

The Harvest Beet

SPRING 2026

est. 1979

NATURAL
HARVEST

FOOD CO-OP

*Locally owned,
organically grown.*

Board Member Contact Info

• BOARD OFFICERS •

board@naturalharvest.coop

PRESIDENT • Edie Carr
(GM Evaluation Committee)
edie@naturalharvest.coop

VICE PRESIDENT • Carla Parrish
(Perpetuation Committee)
carla@naturalharvest.coop

TREASURER • Mike Nystrom
(Perpetuation Committee)
mike@naturalharvest.coop

SECRETARY • Jenna Kuitunen
(Education Committee)
jenna@naturalharvest.coop

• BOARD •

Christina Forsythe
(GM Evaluation Committee)
christina@naturalharvest.coop

Stephanie Leonard
(Education Committee)
stephanie@naturalharvest.coop

Kerby Green
(GM Evaluation Committee)
kerby@naturalharvest.coop

Board President Report: Change and Opportunity to Grow

Edie Carr, Board President & NHFC Owner

As winter slowly loosens its grip and spring tries its best to settle in — at least for a few days at a time — a lot of change is happening now in our world and in our communities. Change is constant, sometimes surprising, and always an opportunity to grow. Through it all, your Board of Directors remains focused on steady leadership, honoring our cooperative values, and embracing the future with optimism and care.



An Invitation to Step In

If you've ever considered joining the Board — even briefly — now is the moment. We've built a thorough orientation process that helps new members get up to speed quickly and confidently. Our Board is a thoughtful, dedicated group, and we would welcome new voices, new perspectives, and new energy.

We also hold a full day fall retreat each year to dive deeper into long term planning and big picture conversations. It's one of the most energizing parts of our work together.

Looking Ahead to Our Annual Meeting

Our biggest event of the year is just around the corner: the Annual Meeting of Owners on Thursday, April 30 at the Virginia Elks Club. This gathering is our chance to celebrate the past year, reflect on our progress, and look forward to what's next for our Co-op.

A Candid Look at Board Participation

This year brings a challenge we haven't faced before. For the first time in anyone's memory, we do not have enough candidates running to fill the open seats on the Board. Two members stepped down earlier in the year, and with three terms naturally ending, we now have five seats to fill, and fewer applicants than positions available.

Although the application window has closed, the Board is responsible for appointing new members as they come forward. Appointed members serve until the next Annual Meeting, making this a perfect opportunity to try board service for a year and see if it's a good fit. After three years on the Board myself, I can say wholeheartedly that it has been meaningful, educational, and deeply rewarding — which is why I'm seeking another term.

Ongoing Work and Commitment

Throughout the year, the Board has been updating processes and documents to strengthen our governance and clarify our direction. We remain committed, flexible, and open to new ideas — and to the people who bring them.

Your Participation Matters

Please remember to cast your vote either in the store or at the Annual Meeting on April 30. Your involvement as an owner is essential to keeping Natural Harvest strong, sustainable, and thriving for years to come.

Whether or not you can attend the meeting, I welcome your questions, thoughts, and conversations. My contact information — along with the rest of the Board's — is available in this newsletter and on the website.

Thank you for being an owner, for supporting our Co-op, and for helping shape the future of Natural Harvest. Together, we keep Natural Harvest rooted, resilient, and ready for the future.

Warmly,
Edie Carr
President, Board of Directors

NHFC MISSION STATEMENT:

At Natural Harvest Food Co-op, we are committed to a sustainable future through communication, cooperation, and education. We provide quality food, products, and services for the health and well-being of our families, our community, and our planet.

ENDS POLICIES OF NATURAL HARVEST FOOD CO-OP:

- A greater sense of community.
- Community members are better informed about cooperative principles and personal and environmental health.
- People in our area have access to healthy foods.
- A vibrant local food economy.

NOTICE OF ANNUAL MEETING OF OWNERS OF NATURAL HARVEST FOOD CO-OP, INC.
THURSDAY, APRIL 30, 2026 • VIRGINIA ELKS CLUB • SOCIAL HOUR 5-6 PM FEATURES MUSIC & CASH BAR
DINNER 6 PM (CATERED BY NATURAL HARVEST DELI)
REGISTER FOR A CHANCE TO WIN RAFFLE PRIZES • ELECTION RESULTS & BUSINESS MEETING 6:30 PM

Are YOU Willing to Serve as a Co-op Board Member?

With the arrival of spring, it's time to elect your new Natural Harvest Food Co-op Board Members. Currently, five open seats on the Board of Directors need to be filled by driven Owners like you. Are YOU willing to serve?

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 your Co-op healthy, active, productive, and responsive to Owners' needs. The Board employs the principles of policy governance to focus on big-picture issues to evaluate and help plan for the future of your Co-op without managing day-to-day operations.

We are actively seeking several additional candidates to fill open board member positions. Please inquire at the Co-op if you are interested! Every year, we ask the candidates several questions, and publish their replies — so you can learn more about them.

Please use the ballot below to vote. Write-ins are welcome. Drop it in the ballot box in the store, or you can mail it. Ballots must reach the Co-op by Tuesday, April 28. Ballots may also be submitted at the Annual Meeting on Thursday, April 30. One vote is allowed per Owner number. New Board members will be announced at the Annual Meeting.

- 1 Why would you like to serve on the Board of Directors of Natural Harvest Food Co-op?
- 2 Describe volunteer or paid experience relevant to your service as a Co-op Board Member. What experience or skills will you bring to the board?
- 3 What opportunities and challenges do you see in the future of Natural Harvest Food Co-op?
- 4 Other Comments

EDIE CARR



1. **Why I want to serve on the Natural Harvest Food Co-op Board of Directors:** *Over the past three years I've gained first-hand experience with the demands and rewards of board service. There's still important work to be done, and I want to continue contributing to Natural Harvest's growth and long-term success.*
2. **Relevant experience and skills I bring:**
 - Financial and program management — Experience in budget preparation and oversight, grant writing, program development, evaluation, and promotion.
 - People and organizational skills — Background in personnel and labor relations, delegation, collaboration, and organizational development.
 - Board and governance experience — Four decades of community involvement on multiple boards, giving me practical knowledge of board dynamics and governance.

• Facilitation and consensus building — Strong facilitation skills that help groups reach agreement and move projects forward.

These strengths will support the board's work and help Natural Harvest advance its vision and goals.

3. **Opportunities and challenges for Natural Harvest Food Co-op:**
 - Opportunities — Partnering with other organizations that share NHFC's values; pursuing new ideas and innovations to expand impact and reach.
 - Challenges — Staying adaptable to national and local changes; managing expectations from owners and the broader public about the Co-op's services and capacity.
4. **Other comments:** *My practical, common-sense approach and sense of humor help me work well with others and stay productive on a board team. Thank you for your consideration.*



BALLOT

BOARD OF DIRECTORS ELECTION

RETURN BALLOT BY
4/28/2026

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

There are five spots open on the Natural Harvest Board of Directors. Please select or write-in your choice(s) for Board Member candidate(s) here, and be sure to return your ballot to the store by Tuesday, April 28, 2026.

- _____ Edie Carr (Incumbent)
- _____ (Write-in Option)
- _____ (Write-in Option)
- _____ (Write-in Option)
- _____ (Write-in Option)

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

Name & Owner # _____



OWNER APPRECIATION DAYS

May 13th - 17th

Owner Appreciation Days

Ownership has been the foundation of our successful cooperative business for over 40 years and we'd like to thank you by hosting Owner Appreciation Days at the Co-op.

Wednesday, May 13 through Sunday, May 17 owners will receive a one-time 10% discount on the shop of their choice. There will also be a raffle table to register for prizes. Thank you for shopping at your Co-op!

FREE TREE SEEDLINGS

Sunday, May 3 1st

10:00am - 2:00pm Pre-order Pickup
2:00pm - 3:00pm Free Inventory

Let's Plant Trees will be here giving out free trees! Pre-order on their website. Remaining inventory will go to the public after pre-order pickup. Bring your own bucket. Visit letsplanttrees.org



Let's Get Ready for Planting Season!

The Co-op is delighted to host two planting events in May. Visit the link on the flyer below to let the experts at **Shoreview Natives** put together a mix of plants designed to thrive in your unique garden conditions. Pick up your kit on **Thursday, May 28** at the Co-op. Then, on **Sunday, May 31**, **Lets Plant Trees** staff will be on site with **FREE** tree seedlings. Stop in, and bring your own bucket!

No Place but HOME EARTH Fest

APRIL 18, 2026
9 a.m. - 3 p.m.

FREE ADMISSION

Iron Trail Motors Event Center in Virginia

- Local Marketplace
- Food by MN Discovery Center
- Exhibitors
- Speakers
- Lead fishing tackle dropoff
- Cell phone recycling to benefit soldiers
- KIDS ACTIVITIES**

Business round table co-hosted by the Laurentian Chamber of Commerce at 1 p.m.

"What does secure e-waste recycling mean to a business?"

SIX SPEAKERS!

Scan for our full speaker schedule!

E-waste Recycling in the ITMEC east parking lot

SPONSORED BY

PLANT NATIVE Annual Plant Kit Sale

Plan your garden

Once you know where your garden is going to go think about the conditions of your space. Is it Dry or Wet? Sunny or Shady? What are the goals?

Pick out your Kit

Visit the link below & let the experts at Shoreview Natives pull together a mix of 48 plants - including up to 7 Native Wildflower Species and 2 Native Grass Species - ready to grow & thrive in your conditions!

Pick up your kit

Stop by Natural Harvest Co-op on Thursday, May 28th from 10am-7pm. Shoreview Natives staff will be on site from 10am-1pm to answer any questions. If timing is an issue, please ask a friend to pick up your order. Natural Harvest and SVN are not responsible for orders not picked up on May 28.

SHOREVIEW natives

SHOP NOW
PRESALE CLOSES
MAY 17

www.shoreviewnatives.com/kits

If you would like to pick out your specific plants or shop additional supplies or merch visit www.shoreviewnatives.com/shop and choose the pick up location and date that works best for you. If you have questions about ordering please email the SVN greenhouse. greenhouse@shoreviewnatives.com

Hit the Trails

These portable, protein-packed snacks will give you the energy you need for your outdoor adventures.



Nut Butter and Flax Powerballs

Servings: 15. Prep time: 20 minutes.

- 1 ½ cups almond butter
- 1 banana, peeled and mashed
- 2 tablespoons ground flaxseed
- 2 tablespoons whey protein powder
- 2 tablespoons cocoa powder
- 1 tablespoon honey
- ⅓ cup almonds, finely chopped

1. In a mixing bowl, stir together the almond butter, banana, flax, protein powder, cocoa powder and honey. Blend until smooth.
2. Line a plate or pan with parchment paper. Roll the mixture into 1- to 2-inch balls and place on parchment paper. Next, roll each ball in the chopped almonds and return to parchment paper. Place in the refrigerator or freezer until firm.



No-Bake Apricot Cashew Energy Bars

Servings: Makes 14 bars. Prep time: 1 hour, 15 minutes; 15 minutes active.

- 1 ½ cups chopped dried apricots
- ½ cup cashews
- ½ cup almonds
- ½ cup cashew butter
- ½ cup peanut butter
- 1 cup flaked coconut
- ⅓ cup shelled hemp seeds
- ⅓ cup chia seeds
- 3 tablespoons cacao powder
- 1 tablespoon maca powder

1. Place the apricots, cashews, almonds and cashew butter in a food processor and mix until the apricots are finely chopped and the ingredients have come together. The mixture will still be coarse.
2. Transfer to a mixing bowl and add the remaining ingredients. Stir until the mixture takes on the consistency of a very thick dough. Line a loaf pan with parchment paper and press mixture firmly into the bottom of the pan. Chill in the refrigerator for at least one hour, then check to make sure it has set. When set, turn the mixture out onto a cutting board and slice into 14 pieces. Keeps refrigerated up to 5 days.

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Chocolate Matcha Energy Balls

Servings: Makes 16. Prep time: 15 minutes.

- 1/2 cup raw cashews
- 1/4 cup raw walnuts
- 1 cup pitted dates
- 1 tablespoon maple syrup or honey
- 2 tablespoons unsweetened cocoa
- 1 tablespoon plus 1 teaspoon matcha, divided
- Pinch of salt

1. Place cashews and walnuts in the food processor and grind the nuts to a fine mince, then scrape them to the center of the container. Add the dates, maple syrup or honey, cocoa, 1 tablespoon matcha and salt. Process until the dates form a thick paste and the mixture holds together if you squeeze a bit of it.
2. Scoop out a tablespoon of the mixture, form into a ball and place into a medium bowl; repeat until all of the mixture has been used. Use a wire mesh strainer to sift the remaining matcha over the balls. Roll the balls around to coat. Store, tightly wrapped, in the refrigerator for up to a month.



Chewy Cocoa Granola Bars

Servings: Makes 12. Prep time: 20 minutes active; 50 minutes total.

- 2 cups rolled oats, thick
 - 1/2 cup raisins, dried cherries or other dried fruit
 - 1/2 cup coarsely chopped almonds, walnuts or peanuts
 - 1/4 cup cocoa
 - 1/4 teaspoon salt
 - 3/4 cup applesauce
 - 1/2 cup honey or agave syrup
 - 1 teaspoon vanilla
1. Preheat the oven to 350°F. Cut a piece of parchment paper 8 inches wide, and place it in an 8" x 8" baking pan, with the edges hanging over to make handles for easy removal of the finished bars.
 2. On a sheet pan, spread the oats and toast them in the oven for about 10 minutes, until fragrant and lightly golden in spots. Let cool on a rack.
 3. Place the cooled oats in a large bowl and add the dried fruit, nuts, cocoa and salt and stir to mix well.
 4. In a medium bowl, combine the applesauce, honey and vanilla. Stir until smooth, then pour over the oat mixture. Stir until well mixed, then spread in the prepared pan. Using a spatula, press the mixture firmly and evenly in the pan.
 5. Bake for 30 minutes, until the bars feel firm when pressed. Cool on a rack for 10 minutes, then use the parchment to lift the bars out and let cool completely. Cut 3-by-4 to make 12 bars. Store, tightly wrapped, for up to 4 days at room temperature or a week in the refrigerator.



Change Within Reach Updates

We continue to be grateful for all of the support our shoppers have given to local non-profits. With your help, this program is possible! To participate, shoppers may donate by allowing their purchase amount to be rounded up to the next higher dollar. Since the program started in 2014, Natural Harvest shoppers have contributed over \$225,000 for local non-profit organizations. In 2025 alone, our customers donated over \$25,000! Every penny contributes toward a better future for Iron Range non-profit organizations. Each year we ask local non-profit organizations that service our community to apply for this program. Applications for 2027 must be submitted by August 31, 2026.

Some of the past year's highlights (see photos below) include the following: in August, 2025 our shoppers donated \$2,352.67 to Friends of the Wirtanen Pioneer Farm. Shoppers in December, 2025 donated \$2,468.97 to the Mesabi Humane Society and in January, 2026 \$1,934.47 was raised for Mesabi Symphony Orchestra. Looking forward into 2026, the organizations featured below will benefit from "Change Within Reach" at our Co-op. Many thanks to our shoppers for your continued participation!



APRIL 2026 DONATIONS

April roundup funds will go to **Friends of the Lake Vermilion Trail**. The proposed Lake Vermilion Trail will be a 40-mile, paved, non-motorized, multi-use trail that will connect the communities of Cook and Tower/Soudan with public recreational opportunities near the south shore of Lake Vermilion.



MAY 2026 DONATIONS

Wilderness Health is a collaborative of independent health care providers in North-eastern Minnesota and Northwestern Wisconsin. By working together, the group is advancing patient and community health outcomes, improving the patient experience, lowering costs and improving the care team experience.



WILDERNESS
HEALTH

JUNE 2026 DONATIONS

Mesabi Fit is passionate about transforming our communities' approach to wellness. Beyond traditional fitness, they're committed to enriching overall wellbeing with program options tailored to every individual. Their vision is to create a regional wellness center that embraces everyone's unique journey, offering state-of-the-art facilities and inclusive programming that caters to all preferences.



MESABI FIT



100% Recycled Fiber

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

~ ON SILVER LAKE ~
OPEN MONDAY – FRIDAY:
8 AM - 8 PM
WEEKENDS: 9 AM - 7 PM
CLOSED APR. 5 (EASTER)

732 N. 4th St. • Virginia, MN 55792
TEL: 218-741-4663 • FAX: 218-741-6153

E-MAIL: info@naturalharvest.coop
WEB: www.naturalharvest.coop

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