyone in the Iron Range. Through my relationships with local farmers, I understand some of the opportunities and challenges that NHFC faces in serving their members and will utilize that knowledge to help guide the Co-op into the future.

**3** NHFC has both the challenge and opportunity of working with our local farmers and producers to provide local, healthy food to our community. While the Iron Range isn't currently producing enough food to feed ourselves, we have in the past and can move towards that direction in the future. NHFC provides a wonderful place for people to connect with each other around health and nutrition, and has the opportunity to

continue to expand as a community hub. My experience with the NHFC has been as a member, and I look forward to learning all of the challenges the Co-op faces and turning those challenges into opportunities for the Co-op to grow.

**4** I am excited by the potential of serving on the NHFC board through the Policy Governance Model! I hope to be able to work with others to foster a healthy and strong Co-op in Virginia.

**Jenna Dickinson (Aurora, MN)**



**1** I would like to serve on the Board of Directors at the Natural Harvest Food Co-op for a few different reasons. First; I am an active endurance athlete, outdoor enthusiast, and practicing yogi. These hobbies have been very beneficial to my mind, body and soul, and I would like to share these with our Iron Range Community. I would like to see Natural Harvest host more outdoor classes as I am very proficient in cross-country skiing, mountain biking, and trail running. As a Division I athlete I have an extensive background in coaching and competing in these three areas. Food is the start to a healthy body and I believe adding these classes to a special place like the Co-op will help others to heal the mind, body and soul, and start them on a continuing pattern for life.

Second; I am a mother, preschool teacher, and advocate for exposing children to healthy food options. My daughter is two and a half and was put on a gluten free diet at the age of one and a half. It was a difficult challenge at first but with research, alternative food options, and discipline we as a family became grateful for her gluten intolerance. It has forced us to plan healthy options beforehand wherever we are going and to be very mindful of the food going into our bodies. Eisa (our daughter) has had to be an advocate for her own body wherever she is. I would like the Co-op to provide more classes and events geared to children. They are our future and if they can get a handle on their health as their mind is developing, I feel like the sky is the limit! As a preschool teacher, I see day in and day out the food we are providing for our youth and I can say "It is not great". Let us educate our youth as they are their own

biggest advocates and they can make the biggest changes in our systems!

Third; I would like to be on the Board of Directors to enhance my own health by being held responsible to educate myself through community classes that are offered within the Co-op.

**2** I have many skills that I will bring to the board. My education experience includes; Completing a Masters degree in Education, and a B.S. in human development with a double minor in exercise science and nutrition. My teaching experience includes nine years at the elementary and pre-school level. I have coached an array of endurance sports at various levels, including; high school students, college students, Duluth Nordic Ski Club members, summer camps through the Loppet Foundation based out of Minneapolis, mountain bike camps through Spirit Mountain, and was selected to coach the Midwest junior national Nordic team in Salt Lake City, Utah. This winter I have been helping out with the MYSL Nordic program. I am an avid yogi and practice yoga with my preschool students and my daughter. As an athlete my entire life, I have been very aware of how important nutrition is. I say these are my strengths because when the body is properly fueled and in good physical health the spirit can thrive. I try every day to be an example of this to my family and students. I would now like to extend this example to the community I love. I truly believe that if we can provide our community with healthy food options and an experience in physical culture, they will have the tools to reach a more peaceful place: mind, body, soul. I would like to share my knowledge of physical and nutritional health with the community I have grown up in – The Iron Range.

**3** I see many opportunities and challenges in the future for Natural Harvest. Here are some opportunities: First; I think more and more people are realizing the importance of eating local and organic food. People are healing their bodies with their diets and are vocalizing that. Second; people are wanting to become more physically fit and are wanting to do this in different ways. Families are looking for activities to do together out in nature. Third; there are (and will be in the future) mountain bike trails being built all across the Iron Range, and endurance sports are becoming more popular with high school kids. I say these things are opportunities for Natural Harvest because as people look to heal their bodies with nutrition and get more physically fit, Natural Harvest could provide more family classes, kid friendly

classes, and build a stronger community. Mountain biking changed the Crosby-Ironton community for the better, and they have benefitted as a result. I believe this type of change will benefit our community too. If we provide the community with resources to venture out onto the trails, they will likely venture back to the Co-op to shop.

**4** Some challenges that I see Natural Harvest facing: most grocery stores now provide an organic food section, there are more stores coming into our community, and people are more and more interested in gardening on their own. If Natural Harvest engages the community in mind, body, and soul; people will have the opportunity to bypass the grocery store chains and select a place where not only healthy food is sold, but where the members actually care about their well-being. If we educate our youth on the importance of nutrition and a fit body they will hopefully become lifelong Co-op members!

**John Byers (Side Lake, MN)**



**1** I'm a big fan of the Co-op and its mission. Over the past few years, through my own personal experiences and studying food and lifestyle, I've learned just how far diet and lifestyle choices go in terms of preventing and even reversing chronic disease, including heart disease, the leading cause of premature death. This topic has become an area of passion in my life. When the opportunity arises, seems appropriate and welcome, I enjoy engaging in conversations related to this topic with hopes of inspiring others to take an interest and start, or accelerate, their own journey to improved health. Like many of us, I feel better about my own life when I'm able to add value to the lives of others. I feel like I have a lot to offer the members of the Co-op by sharing my passion and knowledge in the area of diet and lifestyle and its power to positively affect health. There are a lot of different schools of thought on the optimal diet and over the course of the past few years I've decided for myself the foods and lifestyle choices which seem optimal. However, I also recognize that the members of the board serve the members and not themselves. As such, the opinions of the board members have no place in governing the Co-op or dictating the direction of the Co-op. In fact, the members/owners have this power. However, the board can help build member engagement, inspire a curiosity amongst members to learn, and provide opportunities for healthy conversation and education to its members. Together, we can build a healthier community. I would like to be part of that mission and serve the members of Natural Harvest Food Co-op.

**2** I have previously served a two-year term on one board for a non-profit enterprise engaged in the business of counseling and mediation. I completed an MBA from the Carlson School of Management and in 1996, founded Byers Media, a web design and development agency, and continue to serve as its managing director. I'm well-versed in Policy Management which serves as the guideline for boards to follow. I have a passion for, knowledge of and practical experience with diet and lifestyle interventions to improve health and wellness.

**3** To continue and build member engagement, as well as members' food and wellness knowledge, and to inspire members to play a more active role in their own health and wellness journey.

**4** I'm excited to be considered as a board member and to help direct the Co-op which provides a vital role in our area.

**Kristin Dosan (Eveleth, MN)**



**1** I would like to be on the Board of Directors at Natural Harvest Co-op because I feel that the Co-op is a vital part of our community. I love to see the excitement of new members as they discover all that our Co-op has to offer, and I would love to be a part of what that represents. My family greatly benefits from our Co-op, and I would love the opportunity to help keep the Co-op growing and improving for our members, old and new.

**2** I feel that I would bring a balance between family and business perspectives. For many years I have served on booster groups at my kids' high school. I am currently the vice president on both the Eveleth-Gilbert high school football and softball parent boosters. I have helped hold several fundraising events, as well as help build community support. I am a supervisor at Blue Cross Blue Shield, and have participated in many work groups collaborating with others on projects with a common objective. I believe in gathering many different perspectives before coming to a solution to give the most thought out and well-balanced result.

**3** A challenge that I see in the future of our Co-op is continuing to engage members. I feel that valuing member feedback and input will help the Co-op grow. Our members have some great thoughts, and fresh ideas and if we can try to incorporate those as much as possible I feel members will feel even more connected to their Co-op.

**NOTICE OF ANNUAL MEETING OF OWNERS OF NATURAL HARVEST FOOD CO-OP, INC. SATURDAY, APRIL 27, 2019**

The Annual Meeting of the Owners of Natural Harvest Food Co-op, Inc. (the "Co-op") will be held on Saturday, April 27, 2019, at the Virginia Elks Lodge, 220 N 5th Ave W, Virginia, MN 55792. All Owners are welcome and encouraged to attend.

Social hour will be held from 4:00 to 5:00 PM, dinner will be served promptly at 5:00 PM, and the business meeting will be called to order by 5:30 PM. Upon arrival be sure to register for a chance to win raffle prizes. Social hour will feature live music by Sarah Softich & Friends and a cash bar. The dinner will be catered by the Natural Harvest deli and will include a vegetarian option.

This year the keynote speaker slot will focus on the Co-op's 40 years of cooperation. The Co-op will also present its Owners with the following agenda items: (1) review fiscal year; (2) final chance to vote for board of directors; (3) announcement of new board members.

Registration for the event will open April 1. Watch for the sign-up sheet to be posted in-store. Please be sure to register in advance so you can select your meal option and allow for us to prepare accordingly. Our Deli will be serving veggie lasagna (vegetarian or vegan available) with salad.

In order to minimize time counting votes at the Annual Meeting, the Co-op prefers to receive Owner votes in advance by mail or in-store. You can submit your vote in-store using the official ballot box located at our customer service counter or you can mail your ballot to the store.

*Save the Dates!*

**WATCH FOR MORE INFO IN STORE!** **ADDITIONAL DETAILS ONLINE!**

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<b>SATURDAY MARCH 23</b>	<b>SATURDAY MARCH 23</b>	<b>SATURDAY APRIL 13</b>	<b>SATURDAY APRIL 27</b>
<b>OWNER APPRECIATION DAY</b>	<b>GATHERING OF PIONEER OWNERS</b>	<b>IRON RANGE EARTH FEST</b>	<b>ANNUAL MEETING OF OWNERS</b>



# “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 2018 you collectively raised over \$17,000 for local charities.



## A LOOK BACK

In November we collected over \$1,300 for **Advocates for Family Peace**; in December, over \$1,600 was donated to **AEOA Meals on Wheels**, in January, more than \$1,500 was given to **Range Mental Health Center’s Project Warmth** and when the newsletter went to print we were averaging over \$38 per day for **Camp Chicagami**.



## LOOKING AHEAD

In support of the Minnesota Food Share Campaign we will round up for the **Chisholm & Quad City Food Shelves** in March. All donations made to Minnesota food shelves during this month will be proportionally matched by the Minnesota Food Share organization.



In support of the arts, your April donations will be collected for **The Northstar Foundation**. Your donations will help them sponsor the Annual Children’s Arts Camp at Mesaba Co-op Park. They have been sponsoring this arts camp for over twenty years. This year’s theme will be “The Art of Nature”.



Finally, your May donations will support the **Bess Metsa Garden** on Bailey’s Lake. Your contributions will help pay for new annual flowers and gardening supplies.




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*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 for more information. We are now accepting applications for the year 2020.*

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## 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@NaturalHarvest.Coop

### THE KETOGENIC LIFESTYLE Thursday, March 14 • 5:30-7:00 PM Natural Harvest Classroom

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

Come explore the world of ketosis with Functional Medicine Certified Health Coach, Zack Schroeder. Ketosis can be a powerful tool for weight loss, increasing energy, and boosting cognition when done with a whole foods approach. What is ketosis? In short, it is shifting your body from burning glucose to burning fat for fuel, which has been shown to be more efficient for the human body. This class will cover foods, strategies, and resources to equip you with the knowledge of this lifestyle. Join us for an evening of thought-provoking conversation and mood-boosting foods.

### GARDENING IN SMALL SPACES

Tuesday, March 21 • 5:30-7:00 PM  
Natural Harvest Classroom

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

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

# CLASS IN SESSION!

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



CO-OP YOGA  
Sundays • 10:00 AM  
March 17 • April 14

Natural Harvest Classroom

Cost: \$8 for NHFC Owners; \$10 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.

DIY: SOLAR GREENHOUSE  
Thursday, April 4 • 5:30-7:00 PM  
Natural Harvest Classroom

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

How would you like grow your own vegetables ten months out of the year, right here in the North Country? It's not a pipe dream. Just ask Marshall Helmlinger, publisher of the Timberjay Newspaper, who built his own solar greenhouse in 2014. Imagine your planting season starting March 1 and the harvest running from mid-April through Christmas each year...And doing it with minimal supplemental heating, relying almost entirely on the sun and heat storage. Join us for a basic how-to that will have you itching to get your hands in the (unfrozen) dirt.

CHAGA MUSHROOM:  
MINNESOTA'S  
MEDICINAL TREASURE  
Tuesday, April 16 • 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.

DIY: KOMBUCHA BREWING  
Thursday, May 16 • 5:30-7:00 PM  
Natural Harvest Classroom

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

Instructor, Michele Mayry has been brewing her own kombucha for more than five years and wants to share her wealth of knowledge with you. In this class you will learn all the basics to start brewing and bottling your own kombucha at home. She'll go over the supplies needed, the first fermentation process, which yields a great basic kombucha, and she'll discuss how to flavor and fizz up your plain kombucha with a second fermentation. Kombucha samples will be offered during the class.

## Lavendar & Tea Tree Cleaning Spray

### INGREDIENTS:

- ½ teaspoon lavender essential oil
- ½ teaspoon tea tree essential oil
- 1 teaspoon unscented liquid soap
- 15 fluid ounces water
- 16-ounce spray bottle

### DIRECTIONS:

1. In bottle, combine soap and essential oils.
2. Top with water, replace lid and shake until well blended.
3. To use, spray on surface and wipe clean with damp cloth.

Caution: Always test home care recipes in an inconspicuous area before use on any surface.



# Owner Appreciation Day

SATURDAY, MARCH 23

Ownership has been the foundation of our successful cooperative business for 40 years and we would like to thank you all by hosting an Owner Appreciation Day. Shop your Co-op on Saturday, March 23rd and enjoy perks! Each Owner will save 5% off a purchase (max discount \$5) and will be automatically entered to win gift cards. In addition, complimentary coffee, popcorn, random acts of kindness, and samples will be offered from 11:00 AM-2:00 PM. Thanks for shopping your Co-op!



# Gathering of Pioneer Owners

SATURDAY, MARCH 23  
11:00 AM-2:00 PM

The Co-op is in its 40th year of successful cooperation! To get the celebration started the Co-op will be hosting a gathering of our pioneer and long term Owners. New Owners also are welcome to stop in for conversation.

The purpose of the gathering will be to reminisce and share memories of how the Co-op got to where it is today in order to collect content for publication in the 40th Anniversary edition of The Harvest Beet newsletter. Owners are encouraged to bring memorabilia and write down memories of funny happenings, inspiring moments, historical facts, and the reasons why they have loved the Co-op for so many years. Food and refreshments will be served while Co-op staff and Board Members collect information and take photos. If you have something to share but are unable to attend please send us an email (info@naturalharvest.coop) or drop your content off at the store to the attention of our Marketing Manager.



**EARTH**Fest  
IRON RANGE • 2019 • 11<sup>th</sup> ANNUAL  
FEEDING OUR future

## Join Us for Lunch

This year marks the 11th anniversary for the Iron Range Earth Fest. This year's focus will be on exploring food, farming and "Feeding the Future", which is the main theme of the event. The event will take place Saturday, April 21 from 9 AM-4 PM along the Highway 169 corridor in Mountain Iron. This community event is FREE and fun for all ages!

The Annual Iron Range Earth Fest is one of the largest sustainability events in NE Minnesota! Earth Fest brings the whole community together to explore sustainability on the Iron Range through exhibits, speakers, demonstrations, activities, music, and food. As you spend time learning and networking at Earth Fest, you can satisfy your appetite with some tasty food options from your own Co-op! Natural Harvest will once again be serving lunch in the community center; be sure to stop by for some good eats.

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

