

# The Harvest Beet

SUMMER 2021

est. 1979

NATURAL  
HARVEST

FOOD CO-OP

*Locally owned,  
organically grown.*



## WHAT'S NEW?

*Co-op Deli  
now offering  
organic fruit &  
veggie trays!*

*Have a gathering coming up?  
Let the deli crew help you  
out with a delicious  
fruit or veggie tray!*

*Visit the deli menu page  
on our website  
for more details.*

*Your quarterly source of information for healthy living!*

## General Manager's Report: Co-op Sustainability Efforts

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

Sustainability efforts sure took a hit everywhere in 2020 — here at the Co-op we also had to make some changes that we are gladly reversing right now.

One bright side was our rooftop solar panel system. For the first year of full operation, it generated 33.84 Megawatt hours of solar energy. That is enough to power 4 average homes for a year! This year we will be able to add the planned solar awning to the south side of our building to boost solar production.

In 2020 you saved almost 20,000 bags from going to the landfill by bringing in your own bags, and we saved almost 10,000 lbs. of food from going to the landfill.

Local charities are distributing this still edible food to people in our community who have fallen on hard times. And believe it or not, by packaging our bulk foods for you, and making the packs bigger in most cases, we actually saved plastic there too!

Our locally produced product sales stayed strong at about 20% of all Co-op sales, part of which was over 4,000 lbs. of local produce. Every time you shop for a locally produced item, you lessen the carbon footprint of our modern food system.

We are excited to bring back all the other ways to make our Co-op more sustainable,

like reusable dishes and silverware and unwrapped straws, and we are committed to making our store even more sustainable in the coming years.

We kicked this off with our first ever tree give-away in May and are hoping to continue it annually to help our shoppers contribute to a healthy planet!

Keep bringing in those reusable bags and containers, keep looking for food packaged in more sustainable ways, and make room for more Meatless Mondays on your menus. Together we can make a big difference! It's the Co-op way!

— Anja



## Welcome New Board Members



**Carly Antus Wilk**  
(Angora, MN)



**Dominic Renollet**  
(Chisholm, MN)



**Raini Knaeble-Weiss**  
(Eveleth, MN)



**Tera Nowicki**  
(Virginia, MN)

## Board Member Contact Info

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## NHFC Board Report: Welcome to New Board Members

**Jenna Ballinger, Board Member & NHFC Owner**

Boozhoo everybody! It's hard to believe summer is right around the corner. With summer, comes our new board members. Welcome Carly Antus Wilk, Dominic Renollet, Raini Knaeble-Weiss, and Tera Nowicki. They all bring their own skill sets and knowledge to the board, and we are excited to have them with us. Thank you to our board members who finished out their term this year. We all know 2020 was an interesting and challenging year, but we got through it together. Thank you again to Julie Juntune and Pauli Rancourt for serving these past three years.

Thank you all who joined the Annual Meeting of Owners on April 20. We welcomed the new board members, discussed our board goals for 2021, got the General Manager's Report, and congratulated the winner of the 2021 Microgrant Award. Jenna Goerdts from Fat Chicken Farm will be using the funds to

put together a walk-in cooler to keep produce fresh longer for her CSA's and for the Co-op. Congratulations again, Jenna! Even though COVID-19 put us all through the ringer this past year, the Co-op ended the year on a high note with sales. The total sales for 2020 were just over \$4 million dollars. That was an 8% sales growth from the previous year. Thank you, Anja and staff! There were, of course, challenges, but we worked as a team to get through them.

The board wants to thank all our owners and customers for supporting us over the past year and more. We were never expecting to become an essential business or be relied upon during a pandemic. Part of being a business is having to navigate the hard times, and we were able to do that with your support. So on behalf of the board, thank you!

## Welcome to our New Deli Manager!

Holly Ayster has been cooking up delicious food for Co-op shoppers since 2018 and is currently transitioning into the role of Deli Manager. Please give her a warm welcome!

**What are you most looking forward to in the role of Deli Manager?**

"I am excited about collaboration. Asking customers and co-op staff for suggestions about what they would really like the deli to offer will help me build menus and keep a fresh rotation of grab and go items. Collaborating with the other departments within the co-op to keep bringing seasonal offerings and create specials unique to our store really has me nerding out on the possibilities for our deli!"

**What is your favorite deli dish to make and why?**

"I love making the Chocolate Toffee cake because I know anyone who tries it is going to be happy. Plus, the smell of a chocolate cake baking is delightful every time. Garlic Lover's Pasta is always enjoyable to make. I like that I can whip it up from memory and it is tasty, attractive, and satisfying. Yes, it is an attractive salad."

**What do you enjoy doing in your free time?**



"Learning. I garden and there is a continual learning curve involved which I find irresistible. You can only plan so much with a garden, nature will take whatever course it feels each season. I grow lots of food, keep laying hens and have just added sheep to the mix so I have plenty to do in my time away from work! Being outside is where my charge is found so activities that have me breathing fresh air and feeling it on my skin are

always part of the day. The warm season means being barefoot most of the time, I need that earth connection!"

**Is there anything else you would like to say?**

"I would like to thank Alex Haugen, long-time Deli Manager, for welcoming me so genuinely into the fold of the Natural Harvest Deli. He has taught me SO much about cooking, working in a kitchen and being a crew leader and mentor. It is such an inspiration to see him take this leap and stretch out into new territory with his food truck business, he is living the notion that change is always available and our potential continues to grow. I am thrilled for his new adventure and can hardly wait to be his customer!"



# Update from the Mesabi Trail Tour

## *Great River Energy/Mesabi Trail Tour Series*

For additional information, visit [mesabitrail.com](http://mesabitrail.com)

Ride for the fun or ride for the challenge — either way, the Great River Energy Mesabi Trail Tour “Series” is the most fun you can have on two wheels! And now — you get to choose from three tours instead of just one!

The Great River Energy/Mesabi Trail Tour has a whole new look for these days of COVID-19. We’ve come up with a new and creative plan to keep everyone safe and healthy while we all spend time outdoors with family and friends — the Mesabi Trail offers the ultimate in safe social distancing!

While you pedal (fully supported) along one of Minnesota’s premiere paved bicycle trails, you will encounter historic & scenic points of interest, food & music at rest stops, and a finish line celebration complete with a picnic lunch and more music!

Whichever of the three tours of the series you choose, you will experience the same outstanding customer service and reliable logistics we’ve been famous for over the past 15 years!

Cost (per tour) is \$45 per person for folks 17 and older; kids 16 and under ride FREE!

If you have ridden with us before, here are the changes you will see for 2021:

- Instead of one big tour in August — choose from three tours throughout the biking season!
- Instead of one long linear route — each tour will travel out & back on the Mesabi Trail from the same location.
- Instead of four linear routes — choose from two routes of about 25 & 50 miles, out & back on the Trail.
- Instead of being able to accept an unlimited number of riders — for safety, the number of riders will be limited to 200 per tour.
- Instead of opening registration in January — registration will open six weeks before each tour to allow for any modifications due to the status of the virus.

The tours are a fundraiser for the Mesabi Trail and Club Mesabi.



### *Tour #1*

#### **MINNESOTA DISCOVERY CENTER JULY 31, 2021**

Registration opens June 19, closes July 18.

#### **AVAILABLE ROUTES:**

12 miles to Leetonia...  
a total of 24 miles out & back.  
26 miles to O'Brien Reservoir...  
a total of 52 miles out & back.

### *Tour #2*

#### **ITASCA COUNTY FAIRGROUNDS AUGUST 28, 2021**

Registration opens July 19, closes August 15.

#### **AVAILABLE ROUTES:**

12 miles to Taconite...  
a total of 24 miles out & back.  
26 miles to Nashauk...  
a total of 48 miles out & back.

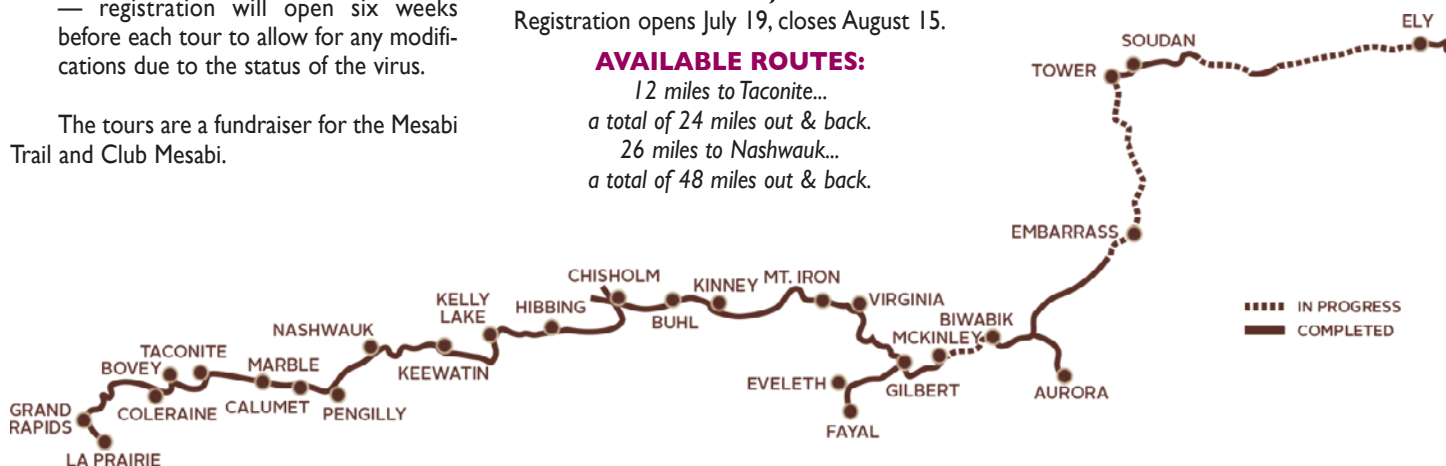
### *Tour #3*

#### **OLCOTT PARK SEPTEMBER 18, 2021**

Featuring a Natural Harvest hosted rest stop.  
Registration opens August 16, closes September 6.

#### **AVAILABLE ROUTES:**

13 miles to Buhl...  
a total of 26 miles out & back.  
25 miles to Hibbing...  
a total of 50 miles out & back.



# NHFC Farmer Microgrant Recipient Announcement: Janna Goerdts – Fat Chicken Farm

*Kelsey Gantzer, Board Member & NHFC Owner*

This is the second year the Natural Harvest Board of Directors has helped to coordinate the NHFC Farmer Microgrant program. Thanks to the generous donations of our shoppers during October's Change Within Reach Round-Up Program, we were able to award one farmer with \$1,200 to make improvements to their farm and help ensure a healthy, local, and sustainable food economy.

Our 2021 microgrant award recipient is Janna Goerdts. Janna owns and operates Fat Chicken Farm: a small, approximately 3-acre organically grown vegetable farm in Embarrass, MN. She has been farming and selling her produce to Natural Harvest for 13 years. In addition to finding vegetables on her farm, you will also find a flock of chickens, several bee-hives, and a stand of silver maple trees. Her products can be purchased at Natural Harvest, through her Community Supported Agriculture (CSA) shares, and at local farmers markets.

"I became a farmer because I like dirt," says Janna. "I like to play in the dirt, to have my hands in dirt, to see what's living in that dirt, and to grow veggies in dirt! My farm is lucky to have beautiful soil as a foundation. I grew up playing and eating in my mother's big garden, so when I had the chance to try gardening/farming full-time, I jumped in. In addition to dirt, I absolutely love to give people beautiful, honest, delicious vegetables, and to hear how they like to prepare them. By the fall I'm usually tired and ready to put the fields to bed for the year, but by mid-winter, I am always itching to get my hands back in the dirt again."

When asked about her favorite thing to grow, Janna said, "My favorite fruits of my labor are...that's like choosing your favorite child.



Sometimes I think sugar snap peas, sometimes I think butterhead lettuce, sometimes I think cucumbers, sometimes carrots with a little dirt still on them. Don't make me choose!"

Her farm operates on very little capital and infrastructure. With the help of the Natural Harvest Microgrant, she plans to build a walk-in cooler. While walk-in coolers can be incredibly expensive, Janna will outfit an existing shed with upcycled materials, food-grade plastic interior wall panels, a Cool-bot computer, and an air conditioner. This will create a 210-square foot walk-in cooler that will improve the storage life of her vegetables

and increase the amount of produce she can deliver to the Co-op.

"Growing food for yourself or others is very, very satisfying, on a molecular level," says Goerdts. "Don't we all want to nourish others and ourselves? Don't we all want to share good things? I think so. Go ahead and try it. And I thank the Co-op and all the customers who round up for helping me make my farm more sustainable and workable! It won't be long before I drop off my first bunches of kale and Swiss chard and lettuce!"

Learn more about Janna Goerdts and Fat Chicken Farm at [www.fatchickenfarm.com](http://www.fatchickenfarm.com).







*Congratulations to Janna Goerdts of Fat Chicken Farm in Embarrass, Minnesota. She is the recipient of the Co-op's 2021 Farmer Microgrant Program.*

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

Mary Groeniger & Will Helms (Ely, MN)  
 Ryan & Kristine Ziegler (Eveleth, MN)  
 Marie Johnson & Seth Sams (Virginia, MN)  
 Dana Blaaser (Babbitt, MN)  
 Barbara J. Taray (Meadowlands, MN)  
 Cindy Spartz (Eveleth, MN)  
 Trevor Smith (Virginia, MN)  
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 Jennifer Xavier (Side Lake, MN)  
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 Fianna Johnson (Hibbing, MN)  
 Andy & Sheila LaVoie (Gilbert, MN)  
 Sue Trangsrud (Embarrass, MN)

Stephanie Jarvela (Gilbert, MN)  
 Celina Slater (Embarrass, MN)  
 Eugene F. Varani (Iron, MN)  
 Carol Johnston (Cook, MN)  
 Geri & Eric Sjoquist (Tower, MN)  
 Florence Young (Cook, MN)  
 Daniel Spence (Virginia, MN)  
 Tony Renzaglia (Chisholm, MN)  
 Annette Main (Virginia, MN)  
 Sulaiman Syed (Makinen, MN)  
 Heather Mantsch (Gilbert, MN)  
 Dirk Balow (Orr, MN)  
 Bryan & Stephanie Wynn (Aurora, MN)  
 Gail & Steve Branstrom (Embarrass, MN)  
 Beverly Brown (Chisholm, MN)  
 William McKechnie (Cotton, MN)  
 Nico Palazarri (Virginia, MN)  
 Cheryl Couture (Buhl, MN)

Tiffany Jenner  
 Jacqui Canfield (Hibbing, MN)  
 Terry Donnelly (Orr, MN)  
 Sally O'Neal (Cook, MN)  
 Tori Scarbrough (Ely, MN)  
 Amy Samsa-Hyatt (Chisholm, MN)  
 Paula VanBaalen (Hibbing, MN)  
 Sandra & Thomas Boland (Effie, MN)  
 Jodi C. Grebinoski (Virginia, MN)  
 Steve Begich (Virginia, MN)  
 Jessica & Stuart Orsdel (Eveleth, MN)  
 Wendi Brandt (Biwabik, MN)  
 Adam & Gretchen Metsa (Angora, MN)  
 Toby & Alison Bell (Tower, MN)  
 Tim & Carol Ruda (Maple Grove, MN)  
 Marilyn Zilmer (Babbitt, 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 Community stronger. In 2020 shoppers collectively donated over \$14,400 for local charities.



## A LOOK BACK

In February we collected over \$940 for the **Virginia Community Foundation**; in March over \$1,929 was donated to the **Quad City Food Shelf**; and in April more than \$1,811 was raised for the **Mesabi East Environmental Center**.

## LOOKING AHEAD

The June recipient is **Growing Together Virginia Community Gardens**. Donations will be used to revamp their Foyer Gardens by replacing the raised garden beds, supplying new dirt, and removing trees to increase sun exposure.

July donations will be collected for **Greenhaven Inclusive Community Playground**. The funds will be used to bridge the gap between all abilities and generations in the Hibbing community by providing a new, safe, and accessible playground for all abilities that fosters friendship, learning and value.

Your August donations will support **Friends of the Vermilion Trail**. Donations will be used to support the development of a paved recreational trail for non-motorized travel between Cook and Tower, including work on trail reconnaissance, environmental review and easements.

If your non-profit organization would like to apply for the Change Within Reach program, please visit the Co-op's website [www.naturalharvest.coop](http://www.naturalharvest.coop) for more information.



# SUMMER GRILLING RECIPES



## Grilled Huli Huli Chicken

[www.tasteofhome.com](http://www.tasteofhome.com)

**Yields:** 12 servings

**Prep Time:** 15 mins plus marinating

**Grill Time:** 15 mins

### INGREDIENTS:

1 cup packed brown sugar  
3/4 cup ketchup  
3/4 cup reduced-sodium soy sauce  
1/3 cup sherry or chicken broth  
2-1/2 teaspoons minced fresh gingerroot  
1-1/2 teaspoons minced garlic  
24 boneless skinless chicken thighs  
(about 6 pounds)

### DIRECTIONS:

In a small bowl, mix the first 6 ingredients. Reserve 1-1/3 cups for basting; cover and refrigerate. Divide remaining marinade between 2 large shallow dishes. Add 12 chicken thighs to each; turn to coat. Refrigerate, covered, for 8 hours or overnight.

Drain chicken, discarding marinade.

Grill chicken, covered, on an oiled rack over medium heat for 6-8 minutes on each side or until a thermometer reads 170°; baste occasionally with reserved marinade during the last 5 minutes.



## Corn on the Cob with Lemon-Pepper Butter

[www.tasteofhome.com](http://www.tasteofhome.com)

**Yields:** 8 servings

**Prep Time:** 10 mins plus soaking

**Grill Time:** 25 mins

### INGREDIENTS:

8 medium ears sweet corn  
1 cup butter, softened  
2 tablespoons lemon-pepper seasoning

### DIRECTIONS:

Carefully peel back corn husks to within one inch of bottoms; remove silk. Rewrap corn in husks; secure with kitchen string. Place in a stockpot; cover with cold water. Soak 20 minutes; drain.

Meanwhile, in a small bowl, mix butter and lemon pepper. Grill corn, covered, over medium heat 20-25 minutes or until tender, turning often.

Cut string and peel back husks. Serve corn with butter mixture.



## Tacos on a Stick

[www.tasteofhome.com](http://www.tasteofhome.com)

**Yields:** 6 servings

**Prep Time:** 15 mins plus marinating

**Grill Time:** 15 mins

### INGREDIENTS:

1 envelope taco seasoning  
1 cup tomato juice  
2 tablespoons canola oil  
2 pounds beef top sirloin steak,  
cut into 1-inch cubes  
1 medium green pepper, cut into chunks  
1 medium sweet red pepper, cut into chunks  
1 large onion, cut into wedges  
16 cherry tomatoes  
Salsa con queso or sour cream, optional

### DIRECTIONS:

In a large shallow dish, combine the taco seasoning, tomato juice and oil; mix well. Remove 1/2 cup for basting; refrigerate. Add beef and turn to coat. Cover; refrigerate for at least 5 hours.

Drain and discard marinade from beef. On metal or soaked wooden skewers, alternately thread beef, peppers, onion and tomatoes. Grill, uncovered, over medium heat for 3 minutes on each side. Baste with reserved marinade. Continue turning and basting until meat reaches desired doneness, 8-10 minutes. If desired, serve with salsa con queso or sour cream.



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**HOLIDAY HOURS:**  
**JULY 4TH • CLOSED**

NHFC Owner Exclusive Coupons were recently sent to owners by mail. Thanks for shopping your Co-op!



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