

# Rollin' Oats Journal

A BIMONTHLY PUBLICATION OF LINDEN HILLS CO-OP COMMUNITY MARKET

## Looking to the Future

BY JEANNE LAKSO, MEMBER SERVICES MANAGER

**W**hen I sat down to plan this issue of the *Rollin' Oats Journal*, I had to come to terms with how rapidly the co-op's expansion and relocation project was moving.

With a copy deadline in early January, what was I supposed to write? Would we have made our goal for the owner investment drive? Would we know what *exactly* our member-owners and the community could expect to find at the new store?

With no crystal ball handy, I decided that this might be the "DEWEY DEFEATS TRUMAN!" issue\* of the newsletter. I planned the content assuming that our member loan drive would be zooming towards a successful conclusion, that we would have secured additional financing and would be on the verge of beginning the construction phase of our move to Sunnyside Avenue. And then, should these assumptions somehow be proven wrong, I'd just have to eat my words.

One day after deadline, I arrived in my office and turned on the computer. Tami Bauers, our member loan coordinator, had sent me an email titled "New Totals!"

The exclamation point tipped me off that we had reached an important milestone—\$1,000,000 in loan commitments from our member-owners. As I write this, we are at 66.6% of our fundraising goal, which leads me to believe I won't be dining on FSC-certified paper as you read this!

### What's Been Happening

For the past few months, Linden Hills Co-op's expansion project team has divided its focus between two major areas: financing and design. Member-owners have played important roles in both. Many have attended design forums and informational meetings, talked to staff and board members, or offered written and emailed comments, feedback, suggestions and concerns. As a result, the exterior design and floor plan, which are currently in development, will reflect our member-owners' needs, wants and values, given the limitations that face any project of this kind: time, space and money.

The co-op's member-owners have offered invaluable financial support for this project. Raising a million dollars in a little over eight weeks (and over the winter holidays, no less) is probably a co-op owner investment drive record. I certainly know of no other cooperative community that has provided its support for a similar project as quickly and generously.

Offers of assistance of all kinds have come in from member-owners and community members alike. From engineering students and



Co-op members met with staff, board, and project architects from Wilkus at the December design forum at Linden Hills Park.

artists to feng shui practitioners and landscapers, people have come forward to share what they know and make sure that the new co-op is greener, prettier, more functional and has a great flow. We're still working on the technology necessary to capture and transport "that great co-op smell," as one of our daily visitors expresses it.

### What's Ahead

So what can you expect at the new Linden Hills Co-op? Take a look at the "By the Numbers" sidebar for a quick summary—and bear in mind that the store plans are still subject to change! According to the most recent plan, the produce department will be nearly 50% bigger, and other departments will grow between 25% and 75%. The bulk area will have 33% more space, including a liquid bulk section. The deli's prep kitchen will be more than twice its current size, so we'll be able to create a larger variety of fresh foods. The space devoted to sustainable meat and seafood will grow from one 8-foot self-service counter to 28 linear feet,

with full service. New windows will bring in natural light and open up the space. The exposed beam ceiling will retain some of the feel of the current store. The co-op will extend the "green space" on the boulevard and around the parking lot, and new outdoor seating areas will provide more amenities for the neighborhood.

We're particularly excited to add a new community room/classroom, right at the front of the store. The space, which will seat 20 to 25 people, will be available for dining during the day and used for classes (yes, even cooking classes!) or community meetings in the evenings.

The co-op is applying for LEED certification, so LEED requirements are guiding many of the decisions being made. Energy efficiency and use of nontoxic finishes, fixtures and processes will be taken into consideration in everything from refrigeration systems and lighting to flooring and water usage. We are also looking at ways to encourage the use of alternative transportation by both staff and shoppers.

### The New Co-op: By the Numbers

	Currently	New Location
Total usable square footage	13,200	17,700
Total sales space**	5,300	7,860
Checkout lanes	4	7
Parking spaces	35	50
Indoor seating	9	25
Outdoor seating	16	24

\*\*This doesn't include the checkout area, restrooms, community room, prep or storage areas, offices, break room, etc.

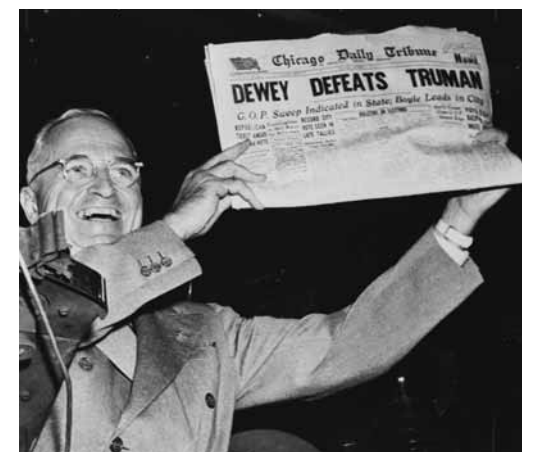
### What You Can Do

We're not able to answer all your questions at this point, but we are committed to sharing new information with all our member-owners as it becomes available. Consider signing up for our weekly email newsletter, since this is the best source of up-to-date information. Email [allie@lindenhills.coop](mailto:allie@lindenhills.coop) with "Subscribe Weekly Flyer" in the subject line to join the list. If email doesn't meet your needs, look for posters and flyers in the store with current information on the move and expansion. The website is updated frequently, as is the co-op's Facebook page: [www.facebook.com/lindenhills](http://www.facebook.com/lindenhills). And our staff members are kept in the loop with regular meetings and updates—so I would encourage you to ask questions and start conversations with them.

There are a few other things you can do to help:

- Shop here regularly, and encourage others to do so as well.
- Encourage your friends and neighbors to become co-op members, or buy a co-op gift card for someone you know.
- Continue to give us your feedback and suggestions. Is there a specific product you'd like to see in the store? Fill out a customer comment form or send email to [info@lindenhills.coop](mailto:info@lindenhills.coop).
- Attend future informational meetings, like the one we have scheduled for February 27.
- Consider serving on the board of directors! You can get in touch with the Nominations Committee by sending an email to [board@lindenhills.coop](mailto:board@lindenhills.coop), or leaving your name and phone number or email address at the customer service desk.

I'm sure more opportunities for more specific ways to participate in the co-op's relocation and expansion will crop up in the coming weeks and days. Stay tuned! Go co-op



\* In 1948, the early edition of the *Chicago Tribune* ran a headline that erroneously reported that Thomas E. Dewey had defeated Harry S. Truman in that year's hotly-contested presidential election, when, in fact, Truman had won. A photograph of Truman holding the paper with the headline "Dewey Defeats Truman" made it undoubtedly the biggest and most famous news gaffe of the previous century.

### Eureka! We're Composting!

Linden Hills Co-op is partnering with local non-profit Eureka Recycling to "Make Dirt, Not Waste!" Starting in December 2009, we began working with Eureka Recycling to reduce our waste through recycling and composting services. All of the co-op's food scraps and non-recyclable paper are composted to create nutrient-rich soil.

Composting is a powerful way to reduce greenhouse gas emissions and replaces chemical fertilizers and pesticides to replenish exhausted farm soils. To learn more about composting and how you can start composting at home, visit [www.makedirtnotwaste.org](http://www.makedirtnotwaste.org), or check out the Linden Hills pilot composting program at [www.lhpowerandlight.org](http://www.lhpowerandlight.org).



**COMPOST**  
Make dirt, not waste.

## Co-op Shoppers FYI

### Minnesota FoodShare's March Campaign

Each year, our generous shoppers contribute an average of 15 to 20 thousand pounds of food and dollars to Joyce Emergency Food Shelf. During March, Linden Hills Co-op is joining with ten other Twin Cities food co-ops to raise donations for Minnesota FoodShare. We need your help! Stop by any co-op during March and donate at the registers. Your donations stay in your community to stock local food shelves and benefit those in need.

In addition, Linden Hills Co-op will give \$10 to FoodShare for every new member that joins during our March membership drive—there's not a better time to show your support for the community! More information will be available at the co-op and at [www.themix.coop](http://www.themix.coop). Or visit [www.mnfoodshare.gmcc.org](http://www.mnfoodshare.gmcc.org).



### Your Co-op Helps Save the Rainforest

Every day, tropical palm oil production is contributing to rainforest destruction, species extinction and climate change. The organic red palm oil we sell isn't the culprit—it's sustainably harvested from wild palm trees by indigenous West African communities. But conventional palm oil is a ubiquitous ingredient in 50% of consumer goods from lipstick to cereal, even "natural" ones. Increasing demand for palm oil is pushing palm oil cultivation into rainforests using "slash & burn" methods, which displaces native populations & endangers species. Indonesia, a major palm oil exporter, is the third largest greenhouse gas emitter due to the carbon released from burning rainforests.

Linden Hills Co-op has signed a coalition letter asking Cargill, the largest U.S. palm oil importer, to "adopt and implement a comprehensive global forest policy" that will end slash & burn palm oil production. Learn more about the issue at Rainforest Action Network's website: [www.ran.org/the\\_problem\\_with\\_palm\\_oil/learn\\_more](http://www.ran.org/the_problem_with_palm_oil/learn_more).



## Board of Directors 2009-2010

Ryan Allen  
Margo Brownell  
Christina Cassano  
L. Peter Erickson  
Albert Kolman-Stich, Secretary  
Kimberly Proffitt, President  
Brian Shields  
Rhea Sullivan, Vice President  
Todd Troha, Treasurer

Board meetings are the third Wednesday of each month and any co-op member is welcome to attend—please email or call the co-op a couple of days in advance: info@lindenhills.coop or 612-922-1159. You may also email the board at board@lindenhills.coop.

## Co-op Managers

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lschell@lindenhills.coop

**Kerry Devoy-Elwood**  
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**Marshall Wright III**  
Produce Manager  
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## International Principles of Cooperation

1. Voluntary and Open Membership
2. Democratic Member Control
3. Member Economic Participation
4. Autonomy and Independence
5. Education, Training and Information
6. Cooperation Among Cooperatives
7. Concern for Community

## Rollin' Oats Journal

Printed on FSC paper 

### Editor

Jeanne Lakso

### Designer

Pat Thompson, Triangle Park Creative

### Contributors

Allie Mentzer, Rhea Sullivan,  
Marshall Wright III

*Rollin' Oats Journal* is the bimonthly newsletter of Linden Hills Co-op & Linden Hills Natural Home and is published for the benefit of our membership and the community. The opinions expressed herein are those of the authors and not necessarily those of Linden Hills Co-op or its members. For information about submitting articles, artwork, or advertising, call

Jeanne Lakso at 612-279-2460 or email jlakso@lindenhills.coop. Letters to the Editor are welcome and may be sent to: 2813 West 43rd Street, Minneapolis, MN 55410. For information on advertising, visit the website and click on "Rollin' Oats Journal."

Linden Hills Co-op's web site is at [www.lindenhills.coop](http://www.lindenhills.coop). Visit us on Facebook, too!

Linden Hills Co-op and Linden Hills Natural Home are proud members of the National Cooperative Grocers Association.



# Board Report

## Member-Owner Involvement: The Key to Long Term Success

BY RHEA SULLIVAN

At the end of 2009, there were a number of milestones in the relocation and expansion project to celebrate. In spite of the troubled economy, we were able to meet and exceed our December 31 member-owner investment goal of \$750,000, with nearly \$1,000,000 in funds committed. We also signed a letter of commitment from People's Bank, another critical part of the project financing. We were able to fulfill the first contingency of our lease agreement for the space at Sunnyside Avenue.

At the time of this writing, we can only speculate about whether we will reach our goal of \$1.5 million in member loans, but many thanks to members who committed to make a loan or even considered doing so. And thanks to those who have shown their support for the project by becoming members (nearly 100 folks have already joined in anticipation of the move) or by shopping more at the co-op.

The relocation project has provided an excellent opportunity for the Board to hear from our member-owners. While tabling in the store, talking on the phone, and attending meetings, we connected with member-owners and heard what folks loved and didn't love about our proposed move. Some were thrilled that we would be moving to the space on Sunnyside Avenue instead of CVS Pharmacy. Others were sad that we were considering leaving the 43rd



Rhea Sullivan

and Upton business node. Many expressed concern about moving the solar panels to our new location. Some folks took the opportunity to request a beloved product that is no longer available or to give us feedback on what they'd like to see at the new location.

In all of our interactions with our members during this process, the one thing that was evident was that people are passionate about Linden Hills Co-op. It's this passion that we need, no matter where we are located. Member involvement is crucial to the co-op's past and future success.

Having member-owners is one of the key things that differentiates the co-op from other businesses. The co-op business model is participatory and democratic. We have a nine-member Board of Directors that has a responsibility to incorporate member-owner feedback into its deliberations and decision-making. The comments we heard during the member investment drive will guide our work in the coming year, as well as the ones we received in the September 2009 member survey.

This survey showed a high level of customer satisfaction at the co-op, though most member-owners don't use the co-op as their primary grocery store. We heard that members are looking for more bulk items, meat and seafood and expanded deli options. Members were also clear in their desire to have Linden Hills Co-op support local, sustainable agriculture. Members believe that the co-op is a positive influence on the community, promotes environmental stewardship, and creates a sense of community—all of which are elements of our co-op Ends Policies.

Thanks for caring about your co-op. We need your passion and commitment. If you'd like to talk to a Board member, you can do so by sending an email to [board@lindenhills.coop](mailto:board@lindenhills.coop) or leave a message at 612-922-1159.

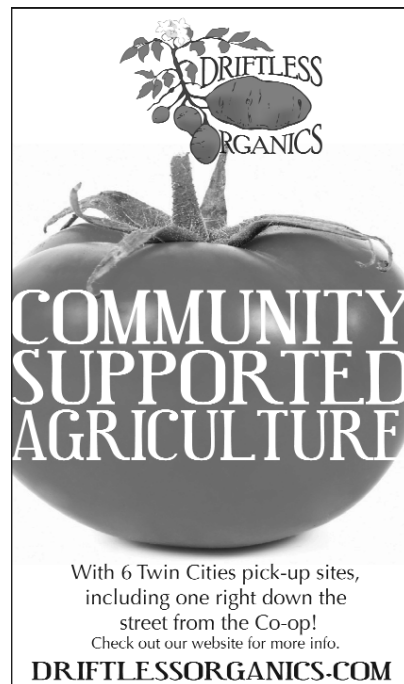
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## Donations Programs Support Schools, Green Groups and Parades!

In 2008-09, Linden Hills Co-op provided more than \$34,000 in cash and in-kind support for nearly a hundred nonprofit organizations in our community.

Green Patch donations for 2009 totaled \$3,857, with \$2,181 going to the Land Stewardship Project's Farm Beginnings program and \$1,676 to Youth Farm & Market Project. Funds for the program are generated by our shoppers' good behavior—every time you use a cloth, canvas, or other reusable bag to tote home your groceries, you receive a Green Patch worth five cents. If you drop the patch in the donations box by the exit door, a local nonprofit, chosen by member vote each fall, will receive that nickel. In 2009, our shoppers chose to reuse bags 77,140 times, which is up slightly over 2008. Our 2010 Green Patch groups are, once again, the Youth Farm & Market Project and the Midwest Food Connection.

Besides the Green Patch program, your co-op supports an average of 75 community nonprofit organizations and schools through our Community Contributions Program. Administered by Allie Mentzer, Promotions and Education Coordinator, donations valued at \$10 to \$50 are given (usually in the form of a co-op gift card or a voucher that can be used to purchase products at the store) each month.

We sponsor 10 to 15 community events annually with a variety of cash or in-kind contributions. In 2009, some of the events Linden Hills



Evan Racer counts Green Patches, which support nonprofits while reducing waste.

Co-op sponsored were Bike Walk to Work Day, the Linden Hills Business Association's Reindeer Day and WoofStock, the Linden Hills Neighborhood Association May Festival, monthly meetings of Linden Hills EcoParents, the Wood Lake Nature Center's No-Waste Race, Lake Harriet Community School's Fundraising Carnival, and workshops and tree-planting activities of the Linden Hills Environment Committee, as well as the Gardening Matters Parade of Community Gardens and In the Heart of the Beast's Mayday Parade.

The amount of money available for donations and sponsorships and the criteria used to select recipients are determined by the Board of Directors' Charitable Contributions Policy. The criteria are directly tied to our Ends Policies (the co-op's version of a mission statement), and the amount available each fiscal year is between 0.3% and 0.5% of the previous year's gross sales. So the more good and local food you purchase here, the more good we are able to do for our community.

For more information on the Community Contributions Fund, visit the donations page on the co-op's website: [www.lindenhills.coop/community/donations](http://www.lindenhills.coop/community/donations). Requests must be made in writing at least 6 weeks prior to the date of the event for which you are seeking a donation. Send written inquiries about events sponsorships to Jeanne Lakso, Marketing & Member Services Manager, via email at [jlakso@lindenhills.coop](mailto:jlakso@lindenhills.coop), or regular mail: 2813 West 43rd Street, Minneapolis, MN 55410.

# 2010 CSA Farm Partners

BY MARSHALL WRIGHT III, PRODUCE MANAGER

Linden Hills Co-op will again serve as a pick-up site for community supported agriculture farmshare subscribers this summer. Buying a CSA share is a great way to get locally grown, fresh food for your family and support local farms at the same time—it's truly a win-win situation! If you'd like some inspiration and strategies for using your CSA bounty, consider attending "Make the Most of Your CSA Share" with Kathryn Tempas at the co-op on March 23 (see calendar of events on page 4), or check out co-op member Lee Zukor's website, [www.simplegoodandtasty.com](http://www.simplegoodandtasty.com), and search for "CSA." Lee has documented his family's 2009 CSA experience—complete with mouthwatering photos.

To purchase a CSA share, please contact these farms directly via phone or email. Some farms have sign-up forms on their websites and other information that can help you decide which farm is right for your family. Many of our customers arrange to "share a share" with neighbors or friends.

Please be aware that the co-op can't arrange to hold shares for you—you must pick up your share box before 9 p.m. on your regular delivery day or arrange to have someone else pick it up for you. Any unclaimed

boxes go to Joyce Emergency Food Shelf, so your share will be well-loved if you miss a week.



## BC Gardens

Contact: Kathy Botten and Ruth Capp  
Email: [bcgardens@frontier.com](mailto:bcgardens@frontier.com)  
Phone: 1-888-884-9766  
Where the farm is located: Near Belgrade, MN  
Specialties: Certified organic vegetables, emphasizing heirloom varieties

## Featherstone Fruits and Vegetables

Contact: Larisa Walk  
Email: [csa@featherstonefarm.com](mailto:csa@featherstonefarm.com)  
Phone: 1-507-864-2400  
Website: [www.featherstonefarm.com](http://www.featherstonefarm.com)  
Where the farm is located: Near Rushford, MN  
Specialties: Certified organic vegetables

## Riverbend Farm

Contact: Greg Reynolds  
Email: [riverbend@usinternet.com](mailto:riverbend@usinternet.com)  
Phone: (763) 972-3295  
Website: [www.rbcsa.com](http://www.rbcsa.com)  
Where the farm is located: Near Delano, MN  
Specialties: Certified organic vegetables, melons, potatoes, tomatoes and greens with many heirloom varieties



Greg and Mary Reynolds, Riverbend Farm

## Rock Spring Farm

Contact: Chris Blanchard  
Email: [csa@rsfarm.com](mailto:csa@rsfarm.com)  
Phone: 1-563-735-5613  
Website: [www.rsfarm.com](http://www.rsfarm.com)  
Where the farm is located: Near Decorah, IA  
Specialties: Certified organic vegetables, herbs and fruit

## YOUR REBATE VOUCHER Use It; Don't Lose It

Your 2008-09 member rebate vouchers must be used at the co-op no later than FEBRUARY 15, 2010. Spending your voucher HELPS the store, since unredeemed vouchers are lost income and not a cost savings for the cooperative—it's your deferred discount on the purchases you made at your cooperative between July 1, 2008 and June 30, 2009. Enjoy!



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# Storewide Specials

February 1-28, 2010

Get weekly specials by email! Just send an email to [allie@linden hills.coop](mailto:allie@linden hills.coop) with "Subscribe Weekly Specials" in the subject line. Or join Allie's local produce alerts list by emailing [allie@linden hills.coop](mailto:allie@linden hills.coop) with "Local Alert" as the subject.

## MEMBER SPECIALS

**Cliff Kids  
Twisted Fruits**  
MEMBERS 69¢  
nonmembers 99¢

**Food Should Taste Good  
Yellow  
Tortilla Chips**  
MEMBERS \$2.99  
11 oz., nonmembers \$3.99

**Izze  
Sodas**  
MEMBERS \$3.99  
4-pack, nonmembers \$4.89

**Mother's  
Peanut Butter  
Bumpers**  
MEMBERS \$2.99  
14 oz., nonmembers \$4.99

**Seventh Generation  
Household Cleaners**  
All varieties  
MEMBERS \$2.99  
32 oz. nonmembers \$4.99



**Wallaby  
Low Fat Yogurts**  
MEMBERS 79¢  
6 oz., nonmembers 99¢

**Sunleaf Naturals  
Candles**  
Made in Minnesota  
MEMBERS \$17.79  
All scents, at Natural Home  
3 x 6 pillars, nonmember \$20.99

## GROCERY SPECIALS

**Bob's Red Mill  
Thick Cut  
Rolled Oats**  
SALE \$3.69  
32 oz., regularly \$4.89

**Ooba  
Hibiscus  
Beverages**  
SALE \$1.99  
14 oz., regularly \$2.49

**Nate's  
Meatless Frozen  
Meatballs**  
SALE \$3.59  
16 oz. regularly \$4.99

**Food For Life  
English Muffins**  
SALE \$3.29  
16 oz. regularly \$3.99



## BULK SPECIALS

**Organic  
Brown Flax Seed**  
SALE \$1.49/lb.  
Regularly \$1.79/lb.

**Organic  
White Popcorn**  
SALE \$1.29/lb.  
Regularly \$1.49/lb.

## NATURAL HOME SPECIAL

**Vessel Drinkware  
Coffee Tumblers**  
SALE \$15  
16 oz., regularly \$18.79

## WELLNESS SPECIALS

**Country Life  
Supplements**  
All 25% off

**New Chapter  
Blood Pressure  
Take Care**  
Sale \$29.99  
60 vcaps., regularly \$39.99

**Nordic Naturals  
Ultimate Omega**  
Sale \$38.39  
120 ct., regularly \$47.99  
All other Ultimate products also on sale

**Tom's of Maine  
All Toothpaste**  
20% off

**Weleda  
Rose Body Oil**  
Sale \$18.19  
3.4 oz., regularly \$22.69  
All other body oils  
20% off



Linden Hills Co-op  
COMMUNITY MARKET

## MEMBER COUPON

USE ONE COUPON PER MEMBER HOUSEHOLD

**10% discount**

Date used \_\_\_\_\_

Cashier's initials \_\_\_\_\_

Member number \_\_\_\_\_

Present this coupon to receive a one time 10% discount on your purchase up to \$50.00. Valid only for Active Members. Not to be used with any other discount. Please show your member card when taking your discount!

Valid February 1 through March 31, 2010



Linden Hills  
Natural Home

## MEMBER COUPON

USE ONE COUPON PER MEMBER HOUSEHOLD

**10% discount**

Date used \_\_\_\_\_

Cashier's initials \_\_\_\_\_

Member number \_\_\_\_\_

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Valid February 1 through March 31, 2010

# Miss Larousse

Dear Miss Larousse,

Occasionally when I come to the co-op, the bananas are a bit on the green side. What gives? Why aren't the bananas always perfectly ripe? And, is there anything I can do with a green banana?

—Batty Over Bananas

Dear Batty Over Bananas,

Shipping bananas overseas is a tricky business. Timing and steady, predictable sales are crucial since these perishable fruits must travel in their green state. As of last year, Equal Exchange—a longtime friend to cooperatives and farmers worldwide—became the Twin Cities' sole distributor of organic, Fair Trade Certified bananas. This year, the co-op's produce buyers have agreed to purchase Equal Exchange's bananas whenever possible. In time, our loyalty will allow Equal Exchange to predict demand, lead to smoother sailing for our bananas, and result in a predictable supply of ripe, farmer-friendly fruit. Learn more about fair trade bananas at [www.beyondthepeel.com](http://www.beyondthepeel.com).

If you're hankering for a ripe banana with your morning coffee, place your green bananas in a sealed paper bag along with an apple. Your bananas should ripen up in a day or two.

But green bananas can certainly hold their culinary own. Firm, unripe bananas are ideal for making that romantic show-stopper: Bananas Foster. In fact, unripe bananas should be used in any recipe that involves frying or sautéing. Green bananas are a classic ingredient in Indian and Thai curries. And, would you believe, green bananas are actually good for you? Many studies have found that nutrients in green bananas enhance digestive health by bolstering the intestinal lining. So buy up those green bananas—while you can!

## Cardamom Scented Bananas with Blood Orange Caramel Sauce

Serves 2

2 unripe bananas, peeled  
1 tablespoon sugar  
1 teaspoon ground cardamom  
1 teaspoon fresh squeezed lime juice  
1 tablespoon unsalted butter  
Vanilla ice cream

For the sauce:

2 cups freshly squeezed blood orange juice, strained  
1 cup heavy cream  
4 tablespoons unsalted butter  
1 cup sugar

In a saucepan, simmer orange juice over medium-high heat for about 10 minutes, or until it has reduced to about ¼ cup. Pour reduced juice into a bowl and slowly stir in cream. In the saucepan, melt butter over medium heat. Add sugar and continue to cook, 3 minutes, until sugar begins to caramelize. Add the juice mixture, stirring constantly. Keep warm over low heat.

Meanwhile, slice the bananas in half and again cross-wise to form 8 pieces. Toss banana slices with sugar, cardamom and lime juice.

Heat a frying pan over medium-high heat. Add the butter, and when butter begins to bubble, carefully add the banana slices. Cook 2 to 3 minutes, gently tossing every 10 seconds, until bananas are tender. Arrange sliced bananas in two serving bowls. Top with a scoop of vanilla ice cream and drizzle with blood orange caramel sauce.



## February/March Events

**R**egister for co-op classes in person or by phone (612-922-1159) using VISA or MasterCard. Pre-registration including payment is required. If you need to cancel, you must do so 48 hours before the scheduled class to receive a full refund. Visit our website, [www.linden hills.coop](http://www.linden hills.coop), for updates and breaking news!

**Friday, February 5, 2 – 5 p.m.**

**LOCAL FLAVOR: Rochdale Farms Butter & Cheese**

Rochdale Farms partners with local farmers, including PastureLand Dairy Cooperative, to produce their exquisite hand-rolled butter and artisan cheeses.



**Saturday, February 6, 11 a.m. – 3 p.m.**

**LOCAL FLAVOR: Barsity's Almonds**

Whether you've got a sweetie or a hottie to please, these are a fun Valentine's Day gift. Feisty flavors include Sweetie, Hottie, Smoky and Naughty!

**Saturday, February 6, 11 a.m. – 3 p.m.**

**LOCAL FLAVOR: Chippewa Valley Cheese**

Owned by Wisconsin small dairy farmers who pasture graze their cattle and produce high-quality, hormone-free milk; their pepper jack cheese is a natural complement to "chili weather."

**Tuesday, February 9, 7 – 8 p.m.**

**CLASS: Garden Fertility: How to Grow Good Soil**

Linda Halley & Jennifer Nelson, Gardens of Eagan Farm. Please pre-register; \$15/\$13 members. Garden's of Eagan's claim of "Dirt First!" is no empty slogan. An organic farmer's most important job is growing the soil. Linda & Jennifer will pass on some of their secrets for the benefit of your own garden.

**Thursday, February 11, 2 – 6 p.m.**

**DEMO: Taza Chocolate**

Taza's Cameron Baer will be on hand to show off his cacao pods and sample out Taza's stoneground organic chocolate.



**Friday, February 12, 2 – 5 p.m.**

**CO-OP EVENT: LoveFest**

We'll be dimming the lights and offering lovely specials during our annual celebration of LoveFest. Bring your sweetie and select ingredients fit for a romantic dinner for two. Enjoy warm brie appetizers and chocolate fondue while you shop!

**Friday, February 12, 5 – 6 p.m.**

**CLASS: Love Potions**

Anna Dvorak, Certified Nutrition & Wellness Consultant. Please pre-register; \$15/\$13 members. Anna will show you how simple ingredients combine to make love potions. With her help, you're sure to have your sweetie wrapped around your little finger! Make Rosy Massage Oil and Flower Petal Bath Potion; learn how to select the perfect essential oils to ignite your passion.

**Saturday, February 13, 11 a.m. – 2 p.m.**

**LOCAL FLAVOR: Upper Crust Baked Goods**

Get the kids in on Valentine's Day with a simple breakfast in bed treat: Kim Durr's chocolate croissants take just a moment in the oven, so they're easy to prepare and taste just like homemade. Nothing says love like warm, gooey chocolate!

**Saturday, February 13, 11 a.m. – 3 p.m.**

**LOCAL FLAVOR: Alemar Cheese**

The *Star Tribune* calls Mankato cheesemaker Keith Adams' Bent River camembert-style cheese "lusciously ripe and creamy." Keith named his company "Alemar" in honor of his two daughters, Alex and Mari. How sweet is that?

**Tuesday, February 16, 6:30 – 7:30 p.m.**

**CLASS: Luscious Lotions**

Anna Dvorak, Certified Nutrition & Wellness Consultant. Please pre-register; \$23/\$21 members. Learn how to create decadent lotion using ten natural ingredients. You'll take home a sample lotion and a basic recipe to customize at home.

**Saturday, February 20, 11 a.m. – 3 p.m.**

**LOCAL FLAVOR: Featherstone Farm CSA**

Consumer supported agriculture is an excellent—and tasty—way to invest in the local economy. Featherstone Farm's Margaret Marshall will be on hand today to answer your questions about the farm's CSA program.

**Tuesday, February 23, 7 – 8:30 p.m.**

**CLASS: Women's Health Issues: A Homeopathic Approach**

Jackie Krammer, Homeopathic Practitioner. Please pre-register; \$15/\$12 members. Learn how homeopathy uses safe and natural substances to alleviate symptoms associated with hormonal changes and imbalances including PMS, migraines, hot flashes, insomnia, depression, and anxiety.

**Saturday, February 27, 10 – 11 a.m.**

**CO-OP EVENT: Member Update on Relocation**

Join the relocation project team in the classroom and hear the latest news about the co-op's expansion and relocation to Sunnyside Avenue.

**Tuesday, March 2, 7 – 8:30 p.m.**

**CLASS: Family Mealtime Strategy: Improve Your Child's Nutrition & Decrease Anxiety**

Katja Rowell, MD. Please pre-register; \$17/\$15 members. Katja will explain concrete strategies proven to increase mealtime variety and decrease the struggles parents sometimes encounter with children about food. She'll cover related topics including food rejection, picky eating, increasing fruit and vegetable acceptance, incorporating treats, and avoiding the pitfalls that contribute to unhealthy weight gain and distorted body image.

**Tuesday, March 9, 7 – 8:15 p.m.**

**CLASS: Dining Out Gluten-Free in the Twin Cities**

Amy Leger. Please pre-register; \$10/\$8. How do you order when there's no official gluten-free menu? How can you be sure they'll omit all gluten ingredients? Amy will show you how to make dining out gluten-free and stress-free. Find out about all the gluten-free friendly restaurants you can take your family to.

**Friday, March 12**

**CO-OP EVENT: Member Appreciation Day**

It's the anniversary of our very first day of business in 1976. To celebrate thirty-four years of great local and organic foods, we're giving Linden Hills Co-op members 5% off their purchases at both stores.

**Tuesday, March 16, 6:30 – 8 p.m.**

**CLASS: Brew Your Own Kombucha**

Bryan Deane Bertsch, Deane's Organic Kombucha. Please pre-register; \$32/\$30 members. Brew your own kombucha—the ancient "divine tea" that's packed with probiotics and enzymes that promote detoxification, increased energy, weight loss and immune support. You'll also learn about the nuances of further fermentation and how to confidently add your own flavors. Take home a Mother SCOBY (you'll learn what it is!) and some starter tea to begin right away.

**Tuesday, March 23, 6:30 – 8 p.m.**

**CLASS: Make the Most of Your CSA Share**

Kathryn Tempas, ten-year CSA veteran. Please pre-register; \$12/\$10 members. So you've decided to support local farmers and you've purchased a CSA share. But the thought of a whole boxful of vegetables—some of which you don't even recognize—is making you nervous. Kathryn will help you identify unusual CSA veggies, and offer preparation ideas. She'll even share tips on preserving nature's bounty.



Linden Hills Co-op

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