

# The Harvest Beet

FALL 2019

*Your quarterly source of information for healthy living!*



**NATURAL  
HARVEST  
FOOD CO-OP**

## WHAT'S NEW?

### *Monthly Community Dinners*

We know everyone has busy schedules that make it challenging to get together for regular meals so we've decided to help make family dinner night a little easier. Starting September 19th, the deli will be hosting a \$4 dinner on the third Thursday of each month. Bring your friends and family to the Co-op for delicious affordable meals prepared by our deli staff. Meals will be available for you to dine-in or take-out. Let us do the cooking so you can sit back and enjoy quality time around the dinner table with your loved ones.



## Less Waste or No Waste Shopping: How Can We Help?

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

I'm sure you've seen reports of how many times used plastic bottles would circle the earth or the pictures of ocean wildlife with plastic bags and other plastic parts in their stomachs or worse. I have always tried to bring at least my own grocery bags to the store, but this summer I started getting a little bit more serious about less waste shopping. Bringing produce bags to reuse, my own containers for bulk items and consciously buying products that have less packaging or use glass instead of plastic. This kind of shopping takes more time and planning at home, which leads to a grocery list, which leads to shopping for what we actually need so we have less food waste – all around a win-win situation.

We are also trying to make it easier for you to make less waste or less plastic choices while you are shopping at the Co-op. We added paper bags in the bulk department for you to use instead of plastic bags. We are also now selling a variety of glass containers that you can use to buy and store your bulk items.

In produce, we have reusable produce bags available for sale, and there are also paper bags to use for your produce purchases.

Bringing your own container is always welcome and really the best solution. In the bulk department, for the hot bar or salad bar, your own cup for your morning joe or smoothie – just make sure the container is clean and we know the empty (tare) weight.

We also started a feature on our Facebook page we are calling "Zero Waste Wednesdays" – where we call out ways to shop generating less waste, because it is up to all of us to tackle this problem, one plastic bag/container at a time!

We are hoping that with all the media attention our waste and plastic problem is getting, you are inspired to do your part. The more interest and sales we have with our "less packaging products" the more of these products we can bring in for you.

In Cooperation,

— Anja



The Co-op sells a variety of glass containers that can be used to buy and store your bulk items, and an assortment of reusable produce and grocery bags for your purchases.

## Board Member Contact Info!

### BOARD OFFICERS

**President** • Carrie Sell  
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carrie@naturalharvest.coop

**Vice President** • Darrel Swenson  
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**Secretary** • Julie Juntune  
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**Treasurer** • Emma Peterson  
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## NHFC Board Report • Fall 2019

*Kelsey Gantzer, Board Member & NHFC Owner*

The days are growing shorter and we are all doing our best to savor the warm weather while it lasts. Each week we see more local produce on the shelves!

In May, your Natural Harvest Board of Directors welcomed four new board members: Jenna Asuma, Kristin Dosan, Kelsey Gantzer and Stephen Levchak. Each board member brings a variety of experience, skills, and excitement to serve Natural Harvest. The board attended training with an experienced cooperative consultant to orient the new members and provide guidance for the board as a whole. The consultant discussed the definition of a co-op, types of co-ops, core questions of governance, policy governance principles, and gave an overview of grocery business essentials.

At the end of September, the board will attend a Cooperative Board Leadership training to gain practical tools for governing our organization and engaging with our local

community. The training will cover the board's fiduciary role, cooperative history, principles and values, cooperative governance, and basic financial literacy. The board's commitment to ensuring we have the knowledge to best serve the Co-op reflects our belief in the Co-op's mission: "At Natural Harvest Food Co-op, we are committed to 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."

With these trainings and tools under our belts we will be able to provide the vision for our Co-op and help lead it straight into 40 more years of growth and successful cooperation. Thank you to everyone who has helped the Co-op reach this 40 year milestone and to everyone who came out to celebrate our Co-op at the anniversary event. It was so wonderful to see you all!



# TRICK TREAT



## STOP BY THE CO-OP ON HALLOWEEN FOR TREATS!

Costumed customers of all ages will receive treats at the register. As always, you can count on your Co-op to provide treats that are free of artificial colors. We will also have allergy friendly and organic options. Just say the words "Trick or Treat" and our cashiers will be happy to delight you with yummy Halloween treats.

## CO-OPYOGA

Sundays • 10:00 AM • September 22  
October 27 & November 24  
Natural Harvest Classroom  
Cost: \$10/\$8 NHFC Owners

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.

## FINNISH SQUEAKY CHEESE

Thursday, September 26 • 5:30-7:30 PM  
Natural Harvest Classroom  
Cost: \$15/\$13 NHFC Owners

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.

## NATURAL SOAP MAKING I

Tuesday, October 1 • 3:30-7:30 PM  
Natural Harvest Classroom  
Cost: \$53/\$50 NHFC Owners;  
includes cost of supplies.

Join longtime soap maker, Brenna Kohlase, 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. (Pringles 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.

# 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, 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, October 24 • 5:30-7:30 PM  
Natural Harvest Classroom  
Cost: \$25/\$23 NHFC Owners;  
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 HERBAL REMEDIES

Tuesday, November 5 • 5:30-7:30 PM  
Natural Harvest Classroom  
Cost: \$25/\$23 NHFC Owners;  
includes cost of supplies.

Join herbalist Allie Austin for this in-depth and hands-on class and learn how to make your own simple yet effective herbal remedies at home to use for the entire family. Students will gain an in-depth understanding on how to prepare basic herbal remedies including tinctures, infusions, syrups, and infused oils. Learn to create your own personal remedies to boost your immune system during cold and flu season, reduce stress and anxiety, and ones to keep on hand for first aid purposes. Students will each take home their own herbal remedy made in class along with a step-by-step guide to making your own remedies at home.

## 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 interesting in teaching classes or displaying your artwork please contact our Marketing Director for more details.  
Briana@NaturalHarvestCoop

## NATURAL SOAP MAKING 2

Thursday, November 14 • 3:30-7:30 PM  
Natural Harvest Classroom

Cost: \$57/\$55 NHFC Owners;  
includes cost of supplies.

Instructor, Brenna Kohlase, has 20 years' experience as a soap maker and enjoys sharing her knowledge with others. Learn how to make layered and multi-colored cold-processed and oven-processed soap using essential oils for scent and organic herbs and botanicals for color. Prerequisite of Soap Making 1 or previous cold-processed soap making experience is required. You'll be using lye in the process (safety glasses required) and will also be "super fatting" your soap to make it skin-loving and gentle for use on babies and pets. Bring a 2 lb. mold if you have one (cardboard boxes will be provided as needed). Students are required to bring their own safety glasses and wear protective clothing; long sleeve button up shirts with aprons work best.

WATCH FOR MORE INFO IN STORE!

## Save the Dates!

ADDITIONAL DETAILS ONLINE!

### SATURDAY, OCTOBER 19 OWNER APPRECIATION DAY

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

### SATURDAY, NOVEMBER 30 SHOP SMALL SATURDAY

Watch for more details in-store!

### HOLIDAY HOURS THANKSGIVING DAY: CLOSED DAY AFTER THANKSGIVING:

OPEN 9 AM – 8 PM

# 40th Anniversary Celebration Highlights

Oh, what a celebration it was! Thank you to everyone who came out and celebrated with us and to our staff for all their hard work and dedication! Cheers to 40 more years!





## *A Warm Welcome to Our Newest Co-op Owners!*

Izabela Steele (Iron)  
 Jon Erickson (Ely)  
 Melanie Peterson (Virginia)  
 Carol Garrity (Hibbing)  
 Amanda Vanderbeck (Ely)  
 Marshall Flaws (Virginia)  
 Jim & Judy Glidden (Tower)  
 Linda & Anthony Palich-Wald (Hibbing)  
 Gidget & Carey Peterson (Eveleth)  
 Kathy Koebensky-Como (Tower)  
 Walt Luneburg & Shannon Lidgett (Tower)  
 Chris Perry (Ely)  
 Dave & Eileen Johnson (Biwabik)  
 Carol & Courtney Peterson (Virginia)  
 Tesa Wiitanen (Aurora)  
 Julie Kunin (St. Paul)  
 Amy Fleming (Ely)  
 Jack & Kathy Hunt (Lake Stevens, WA)  
 David & Tamara Stacey (Austin, TX)  
 Sarah Lung (Aurora)  
 Nancy & Dan Lamppa (Eveleth)  
 Tatiana Riabokin (Ely)  
 Melanie Weston-Hamalainen (Virginia)  
 Van Rioux (Iron)  
 Lee Leighton (Cotton)  
 Amy & Keith Steva (Cook)  
 Sophia Anderson (Cook)  
 Mary Luomanen (Mt. Iron)  
 Cynthia Sonju (Virginia)  
 Nancy Burkes (Hibbing)  
 Bill Pershern (Virginia)  
 Joey Overfors (Eveleth)  
 Kay Richards (Babbitt)  
 Fr. Dean & Xenia Franck (Hibbing)  
 Shanna Vidor (Cook)  
 Hannah Davidson (Virginia)  
 Nicole Marinac (Side Lake)  
 Heather & Brandon O'Brien (Minneapolis)  
 Merle & Mary Wovcha (Duluth)  
 Gary & Kathy Cooper (Gilbert)  
 Janelle & Joe Burton (Eveleth)  
 Mike & Laura Nilson (International Falls)  
 Pam Gellerstedt (Mt. Iron)  
 Jolene Johnson (Embarrass)  
 Patricia Casey (Side Lake)  
 Baylee Hugger (Hibbing)  
 Esther Seopa (Chisholm)  
 Mike & Deb Skogman (Britt)  
 Zachary Dircz (Minneapolis)  
 Janice Mehle (Chisholm)  
 John & Betsy Greiner (Eveleth)

# Hearty Fall Recipes for Your Instant Pot



## Instant Pot Chicken Noodle Soup

Recipe from delish.com

**Yields:** 6 servings

**Prep Time:** 0 hours 10 mins

**Total Time:** 0 hours 45 mins

### INGREDIENTS:

2 tbsp. extra-virgin olive oil  
1 small yellow onion, chopped  
2 medium carrots, peeled and chopped  
2 stalks celery, chopped  
2 cloves garlic, minced  
2 tsp. thyme leaves  
2 bay leaves (optional)  
2 lb. boneless skinless chicken breasts (about 4)  
Salt  
Freshly ground black pepper  
4 c. low-sodium chicken broth  
4 c. cold water  
8 oz. egg noodles  
Pinch crushed red pepper flakes (optional)  
Juice of 1/4 lemon (optional)  
2 tbsp. freshly chopped parsley, for garnish

### DIRECTIONS:

Turn Instant Pot to Sauté setting. Heat oil, then add onion, carrots, and celery. Cook, stirring occasionally, until vegetables are slightly tender, 6 to 8 minutes. Add garlic and thyme and cook until fragrant, 1 minute. Add bay leaves if using, then add chicken breasts and season generously with salt and pepper. Add broth and water and close lid. Set Instant Pot to Soup setting and set timer for 7 minutes. When cooking is complete and air has been naturally released from Instant Pot, carefully remove lid and use tongs to remove chicken breasts onto a plate or cutting board. Using two forks, shred chicken, then return chicken to pot. Remove bay leaves and add egg noodles. Return Instant Pot to Sauté setting and cook, uncovered, until noodles are cooked through, 4 to 6 minutes.

Turn off Instant Pot and stir in pepper flakes and lemon juice if using. Ladle into bowls and top with parsley and more black pepper before serving.



## Instant Pot Beef Chili

Recipe from delish.com

**Yields:** 3 servings

**Prep Time:** 0 hours 5 mins

**Total Time:** 0 hours 30 mins

### INGREDIENTS:

1/4 c. brown rice  
2 tbsp. extra-virgin olive oil  
6 oz. ground beef, 90% lean  
2 tsp. chili seasoning  
1 tsp. beef base (bouillon powder)  
1/2 c. onions, diced  
2 cloves garlic  
1 (15.5-oz.) can kidney beans, drained and rinsed  
1 (14.5-oz.) can diced tomatoes  
Lime wedges, for serving  
1/4 c. freshly chopped cilantro, for serving

### DIRECTIONS:

Cook the brown rice according to package instructions.

Meanwhile, turn on the Instant Pot, then choose the Sauté program and the Normal setting. Once it has come up to temperature, add oil.

Add the beef and cook until golden. Add chili seasoning, beef base, onions, and garlic, and cook for 3 minutes, stirring frequently.

Add the beans and the tomatoes and stir well. Close the lid and the vent. Select the Meat and Stew program and the Normal setting. Adjust the timer to 20 minutes. Quick release the pressure according to manufacturer's directions.

Serve with brown rice and garnish with lime wedge and cilantro.



## Instant Pot Steel Cut Oats

Recipe from delish.com

**Yields:** 6 servings

**Prep Time:** 0 hours 5 mins

**Total Time:** 0 hours 40 mins

### INGREDIENTS:

2 c. steel cut oats  
3 1/2 c. water  
2 c. 2% milk  
1/2 tsp. ground cinnamon  
1/2 tsp. salt  
2 tbsp. maple syrup, plus more for serving  
1 tsp. pure vanilla extract  
Sliced banana, for serving  
Blueberries, for serving  
Toasted sliced almonds, for serving

### DIRECTIONS:

Combine oats, water, milk, cinnamon, and salt in Instant pot. Press the manual setting and set the cooking time for 5 minutes on high. Let steam release naturally for 20 minutes before flipping the release valve.

Remove lid and stir in maple syrup and vanilla. Serve topped with more maple syrup, bananas, blueberries, and almonds.



## Instant Pot Hummus (No Soak)

Recipe from everydaymaven.com

**Yields:** 12 servings

**Prep Time:** 0 hours 25 mins

**Total Time:** 1 hours 0 mins

### INGREDIENTS:

#### BEANS:

1 pound dried garbanzo beans rinsed  
12 cups filtered water

#### HUMMUS:

3 cups cooked garbanzo beans, still warm  
1/2 cup warm bean cooking liquid  
1/4 cup tahini  
2 medium cloves garlic  
1 large lemon juiced  
1 teaspoon kosher salt  
1/2 teaspoon ground cumin  
1/4 teaspoon smoked paprika  
1/4 cup extra virgin olive oil, highest quality

### DIRECTIONS:

#### TO COOK THE BEANS:

Rinse garbanzo beans and discard any stones. Place in Instant Pot insert along with 12 cups of filtered water.

Close lid, make sure vent is set to "sealed" and set Instant Pot to manual for 35 minutes.

Allow Instant Pot to naturally release pressure when done (this can take up to 1 1/2 hour). If you are pressed for time, allow IP to release pressure naturally for at least 15 minutes and then do a slow quick pressure release.

Carefully drain the beans, making sure to reserve the liquid!

#### HUMMUS:

Transfer 3 cups of warm drained, cooked garbanzo beans to the bowl of food processor fitted with the chopping blade. Add all other ingredients EXCEPT olive oil.

Process until smooth and slowly add the olive in through the tube, 1 T at a time.

Hummus should be smooth, creamy and taste almost whipped.

Serve topped with smoked paprika and a splash of olive oil and enjoy!



# “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 May we collected over \$1,800 for **Bess Metsa Garden**; in June, over \$1,500 was donated to **Range Transitional Housing**, in July, more than \$1,600 was given to the **Friends of the Virginia Public Library** and when the newsletter went to print we were averaging over \$60 per day for **Team Different Not Less (Autism Association of Northern MN)**.

## LOOKING AHEAD

The **United Way Buddy Backpacks Program** provides a backpack filled with nutritious, nonperishable, child-friendly food items to children who are at-risk of going hungry over the weekends due to various reasons. Your September contributions will fight weekend hunger by helping the program provide these food kits to children on the Iron Range.



October donations will be collected for the **NHFC Micro Grant Fund**. Your donations will be used to help subsidize the annual costs for our local farmers who supply your Co-op with fresh produce seasonally.



Your November donations will support the **East Range Developmental Achievement Center** in Eveleth, which provides job training and work opportunities for over 90 adults with developmental disabilities who live in communities throughout the Iron Range.



# Purchasing Local Produce Helps Your Neighbors Achieve Their Dreams!

**Briana Sterle, Marketing, Owner Services & NHFC Owner**

Meet our newest local farmers from Early Frost Farm in Embarrass, Minnesota — Jack and Ericka LaMar have been hobby farmers now for four years and are committed to organic growing practices. They both currently work full-time jobs and started their hobby farm in 2014 with the intent of turning it into a full-time retirement project when the time comes.

They have two hoop houses for growing produce along with an orchard of 15 fruit trees that include various varieties of apples, pears, and plums. So far only the crab apple trees are fruiting but they expect the rest to start providing a harvest within 2-3 years.

In addition to their gardens and orchard they are also chicken and bee farmers. They currently have five bee hives producing honey and have designated 4 acres of land as pollinator habitat to support their bees. In order to turn their fields in to a pollinator haven they planted an array of clover, brassicas, turnips, buckwheat, vetch, lupines, and rape seed plants.

An interesting fact about Early Frost Farm is that it is located in one of the coldest

places in the lower 48 states. They have weather stations on their land which they check daily and report weather data back to the national weather service. So when you hear those reports of Embarrass having record setting cold temperatures over the winter they are literally talking about Early Frost Farm. How cool is that?

Aside from being able to provide the Co-op with fresh vegetables, their most recent accomplishment is being accepted into the Mesabi East Farm to School Program. The program will allow the school to source produce from them while helping to educate the students on the benefits of eating local.

Since the start of their hobby farm they have found it challenging to keep up on all the farm chores while holding full-time jobs. Whenever possible they barter with their neighbors in return for help around the farm. As their vision for the farm progresses they hope to move towards a cooperative farming style in which they can find good people to help them with the upkeep.



~ ON SILVER LAKE ~  
 OPEN MON - FRI: 7 AM - 8 PM  
 SAT: 9 AM - 8 PM • SUN: 9 AM - 8 PM  
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 follow us on Instagram @NaturalHarvestCoop!

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

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