

The Harvest Beet

WINTER 2020-21

est. 1979

NATURAL
HARVEST

FOOD CO-OP

*Locally owned,
organically grown.*

Board Member Contact Info

• BOARD OFFICERS •

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

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

SECRETARY • Julie Juntune
(GM Evaluation Committee)
julie@naturalharvest.coop

TREASURER • Kelsey Gantzer
(Education Committee)
kelsey@naturalharvest.coop

• BOARD •

Emma Peterson
(Education Committee)
emma@naturalharvest.coop

Jenna Ballinger
(GM Evaluation Committee)
jenna@naturalharvest.coop

Kyle Lynch
(Education Committee)
kyle@naturalharvest.coop

Victoria Ranua
(Perpetuation Committee)
victoria@naturalharvest.coop

Tera Nowicki
(Perpetuation Committee)
tera@naturalharvest.coop

Your quarterly source of information for healthy living!

General Manager's Report: Adapting to Multiple Changes

Anja Parenteau, General Manager & NHFC Owner

As I am writing this Thanksgiving is fast approaching, and even though there are so many things that have been disrupted and are different since March of this year, there is still so much to be thankful for!

As a business our Co-op had to adapt to multiple changes — some are easily visible, like plexiglass barriers and sanitizer — but other changes have taken place, too. Our Deli department, which before the pandemic was about 15% of all sales, is down to about 8% of sales. Our fresh and grocery departments have picked-up. Overall, we are seeing fewer customers, but higher basket sizes, and we are adapting to all these changes as best as we can. One change will be a better process for online ordering and curbside pick-up. Our staff are working on the installation of "Webcart", which will be accessible through our website and will make online ordering much more streamlined.

I am thankful for all our staff, who have tirelessly shown up for work to keep our

store running smoothly and providing you with all the nutritious products you need.

I am thankful for the Board of Directors, who have been a stable source of encouragement throughout all the changes.

And of course, I am thankful for all of you! Cooking and baking can be such a source of comfort for ourselves and our families, and recipes can still be shared even though we might not be able to share a meal, and memories might have to be made over Zoom. You can find all your holiday favorites at the Co-op to make your heirloom recipes and try some new ones with ingredients you might not have used before. Who says you can't make jam, bake bread, or roll some sushi! Surprise yourself this winter — give it a try.

Your Co-op is here for you! Thank you for being there for us!

In Cooperation,

— Anja



NHFC Owner Exclusive coupons were recently sent by mail. Thank you for shopping the Co-op!

Welcome to our Newest Owners!

Patricia Hunziker (Eveleth, MN)
Joan & John Hunn (Ely, MN)
Richard Quast (Aurora, MN)
Liz & Bill Jaap (Minneapolis, MN)
Elizabeth Spence (Cook, MN)
Tyler Krenz (Gilbert, MN)
Jordan Orbeck (Virginia, MN)
Susan Gerhardt (Aurora, MN)
Axel Walters (Chisholm, MN)
Benjamin Gjerdahl (Chisholm, MN)
Crystal Bercaw (Ely, MN)
Greta Blessing (Ely, MN)
Lucas Riendeau (Gilbert, MN)
Donna Loney (Soudan, MN)
Josephine Nistler & Tom Gable (Britt, MN)
Patricia & Dan Waseleski (Makinen, MN)
Ben Ice (Ely, MN)
Sheila Forward (Eveleth, MN)
Viral Joshi (Hibbing, MN)
Rick & Sarah Greer (Alborn, MN)
Deb & Steve Falkowski (Virginia, MN)
Paul Kroska (Ely, MN)
Kelly Noble (Ely, MN)
John & Holiday Hays (Bovey, MN)
Kate Batten (Ely, MN)
Misha & Jackie Redmond (Gilbert, MN)
Randy & Carrie Yuhala (Hibbing, MN)
Monique Sandquist (Gilbert, MN)
Nancy & Stephen Thibault (Biwabik, MN)
Donovan Strong (Tower, MN)
Taylor Brannock & AJ Neilan (Ely, MN)
Frank Suhadolc (Virginia, MN)
Wilsow Leong (Chisholm, MN)
Michael Scheuermann (Ely, MN)
Angela Tollefson (Eveleth, MN)
Tiffany & Michael Van De Hey (Aurora, MN)
Jack Haugen & Diana Wallert (Gilbert, MN)
Kimberly Herman (Iron, MN)
Julie Radloff (Hoyt Lakes, MN)
Alicia Milbridge (Cook, MN)
Kimberly & Glenn Yordy (Meadowlands, MN)
Michelle & Mike Varda (Gilbert, MN)
Eva & Nathan Gargano (Hibbing, MN)
Ruth Hawes (Chisholm, MN)
Sarah Moberg (Minneapolis, MN)
Randy Jenkins (Cotton, MN)
Ruby Alto (Virginia, MN)
Tom Asmus
Maryssa Baty (Gilbert, MN)
Barb & John Miller (Hibbing, MN)
Allison Marroquin (Chisholm, MN)
Sonya Canter (Chisholm, MN)
Brad Jones & Laurie Benge (Bovey, MN)
Julia & Marshall Hoffman (Cook, MN)
Kaitlin Swanson (Eveleth, MN)
Stanley Oczkowski (Grand Rapids, MN)
Jamie Wood (Virginia, MN)
Lisa Pugh (Ely, MN)
Lisa Buckman

NHFC Board Report: Winter 2020-21

Steve Levchak, Board President & NHFC Owner

Normal is only a setting on your washing machine. I think this is true now more than ever before. Many things we have come to accept as static and unchanging have been upended in so many ways. Perhaps the only constant is change. Anja and her staff have adapted to these challenging times and I would like to thank them for their hard work, dedication, and resilience as they navigate all of the changes that have occurred.

Our Board of Directors has been busy as well. We recently attended our annual Fall Retreat. Unlike in the past, this year's retreat was held virtually. While we missed being together in person, we were still able to have great discussions as a group and even a few break-out sessions on various topics. We focused on collaboration for common goals, how diverse viewpoints strengthen an organization, and long-range vision planning to make sure everything we do aligns with our Mission Statement and Ends Policies. Needless to say, it was a great success and energized us for the work ahead.

We have also been preparing for the new year. With the success of the NHFC Microgrant Program, we will be opening it up to local farmers/producers again for the second year in a row. Supporting a vibrant, local food economy is one of our Ends Policies, and what better way to work toward this than by continuing this program. More details will be available on our store's website soon.

Our Annual Meeting of Owners is coming up in April. Though it's still a ways off, it's never too early to start thinking about the Board election that takes place. If you have ever thought about serving on the Board of Directors, now is your chance!

Our Board of Directors meets monthly to stay up to date with everything going on in the store. We set the long-term vision for our Co-op, and monitor policies and other

data to make sure these align with this vision. When needed, we also make amendments to policies so we can adapt to changes and keep current with the needs of our Owners. This allows us to focus on a sustainable, healthy future and to remain a valued part of our community.

Prior board experience is not required. Directors receive training by a professional consultant during a Spring orientation and Fall retreat, as well as several phone calls throughout the year. Time commitments include 4 to 5 hours per month for regular Board work, such as meetings, preparation, and serving on a committee. There are also

an additional 16 hours spread throughout the year that includes training sessions and volunteering at store events.

Why serve on the Board of Directors? For me, it was to be a part of something bigger than myself. Working with others to set the vision for our Co-op and to monitor the progress toward that vision has been a very rewarding experience. What about you?

We are currently accepting applications for three seats with terms of April 2021 to April 2024 and one seat to fill a partial term of April 2021 to April 2023. You can find out more information or download an application packet from the Board election page at: <https://naturalharvest.coop/our-co-op/board-elections/> or stop by the store to pick one up. The deadline to submit an application is January 1, 2021.

With all the challenges we have faced this year, I remain optimistic when looking ahead to the next. While we may still face challenges, our Co-op will continue to adapt and be here for us far into the future.

I want to wish everyone a safe and joyful holiday season and hope that family and friends can share time together.

— Steve Levchak

Run for the Board

Now Accepting Board Candidate Applications

Applications due January 1, 2021



For more information visit our website or contact the Board directly.

board@naturalharvest.coop
www.naturalharvest.coop



“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. 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 August we collected over \$1,200 for the **Sand Lake Shuffle**; in September, over \$1,300 was donated to the **Mesabi Symphony Orchestra**; in October, more than \$1,100 was given to the **NHFC Microgrant Fund**; and in November, over \$900 was raised for the **Veterans on the Lake Resort**.

LOOKING AHEAD

The December recipient is **Care Partners**. The donations will be used to provide financial assistance to individuals and families facing cancer or a life-limiting illness. They pay for expenses not covered by insurance, or other programs.

January donations will be collected for **Range Regional Animal Rescue**. The funds will be used to provide the highest quality of service and care to ensure that animals are guaranteed permanent placement in good homes.

Your February donations will support the **Virginia Community Foundation**. Donations will be used to support their mission of revitalizing Downtown Virginia as well as neighborhoods within the community.



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.

Local Producer Annual Recap

Joe Walls, Produce Manager & NHFC Owner



Hello wonderful Natural Harvest community! This memorable year of 2020 brought many positive things to the table. Not only do my family and I now call the friendly Iron Range city of Virginia “home”, but also becoming part of the Co-op’s team has been ever-so rewarding. The support and camaraderie of the management and staff have helped to turn the challenges of this year into a success. Our offerings and presentation in the Produce Department have stepped up and so have our sales. A significant factor in this is our group of Local Growers.

From early February, when I held a Local Growers’ meeting here at the Co-op, until now, I have been amazed at the quality of people I have been blessed to work with. Then, to give kudos to the quality and variety of produce we have the opportunity to purchase from each of them – these people truly pour their passion, sweat and tears into their work. Here are some of the highlights of the local produce we brought in this year to date:

229 lbs. Green Cabbage
301 lbs. Slicing Cucumbers
318 ears Sweet Corn
475 lbs. German Butterball Potatoes
515 lbs. Hard Winter Squash
527 lbs. Slicing Tomatoes
572 lbs. Pie Pumpkins

I want to sincerely thank:

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

There were also about a half dozen others whom I’ve met this year who brought in some one-time deliveries of approved produce. Every delivery, whether large or small, was a meaningful point in my day. What an honor to have gotten to know and work with each one of you!





Curbside Shopping Update

Your Co-op Team is excited to announce we have upgraded the curbside shopping service! This safe shopping service now offers an online Webcart showcasing thousands of our most popular products. Instead of typing out your grocery list you can now just click and add the products you want to your online shopping cart.

As time progresses, we will continue to add more products to the online catalog. In the meantime, if you do not see the products you are looking for there is a feature for you to type them into a shopping list so we can add them to your order.

Thank you for your cooperation and patience as we launch this curbside service upgrade.



Help Feed Local Families This Holiday Season!

Your Co-op now offers an easy way for you to help your fellow community members during these uncertain times. Shoppers can purchase \$5 or \$10 donations to the local food shelf and Natural Harvest will match the total donations up to the amount of \$500.

This is how it works; donation stars and ornaments will be available for purchase at the register, just grab one and give it to the cashier. You can then write your name on it and we will place it on our donation wall. If you prefer to use curbside pickup you can also add a donation to your order that way.

Thank you to everyone who donates!





Cinnamon Roll Cheesecake Dip

From: delish.com

Yields: 10 servings
Prep Time: 10 minutes
Total Time: 10 minutes

This dip tastes great with graham crackers, pretzels and Granny Smith apple slices.

Ingredients:

- 1 package cream cheese
- 1/4 cup powdered sugar
- 2 tsp. cinnamon, divided
- 2 tsp. butter, melted
- 2 tsp. sugar

INSTRUCTIONS:

1. Combine cream cheese, powdered sugar and 1 tsp. cinnamon in a medium-sized bowl. Beat with a whisk or silicone spatula until the mixture is light, fluffy and no longer lumpy, 2 to 3 minutes. (You could also use an electric mixer.)
2. In a separate bowl, combine remaining cinnamon, melted butter and sugar. Mix to combine. Pour this mixture into the cream cheese batter, folding it in just enough to create cinnamon-sugar swirls in the dip.
3. Serve with graham crackers, apple slices or whatever you'd prefer.



Cranberry Meatballs

From: inspiredbycharm.com

Yields: 42 meatballs
Prep Time: 10 minutes
Total Time: 35 minutes

These Cranberry Meatballs are a flavorful and easy appetizer recipe that makes the perfect treat for holiday entertaining!

Ingredients:

MEATBALLS:

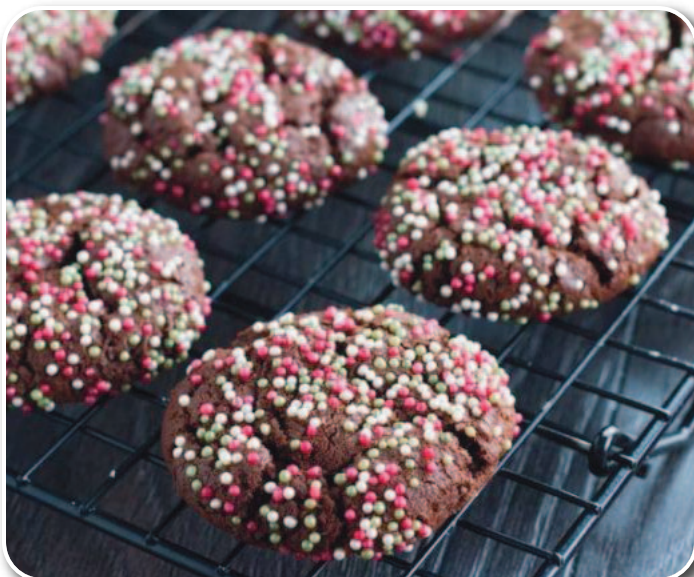
- 2 pounds ground beef
- 1 tsp. fresh parsley, chopped
- 1 Tbsp. soy sauce
- 1/2 tsp. garlic salt
- 2 Tbsp. chopped onions
- 1 cup quick-cooking oats, uncooked
- 2 eggs, beaten
- 1/4 tsp. pepper
- 1/3 cup ketchup

CRANBERRY SAUCE:

- 1 can (14 oz.) jellied cranberry sauce
- 1 bottle (12 oz.) chili sauce
- 1/2 cup brown sugar, packed
- 1 Tbsp. lemon juice

INSTRUCTIONS:

1. Begin by preheating your oven to 350 degrees F.
2. Next, in a large bowl, combine all of the meatball ingredients. Mix with a fork until well combined. Then, roll into 2-inch balls and arrange the balls on a shallow baking pan. Bake for 25 minutes. When done, drain off any excess grease.
3. In a small bowl, prepare the cranberry sauce by whisking all of the ingredients together until smooth. Then spoon the sauce over the meatballs and bake for 15 more minutes. Serve warm.



Chocolate Christmas Crinkle Cookies

From: errenskitchen.com

Yields: 24 cookies
Prep Time: 10 minutes
Total Time: 22 minutes

This recipe for Chocolate Christmas Crinkle Cookies is a festive twist on a traditional treat. These cookies are great for getting the kids involved in holiday baking.

Ingredients:

1 cup semi-sweet chocolate chips
 1 cup all-purpose flour
 1/4 cup unsweetened cocoa powder, sifted to remove lumps
 1/4 tsp. salt
 1 tsp. baking powder
 1/2 cup butter, softened
 1/4 cup granulated sugar
 1/2 cup light brown sugar, packed
 1 egg, lightly beaten
 1-1/2 tsp. vanilla extract
 Christmas sprinkles, to decorate

INSTRUCTIONS:

1. Preheat oven to 325 degrees F. Prepare 2 cookie sheets with baking paper.
2. In a microwave-safe bowl, melt the chocolate chips on medium power in 30-second intervals until just melted.
3. In a medium bowl, combine the flour, cocoa powder, baking powder and salt.
4. Add the dry ingredients and mix until blended.
5. Chill 20 minutes to 1 day (the longer you chill, the better the crinkle effect).
6. Place 1/2 cup of the sprinkles onto a plate. Roll the dough between your palms into 1-inch balls and roll into the sprinkles and place onto a prepared cookie sheet 2 inches apart, bake for 12-14 minutes.
7. Cool on the pan for 5 minutes before placing on a wire rack to cool completely.



5-Minute Blender Eggnog

From: thechunkychef.com

Yields: 5 servings
Prep Time: 5 minutes
Total Time: 5 minutes

This light and deliciously creamy homemade eggnog can be made in just 5 minutes in your blender! Nothing hits the holiday spot more than a cup of eggnog!

Ingredients:

4 large eggs, the freshest you can find
 3/4 cup granulated sugar (or superfine sugar)
 1/2 tsp. dried nutmeg
 1/4 tsp. ground cinnamon
 3 oz. cognac (about 1/3 cup + 1 Tbsp.)
 3 oz. bourbon (about 1/3 cup + 1 Tbsp.)
 1-1/2 cups whole milk
 1 cup heavy cream

INSTRUCTIONS:

1. Add whole eggs to blender and blend on MED speed (or LOW if you only have a HIGH and LOW setting option) for 30 seconds.
2. Add sugar and blend another 20 seconds.
3. Add nutmeg, cinnamon, cognac, bourbon, milk and heavy cream and blend until combined, about 10-15 seconds.
4. Transfer to an airtight container and refrigerate for a day or so to allow flavors to combine and mellow.

TO SERVE:

1. Eggnog may have settled in the refrigerator, so either give it a good shake or two, or pour into a mixing bowl and give it a whisk to get everything combined.
2. Serve with some additional grated nutmeg on top, and an optional cinnamon stick.

Looking to stretch
your grocery budget?

coop basics



Quality Foods at Low Prices!

So are we! That's why we're pleased to remind you about our Co+op Basics program. Co+op Basics offers everyday low prices on many popular grocery and household items. From milk to beef to cereal, you'll find quality foods at affordable prices. Don't forget to take advantage of these other great ways to save big when shopping the Co-op:

- **CO+OP DEALS** – our biweekly flyer focused on packaged grocery
- **FRESH DEALS** – our weekly flyer focused on fresh produce
- **OWNER DEALS** – our monthly sales specific to owners
- **HOT DEALS** – keep your eyes peeled for pop up hot deals around the store



SYNERGY CAVE-AGED CHEDDAR CHEESE

*Only Available at
your Local Co-op!*

In collaboration with Cabot Creamery Co-op and Jasper Hill Farm, National Co-op Grocers has developed an exclusive Mild Aged Cheddar called Synergy. This cheese has a sophisticated yet mild flavor, it is great for melting, using in recipes, or for pairing with your favorite pinot noir. Synergy is produced by Cabot Creamery Cooperative, aged in the Cellars at Jasper Hill Farm in Vermont and is available exclusively at your local Co-op!

NATURAL HARVEST FOOD CO-OP NOW OFFERING

Curbside Pickup

Visit our website for details.

Holiday Hours

CHRISTMAS EVE: 8 AM – 2 PM
CHRISTMAS DAY: CLOSED
NEW YEAR'S EVE: 8 AM – 5 PM
NEW YEAR'S DAY: CLOSED

~ ON SILVER LAKE ~
 OPEN MON – FRI: 8 AM - 7 PM
 SAT: 9 AM - 6 PM • SUN 10 AM - 6 PM
 732 N. 4th St. • Virginia, MN 55792
 PHONE: 218-741-4663
 FAX: 218-741-6153
 E-MAIL: info@naturalharvest.coop
 WEB: www.naturalharvest.coop
 Visit us online! Like us on Facebook, and follow us on Instagram @NaturalHarvestCoop!

*Locally owned,
organically grown.*

NATURAL HARVEST

FOOD CO-OP

est. 1979

The Harvest Beet

WINTER 2020-21

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

RETURN SERVICE REQUESTED

PRST STD
 US POSTAGE
 PAID
 Permit No. 100
 Virginia, MN
 55792