

# The Harvest Beet

SPRING 2020

est. 1979

## NATURAL HARVEST

### FOOD CO-OP

*Locally owned,  
organically grown.*

## WHAT'S NEW?

Your Co-op is taking the next step in supporting a more sustainable future! Starting in the month of April, Earth Month, we will be charging a small fee on single-use paper grocery bags at the register. The goal of the program is to help reduce waste, carbon emissions, and tree consumption. With the introduction of this new program we will no longer be offering a discount for bringing your own reusable bag. Each year the fees accumulated from the program will be used towards our Co-op's sustainability and community fostering endeavors. We are very excited for your Co-op to lead the way to a more reusable culture using this proven strategy.

### PROGRAM DETAILS:

- + Fees waived for Shoppers on SNAP/EBT
- + Does not include produce, bulk or protector bags
- + Bag fee 10¢ per bag
- + Launch date Earth Day, April 22



*Your quarterly source of information for healthy living!*

## General Manager's Report: Welcome to the Table

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

"Welcome to the Table" is the new tagline that we, as part of the National Cooperative Grocers, have adopted. I think it is a great way to sum up what Food Co-ops, like ours, are all about – Food & Community!

Sitting at the table together and sharing a meal is one of the most important things we can do to forge connections and overcome differences. Sharing at least one meal with your children per day is one of the most important ways for families to bond, catch-up with each other and enjoy one of our great unifiers, which is food. Research shows, that children who grow up in families that eat together do better in school, are in better shape and are less likely to abuse drugs and alcohol. It seems like we are always trying to get our teens to put down their phones, a meal together is an easy win.

Use our Fresh Deals and the Co+op Deals flyer for dinner inspiration. The website [www.welcometothetable.coop](http://www.welcometothetable.coop) also has great recipes that are easy to prepare, even when you are in a time crunch. On those super busy

nights, don't forget the Co-op's Deli for dinner options. Chili and soups are always on, in addition to the meals in the Hot Bar.

At the Co-op we are inviting everyone in the community to our table via our monthly Community Dinners. Serving a meal cooked from scratch for only \$4 per portion and inviting the Community in to experience what our Co-op has to offer has been a great success. We started it

as a quarterly event last spring and it quickly became a monthly event that feeds more than 100 people each time.

Community Dinners are our way of making sure that our Co-op family stays well connected and hopefully we can delight our guests with some old favorites and some new tasty dishes that our deli is preparing for you. Meet some old friends, or make some new ones, the next Community Dinner will be on March 19th, always the third Thursday of the month. So start a new tradition and join us at our table! See you there.

In Cooperation,  
— Anja



Welcome to the table! Join us for our monthly \$4 Community Dinners at the Co-op!

## **NOTICE OF ANNUAL MEETING OF OWNERS OF NATURAL HARVEST FOOD CO-OP, INC.**

**THURSDAY, APRIL 30, 2020**

The Annual Meeting of the Owners of Natural Harvest Food Co-op, Inc. (the "Co-op") will be held on Thursday, April 30, 2020, 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 5:00 to 6:00 PM, dinner will be served promptly at 6:00 PM, and the business meeting will be called to order by 6:30 PM. Upon arrival be sure to register for a chance to win raffle prizes. Social hour will feature live music by Rob & Jill as well as a cash bar. The dinner will be catered by the Natural Harvest deli and will include vegetarian lasagna (vegan and gluten-free options provided) with salad.

This year the keynote speaker presentation will focus on the solar power movement and our own solar sustainability impact. 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 and proposed Amended and Restated Articles and Bylaws; (3) announcement of new board members.

Registration for the event will open April 1st. 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.

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. Ballots must reach the Co-op by 8 PM Wednesday, April 29th. If this deadline is missed, your last chance to cast your vote will be at the Annual Meeting.

## **NHFC Board Report: Spring Forward**

***Emma Peterson, Board Treasurer & NHFC Owner***

Spring is just around the corner (we hope!) and the NHFC board has been working hard to clean up our filing system, get ready for the Annual Owner Meeting and bring fresh new plans to support our local producers!

Our board uses an electronic filing system to keep track of meeting minutes and the changes we make to policies and by-laws through the years. After many years of additions, changes, and new board members it was time to sort and organize all the documents we have stored. Members of our board have taken on various tasks of sorting, archiving, and organizing these materials. This process will create ease for board members in their search for needed materials.

Our annual meeting is just around the corner as well! Our board is working together with NHFC staff to plan a fun night

to celebrate with all owners who can attend! The food is always delicious (catered by the NHFC deli), there will be live music, and interesting speakers too! We will be announcing our new board members at the meeting, so be sure to cast your vote!

Finally, our board has decided to offer microgrants to local producers who supply produce, meat, and eggs to NHFC! We love supporting and selling local products and this year we are dedicating our October 2019 round-up proceeds to offer two \$1,000 grants. The goal is to help our local producers expand and improve their businesses. The recipients of the microgrants will be announced at our annual meeting, another exciting reason to attend this year!

The board wishes all its owners and patrons a wonderful spring and we hope to see you at our annual meeting!

## **It's Time to Choose Your New Board Members & Vote on Amended Co-op Articles and Bylaws**

Yes, it's that time again — time to elect your new Co-op Board Members! This year there are three open seats on the Board of Directors. We also need you to vote on proposed amendments to the Co-op Articles & Bylaws.

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.

Use the ballot (on page 4) to select your choices for open Board Member positions and vote on the proposed Amended Co-op Articles & Bylaws. Ballots must reach the Co-op by Wednesday, April 29. If you happen to miss this deadline you will be allowed to submit your ballot at the Annual Meeting on Thursday, April 30. 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.

We asked each candidate about their interest in becoming a Co-op Board member (see answers on pages 3 and 4).

Information on each candidate and the proposed amendments to the Co-op Articles & Bylaws will also be available in-store and online at [www.naturalharvest.coop](http://www.naturalharvest.coop).

**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?**

# NHFC BOARD CANDIDATE BIOS

## Kristin Dosan INCUMBENT (Eveleth, MN)



**1** My name is Kristin Dosan, and I am a current board member. My term was one year, and I would love to continue to serve our Co-op as a board member. I have been a customer and owner of the Co-op for many years. One thing that I enjoy the most about the Co-op is the sense of community it brings to our area. I can feel this every time I am in the store.

Our Co-op is making a lasting footprint in our area. I'm so proud to be an owner and board member. I believe in our mission to build a sustainable future through communication, cooperation, and education. I feel we are on the right track and are always looking for ways to improve and do better for our owners and our community.

**2** As a Board member I bring five plus years of experience as President and Vice President of the Eveleth-Gilbert Football Boosters. During my role as President we have held various annual fundraising events and managed the funds to best suit the kids.

Currently I am a Supervisor at Blue Cross Blue Shield. I would bring a great understanding of conducting a constructive and diplomatic meeting environment, as this is part of my daily responsibilities. The best part of my job is collaborating with several different areas daily to reach common goals.

**3** I am very excited about the future of NHFC. I feel that continuing to be a valuable and respected presence within the community could be one of the greatest challenges. Maintaining a strong community bond while growing the owner base will also bring areas of opportunity. I feel continuing to be open and creative on how to keep the Co-op moving forward is a very exciting prospect and I hope to be a part of this for years to come!

## Kyle Lynch (Tower, MN)



**1** I would like to serve on the board because I am a huge advocate of organic locally owned and operated food markets. I believe organic healthy lifestyles are going to only become more common in the future, and NHFC to me is a staple of that in our community! Being part of that growth and serving on the board to help it grow would be a true honor!

**2** I have worked in the music industry in varying capacities for over 20 years and continue to do so to this day with no intentions of stopping. I have done everything from complete top to bottom event planning, logistics, and management to niche aspects that require a highly technical understanding and experience with

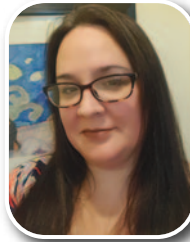
state-of-the-art modern concert audio and lighting systems. The last 10 years of my concert production experience has been mainly as a self-employed freelance audio engineer.

**3** For a little over a year now I have also been working at UPS in part-time management as a part-time Packing Center Supervisor (PTPCS), Operations Management Specialist (OMS), and part-time On Road Specialist. My role at UPS has contributed to my understanding and experience of business operations, policy compliance, training, and safety.

I think my experience in my own business and that with UPS would be a great asset to the NHFC Board of Directors.

The biggest opportunity I see is the NHFC being a core foundation of building a healthier community of people through access to high quality locally grown organic food, and knowledge that contributes to a sustainable community and local economy. With that opportunity comes the challenge of accessibility, affordability, and education to achieve that goal.

## Tera Nowicki (Virginia, MN)



**1** I love NHFC! The inviting smell and atmosphere when I walk in is so comforting! To be part of the Board of Directors would be an opportunity that I would enjoy and be privileged to fulfill.

**2** As a former employee of NHFC, I understand some of the day to day activities that are involved to keep the store and staff at its finest. I am also a proud owner of a Bookkeeping/ Payroll/Tax Return business for over 9 years. I have the pleasure of providing bookkeeping services for one of our local Non-Profit agencies and I also have previous employment experiences of being the Finance Manager for a Non-Profit Entrepreneur Fund in the Twin Cities area prior to moving to Virginia in 2013.

**3** I believe in supporting all our local folks! I see great opportunities in continuing to support our local farmers, small businesses and community. I have always believed in a more holistic approach to life and NHFC not only has excellent grocery choices but also has a great facility, staff, and owners to help educate.

## Victoria Ranua (Soudan, MN)



**1** I want to get involved in an entity that shares my visions for good food for the people in their community, use the skills I have to support those efforts, and work in synergy with others toward a common defined or emergent goal.

**2** I have been a lifelong enjoyer of the amazing local flavors that come from nature, whether it be a ripe wild raspberry, a fish pulled through the ice, or the first apple off a tree planted several years ago and I love sharing my passion for the amazingness of these gifts with others. I recently moved here with my family. I have two degrees in Plant Biology, spent 15 years in tribal land management (which included managing a large organic farm, maple syrup operation, and beekeeping). I am the treasurer for two organizations with large budgets, including Minnesota Wildflowers Information which directly aligned its purpose to fill a void in plant identification ability through a comprehensive online field guide. I served eight years in the Navy. I love learning and applying skills in how people organize knowledge, wisdom, talents, and time to accomplish goals. My background and innate vocation have given me the ability to distill what is important and help keep people on that path.

**3** Ensuring that the Co-op reach extends to those who desire your service and ensuring a capacity to do so. You serve a geographically large rural market. How do you reach the young adult looking for a better way, the new parents that want to make sound food choices for their growing family, the individual who senses there is no peace in alcohol and microwave meals, the elder who wants to continue to eat in a good way?

## Jenna Ballinger (Virginia, MN)



**1** I have been a member of NHFC since the day I moved to Virginia in 2015. It was the second thing I bought, after a pair of Redwing boots. Being a part of this Co-op is important to me. Having a place that provides local food, quality products, and that believes in sustainability and community is something I value strongly. I want to give back as much as I've received from the Co-op. As a Board Member I hope I get the chance to do just that.

**2** I worked at NHFC for a year in the deli as a regular employee and then a supervisor. I learned some of my most valuable lessons about leadership and ownership during my time there. Having a position that requires you to make decisions for the whole means taking a step out of your own personal bias and doing what's best for everyone. That's something I continue to do at my current position at Essentia Health. As a Community Health Specialist, I know the importance of putting the community at the front of all your decision making. That's something that would translate well to being a Board member of the Co-op. I currently keep track of three separate budgets at three different hospitals, so I'm familiar with that process. Much of those dollars go towards grants, which are decided within committees. I understand the importance of hearing everyone's voice when funding decisions are being made. I have a degree in marketing and five years

of experience running social media campaigns and social channels. I've volunteered at local farmers markets as an organizer and cooking instructor.

**3** Younger generations are seeing the importance of being community minded and lifting the voices of those who don't always have one. In many other Co-ops I've been a part of, community and social justice were pillars of their system and I think NHFC could incorporate that more. The new micro-grants are a great example of that very idea. There's an opportunity for NHFC to be a more vocal voice for the community. I think that could start with being more physically active in the area, including getting a community garden plot, doing cooking demos at the farmers market, and more. Any grocery store can raise funds, but we're part of this community and we can give back in more ways.

### Mandy Okstad (Aurora, MN)

**1** I have been in the medical field as a nurse since 2003. Virginia, MN is my hometown where I was born and raised. We recently relocated back up north after living in the metro area for about 15 years. Throughout the years I have gained the experience of helping others in an assortment of areas and helped them on their way to wellness in the medical field and decided to explore alternative integrative approaches and methods myself to help and heal the mind, body and soul from within. I enjoy what the Co-op has offered us and their approach



to the community. Giving the options for a variety of fresh healthy foods, herbals, shelf vitamins and supplements as well as classes to attend for learning. I believe this is a great place for the person to be able to help themselves and become a healthier knowledgeable individual about a healthy and happy way of living.

**2** I have dedicated my time in the recent years, studying alternative and integrative approaches to medicine. I have had interest and experience in gardening, herbs and herbal medicine, healing properties of foods, and level 2 Reiki. I also have assorted knowledge in Eastern Medicines, essential oils, properties of different rocks and crystals and other natural elements; meditation and yoga as well as frequency healing and frequency specific micro current. I do not like to limit myself as I believe nobody should... every day is a new day for learning new things and I am very thankful for this.

**3** I believe with the expanded interest in alternative healthcare and people interested in being more self-sufficient for themselves and health in general there will be thriving opportunities for the NHFC to continue to be successful. I look forward to having the opportunity to serve on the board.

### Judith Rae (Buhl, MN)

**1** I love everything about us: products, staff, owner/members, guests, educational classes and especially our exceptional deli!



I am a "people person" and do fully support our healthy goals and enjoy our family-like, coffeehouse-like atmosphere.

**2** I am no "spring chicken" and have been retired for approximately 10 years. As such, I will list some of my life experiences, which can perhaps offer a variety of ideas to contribute to our board. Here goes: life before the Iron Range started on a small family farm with dairy cattle, chickens, gardens, fields of various grains (cats and a collie dog). Graduated MIHS and worked in the cafeteria, attended BSU working in food service in the student union and cafeteria, graduating with a B.S. in elementary education and minors in sociology and music. Worked MN Department of Health: Disease Prevention and Control and Environmental Health/Radiation Control. While my children were young, I ran a small day care and also became an Avon Representative. I have also crafted and loomed rag rugs. For 18 years worked various positions at AEOA: Employment and Training as Job Coach/Counselors Office, Energy Assistance and Outreach Worker; managed Gilbert's Quad City Food Shelf, volunteered at Range Women's Advocates, worked for LSS in their temp. hold with juvenile youth and as a Foster Case Worker; worked as a PCA for ESI with physically and mentally challenged individuals. I retired a bit early to care for my aging parents, no longer with us.

**3** I want to see continued success for our Co-op. The biggest challenge I see, is that we need to continue our quality products, while being price competitive.



## BALLOT

### Board Election & Proposed Changes to Articles & Bylaws

**RETURN BALLOT BY  
4/29/2020**

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

There are three spots open on the Natural Harvest Board of Directors. Please choose up to three Board Member candidates here, and return your ballot to the store by Wednesday, 4/29/2020.

\_\_\_\_\_ Kristin Dosan (incumbent)

\_\_\_\_\_ Kyle Lynch

\_\_\_\_\_ Tera Nowicki

\_\_\_\_\_ Victoria Ranua

\_\_\_\_\_ Jenna Ballinger

\_\_\_\_\_ Mandy Okstad

\_\_\_\_\_ Judith Rae

\_\_\_\_\_ (Write-in Option)

Please review the proposed amendments to both the Co-op Articles and Co-op Bylaws then cast your vote either "for" or "against" the proposed changes.

If approved by the ownership, the proposed Amended and Restated Articles and proposed Amended and Restated Bylaws will go into effect June 1, 2020.

With respect to the proposed **Amended and Restated Articles** of the Co-op:

For \_\_\_\_\_ Against \_\_\_\_\_  
Approving the proposed Amended and Restated Articles of the Co-op.

With respect to the proposed **Amended and Restated Bylaws** of the Co-op:

For \_\_\_\_\_ Against \_\_\_\_\_  
Approving the proposed Amended and Restated Bylaws of the Co-op.

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

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

# Proposed Amendments to Co-op Articles and Bylaws

## PROPOSED CHANGES TO THE AMENDED AND RESTATED ARTICLES

(current wording in ~~red-strikethrough~~, proposed changes are black and underlined):

~~Amended and Restated Articles of Natural Harvest Food Cooperative~~

~~Amended and Restated effective as of June 1, 2016~~

## Amended and Restated Articles of Natural Harvest Food Cooperative

Amended and Restated effective as of June 1, 2020

### Article VII Board of Directors

Section 3. Directors Not Personally Liable. A Director is not personally liable to the cooperative or its members for monetary damages for breach of fiduciary duty except in the following circumstances: (2) for breach of a director's duty of loyalty to the cooperative ~~cooperative~~ or its members; (b) for acts of omissions not in good faith or that involve intentional misconduct or a ~~knowing~~ known violation of law; (c) for a transaction from which the director derived an improper personal benefit; or (d) for an act ~~or~~ of omission occurring prior to the date these mended Articles of Incorporation became effective.

## PROPOSED CHANGES TO THE AMENDED AND RESTATED BYLAWS

(current wording in ~~red-strikethrough~~, proposed changes are black and underlined):

### Under Article II: Membership

**2.3 Admission.** Any eligible person, household, cooperative, nonprofit corporation or other corporation may be admitted to membership upon submitting an application and investing equity in an amount and on such terms as determined by the Board of Directors (the "Board"). The Board shall review applications for membership. Upon the Board's approval of an application, and payment of the applicable equity investment in the capital stock of the Cooperative, the applicant shall be a member

of the Cooperative (each member referred to as a "Member" and members collectively as "Members"). Each new Member shall have access to the Cooperative's Articles of Incorporation and these Bylaws.

**2.5 Responsibilities.** The Members shall keep current in equity investments due to the Cooperative, shall keep the Cooperative informed of any changes in name or ~~current address~~ contact information, shall shop in the store at least once every three years, and shall abide by these Bylaws and the policies and decisions of the Cooperative of the Board. A Member who upholds these responsibilities is considered an active Member in good standing.

**2.6 Termination of Membership.** A member may terminate his or her membership voluntarily at any time by written notice to the Cooperative. Membership may be terminated involuntarily by the Board for cause after the Member is provided fair notice of the reasons for proposed termination and has an opportunity to respond in person or in riting. Cause may include intentional or repeated violation of any provision of these Bylaws or policies, actions that will impede the Cooperative from accomplishing its purposes, actions or threats that adversely affect the interests of the Cooperative, the Members or its employees, willful obstruction of any lawful purpose or activity of the Cooperative, or breach of any contract with the Cooperative. A member whose membership has been terminated has thirty (30) days in which to appeal the Board's decision; the Member shall notify the Secretary of the Board and the item will be placed on the agenda of the next Board meeting. A Member who fails to provide ~~a current address~~ current contact information to the Cooperative or fails to patronize the Cooperative within three years ~~shall~~ may be deemed to have voluntarily terminated such Member's membership.

**2.7 Return of Equity.** Upon the termination of ~~an~~ Member's membership for any reason the

Cooperative shall purchase such Member's shares of capital stock in the Cooperative by tendering to the Member (or such Member's heir or successors as applicable) the price paid for such shares, together with any cash portion of a patronage dividend due or unpaid, less any indebtedness owed by the Member to the Cooperative. The Cooperative's repurchase of a Member's shares of capital stock shall be subject to the Board's reasonable discretion to determine the terms of repurchase. In any event, upon termination of ~~a~~ Member's membership in the Cooperative, the Member's voting shares of capital stock shall be canceled and such Member shall no longer have voting rights in the Cooperative.

### Under Article IV

**4.3 Terms and Elections.** Elections shall occur annually, in a manner prescribed by the Board. Directors shall serve a term of three (3) years and shall serve staggered terms so that approximately one-third (1/3) of the Board is elected each year. No Director may serve more than ~~two consecutive terms~~ nine consecutive years or three consecutive terms. No employee may run for or serve on the board while employed at the Cooperative and for a period of one (1) year after such employment terminates.

**4.10 Officers.** The Board shall elect a president, a vice president, a secretary, a treasurer, and any additional officers the Board deems necessary for the effective conduct of Board business. The election of board officers will occur annually ~~and will be done at the first Board meeting following the board elections.~~ The powers and duties of each officer shall be determined by the Board of Directors. The only employee officer of the cooperative shall be the General Manager who shall be responsible for the daily business operations of the cooperative under and subject to the Directors. The Members may remove an officer at a Member meeting for cause related to the duties of the position of the officer and fill the vacancy caused by the removal.

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

Barbara Pike (Babbitt, MN)  
Char Lewis (Tower, MN)  
Kathy Ingebrigtsen (Aurora, MN)  
Gretchen Brown Wright (Side Lake, MN)  
Ann Ripley & Melissa Giersdorf (Virginia, MN)  
Matthew Koshmrl & Jodie Miller (Chisholm, MN)  
Andrea Hadrava (Mt. Iron, MN)  
Kelsey Redland-Kladivo (Mt. Iron, MN)  
Martina Elizalde (Cook, MN)  
Tim & Sue Sipper (Nisswa, MN)  
Thomas Rowbottom (Aurora, MN)  
Sharon Pelach (Orr, MN)  
Shari Odden & Louie Galatz (Hibbing, MN)  
Julie Nester (Ely, MN)  
Shanna Vidor (Cook, MN)

Anni Knutson (Eveleth, MN)  
Gabe Jackson (Meadowlands, MN)  
Wade Hejda (Virginia, MN)  
Janyce M. Hill (Hibbing, MN)  
Kodi Wood (Virginia, MN)  
Jenna Hautamaki (Britt, MN)  
Mike & Laura Nilson (International Falls, MN)  
Dawn Lovdahl (Virginia, MN)  
Timothy Tancabel (Chisholm, MN)  
John & Linda Swenson (Holyoke, MN)  
Anton Pobanz (Gilbert, MN)  
Eva Mayer (Hibbing, MN)  
Robin & James Aker (Orr, MN)  
Rochelle & William Boyce (Mounds View, MN)  
Scott Carver & Samantha Sever (Cook, MN)

Robert & Jeanne Debeltz (Mt. Iron, MN)  
Max Schally (Ely, MN)  
Sharon Bergersen (Eveleth, MN)  
Becky & James Polasky (Britt, MN)  
Mandy Okstad (Aurora, MN)  
Keith & Jessica Anderson (Virginia, MN)  
LeAnn Adkisson (Hibbing, MN)  
Sue Cramer (Tower, MN)  
Alicia Isom (Iron, MN)  
Jet Galonski (Tower, MN)  
Mary & William Feist (Gilbert, MN)  
Alice Olds (Hibbing, MN)  
Jane Lehman (Britt, MN)  
Jodi Levens (Tower, MN)  
Julie Luczak (Tower, MN)

# “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 2019 you collectively raised over \$21,000 for local charities.



## A LOOK BACK

In November we collected over \$1,400 for **East Range DAC**; in December, over \$1,700 was donated to **The Mesabi Humane Society**; in January, more than \$1,400 was given to **Mesabi Outdoor Adventures** and when the newsletter went to print we were averaging over \$38 per day for **Central Mesabi Medical Foundation’s Kids Kare Fund**.

## LOOKING AHEAD

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



April donations will be collected for Range Mental Health Center’s **Dustin Damm Memorial Fund**. The fund is set up to assist those on the Iron Range who are struggling with a major mental illness. The donations go towards medical co-pays, utilities, transportation, and other personal needs.



Your May donations will support the **Bess Metsa Garden** on Bailey 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.  
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# CLASS IN SESSION!

Knowledge is power! Check out our class lineup for Spring. 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.

## CO-OP YOGA

Sundays • 10:00 AM

March 22 • April 26 • May 31

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.

## ARE YOU TOXIC?

Tuesday, March 17 • 5:30-7:00 PM

Natural Harvest Classroom

Cost: FREE

Join instructor, Jean Sumner, for a discussion about the toxins in our lives including things we ingest, what we put on our skin, toxins in our homes, toxins in our yards, and toxins in the environment. Ideas will be shared about alternatives to what we are currently using, what changes can be made to improve our overall well-being, as well as methods that can be used for detoxing. Jean is a cancer survivor and a co-founder of World Wellness Education, Inc.

## DIY HERBAL REMEDIES

Thursday, March 26 • 5:30-7:30 PM

Natural Harvest Classroom

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

Join herbalist Allie Austin in this hands-on workshop as we learn the step-by-step process of making herbal remedies at home. Students will learn to make a variety of remedies including solar & lunar infusions, herbal syrups, tinctures for children and adults, and more! Students will each go home with their own herbal tincture they make in class, along with a step-by-step booklet which includes recipes and a detailed guide to making herbal remedies at home.

## ESSENTIAL OILS FOR EMOTIONAL WELLBEING

Tuesday, March 31 • 5:30-7:30 PM

Natural Harvest Classroom

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

Join Certified Aromatherapist Marcia Chambers and explore the usage of essential oils for emotional support and healing. Essential oils can enrich our lives and improve the state of our overall wellbeing. Experiencing positive emotions helps us to improve the quality of life and wellbeing, while negative emotions can negatively affect our physical body and mental health if not dealt with properly. Poor mental health can and does affect our ability to make the best choices for our overall physical health. It also increases the likelihood of a weakened immune system, opening the door to illness and disease. Incorporating essential oils into a daily routine can benefit and accelerate healthy habits and reduce the damaging effects of stress on the body, mind and spirit. We'll be discussing the best choice of essential oils for positive emotional health plus we'll be blending the right oils for you to uplift your mood and promote positive emotions.

## WILDCRAFTING HERBS

Thursday, April 23 • 5:30-7:30 PM

Natural Harvest Classroom

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

In this hands-on and in-depth class, you will learn how to wildcraft your own medicinal herbs in northern Minnesota. Students will learn to identify the common medicinal plants that are found in our area, how and when to properly harvest, drying and storing techniques, as well as how to make herbal preparations from these wildcrafted herbs for both internal and external use. Students will each receive an in-depth guide to identifying, harvesting, and drying herbs that includes recipes for preparing herbal remedies with these common medicinal plants of Minnesota.

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 KOMBUCHA BREWING

Thursday, May 7 • 5:30-7:00 PM

Natural Harvest Classroom

Cost: \$15/\$13 NHFC Owners

Instructor Michele Mayry has been brewing her own kombucha for many 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.

## AROMATIC ESSENTIAL OIL RECIPES FROM THE GARDEN

Thursday, May 28 • 5:30-7:30 PM

Natural Harvest Classroom

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

Gardeners have been taking pleasure in savoring all the gardening catalogs that have arrived in the mail over the winter. We will soon be preparing our garden beds to sow this year's seeds. Join Certified Aromatherapist Marcia Chambers and explore the many aromatic plants which we can grow at home in our gardens and in pots on the patio. Plant aromas affect our brains in surprising and healthful ways and adding potent botanicals to your garden can create a restorative haven. We will be discussing aromatherapy in the garden and how to grow fragrant and medicinal plants that can be used for their healing properties.

## \$4 COMMUNITY DINNERS

THURSDAYS • 4:00-7:00 PM  
MARCH 19 • APRIL 16 • MAY 21

## HOLIDAY HOURS

EASTER SUNDAY  
CLOSED

## Save the Dates!

SATURDAY  
MARCH 21

OWNER  
APPRECIATION  
DAY

SATURDAY  
APRIL 25

IRON RANGE  
EARTH FEST  
www.irpsmn.org

## ADDITIONAL DETAILS ONLINE!

THURSDAY  
APRIL 30

NHFC ANNUAL  
OWNER MEETING  
5:00-8:00 PM

## Owner Appreciation Day

**SATURDAY, MARCH 21**

The Co-op was built on the foundation of ownership and attributes its success to its Owners' economic participation. With that being said, we would like to thank you all by hosting an Owner Appreciation Day! Each owner that shops at the Co-op on Saturday, March 21st will receive 10% off (maximum value \$10) and will be entered to win NHFC gift cards. You will also be treated to complimentary coffee and cookies as well as an array of free samples throughout the store and will have the opportunity to register for more prizes at our raffle table display.

## St. Patrick's Day Concert & Singalong

**TUESDAY, MARCH 17  
11:00 AM - 1:00 PM**

Come for Lunch & Singing! Join FriendsOnTheRange in our classroom for some jigs and reels, waltzes and airs, polkas and hornpipes, old favorites and traditional tunes.



**EARTH Fest**  
IRON RANGE • 2020 • 12<sup>TH</sup> ANNUAL  
ENERGIZING OUR future

## Join Us for Lunch

This year marks the 12th anniversary for the Iron Range Earth Fest. The event will take place Saturday, April 25th from 9:00 AM - 4:00 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! The Natural Harvest Deli Crew will be serving lunch in the community center, please stop by for some good eats and smiling faces.

## Board Contacts

### BOARD OFFICERS

**President** • Pauli Rancourt  
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~ ON SILVER LAKE ~  
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Visit us online! Like us on Facebook, and  
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*Locally owned,  
organically grown.*



**The Harvest Beet**  
SPRING 2020

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

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