

The SUMMER 2022 Harvest Beet

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NATURAL HARVEST

FOOD CO-OP

*Locally owned,
organically grown.*

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Your quarterly source of information for healthy living!

General Manager's Report: Projects, Improvements & Changes

Lori Beth Maki, Interim General Manager & NHFC Owner

Summer is here and with it comes projects, improvements, and changes to our Co-op.

After four months as the Interim General Manager, I am having a wonderful time creating a "new" atmosphere for staff and customers. Yes, changes were necessary and that is never easy, but I can feel the renewed enthusiasm all around us.

Completing our solar panel project, creating the perennial garden green space, landscaping, and decorating inside and outside of our wonderful Co-op was a joy for me. Keeping our financials and accounts current is my main concern along with personnel issues. I have met the challenges I have faced so far with solutions and alternatives and feel proud of the work we



have all done. I have found some incredible new managers to add to our tenured staff and it is an incredibly good mix.

This is my hometown and I have immense pride in the community and all who live and work here. Natural Harvest Food Co-op had my heart when I first started working here seven years ago, and I hope the improvements

we have made will touch the hearts of our customers.

Hope to see you all at the Customer Appreciation Party I have planned for Saturday, August 13 in the Natural Harvest parking lot! Wear your dancing shoes and come hungry and thirsty and let us accommodate you! 🍷

— Lori

Owner Drive: Sunday, August 7 to Saturday, August 13

Do you want to own a grocery store? We are having an Owner Drive throughout the week leading up to our Customer Appreciation Party – and you're invited!

PERKS OF OWNERSHIP INCLUDE:

- An Owner's Share at Natural Harvest Food Co-op – tell your friends you own a grocery store!
- Exclusive coupons mailed out quarterly — only available to Owners
- Owner Deals and special offers throughout the store for extra savings, and 10% off special orders
- Discounts and deals when renting our Community Room



PARTY IN THE PARKING LOT @ NATURAL HARVEST:

On Saturday, August 13th, we are having a party in celebration of our fantastic Owners and customers! Our customers are the cornerstone of a thriving, sustainable Co-op and we want to show our appreciation by hosting a fun event in our parking lot. We will have live music, food, and drinks available for everyone from 11:00 AM–5:00 PM with plenty of covered seating. Our store will open late Saturday at 10:00 AM to allow our staff to prepare for the party. Be sure to stop by inside, too — all customers will receive a 10% discount off their in-store purchases! 🍷

Sustainability at Your Co-op

Kelsea Goettl, Marketing Manager

Natural Harvest's Mission includes a steadfast commitment to a sustainable future for our local community through cooperation and education. Throughout a trying pandemic and the regular rollercoaster of the retail business, we have remained vigilant in our efforts throughout our store to reduce our carbon footprint and encourage others to do the same. Our store implemented a 10¢ fee for single-use paper bags on Earth Day 2022 in order to fund future efforts for sustainability and encourage shoppers to bring their own bag. The Bulk Section of the store is continuing to grow so our customers aren't paying for packaging and can get the exact amount of product they need. We also offer a wide variety of products, from reusable produce bags to beeswax wrap, to provide our customers alternatives to single-use items.

While we have taken many steps towards increasing our stewardship of the planet, there is always room for improvement. That being said, Natural Harvest is proud to have taken action this summer to become a more eco-conscious business. We have recently completed our solar panel project, initiated in 2019, to support our hope of transitioning to more renewable energies as they develop. We are also excited to announce our newest feature, our native perennial garden, to provide pollinator species and our customers a beautiful landscape near our outdoor patio.

SOLAR PANELS BY WOLF TRACK ENERGY — Renewable energy is produced from sources like the sun that can be used indefinitely to power our infrastructure as opposed to non-renewable energies with finite sources such as fossil fuels. The sun is the

planet's ultimate source for the creation of all fuels and energies we consume, and it has been utilized for thousands of years by humans to help sustain life. The U.S. Energy Information Administration has found that solar panels have two main benefits: air pollutants or carbon dioxide are not produced; solar energy systems have minimal effects on the environment.

If anyone can appreciate the wonderful warmth of the sun, I think it would be the Iron Range folks as we finally slip into summer after a seemingly endless winter! Your Co-op has invested in several solar panels purchased through Wolf Track Energy, an experienced solar installer for residential and commercial entities located in the greater Duluth area. With these new solar panels, the Co-op can reduce our electricity bills and minimize our carbon footprint. The professional installation of these solar panels will propel us towards a more sustainable future as your local co-op shop.

NATIVE PERENNIAL GARDEN BY SHOREVIEW NATIVES — According to the U.S. Department of Agriculture and recent studies, our country's pollinator populations of

bees, butterflies, moths, bats, and birds have decreased in alarming numbers. These creatures pollinate a large amount of the crops we consume and are therefore crucial to a healthy community. Not only does the human populous rely on pollinators, but wild plants require pollination to reproduce, creating a healthy ecosystem.

As a proponent of environmentalism, our Food Co-op has asked Shoreview Natives to plant a beautiful garden that houses pollinator species. This native, perennial installation will include a variety of local and regionally native plants that will provide habitat for imperiled species such as monarch butterflies, honeybees, and other pollinators. Shoreview Natives, headquartered in Two Harbors, is focused on helping home and business owners transform urban spaces into pollinator-friendly features; we at Natural Harvest Food Co-op are happy to support our local businesses and our local pollinators! 🐝



Meet Kelsea, Our New Marketing Manager



Kelsea is a dedicated environmentalist bringing a fresh perspective to the Co-op's marketing department.

WHAT IS YOUR GOAL FOR THE CO-OP'S MARKETING EFFORTS?

Kelsea: I would love to increase the use of our Community Room and be present at more community events in addition to improving the Co-op's branding throughout the store. I'd love for us to sell some snacks at the Farmer's Market

and offer more events like cooking classes or wellness workshops in the near future!

WHAT IS YOUR FAVORITE THING ABOUT WORKING AT NATURAL HARVEST?

Kelsea: I believe in the power of a community, and to me, this store epitomizes the food, education, sustainability, and cooperation among people essential to a thriving local economy. I enjoy being surrounded by earth-friendly products, my fun coworkers, and our dedicated customers that share my same values.

WHAT IS YOUR FAVORITE PRODUCT AT THE CO-OP?

Kelsea: I am a big fan of our bulk section! I can bring my own container and get the exact amount of product that I need without paying for packaging or creating waste. The wild rice sticks are the bee's knees.

WHAT DO YOU LIKE TO DO OUTSIDE OF WORK?

Kelsea: I enjoy any activity that takes place outdoors, reading, knitting, and cooking plant-based meals with my partner and our four furry children.

Meet Jasper, Our New Deli Manager

Jasper is a hard-working and experienced manager looking to take the Co-op's delicious deli food to new heights.

WHAT IS YOUR GOAL FOR THE DELI?

Jasper: I'd like to implement a wider variety of options for all customers dietary needs. I think this place is built on the belief that everyone should be taken care of and accommodated. I want every customer to come through that door and find something they can enjoy. I'd also like to bring our Community Dinners back; they are important to me and the community as a whole. Bringing week-end Breakfasts back is a huge priority, as well as a daily Vegan option for our hot bar and soups. I want you to be wowed when you walk past our Deli.

WHAT IS YOUR FAVORITE THING ABOUT WORKING AT NATURAL HARVEST?

Jasper: I absolutely love the family we have here. We look out for each other and our members as well as give back to the community and the environment in meaningful ways. There's a lot I love about this place, and I've



only just begun. I'm excited to see where this road takes me, and I know I'll have the whole Co-op behind me along the way.

WHAT IS YOUR FAVORITE MEAL TO COOK FOR THE CO-OP DELI?

Jasper: My favorites are always the ones that make my friends and family smile. I think it matters less about the recipe or dish, and more about the effort and care that's put into it. I'd love to start taking suggestions from our customers and staff so that we can cook the meals and recipes that make the whole community smile.

WHAT DO YOU LIKE TO DO OUTSIDE OF WORK?

Jasper: I like to spend my free time reading, collecting anything that can be collected, and making music. I have a Pomeranian named Roscoe whom I love dearly, and I hope to get another dog soon. Recently I've been putting up a fence in my yard so I haven't been able to enjoy a lot of my time off, but we'll get there!

Welcome to our newest Natural Harvest Owners!

Rene Nelson (Hibbing, MN)
Desirae Cram (Ely, MN)
Jennifer Travis (Virginia, MN)
Brenda Melgeorge (Gilbert, MN)
Holly Ayster (Biwabik, MN)
Douglas & Gloria Ahlgren (Cook, MN)
Philip & Megan Holleran (Northfield, MN)
Daria Kallal (Aurora, MN)
Jeremy Russ (Hibbing, MN)
David & Mary Griffith (White Bear Lake, MN)
Briana Coughlin (Virginia, MN)
Nic Kruchowski (Aurora, MN)
Lana Morrow (Virginia, MN)
Tom Schooley (Circle Pines, MN)
Susan Benjamin (Nashwauk, MN)
Michelle Varda (Gilbert, MN)
Rallista Lendacky (Hibbing, MN)
Patricia & Leonard Groom (Ely, MN)
Ethan Westby (Gilbert, MN)
Wendy Christianson (Virginia, MN)
Jim Christianson (Hoyt Lakes, MN)
Gina Vitali-Rasanen (Chisholm, MN)
Sarah Kivela (Hibbing, MN)
Benayshi Dunkley (Virginia, MN)
Larry & Shawnda Grayson (Virginia, MN)
Shane Engerbrotson (Eveleth, MN)
DeAnna & Glen Elo (Gilbert, MN)
Amy & Brett Livers (Shorewood, MN)
Scott Benzing (Aurora, MN)
Jennifer Ward (Duluth, MN)
Nina Wray (Ely, MN)
Erin Budrow (Chisholm, MN)
Patrick & Joan Hogan (Gig Harbor, WA)
Sunny Lucan (Cook, MN)
Pam Frye (Eveleth, MN)

Now Hiring!

Are you looking to join a great team?

We are hiring friendly foodies to work in our deli, grocery, and front end departments!

\$13.50 Minimum Starting Wage

Plus staff discount and more...

Fill out an application today!



Visit our website or ask to speak with a hiring manager for more details

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. Since the inception of the Change Within Reach program in 2014, our customers have donated nearly \$140,000 to many worthy organizations..



A LOOK BACK

In March, we collected \$2,181.32 for **Quad City Food Shelf**, where income-restricted citizens receive food assistance. In April, we collected \$1,993.75 for **Contented Critters Animal Shelter**; and in May, \$1,728.01 was donated to the **Iron Range Off-Road Cyclists**.

SUMMER DONATIONS

July's donations will go to the **Rutabaga Project Food Forest**. This project aims to provide the community with local, fresh produce accessible and affordable for everyone through the hard work of volunteers.



The August donations will be collected for **Care Partners**. For more than 20 years, Care Partners has assisted Iron Range individuals and families with the financial and emotional stresses of coping with cancer or life-limiting illnesses.



Your September donations will support **Advocates for Family Peace**. Your donation will be used to recruit tutors, train them, and provide the technology needed to connect with students. 🌱



If your non-profit organization would like to apply for the 2023 Change Within Reach Round-Up program, please visit the Co-op's website or ask a store employee. Application deadline has been extended to September 30, 2022.



Mesabi Trail Tour – Saturday, August 20, 2022

Great River Energy/Mesabi Trail Tour Series

Natural Harvest Food Co-op is excited to continue sponsorship of the Mesabi Trail Tour!

Ride for the fun or ride for the challenge — either way, the Great River Energy Mesabi Trail Tour is the most fun you can have on two wheels! Choose from four different routes of 16, 36, 46, or 64 mile out-and-back trips from the Minnesota Discovery Center in Chisholm. This annual event will be held outdoors as one large tour, offering plenty of space for social distancing if CDC guidelines and State of Minnesota mandates change over time.

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!

Cost is \$45 per person for folks 17 and older – kids 16 and under ride FREE! All proceeds fundraised from the tour go to the Mesabi Trail and Club Mesabi, the "friends" of the Mesabi Trail. **REGISTRATION CLOSES AUGUST 7th AT MIDNIGHT.**

The Mesabi Trail has partnered with the Minnesota Discovery Center in Chisholm this year, offering free admission to the museum for all riders plus reduced fees for trolley rides & mini-golf. Don't forget to check out the new Redhead Mountain Bike Park nearby!

THE 2022 TOUR HAS SOME EXCITING NEW CHANGES:

- There will be one large tour on August 20th.
- Four routes will be available to choose from, instead of three.



- All four routes travel out and back from the same location — two tours traveling east and two tours traveling west.
- Two-way bike traffic will occur on the trail this year to accommodate one start/finish location.
- All four routes will start and return to the Minnesota Discovery Center in Chisholm.

SELECTING YOUR ROUTE: The Mesabi Trail is NOT flat and straight and there are several hills and curves that can be very challenging. Tour volunteers will only be on the course at designated times, so PLEASE select your route according to your abilities.

Route #1

MINNESOTA DISCOVERY CENTER
Route 1 heads east on the Mesabi Trail to Buhl — 16 miles out and back.

The turnaround and rest-stop for this route is located in Buhl — boasting the finest water in America. It is on the shores of Stubler Pit, an abandoned mine pit now filled with water, offering a public swimming beach and nearby campground.

Route #2

MINNESOTA DISCOVERY CENTER
Route 2 heads east on the Mesabi Trail to Mountain Iron — 36 miles out and back.

Turnaround and rest-stop is located at Locomotive Park. The Park offers a 1910 locomotive, playground equipment, and a historic overlook of Minntac mining operations — the largest producer of taconite in the world. Route 2 rest-stop sponsored by Natural Harvest Food Co-op. Staff will be on-site with snacks!

Route #3

MINNESOTA DISCOVERY CENTER
Route 3 heads west on the Mesabi Trail to O'Brien Reservoir — 46 miles out and back.

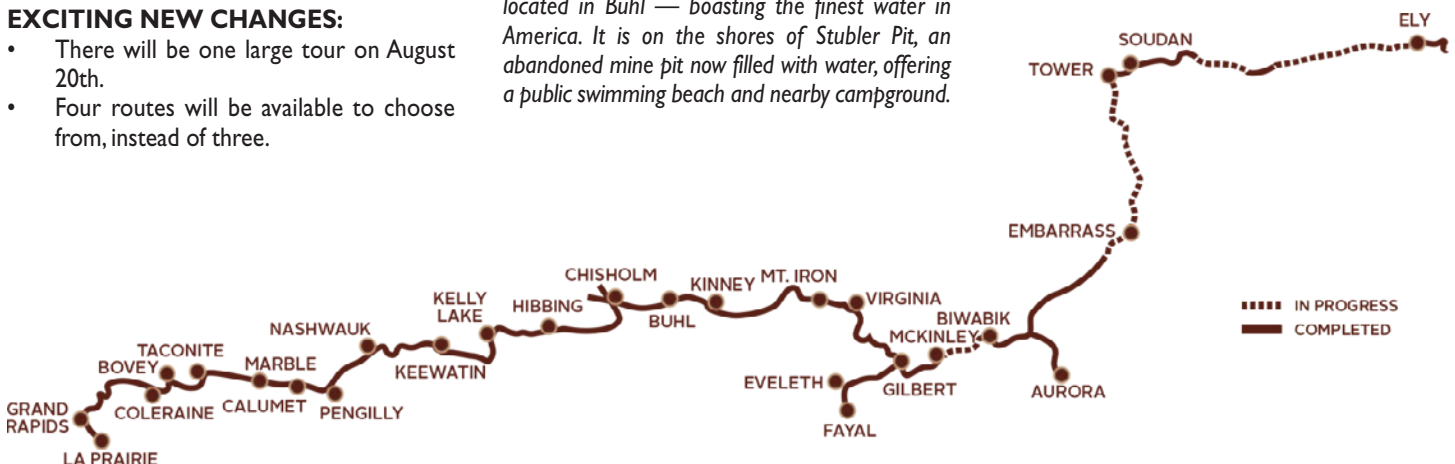
Turnaround and rest-stop for this route is located between Keewatin and Nashwauk. Located right on the Mesabi Trail, you will pop out of the forest at O'Brien Reservoir, which offers a swimming area with a sandy beach, fishing pier and playground.

Route #4

MINNESOTA DISCOVERY CENTER
Route 4 heads west on the Mesabi Trail to Calumet — 64 miles total out and back (our metric century ride).

Turnaround and rest-stop is in Calumet. With a population of under 400, Calumet is one of the oldest mining towns on the Iron Range, tracing its birth back to 1909. Tour location is just steps from the Hill Annex Mine State Park.

LEARN MORE AT
mesabi trail.com



change within reach



Do You Represent A Non-Profit?

Applications for the 2023 round of Change Within Reach recipients are now open! Each month, a different non-profit is selected to receive the round-up funds from our program at the register. To apply, visit our website at naturalharvest.coop/cwr

Change Within Reach Round-Up Program Eligibility:

- Your group must be a 501(c)3, 501(c)4 or other designated non-profit organization
- Your organization must serve the local Mesabi Iron Range community directly
- Your organization must be religiously and politically neutral
- Your organization must be non-discriminatory on the basis of any legally recognized category including but not limited to race, creed, gender, national origin, age, sexual orientation, marital status or physical disability

Application deadline has been extended to September 30, 2022 and applications can be turned in via email, in-store, or mailed to Natural Harvest Food Co-op, ATTN: Marketing, 732 4th St. N. Virginia, MN 55792. 🌱



We Are Hiring!

Do you love food and supporting your community? Are you interested in the cooperative way of business? Want to be part of a team where you feel supported? We'd love for you to bring your talents to our team – we are now hiring!

GENERAL MANAGER – FULL TIME
FRONT END MANAGER – FULL TIME
CASHIER – PART TIME

Full Time Benefits: 15% Employee Discount, Paid Time Off, Medical & Dental, Simple IRA, Paid Breaks

Part Time Benefits: 15% Employee Discount, Paid Time Off, Paid Breaks

Fill out an application today! Visit naturalharvest.coop/employment or ask to speak with a hiring manager at the Co-op! 🌱



Go Green With E-receipts

Every little bit helps! Did you know, as an Owner you can request to opt out of receiving paper receipts? By opting out you will reduce paper waste with each purchase made at your Co-op and your receipt will be emailed to you instantly. You can join 425+ of your fellow Owners in opting out of paper receipts by sending us an email request (info@naturalharvest.coop) or by asking a cashier upon your next visit. To process the update, we will need a current email address listed under your Owner account. Thank you for adopting green practices with your Co-op! 🌱

ADJUSTED STORE HOURS: *Saturday, August 13, 2022*

Natural Harvest Food Co-op will be open from 10:00 AM – 7:00 PM on Saturday, August 13th, to accommodate staff preparation for our parking lot party. Thank you for understanding and we hope to see you at the party!



100% Recycled Fiber

"The Harvest Beet" is a quarterly publication of Natural Harvest Food Co-op. Editor: Kelsea Goettl

~ ON SILVER LAKE ~
OPEN MONDAY – FRIDAY:
8 AM - 8 PM
WEEKENDS: 9 AM - 7 PM

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