

The Harvest Beet

SUMMER 2019

Your quarterly source of information for healthy living!



**NATURAL
HARVEST
FOOD CO-OP**

WHAT'S NEW?

**Have you tried
our newest
specialty
sandwiches
in the Deli?**

The Rachel:

**Smoked Ferndale Turkey,
Apple Slaw and
Cheddar Cheese on
Cranberry Wild Rice Bread**

The Roasted Veggie:

**Bell Pepper, Zucchini,
Red Onion, Feta Cheese
and Lemon Veganaise on
Ciabatta Bread**

Management Report 2018 in Review

Anja Parenteau, General Manager & NHFC Owner

For us at the operational level of the store, 2018 was all about keeping the momentum going! Our new store generated a lot of excitement in 2017 so our team worked hard to make sure our products, prices, customer service and community involvement kept people coming back.

I am happy to report the only month we didn't have sales growth was May – it would have been very hard to beat the previous year's May sales — because May 2017 was the month we opened the new store. We ended up with a total of 10% sales growth and signed up 290 new Owners in 2018. Our daily customer count now stands at over 350 people and 60% of all sales are to our Owners!

We continued our efforts to grow our community footprint. In all, we hosted and participated in over 50 classes and community events. Another highlight is the generosity of our customers! Our "Change Within Reach" program, which allows customers to round-up at the register for community organizations, generated over \$17,000 in charitable donations! We also continued to donate near-dated produce and groceries to a local food pantry in order to reduce food waste and help out our neighbors in need.

To me, the cooperative principle #7 "Concern for Community" also means being an employer that provides meaningful jobs at fair wages. 2018 was the first year we have been able to pay the St. Louis County living wage to all of our employees and we are gearing up to offer a \$12/hour starting wage

before the end of 2019. Our next milestone is 4 million in sales, which we hope to reach in 2020! We can only do it with your support, just like we did for the last 40 years! Thank you!

We focused a lot of our internal efforts on processes and procedures so that this much bigger organization, with almost 40 employees now, runs as smoothly as possible. In addition to an HR audit, we also had a team of National Co+op Grocer managers here to audit our store in November. We received recommendations that centered around how we can better serve our community of owners and shoppers. This audit and the opening of a new competitor in town, led us to adding more products, like produce, to our popular Co+op Basics line in addition to lowering prices on many Basics products. In all, we lowered prices on over 200 grocery staples in order to serve you better and we have received many positive comments from you! Thank you!

These days we hear a lot about retail stores going bankrupt and see shopping malls looking deserted. As consumers we have many choices of where we buy our groceries and our choices can have real impact on our local and global community. For 40 years, you, our owners, have shown with your support that our local business and our business values matter to you. We couldn't have done it without you!

In Cooperation,

— Anja

Patronage Rebate 2018 Update

Anja Parenteau, General Manager & NHFC Owner

At the May Board Meeting, the Board accepted the General Manager's recommendation to not pay out a Patronage Rebate for 2018, 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! For more information on how Patronage Rebates work visit our website at www.naturalharvest.coop and thank you for being an Owner!



Natural Harvest Food Co-op Owners, Board and staff members gathered for the 2019 Annual Meeting, held at the Virginia Elks Club.

Annual Meeting Recap

Darrel Swenson, Board Vice President & NHFC Owner

The 40th Annual Meeting of Owners was held at the Virginia Elks on Saturday, April 27. It was a gala event attended by about 100 NHFC Owners. We were treated to a delicious veggie lasagna dinner prepared by Deli Manager Alex and the NHFC deli staff.

Our General Manager, Anja Parenteau, gave a detailed account of how the new store is doing. She talked about how we are well on our way to reach a total annual sales figure of \$4 million for the 2020 year which shows how well our Co-op is being received by our Owners and the general public of the area.

The featured speakers of the meeting, Michelle Robillard and Wayne Wilberg, told many stories about the beginnings of our Co-op 40 years ago with the opening of the

first store on Chestnut Street in Virginia and growing the Co-op from total sales of \$38 thousand the first year to \$375 thousand the last year the store was on Chestnut Street. They also talked about the trials of getting the log building built on Bailey's Lake, and the stores annual sales going from \$750 thousand to over \$2 million. And here we are now working for the \$4 million mark next year.

Attendees were asked to write about their favorite memories of Natural Harvest during these 40 years, and here are just a few of those memories:

"Happy to find the Co-op on Chestnut Street in 1987 after moving here from St. Paul." "Walking on my lunch hour to Natural Harvest to pick up lunch and then walking

around the lake." "Helping to build/assemble the new shelves for the storage room in the new store, and meeting and working with a bunch of great people." "The fun meeting at the store on Chestnut Street and packing up our own stuff in containers that we brought from home." "Eating lunch with my granddaughters overlooking the lake and buying flowers and plants from the greenhouse."

The final item of business was to announce the names of the people who were elected to serve on the board of directors for the coming terms. They are Stephen Levchak; Jenna Asuma, Kelsey Gantzer, and Kristen Dosan.

It was a great meeting, and if you missed it I hope you make plans now to attend next year's meeting in April of 2020.



"Sarah Softich and Friends" kicked off the evening with music during the social hour prior to the delicious veggie lasagna dinner.



Board Vice President – Darrell Swenson, and Board Treasurer – Emma Peterson manned the registration and voting table at the event.

CLASS IN SESSION!

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

CHAGA MUSHROOM: MINNESOTA'S MEDICINAL TREASURE

Thursday, June 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.

MINNESOTA FORAGING – MEDICINAL HERBS

Thursday, August 8 • 5:30-7:30 PM
Natural Harvest Classroom

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

Join instructor, Allie Austin, and learn the basics of wild crafting medicinal herbs in Northern Minnesota. In this hands-on class, students will learn the basics of foraging — how to identify, harvest, dry, store, and use some of the most common medicinal herbs native to Northern Minnesota. This will be an in-classroom discussion as well as hands-on class. Students will work with some freshly harvested herbs and will also learn to prepare some common remedies with them such as tincturing, teas, and infusions. Each student will take home their own herbal remedy made in class, and a Minnesota Foraging Manual with photos, step-by-step instructions, and recipes.

THE KETOGENIC LIFESTYLE

Tuesday, August 13 • 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.

Board Member Contact Info!

BOARD OFFICERS

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

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

Secretary • Julie Juntune
(Perpetuation Committee)
julie@naturalharvest.coop

Treasurer • Emma Peterson
(GM Evaluation Committee)
emma@naturalharvest.coop

BOARD

Pauli Rancourt
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Stephen Levchak
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Jenna Asuma
jenna@naturalharvest.coop

Kristin Dosan
kristin@naturalharvest.coop

Kelsey Gantzer
kelsey@naturalharvest.coop

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

Welcome To Our Newest Board Members!



STEPHEN LEVCHAK



KELSEY GANTZER



JENNA ASUMA



KRISTIN DOSAN

We Love Our Co-op!



“ Before there was a store front our buying club would get together once a month, I think it was, to order in bulk, which meant that if someone did not want the full bag or box they had to find someone to share it with. I once needed bay leaves, but no-one wanted to join me, and I hadn't given much thought to just how many bay leaves there are in a pound... They must have lasted me for years! ”

“ We remember the excitement of moving into the first storefront on Chestnut Street. This store would make it much more convenient to do our shopping compared to the buying club. ”

“ The highlight of our week was a trip to the Co-op on Chestnut Street! It reminded us of a European market filled with crates and boxes piled one on top of another. It was crowded and so much fun searching for items. In the summer they put the crates and boxes outside on the sidewalk – we loved it! Immediately we knew we had to become Owners. ”

“ Funny Happening: being given the keys and told to close out the till and lock up (the SECOND TIME I ever volunteered at the Chestnut Street store)! ”

“ It was so wonderful to watch the small overcrowded store grow – not once but twice! ”

“ The small store on Chestnut Street was a great beginning to the wonderful store we have today. Thank you to Michelle Greene, Wayne Wilberg and Ann Foleman. They were part of the pioneering team that got Natural Harvest off the ground. ”

“ I love that this allows me to feed my daughter all natural food. ”

“ I became an Owner to invest in good wholesome food and help Natural Harvest grow. Our store on Chestnut Street was a little hole in the wall, but carried lots of good healthy food. It was a dream come true when the log building was built and we could expand. My kids and I enjoyed volunteering at both stores to help it grow. ”

“ A fond memory I have is volunteering at the Chestnut Street store and being able to bring my children. The Co-op had a space with toys for children to play, while moms or dads helped fill bins and clean. ”

“ My favorite memories of the Co-op are the holiday dinners that were held at the old Biwabik pavilion, and the great music, dancing, and board-member-made lasagna at Annual Meetings held at Kaleva Hall. ”

“ It was a big step to move from Chestnut Street to the log building. I don't think people today realize all the volunteer hours put in and fun we had (and heartache) while obtaining and maintaining the log building. Lots of varnishing went on there for weeks. Inventory every year was a big venture too! ”

“ We became owners because we wanted to support the effort to have access to quality, nutritious, whole foods. ”

“ It's been amazing to see the growth we've had, the great selection of fresh spices and food that is so attainable today with a huge variety to choose from, plus the great number of people who have signed up to be members. It's so marvelous! ”

“ What started out as a meager few of us to form the Co-op and how it has grown and prospered to today took a lot of people, money, direction and hard work. To have the growing numbers of members is such a testament to how important good health is to so many. ”



40 Years of Memories

“ My favorite memory of the Co-op took place when I was a Co-op staff member. I wanted to introduce a buffalo tofu sandwich to the menu so we grabbed every hot sauce the store had and ran taste tests until we had constructed the perfect buffalo sauce. ”

“ I love encouraging friends and family to shop at the Co-op because I've always loved the small town atmosphere, helpful staff, and cheerful members that want to make a difference in our community. ”

“ We became Owners because we planned on staying in the area (moved from Minneapolis in 1972) and felt we were helping to build what we wanted in food availability. ”

“ It is the happiest place in Virginia! I walk in and the smell is something I want to bottle – everyone is SO happy. ”

“ I love the Co-op staff! If you're there often you get to know them personally. They are helpful, cheerful, and an asset to the Co-op. You get a warm welcome feeling when you walk through the door! ”

“ I believe a caring, knowledgeable staff is high on the list of what makes the Co-op a success. Right now, I am happy to interact with staff, they are friendly and care. This keeps people coming back and makes people feel comfortable if they are just trying out the Co-op. ”

“ I love the friendly faces that are always so helpful and welcoming. ”

“ I became an owner because I believed it would help me change the way I ate and influence others in my family to make healthier choices. ”

“ I love everything about our Co-op! We are spoiled in my opinion. ”

“ I became an Owner because I believe in what the Co-op stands for and I wanted to help support a healthy local food system. ”



“ I love the amazing assortment of items that is available as well as the eclectic group of staff that is always helpful! ”

“ I love the Co-op's friendly staff and commitment to community. ”

“ My belief in supporting local agriculture and business are what inspired me to become an Owner. I bought two things when I moved here three years ago, hiking boots and a Co-op membership. ”

“ I love the Co-op for everything but my favorite is how friendly the staff are, they treat everyone like family. ”

“ I love that I have an excellent choice in produce and everyday foods. There are so many gluten-free and dairy-free options! Plus the hot bar is so yummy! ”

“ I know that I'm getting high quality, healthy items and knowledgeable staff that will continue to help guide me on my wellness journey. ”

“ I love so many things about Natural Harvest but if I had to name one it would be a tie between the salad bar and the fresh honey. ”

“ What's not to love?! Healthy food, love the bulk section, great atmosphere, and the offering of classes! ”



WATCH FOR MORE INFO IN STORE!

Save the Dates!

ADDITIONAL DETAILS ONLINE!

**TUESDAY,
JUNE 18**

**NHFC \$4
COMMUNITY DINNER**

More info at naturalharvest.coop

**SATURDAY,
AUGUST 3**

**GREAT RIVER ENERGY
MESABI TRAIL TOUR**

More info at mesabitrail.com

**SATURDAY,
AUGUST 17**

**OLCOTT PARK
BREWFEEST**

More info at olcottparkbrewfest.com

**SATURDAY,
AUGUST 24**

**NHFC 40th
ANNIVERSARY CELEBRATION**

More info at naturalharvest.coop

You're Invited!

~ Join the Co-op in celebrating 40 years of success as a cooperative business ~

SATURDAY, AUGUST 24 • 11:00 AM – 4:00 PM

AT THE CO-OP

HAPPENINGS:

Live music by “Kim Grillo Nagler” and “Big Waves & Bonfires” • MN Brewed Craft Beer
Children’s Magic Show by “The Amazing Charles” • Bounce House & More!

Watch for more details in-store and online
as we get closer to the date!

A warm welcome to our newest Natural Harvest Owners!

Richard & Betsy Watson (Ely)
Dawn Olson (Virginia)
Miriam & Pete Kero (Hibbing)
Nicole Janssen & Andrew VanCleave (Eveleth)
Lisa Brown (Hibbing)
LeAnn Adkisson (Hibbing)
Steve & Brook Hudson (Chisholm)
Billie Sikkila (Mt. Iron)
Nancy Knezovich (Side Lake)
Betty Petron (Virginia)
Ethan Brinkman (Virginia)
Tami Rahkola (Embarrass)
Francie Jensen (Mt. Iron)
Lee Gray (Orr)
Christine Carlson (Hoyt Lakes)
Maryann Leoni (Mt. Iron)
Tami Gruenhagen (Buhl)
Paula Germain (Meadowlands)
Carrie Salo (Virginia)
Jake & Victoria Leoni (Hugo)
Michelle Long (Orr)
Michelle Cramer (Gilbert)
Dale & Betty Halik (Mt. Iron)

Sherry LeTourneau (Biwabik)
Tim & Clara Weitz (Duluth)
Michelle Lina (Virginia)
Kelsey Norri (Virginia)
Candice Berg (Mt. Iron)
Russ Hart (Ely)
Jenna Hautamaki (Britt)
Phillip Jacobs (Aurora)
Diana Nelson (Virginia)
Jori Hughes (Tower)
Sharon Pelach (Orr)
Ben & Tina Bergerson (Mt. Iron)
Susan Anderson (Ely)
William Cogger (Virginia)
Kelsey Impila (Chisholm)
Molly Cencich (Hibbing)
Maria Arnberg (Virginia)
Julia DeVries (Virginia)
Angela Crego (Hibbing)
Mark & Irene Hallich (Cook)
Ilona Svedberg (Cook)
Melissa Rabas (Buyck)
Lindsay Hernandez (Eveleth)

David Wilenius (Angora)
Patrick & Lisa Oliver (Mt. Iron)
Jim & Chris Biddle (Chisholm)
David Piphlo (Duluth)
Christine Jarvis (Hoyt Lakes)
Toni Fleck (Mt. Iron)
Michelle Johnson (Gilbert)
Tod Macleod (Hibbing)
Jason & Amanda Metsa (Virginia)
Ann Syverson (Forbes)
Jerry A. Wenger (Powell, WY)
Lacey Kluck (Nashwauk)
Marrissa Foss-Kluck (Bovey)
Sharon Rowbottom (Virginia)
Brian & Sarah Welsh (Hibbing)
Rob Wheeler (Hibbing)
Becky Zubich (Virginia)
Shirley & Chuck Nicholas (Cook)
Ben Castagneri & Debbie Stalburger (Hibbing)
Stephanie Brenner (Virginia)
Marty Halverson (Chisholm)
Dennis Rogalsky (Virginia)
Ellie Yoon (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 who 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 February we collected over \$1,400 for **Camp Chicagami**; in March, over \$1,800 was split between **Quad City & Chisholm Food Shelves** and proportionally matched by the MN Food Share Campaign; in April, more than \$1,900 was given to the **Northstar Foundation**; and when the newsletter went to print we were averaging over \$40 per day for the **Bess Metsa Garden**.



LOOKING AHEAD

Range Transitional Housing, Inc. provides transitional and permanent supportive housing to homeless households in Northern St. Louis County, Minnesota. Funds collected in June will be used to help sponsor their Community Connect event.



July donations will be collected for **The Friends of the Virginia Library**. Your donations will help this active group of community members to recruit volunteers, promote library programs, and assist the library with outreach and fundraising.



Your August donations will support **Team Different Not Less** which is part of the Autism Association of Northern MN. Your contributions will help the group offset costs for supportive items that benefit autistic students within our local school systems.



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 will be accepting 2020 applications through August 31, 2019.



Simple Lentil Tacos

Recipe from www.strongertogether.coop

TOTAL TIME: 30 minutes; 20 minutes active • **SERVINGS:** 4

Spicy, seasoned lentils star in these simple, satisfying tacos.

INGREDIENTS

1/2 cup dry lentils,
picked over and washed
1 tablespoon olive oil
1/2 cup chopped onion
2 cloves garlic, chopped
1 large jalapeño, chopped
1 cup minced broccoli
(about 1 stem)
2 medium tomatoes, chopped
1 teaspoon cumin
1 teaspoon oregano
1/2 teaspoon chipotle powder
1/2 teaspoon salt
8 corn tortillas or lettuce leaves
Your choice of taco toppings
(salsa, chopped avocado,
chopped onion, shredded
cheese, cilantro, etc.)

PREPARATION

Place lentils in a one-quart pot and add 3 cups water. Bring to a boil, then reduce to a gentle simmer for 20 minutes. If they are not yet tender but not falling apart, you may need to cook for an additional 5 minutes. When lentils are done, drain gently and let cool.

In a large sauté pan, drizzle the olive oil and place over medium-high heat. Add the onions and stir, reducing the heat to medium when they begin to sizzle. Cook for about 5 minutes, until softened and starting to brown. Add the garlic, jalapeño, broccoli and tomato and stir, cooking for about 5 minutes, until the liquid in the pan has almost completely evaporated. Add the spices and stir to mix, then add the lentils and stir until mixed and heated through, being careful not to break up the lentils.



SERVING SUGGESTION

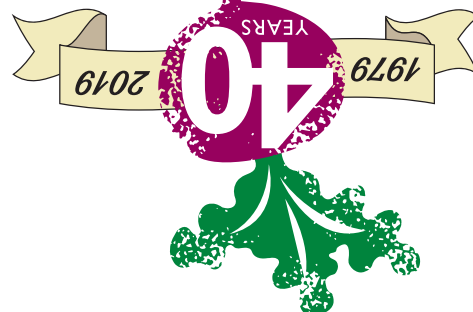
Set up a taco bar with all the fixings and let your family (or guests) make their own. You can add hard taco shells or a meat-based filling as options, too.

NUTRITIONAL INFORMATION

280 calories, 6 g. fat, 0 mg. cholesterol, 350 mg. sodium, 48 g. carbohydrate, 9 g. fiber, 12 g. protein

~ 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
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FOOD CO-OP



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