

# The Harvest Beet

SUMMER 2020

est. 1979

NATURAL  
HARVEST

FOOD CO-OP

*Locally owned,  
organically grown.*

## WHAT'S NEW?

To help to make it easier for our shoppers to serve those in need we are now collecting non-perishable food donations for the Quad City Food Shelf. There is a designated collection cart located at the front of the store for you to drop off your donations. Thank you for your donations!



Food Shelf  
Donations

Now accepting non-perishable food for Quad City Food Shelf.



*Your quarterly source of information for healthy living!*

## General Manager's Report: Cooperation Will Get Us Through

*Anja Parenteau, General Manager & NHFC Owner*

Being creative, adapting quickly and taking care of each other!

Due to Covid-19 ...

Who has not heard that phrase in the last few months; it seems that everything in our lives has been affected by this virus, from how we grocery shop to how we celebrate milestones like graduations, and everything in between. If there is one thing that can make adapting to a new normal less scary and stressful, it is cooperation!

In early March it became a reality very quickly, that business as usual was not going to be possible for a while. While our buyers were scrambling to keep our shelves stocked, we also had to deal with closing down all self-serve areas in the store. The hot and salad bar, the self-serve coffees and pastries, scooping your own bulk products, even the testers in our wellness area were affected. The Deli crew quickly adapted to packing salads and lunches into containers and we bagged all of our bulk products. Every area in the store had to be evaluated to make sure we reduced contact and cleaned and sanitized more often. Our store was not built with social distancing in mind, but we are using the space that we do have in new and creative ways. Three of our workstations moved from the office area to the classroom, where we also set-up another break area for our employees. The seating area in the front is now functioning as the staging area for our curbside pick-up orders, and we set up a bulk-repack

station in our receiving area to allow for social distancing in our busy kitchen and prep areas. We implemented the curbside order program to serve our more vulnerable customers better, and as yet another way to increase distance and make people feel safer.

Hearing from other co-op leaders during this time has been invaluable too. Many, if not all stores throughout the country have been

implementing the same measures as we are, and many others had to go even further and are metering how many people can be in the store at one time, or closing their premises and going to curbside shopping only.

I would like to take this opportunity to thank you all for your patience and adaptability during this time. I know it has not been easy for anybody, but we are making all these changes in order to comply

with state and federal mandates, guidelines, and best practices. Thank you for following the social distancing guidelines as you are shopping, it makes us who work here feel safer, too!

Here at the Co-op, we are fortunate to work as a team of very caring, dedicated, adaptable, and creative people. Business as usual might look a little different these days, but we are still here to serve you, and will continue to do so, while adapting to any other changes that might still come our way.

In Cooperation,  
— Anja



# NHFC Board Report: A Busy & Unprecedented Time During Covid-19

**Pauli Rancourt, Board President & NHFC Owner**

It is an understatement to say that Covid-19 has “shaken our world.” Since mid-March, the world, our country, our state, and our local community have undergone an intense time of change, uncertainty, and challenges. It has been a busy and unprecedented time for Natural Harvest staff, member-owners, customers, and its Board of Directors. This wasn’t something we were prepared for, was it? When we think of “what-ifs” in long term strategic planning, a global health pandemic was not on our minds. Recession, yes; but a pandemic? No; this is uncharted territory we find ourselves in.

As trying of times as we have found ourselves in, there is much good to be reflected upon, good that has emerged in the trial. I’d like to share some of these things observed and experienced by the Board of Directors:

**STRONG LEADERSHIP** – Anja, NHFC General Manager, quickly ascertained what was needed from a store management point and went into action. She gave us updates as new developments became known and new measures were put into place. This was a daily report initially, and as a board, we were kept informed and apprised as our GM skillfully navigated and led store operations and management.

**ADAPTABILITY & INGENUITY** – NHFC staff members quickly adapted to a new way of doing business – behind a plastic barrier, with safety measures taken to ensure their health was not compromised while serving our community. The Shop for Me program was implemented early on, providing curbside pick-up on orders placed and paid for in advance of pickup. Staff spent much time cleaning and sanitizing so customers could feel confident that all

measures possible were being taken to keep the store virus-free. As a board, we immediately began meeting virtually so we could still experience “face-to-face” communications and continue on with our work, albeit with a changed focus. Customers adapted the necessary changes and altered their shopping habits, still shopping at the Co-op but frequenting less often while still remaining committed to supporting local business. As a whole, we responded well, and that is something to be grateful for!

**TENACITY USES TECHNOLOGY** – The Annual Meeting was scheduled for April 30th, long before the corona virus and its widespread impact were on anyone’s radar. As a board, we had the option of postponing the meeting, but to when? With no timeline to base rescheduling on, we made the decision to meet the requirement of holding an Annual Meeting by sticking with our chosen date of April 30th and holding it virtually, as well. This allowed the board election, by-laws and article amendments voting to also continue as scheduled. Our focus shifted to the business portion of the meeting, since a virtual dinner with music and socializing was not possible. Registration occurred as normal, and the meeting link and info was sent to those who registered. The presentation team of Anja (GM), Stephen Levchak (Board Vice President) and myself, Pauli Rancourt (Board President) parked our respective vehicles in the parking lot of Tech Tank, in Hibbing, MN, and hooked up to fiber optic internet connection so we could provide the best virtual meeting experience possible. That paid off, as we had no technical issues, and the meeting went off without a hitch. Where a pandemic pushed us

down, technology lifted us up and we were able to conduct the Annual Meeting as scheduled. It is our hope that we will be able to gather for a social celebration eventually – if not in 2020, then we will work on the 2021 Annual Meeting making up for it!

**THE SHOW MUST GO ON** – This is the spirit we have witnessed, and it has been rewarding to be a part of the Co-op as we truly seek to be a collective community within a community that positively impacts the larger community! Amidst the continual changes of the past two to three months, Natural Harvest Food Co-op keeps on keeping on:

- Four board members were elected: Kristin Dosan (incumbent, re-elected), 3-year term through 04/23; Jenna Ballinger, 3-year term through 04/23; Kyle Lynch, 3-year term through 04/23; and Victoria Ranua, 2-year term through 04/22.
- The proposed by-laws and article amendments were passed and became effective on June 1, 2020.
- Store management and staff members continue to serve customers and owners with quality customer service, working harder to ensure safe shopping experiences for all.
- Customers and owners continue to support their local Co-op.
- Community is kept intact in new ways as we are all stretched and find ourselves learning to adapt, change, and trust that we will come out of these trying times with strengths previously unknown to us.

Thank you for being a part of this vibrant community!

## 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  
(GM Evaluation Committee)  
julie@naturalharvest.coop

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

### BOARD MEMBERS

Kristin Dosan  
(Perpetuation Committee)  
kristin@naturalharvest.coop

Kelsey Gantzer  
(Education Committee)  
kelsey@naturalharvest.coop

Jenna Ballinger  
jenna@naturalharvest.coop

Kyle Lynch  
kyle@naturalharvest.coop

Victoria Ranua  
victoria@naturalharvest.coop

### NEW BOARD MEMBERS



Kristin Dosan



Jenna Ballinger



Kyle Lynch



Victoria Ranua

# COVID-19 Grocery Shopping Tips



Stay home if  
you're sick



Have friends or family shop  
for you if you're at risk



Shop alone,  
if possible



Use sanitizing wipes to  
wipe down carts



Maintain social distance  
6 ft apart



Wear a mask  
when you shop



Use hand sanitizer to  
disinfect your hands  
before and after shopping



Consider using  
curbside grocery pickup



Wash your hands  
after handling and  
putting away groceries

Together we can #stopthespread



# Composting 101

Information Courtesy of the National Gardening Association • [www.garden.org](http://www.garden.org)

Adding compost to garden soil improves soil health by providing food for the organisms in the soil that help release nutrients to plants. Organic matter also makes sandy soil hold water better, helps clay soil drain water faster, and buffers soil pH levels.

Although you can add organic matter to the soil in its raw form, such as grass clippings, chopped leaves, hay, straw, pine needles, and peat moss, it's best to compost it first. Finished compost is organic matter that has decomposed into a dark, rich, earthy-smelling material. Use it to mulch trees and shrubs, top-dress the lawn, build up the vegetable or annual flower garden beds, or improve the soil around perennial flowers.

You can buy bulk and bagged compost in many localities, but why not make your own? You can recycle organic yard waste, such as grass clippings and dried leaves, save on the amount of material you send to the landfill, and save money. If you build the pile properly, the soil bacteria goes into a feeding frenzy, and the pile heats up. The end result is rich compost.

## BUILD A COMPOST PILE

You can build a compost pile in a variety of ways. The simplest technique is to buy or build a 3- to 4-foot wide container. The bins are more visually attractive than large, open piles, and they often compost faster. If you have the room, you can build a free-form pile or series of piles to make lots of fresh compost. Whichever method you choose, the process is the same. You'll be mixing carbon- and nitrogen-rich organic materials with some water to make it heat up and break down.

## FOLLOW THESE STEPS:

- Add a brown layer.
- Start by adding a 4- to 6-inch layer of brown (dry, carbon-rich) materials on the bottom of the container. Good brown materials include dried leaves, hay, and straw.
- Add a green layer.
- Add a 2- to 4-inch-thick layer of green (moist, nitrogen-rich) materials on top of the brown. Green materials include fresh grass clippings, vegetable kitchen scraps, and manure. Avoid using any herbicide-treated grass clippings. If you don't have enough green materials on hand, add a cup or two of a granular, high-nitrogen fertilizer, such as alfalfa meal or blood meal.
- Moisten.
- Wet each layer as you build the pile to accelerate the composting process. Add enough water for the layers to be moist but not soggy.
- Alternate layers.
- Alternate the layers of brown and green materials until you fill the container or bin.
- Cover it up.
- Cover the container with a lid or tarp. The cover keeps animals and rain out of the compost. If the pile gets too wet, it won't heat up and break down properly.
- Turn it.

Depending on the weather and season, after a week or two the pile should heat up. The heat indicates that soil microorganisms are breaking down the organic matter in the pile. Once the center of the pile cools, move

the outside materials into the center of the pile and the center materials to the outside of the pile with a shovel or garden fork. The pile should heat up again. Continue turning every few weeks.

After a few months, you should have finished compost with a dark color, earthy smell, loose and crumbly texture, and little of the original organic materials visible.

If you want to compost kitchen scraps in winter in a cold climate, try setting up a worm bin composting system. You can place worm bin composters in the basement or even under the kitchen sink. Simply feed the worms fresh kitchen scraps, and they will slowly turn them into worm juice and worm compost. The compost and worm juice (liquid from the compost) are great additions to houseplants and container plants. You can also make your own compost tea from finished compost.

## HOW MUCH TO USE?

Once you've created your compost, you'll need to spread it. How much you use depends on the type of garden. For a new vegetable garden on poor soil, add a 4- to 6-inch layer and turn it into the existing soil before planting. For established vegetable or annual flower gardens, add a 1- to 3-inch layer every spring. Around trees and shrubs, add a 3-inch layer around or beyond the drip line of the plant each spring. On lawns, top-dress with a 1/2-inch layer of compost in fall. Rake it in with an iron rake. While most container gardens use potting soil exclusively, you can add one-quarter compost by volume to add more fertility to the pot.



# Fruit Pizza

By: [welcometothetable.coop](http://welcometothetable.coop)

A colorful display of vibrant, fresh fruit atop a shortbread cookie crust and cream cheese frosting makes a delightful dessert!

**Yields:** 8 servings

**Total Time:** 45 minutes

## Ingredients:

### CRUST:

2 cups unbleached flour  
2/3 cup sugar  
3/4 teaspoon fine salt  
2 sticks unsalted butter, 1-inch slices  
2 large egg yolks

### FROSTING:

12 oz. cream cheese, room temperature  
2 teaspoons vanilla  
1 cup powdered sugar

### TOPPINGS:

8 medium strawberries, sliced  
2 large kiwis, peeled, sliced  
1/2 cup blueberries  
1 small mango, peeled, pitted and sliced

### PREPARATION:

Preheat oven to 325°F. Line a 12-inch round pizza pan or a sheet pan with parchment.



In a food processor, combine the flour, sugar and salt and pulse to mix. Add the butter and egg yolks and pulse until a crumbly dough starts to form; don't overmix. Transfer to a bowl and knead gently into a stiff dough. Form into a disk. Place the disk in the center of the parchment-lined pan.

Flatten the dough with your palms to make an 11-inch round. Prick all over with a fork. Bake for 30 minutes, until golden brown around the edges.

Cool on a rack.

In a food processor, place the cream cheese and process until no lumps remain, scraping down and repeating as needed. Add the vanilla and powdered sugar and process until smooth. Spread

over the cooled crust (make sure the crust is completely cooled before adding the topping).

Arrange the fruit over the crust. Use a pizza cutter or chef's knife to cut into wedges. Serve.

Keeps, tightly covered, in the refrigerator for a day.

### SERVING SUGGESTION:

Prepare this colorful delight a day in advance and serve to top off a perfect summertime lunch or afternoon snack. Accompany it with a glass of crisp, sweet wine, fresh lemonade or a cup of medium-roast coffee.

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

Katie Logan (Aurora, MN)  
Susan Sutherland (Ely, MN)  
Corey Bol (Gilbert, MN)  
Karen Arjavec (Virginia, MN)  
Joe & Tina Walls (Eveleth, MN)  
Sara & Chris Mammenga (Virginia, MN)  
Paul Shryer (Eveleth, MN)  
Corissa Lindell (Gheen, MN)  
Tracy Lundstrom (Kabotogema, MN)  
Sandra Girard (Eveleth, MN)  
Nina Kampf (Virginia, MN)  
Melissa & Robert Sandstrom (Eveleth, MN)  
Debbie Capouch (Hibbing, MN)  
Kari Salo (Eveleth, MN)  
Lee Anne Herrmann (Mt. Iron, MN)  
Tucker Nelson (Virginia, MN)  
Sena Bissonette (Babbitt, MN)  
Jill G. Roy-Cossalter (Eveleth, MN)  
Sayer Payne (Eveleth, MN)  
Heather Harstad (Eveleth, MN)  
Marsha Olson (Eveleth, MN)  
Isabelle Sandnas (Virginia, MN)  
Megan Manley (Eveleth, MN)  
Dennis Rogalsky (Virginia, MN)  
Melanie Peterson (Virginia, MN)

Amanda Vanderbeck (Ely, MN)  
Troy & Kathy Nelson (Nashwauk, MN)  
Judith A. Heart Warrior Chosa (Nett Lake, MN)  
Daniel Melby (Eveleth, MN)  
Ron Pekkarinen (Makinen, MN)  
April Yeung (Hibbing, MN)  
Peter N. Johnson (Virginia, MN)  
Jennifer Nyhus (Ely, MN)  
Liz Burton (Cook, MN)  
Robyn Bertelsen (Ely, MN)  
Stephanie Bish (Ely, MN)  
Harry & Mary Larson (Hibbing, MN)  
Tanya Fassett (Hibbing, MN)  
Jessa Quam (Crane Lake, MN)  
Nicole Dambach (Gilbert, MN)  
Stoja Zjalic (Eveleth, MN)  
Katherine Lean (Virginia, MN)  
Sara Hill (Virginia, MN)  
Julie Hindermann (Angora, MN)  
Marie Domanoski (Aurora, MN)  
Cathy Pazzelli (Tower, MN)  
Linda Loeffler (Aurora, MN)  
Kate & John Rejman (Ely, MN)  
Jennifer Widmer (Gilbert, MN)  
Jaime Brennan (Ely, MN)

Brenda Hopke (Virginia, MN)  
Allisha LaBarge (Hibbing, MN)  
Bianca Geisdorf (Aurora, MN)  
Karen Arcel (Keewatin, MN)  
Elizabeth Collins (Gilbert, MN)  
Veronica Cole (Aurora, MN)  
Katherine Lahti (Meadowlands, MN)  
Gary & Elaine Elmquist (Gilbert, MN)  
Jackie Rains (Virginia, MN)  
Anjie Cayot (Woodbury, MN)  
Byron Seaman (Virginia, MN)  
Nancy Schultz (Isabella, MN)  
Stephanie Wichlacz (Virginia, MN)  
Francie Jensen (Mt. Iron, MN)  
Paula Germain (Meadowlands, MN)  
Marshall Flaws (Virginia, MN)  
Grillo & Claire Simons (Hibbing, MN)  
Shirley Nicholas (Cook, MN)  
Dianne Buhrow (Virginia, MN)  
Emily Celley (Eveleth, MN)  
Shara Dabrowski (Warba, MN)  
Abby Edwards (Embarrass, MN)  
Gina Holje (Cook, MN)  
John Seth Storrs (Virginia, MN)  
David & Sherry Crego (Soudan, MN)



# “Change Within Reach” Round-up Report

We would like to extend a huge “THANK YOU” to everyone that continues to donate to the program. Your nickels and dimes are helping make our Iron Range Community stronger.

As shopper trends have adapted to COVID-19 we have seen a decline in the monthly donation amount due to shoppers taking less trips to the Co-op. The April and May totals only reached about half of the average monthly amount. Our local non-profit organizations play important roles that address the needs of our community and they need our help to ensure their programs stay funded during this unprecedented time.

Even though you are visiting the Co-op less frequently you can still help bring the monthly total back up by donating more when possible. Any amount can be added to the round-up, just let the cashier know how much you would like to add.

Thank you for your consideration and continued support of the round-up program!



## A LOOK BACK

In February we collected over \$1,600 for **Central Mesabi Foundation's Kid's Kare Fund**; in March, over \$1,500 was donated to **Quad City Food Shelf**; in April, more than \$800 was given to the **Dustin Damm Memorial Fund**; and in May, over \$800 was raised for the **Bess Metsa Garden**.

## LOOKING AHEAD

The June recipient is the **S.W.O.P. Summer Work Outreach Project**. S.W.O.P. “hires” teams of 11- to 14-year olds for a six-week summer program of teaching life skills through community work, community service, community guest speakers, and adult mentoring.



July donations will be collected for **North St. Louis County's Habitat for Humanity**. Your contributions will help them provide safe and affordable housing for families who would not otherwise be able to escape substandard housing situations.



Your August donations will support the **Sand Lake Shuffle**. The funds will be used to support Iron Range families who are experiencing hardship due to cancer or another life-limiting illness.



.....  
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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# Microgrant Recipient Announcement

**Kelsey Gantzer, Board Member & NHFC Owner**

NHFC strives to support a vibrant local food economy and ensure people in our area have access to healthy products. The importance of a strong local food system is now more evident than ever. I'm sure many of you have seen the stories of food going to waste in fields around the country, while at the same time items are sparser on grocery store shelves. While this struggle to fix disruptions to large, international supply chains plays out, we have the chance to step back and create resiliency in our own community by supporting local farmers.

In October 2019, NHFC's customer round-up donations were collected for our first annual Local Farmer Microgrant. Thanks to the generosity of our customers and owners, we were able to give two \$1,000 grants to local farmers. The grants will help our Co-op strengthen our relationship with local farmers to help increase the production of high quality, sustainably grown food, and ultimately improve overall access to local, healthy food for our community members.

The NHFC Board reviewed applications from five local farmers who supply the store with produce and meat. Applications were evaluated based on their farm need, the project's ability to increase production capacity, and the project's contribution to a healthy, local, and sustainable food economy. The two applicants who scored the highest were announced at the Annual Meeting in April, 2020. We are thrilled to support the projects presented by Bear Creek Acres in Embarrass and Northern Delicious in Babbitt.

Bear Creek Acres is the family farm of Shannon and Mary Ann Wycoff, plus their three children. They have been providing the Co-op with humanely raised pork products for over a decade, as well as selling beef, pork, and eggs directly to consumers from their farm. They will be using the microgrant funds

to upgrade their watering system, which will lower their energy consumption and provide a consistent supply of drinking water to hogs in the winter.

Northern Delicious is operated by Van Conrad and Ellen Root. Until this season, they operated a 90+ member CSA. This year, they will shift their focus to providing potatoes, onions, and cabbage from October to May, when local produce is typically an impossibility to find. They will use their microgrant funding to purchase an efficient washer for root crops.

The NHFC Board wants to thank all of the farmers who applied and everyone who contributed to the fund. We hope to continue supporting our local farmers in as many ways as possible!



Local produce from Northern Delicious



Van Conrad • Northern Delicious



Pork and beef products from Bear Creek Acres



Shannon & Mary Ann Wycoff • Bear Creek Acres



INTRODUCING

# Curbside Pickup

Visit our website for details.




for everyone's safety

## Please wear a face covering!



Together we can #stopthespread

### \$4 COMMUNITY DINNERS

THURSDAYS • 4:00-7:00 PM  
JUNE 18  
JULY 16  
AUGUST 20

### Save the Dates!

### HOLIDAY HOURS

4TH OF JULY  
CLOSED

### Thanks for Shopping Co-op!

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55792

RETURN SERVICE REQUESTED

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

# The Harvest Beet

SUMMER 2020



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*Locally owned,  
organically grown.*

# NATURAL HARVEST

## FOOD CO-OP

est. 1979

