

The Harvest Beet

WINTER 2019-20

Your quarterly source of information for healthy living!



**NATURAL
HARVEST
FOOD CO-OP**

PIZZA!

*New in
Co-op Basics!*

We now offer Field Day frozen pizzas as part of our Co-op Basics program so you can stock up the freezer and save. These 8-1/2 inch pizzas are made with Non-GMO ingredients, are free of artificial flavors and colors, and are only \$3.99! They're perfect to keep on hand for movie nights or last minute dinner solutions, and they come in three tasty flavors; cheese, uncured chicken pepperoni, and roasted vegetable. Enjoy!



Great News — Our New Solar Panels are Here!

Anja Parenteau, General Manager & NHFC Owner

By the time you read this, solar panels will have been installed on our roof and the engineering plans for adding a solar awning to the south side of the building will be in their final stages. It's been a long process. From the very early planning stages, when the Board of Directors and I were talking about what we would like to see in the new store, solar panels were on our wish list. The sale of our old building last year catapulted the panels back to the forefront, and in late 2018, we joined the Iron Range Solar Co-op. These associations have formed all over the country to explore solar installation as a group and to receive bids from multiple installers. Wolf Track Energy, out of Duluth, won the bidding process and we started working on finalizing our specific needs and wants. At the same time, I applied for the BER grant (Business Energy Retrofit), that is funded through the IRRRB and we were

awarded the maximum amount for our project in August.

As I'm writing this, we are working on getting all the necessary permits, engineering of the solar awning, and are scheduling the inspections. Installation is slated for the end of November!

Our system will consist of 93 panels (81 on the roof and 12 on the awning), making it a 37 KW system, and is estimated to produce 45,000 kwh per year! This will be about 18% of our building's yearly energy usage, or could power 4 homes for a year, or 140,000 miles in an electric

vehicle...you get the idea, this is awesome!

With the installation of the solar panels, we are checking off that last piece on the wish list! I am so proud to work for an organization that takes a leadership role in sustainable business practices, and I hope you are too.

In Cooperation,

— Anja



Natural Harvest has recently installed new solar panels on the roof!

Board Member Contact Info!

BOARD OFFICERS

President • Pauli Rancourt
(Perpetuation Committee)
pauli@naturalharvest.coop

Vice President • Stephen Levchak
(GM Evaluation Committee)
stephen@naturalharvest.coop

Secretary • Julie Juntune
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julie@naturalharvest.coop

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

BOARD

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carrie@naturalharvest.coop

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jenna@naturalharvest.coop

Kristin Dosan
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kristin@naturalharvest.coop

Kelsey Gantzer
(Education Committee)
kelsey@naturalharvest.coop

NHFC Board Report Is the Next Step for You?

Pauli Rancourt, Board President & NHFC Owner

Are YOU the next Board member Natural Harvest will benefit from?

Our Board of Directors are Owners and feel passionate about our Co-op, wanting to help out by taking the "next step" of investing time and talents to help the Co-op continue to be what the community needs far into the future. Board members help by setting the vision for the Co-op and monitoring its progress by working with the General Manager and one another to achieve goals and work towards a growing footprint that reaches more and more of the community.

Board members meet monthly to stay connected and abreast of the Co-op events, happenings, and challenges, and to serve the Co-op through policy and governance oversight, ensuring that the Co-op is right where it needs to be and heading in the right direction. The board reviews board policies on a monthly basis, amending them if needed, to ensure that changing times and circumstances are addressed under the board's governing policies. Board members are trained by a professional consultant in Co-op leadership, and each member serves on a subcommittee as well. A yearly retreat provides training agreed upon as needed by the board members. Other opportunities to attend free trainings are available. In all, Board members invest an average of 2-3 hours per month over a three-year term.

If you have never served on a board before or you have and felt "burned" and never want to serve again, please reconsider! I have personally found the experience on Natural Harvest's Board of Directors to be educational, enriching, and enjoyable. The immediate orientation and training received when I first began serving helped me feel prepared to engage. Meetings that start and end as scheduled, agendas that are followed, and a sincere teamwork attitude of all has

made this a positive experience that I wholeheartedly support.

Having a mix of demographics, interests, and abilities is what provides rich diversity to board representation. As diverse as the Co-op's owner base is, the goal is to have similar diversity on the Board of Directors so that all owners have representation at the board level.

There are three board positions out of nine that open for re-election in 2020. Applications are being accepted from now until February 1, 2020, for terms beginning 04/2020 and running through 04/2023. The election will take place in March to mid-April, with the final count and the new board members announcement at the Annual Meeting in April.

If you are looking to become more involved or wondering how you can invest more in your community, look no further! Please consider taking the next step right here in your local Co-op by running for a position on the Board of Directors.

Applications are available online on the Board election page here: <https://naturalharvest.coop/our-co-op/board-elections/> or you can stop in the store and pick one up at the customer service desk, or email board@naturalharvest.coop and ask that one be emailed to you.

If you aren't sure if Board membership is the right next step for you and you would like to learn more before deciding if you want to apply, feel free to reach out to the board for more information by emailing us at the email address above. A member will be in touch with you to provide you the information or answers you are seeking.

Looking forward to meeting the next three Board members stepping in this direction,

— Pauli Rancourt

Run for the Board

**Now Accepting
Board Candidate
Applications**

Applications due February 1, 2020



For more information visit our website or
contact the Board directly.
board@naturalharvest.coop
www.naturalharvest.coop



\$4 Community Dinners

**Monthly Every
Third Thursday!**

4:00-7:00 PM



CO-OPYOGA

Sundays • 10:00 AM • December 15
January 5 & February 16
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.

THE KETOGENIC LIFESTYLE

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

Cost: \$15/\$13 NHFC Owners

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.

FOUNDATIONS OF ESSENTIAL OILS

Thursday, January 9 • 5:30-7:30 PM
Natural Harvest Classroom

Cost: \$20/\$18 NHFC Owners;
includes cost of supplies.

Join Certified Aromatherapist Marcia Chambers for the introductory class on the "Foundations of Essential Oils". Essential oils can enhance so many areas of your daily life. They are used for immune support, relaxation, sleep, stress relief, emotional balance, skin care, respiratory health, green cleaning and even muscle tension and pain. Learn the basics of essential oils and how to create a more natural, healthy lifestyle with aromatherapy. We'll explore how essential oils are produced, quality of essential oils, how to safely use essential oils, exploring carrier oils and the dynamics of blending. You'll be able to create a blend to bring home by using oils provided in class.

CLASS IN SESSION!

Knowledge is power! Check out Natural Harvest Food Co-op's class lineup for winter. 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, January 30 • 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.

CARNIVORE ELIMINATION DIET

Tuesday, February 11 • 5:30-7:00 PM
Natural Harvest Classroom

Cost: \$15/\$13 NHFC Owners;
includes cost of supplies.

The modern world and its impressive technological capabilities have allowed us convenience never before seen. But with that convenience, we have seen a surge of disease. Is it possible that ancestral wisdom can help alleviate our modern-day health issues? Are plant toxins your hidden kryptonite? Can a meat-based elimination diet help you reach optimal health? Join Functional Medicine Certified Health Coach, Zack Schroeder on an in-depth look at a diet that has helped thousands of people reclaim their health and rid themselves of autoimmune disease, depression, and more. Food samples will be provided.

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

DIY HERBALISM TO BOOST THE IMMUNE SYSTEM

Thursday, February 27 • 5:30-7:30 PM
Natural Harvest Classroom

Cost: \$25/\$23 NHFC Owners;
includes cost of supplies.

Join us for this hands-on and in-depth class and learn to make your own immune-boosting herbal remedies at home! Students will gain an in-depth understanding of the immune system and herbs that are supportive for cold and flu season, and will learn to make elderberry syrup, immune supporting herbal tinctures, tea formulas, herbal pills and more. We will be tasting different herbal formulas for cold and flu season and making some herbal remedies in class that students will be able to take home with them. Students will also receive their own DIY Herbal Remedies Manual with step-by-step instructions and recipes on a variety of different herbal preparations to boost the immune system and stay healthy throughout cold and flu season!

WATCH FOR MORE INFO IN-STORE!

Save the Dates!

ADDITIONAL DETAILS ONLINE!

HOLIDAY HOURS

CHRISTMAS EVE: 7 AM – 2 PM
CHRISTMAS DAY: CLOSED
DECEMBER 26: 9 AM – 8 PM
NEW YEAR'S EVE: 7 AM – 5 PM
NEW YEAR'S DAY: CLOSED

HAPPY HOLIDAYS!

MONTHLY \$4 COMMUNITY DINNERS

EVERY THIRD THURSDAY OF THE MONTH

DECEMBER 19
JANUARY 16
FEBRUARY 20

Recipes to Spice Up Your Holidays



Holiday Cheddar Cheese Ball

This festive holiday cheese spread is quick and simple to make and great for entertaining!

Yields: 20 servings (2 large balls) • **Total Time:** 0 hours 15 mins

INGREDIENTS:

1 lb. cream cheese, softened
1 cup cheddar cheese, grated
1/4 cup Asiago cheese, grated
2 tablespoons red bell pepper, diced
2 tablespoons fresh chives, chopped
2 tablespoons fresh parsley, chopped
2 teaspoons garlic, minced
Salt
Freshly ground black pepper

PREPARATION:

In a food processor, blend cream cheese until slightly fluffy. Add cheddar, Asiago, and garlic, and pulse until lightly blended. Scoop cheese mixture into a small bowl and add the bell pepper, chives, parsley, and salt and pepper. Mix well. Refrigerate mixture until cold, then form into balls. Roll in extra chives, parsley, or diced bell pepper and allow to come to room temperature before serving.



Wasabi Deviled Eggs

Wasabi is not the exotic ingredient it once was, now that Americans eat sushi almost as much as spaghetti or pizza. Wasabi is a kind of Japanese horseradish, and the wasabi served in most sushi bars and restaurants is actually horseradish. It's something many have grown to love, and it gives these fun deviled eggs a nice kick!

Yields: 6 servings

Prep Time: 0 hours 20 mins • **Total Time:** 0 hours 40 mins

INGREDIENTS:

6 large eggs
1/4 cup mayonnaise
1 teaspoon prepared wasabi paste
1/2 teaspoon salt
1 tablespoon pickled ginger slices, minced
1/4 cup sliced water chestnuts, minced
1/4 cup sliced scallions
1/2 teaspoon smoked or regular paprika

PREPARATION:

Put eggs in a medium saucepan and cover with cold water. Put over high heat and bring to

a full, rolling boil. Cover and take off the heat, and let stand for 15 minutes. Drain, then rinse with cold water and chill. Placing the eggs on their sides to chill will help center the yolks.

Peel the eggs and cut each in half lengthwise. Scoop out the yolks into a medium bowl. Mash the yolks thoroughly, then stir in the mayonnaise, wasabi and salt. Add the ginger and water chestnuts and mix well. Transfer the mixture to a quart sized plastic bag, then cut the corner to make a half inch hole. Squeeze the bag to fill each egg half with a generous mound of filling. Garnish each with scallions and a sprinkle of smoked paprika. Chill until time to serve.



Maple Chipotle Spiced Nuts

Sweet, savory and spicy, this nut mix is a perfect appetizer accompaniment, snack or holiday gift!

Yields: 6 servings • **Total Time:** 0 hours 20 mins

INGREDIENTS:

1 lb. unsalted mixed nuts, preferably raw:
almonds, walnut & pecan halves, peanuts
1/4 cup maple syrup
2 teaspoons chipotle powder
1 teaspoon salt
1 teaspoon ground black pepper

PREPARATION:

Preheat oven to 325 degrees F. In a small bowl, combine the maple syrup, chipotle powder, salt and pepper. Add the nuts to

the mixture and toss well to coat. Spread the coated nuts in a single layer on a parchment-lined baking sheet and bake for 5 to 7 minutes; then stir and roast another 5 to 7 minutes, remove to a heat-proof bowl and allow to cool. Break up any nuts that are stuck together.

SERVING SUGGESTION:

Serve with fruit and cheese, sparkling cider, or cocktails. Make an extra-large batch and package in small jars you decorate for a homemade holiday gift.



Maple Syrup Blondies

This festive holiday cheese spread is quick and simple to make and great for entertaining!

Yields: 16 servings • **Total Time:** 0 hours 45 mins

INGREDIENTS:

1 1/2 cup plus 2 teaspoons maple syrup
2/3 cup unsalted butter
2 eggs (room temperature)
1/2 teaspoon vanilla extract
2 1/4 cups whole wheat flour
1 teaspoon baking powder
1/4 teaspoon baking soda
1/2 teaspoon salt

PREPARATION:

Preheat oven to 325° F. Heat maple syrup in saucepan over medium high heat until it comes to a simmer. Lower heat to medium and let

syrup reduce by approximately 1/4 cup; about 5 minutes. Turn off heat and add butter. Set aside.

In a large mixing bowl, whisk together eggs and vanilla. Slowly stream syrup and butter mixture into eggs, while whisking continuously.

In a separate bowl, combine all dry ingredients and mix well. Incorporate dry mixture into the wet mixture in small amounts, stirring to a smooth consistency. Pour into a well-greased, 9"x 9" glass baking pan. Bake for 25-30 minutes or until center is moist and set. Remove from oven and cool before cutting.

For an extra rich treat, drizzle a few teaspoons of maple syrup or honey over the fresh blondies just before serving!



Blue Cheese Stuffed Mushrooms

Looking for a dish for a party or a crowd-pleasing appetizer? These stuffed mushrooms are packed with crunchy almonds and tangy blue cheese for an irresistible bite!

Yields: 6-8 servings

Prep Time: 0 hours 30 mins

Total Time: 0 hours 55 mins

INGREDIENTS:

1 lb. white mushrooms
1 tablespoon olive oil
1/2 medium onion, finely chopped
1 cup whole almonds
1 slice whole wheat bread
4 ounces crumbled blue cheese
1/2 teaspoon salt
1/2 teaspoon freshly ground black pepper

PREPARATION:

Preheat oven to 375°F. Wash the mushrooms, carefully snap out the stems and set them on a cutting board. Place the mushroom caps on a clean kitchen towel, gill side down, to drain. Mince the mushroom stems. Pour the olive oil into a large sauté pan over medium-high heat, and add the minced mushroom stems and onion, stirring frequently. Reduce the heat to medium and cook until the pan is

nearly dry, about 5 minutes. Let cool.

Spread almonds on a sheet pan and toast in the oven for about 8 minutes. Let cool, then chop coarsely. In a food processor, grind the bread to crumbs.

In a large bowl, combine the sautéed mushroom stems, chopped almonds, bread crumbs, blue cheese and salt and pepper. Stir to combine. Lightly oil a large sheet pan or a casserole that you can use for serving. Use your fingers to stuff each mushroom cap with a rounded mound of filling. Place on the prepared pan.

Bake the mushrooms for 25 minutes, until the tops are browned and they are heated through. Serve warm.

TIPS & NOTES:

For convenience, stuff the mushrooms a day or two ahead, wrap tightly and store in the refrigerator until it's party time!



Paleo Sweet Potato Casserole

Brighten up your meal with this sweet potato side, accented with tart cranberries!

Yields: 6-8 servings

Prep Time: 0 hours 20 mins

Total Time: 1 hour 20 mins

INGREDIENTS:

3 large sweet potatoes (3 pounds)
1 1/2 cups fresh or frozen cranberries
1 15 ounce can coconut milk, full fat
1 tablespoon maple syrup (optional)
1 teaspoon cinnamon
1/4 teaspoon allspice
1/4 teaspoon nutmeg
1/2 teaspoon salt
1/2 cup whole almonds, coarsely chopped
2 tablespoons shredded coconut
1 teaspoon coconut oil

PREPARATION:

Heat the oven to 400°F. Place the whole sweet potatoes on a sheet pan and bake until tender, about 30 minutes, then let cool.

Strip off the skins and cut potatoes cross-wise, into thick slices, placing them in a 9x13

pan, sprinkle the cranberries over the sweet potatoes. In a medium bowl, stir the coconut milk, maple syrup (if using), cinnamon, all-spice, nutmeg and salt, then pour over the sweet potatoes.

In a medium bowl, stir the almonds, coconut and coconut oil, then sprinkle over the sweet potatoes. Bake for 25 minutes at 400°F, until bubbling and golden brown. Serve warm.

SERVING SUGGESTION:

This not-quite traditional side dish is a natural accompaniment for roast turkey, pork or chicken, or savory meat alternatives like braised tempeh. It also holds up well on a buffet table and is easy to bring along to a holiday potluck.

A warm welcome to our newest Natural Harvest Owners!

Sheri Odden & Louie Galatz (Hibbing, MN)

Virginia Ahrlin (Eveleth, MN)

Eric Webster (El Prado, NM)

John & Jeanne Suikonen (Hibbing, MN)

Dave Van Wyk (Ely, MN)

Pam Bumous (Minneapolis, MN)

Sharon Wiermaa (Embarrass, MN)

Betty Petron (Virginia, MN)

Tamara Koll (Superior, WI)

Brenda & Paul Dreher (Cook, MN)

Donna, Carrie & Shannon Murphy (Gilbert, MN)

Brian & Shelby Elg (Virginia, MN)

Dana Klimek (Babbitt, MN)

Kim Tokarczyk (Gilbert, MN)

Sully Kosmas (Chisholm, MN)

Michelle Rever (Ely, MN)

Tommy Morris (Cook, MN)

Bob & Barb Thompson (Boone, IA)

Karen Egan (Gilbert, MN)

Kim Sheehy (Virginia, MN)

Christina Kadelbach (Iron, MN)

Anni Knutson (Eveleth, MN)

Mark Burg (Mt. Iron, MN)

Mary Thimke (Angora, MN)

Diana Gibson (Hibbing, MN)

Shaleah Langner (Hibbing, MN)

Kenneth & Nancy Learmont (Gonvick, MN)

Tim & Laura Willaert (Bigfork, MN)

Holly Miller (Hibbing, MN)

Ralph & Linda Harvey (Virginia, MN)

Kirsten Riechel (Cook, MN)

Kathleen Ray (Virginia, MN)

Barbara Kuzma (Eagan, MN)

Debbie Babiracki (Cook, MN)

Anita Tyminski (Britt, MN)

Troy & Kathy Nelson (Nashwauk, MN)

Tara Courtney (Ely, MN)

Elisa Boe (Eveleth, MN)

Nancy Piragis (Ely, MN)

Raeanne Santeramo (Virginia, MN)

Peggy Rokser (Gilbert, MN)

Eugene & Yvonne Berg (Eveleth, MN)

Sherry Carlson (Soudan, MN)

Pat Bloomfield (Chisholm, MN)

Marija Jorgenson (Mt. Iron, MN)

Charlotte Renner (Pinellas Park, FL)

Gabe Jackson (Meadowlands, MN)

Lauren Eggert (Cook, MN)

Barbara Sanders (Eveleth, MN)

Michele Nosie (Side Lake, MN)

Madeline Melton (Nashwauk, MN)

Sue Cramer (Tower, MN)

Marian Greene (Tower, MN)

Laura Bartoletti (Gilbert, MN)

Melanie Steele (Ely, MN)

Christine Brittingham (Eveleth, MN)

John & Lila Ashby (Eveleth, MN)

Ian Owens (Keewatin, MN)

Jessica & Andrew Murray (Angora, MN)

Rowan & Karen Glasser (Nashwauk, MN)

Bryleigh Strarich (Britt, MN)

June Montgomery (Hibbing, MN)

Peggy Clayton & Sandy Rush (Grand Rapids, MN)

Holiday Product Spotlight

Check out these unique products, just in time for the holiday season!
They make great holiday gifts, or treat yourself to something special!



WAVERTREE & LONDON AUSTRALIAN NATURAL SOAPS

These triple milled soaps lather great and smell wonderful! This soap is awesome because it really lasts in the shower, and doesn't crack or break apart. Plus, the beautiful packaging makes it perfect for holiday gifting; we even have some holiday themed scents in stock.



RUMI SPICES

This company is founded by a team of US military veterans working to cultivate peace with the world's best saffron. Their business practices are committed to empowering Afghan women and bolstering the country's economy. In addition to saffron, we carry their Mexican adobo and sweet & smoky paella spice blends. They are perfect for gifting with their beautiful packaging of corked glass jars.



TERRA NATURAL DESIGNS

These accessories are handmade by women from seeds and nuts from the Amazon Rainforest. Indigenous cultures use seeds to craft jewelry and carry the powers of their medicinal plants with them. It is said that these seeds have the ability to help the human body to be healthier and more balanced.



GOOD EARTH CANDLES

Staff love these candles! They are made from environmentally friendly non-GMO soy wax and have cotton wicks to ensure a soot free burn. We offer an awesome selection of scents that are blended from your favorite essential oils. You're sure to find the perfect scent for just about everyone on your holiday list and they're made locally in Green Bay, Wisconsin!



Q DRINK MIXERS

Looking for some superior drink mixers for your holiday entertaining? Look no further; these mixers are free of high fructose corn syrup and artificial preservatives...and they are all bottled in glass to help reduce plastic waste.



FRAZER NORDI CHOCOLATE BARS

Have you tried our new Finnish chocolate bars? They are crafted with wonder and made with sustainably sourced cocoa. The flavors are designed to embody the spirit of adventure, courage and discovery. Delight the chocolate lovers on your gift list with one of these unique flavors: raspberry & tangy licorice, hazelnut & campsite coffee, sea buckthorn & salty caramel, and smooth & rich original.

“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 August we collected over \$2,000 for **Team Different Not Less (Autism Association of Northern MN)**; in September, over \$1,900 was donated to **The United Way Buddy Backpack Program**, in October, \$2,000 was given to the **NHFC Micro Grant Fund** and when the newsletter went to print we were averaging over \$35 per day for **East Range DAC...**

LOOKING AHEAD

The **Mesabi Humane Society** is the selected organization for the month of December. Your contributions will be used to ensure that stray animals are cared for until they are returned to their owners or until they can find new forever homes.



January donations will be collected for **Mesabi Outdoor Adventures**.

This group works to build community on the Iron Range through outdoor recreation and inclusivity. Your donations will be used to train the group's excursion leaders in Wilderness First Aid to increase safety and efficiency.



Your November donations will support the **Central Mesabi Medical Foundation's Kids Care Fund** which exists to help alleviate the financial burden Iron Range families face when their children experience a health crisis or are diagnosed with a chronic medical condition.

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.



A Year in Local Produce

Baird Hall, Produce Buyer & NHFC Owner

Well here we are, closing out another great produce season. 2019 brought what would turn out to be a very short growing season. To start, the season itself was delayed by a late, cold and rainy spring. This was followed by a short and dry summer which didn't give our area growers much growing time. And we experienced a cold, rainy fall to endcap it all. Despite the weather changes, our growers pressed on and provided us with quality produce. Flashback to the huge lettuce heads, vibrant green and gigantic celery, the enormous onions and beets, carrots the size of forearms and, Oh! the tomatoes we received. We at the Co-op are grateful to each of our growers for their hard work, dedication to organic farming practices, and for every bit of produce we received. THANK YOU for the 2019 growing season!

As of October 23, 2019 we have purchased over \$7,000 worth of local produce; some of the highlights include:

- 1,170 lbs. of Squash • 440 bunches of Kale
- 655 lbs. of Tomatoes • 112 bunches of Carrots
- 330 lbs. of Peppers • 83 bunches of Cilantro/Parsley
- 485 lbs. of Onions • 190 bunches of Beets
- 447 lbs. of Cabbage • 155 ears of Corn

We are so lucky to have local growers up here; I can't stress the importance of having access to local produce. I'm sure you know the advantages of local in-season produce. Besides the superior flavor of local produce there is a myriad of reasons to eat locally sourced produce such as environmental benefits, stimulating the local economy, its higher nutritional content, and most importantly (for me) it benefits the bees! So I'm sure you will join me in thanking and recognizing our hard working local producers:

- Janna Goerd (Fat Chicken Farm, Embarrass)
- Kate Paul & Donna Johnson (Owl Forest Farm, Iron)
- Van Conrad (Northern Delicious CSA, Babbitt)
- Erica & Jack Lamar (Early Frost Farms, Embarrass)
- Ulrike & Phil Lambert (Heaven Sent Farm, Iron)
- Frank Keating (South of Eveleth, Eveleth)
- Vicky & Russell Keating (Eveleth)
- Sherry Erickson (Elm Creek Farm, Orr)
- Judith Drobnick (Cedar Island Farm, Eveleth)
- Alta Levertson & Michael Oseland (Jemdel Gardens, Aurora)
- Debra & Geary Shaw (Homegrown in Embarrass, Embarrass)



~ ON SILVER LAKE ~
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 732 N. 4th St. • Virginia, MN 55792
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NATURAL
 HARVEST
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RETURN SERVICE REQUESTED

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

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