

Rollin' Oats Journal

A BIMONTHLY PUBLICATION OF LINDEN HILLS CO-OP GROCERY & DELI

The Eat Local Farm Tour Experience the Story Behind Your Meal



BY ERIN EDHOLM

Do you want an alternative to that long, expensive, painstakingly-planned summer vacation? How about an inexpensive educational day trip, focused on learning the story behind your food? If so, the Eat Local Farm Tour is just right for you. For one day only, on Saturday, July 30th, the Twin Cities co-ops and local farmers invite you to experience first-hand what is involved in a local, sustainable farming business. You will have the unique, free opportunity to tour Minnesota farms. You'll meet directly with our local producers on a self-guided tour that literally stretches from farm to fork.

We Know Good Farmers

As a food co-op, we cherish our relationship with our local food suppliers. We're able to offer our members the finest quality food because we've come to personally know the folks who produce it. You're probably already aware that we celebrate our local farmers during the annual Eat Local, America! campaign. This year, we've joined together with eight other Twin Cities area co-ops to offer our first ever Eat Local Farm Tour.

"The Twin Cities' food co-ops have led the way in connecting consumers with fresh, local foods," explains Liz McMann, Consumer Affairs Manager at Mississippi Market. "We also provide our customers with information about our growers, makers and farmers. Now we want to deepen that farm to table tie by giving co-op members the opportunity to meet with, and tour the operations of, their favorite local meat, vegetable and dairy producers."

Cedar Summit dairy farm in New Prague, Minnesota is just one of the many farms that will be featured on the Eat Local Farm Tour. If you're a co-op shopper, chances are good that you've tasted Cedar Summit's grass-fed, organic milk—or at least heard the clink of their glass bottles in someone else's cart!

On July 30th, you'll be able to meet Cedar Summit's owner Dave Minar, and get a backstage look at his creamery and production facilities. You'll even get to meet his pastured cows, pigs and chickens.

"Our population today is far removed from agriculture," says Minar. "We need to educate our next generation on the importance of sustainable local land development and how it can benefit our local food system. Local food doesn't have to travel far, helping us conserve our resources. Moreover, it is about getting to meet the farmer and seeing what his operation is all about. It helps build trust and a positive relationship."

How Does It Work?

The 2011 Eat Local Farm Tour highlights more than a dozen Minnesota farms, all within a 100 mile radius of the Twin Cities. At least one farm is even within biking range! Because these tours are self-guided, you can go at your own pace. This gives you the convenience, creativity, and freedom to design your own road trip and visit the farms that interest you most. You can hop on a bike and visit just a farm or two in one geographic area. Or, if you're ambitious, you can organize a carpool with the goal of visiting as many farms as possible in one day. It's up to you. One thing stays



Meet Florence and Dave Minar of Cedar Summit Dairy on Saturday, July 30th during our Eat Local Farm Tour.

the same, though. No matter where you go, our farmers are ready to welcome you, their co-op's member!

In advance of the tour, Linden Hills Co-op will provide detailed guidebooks complete with maps, farm hours, and tour activities. The guidebooks will suggest tour routes for fun, easy day trips, each within specific geographic regions. You'll be able to pick these guidebooks up in the store by July 1st. In the mean time, start planning your trip early by visiting www.lindenhills.coop for tour information.

Counting Our Chickens

Please be aware that farm life can change in an instant due to weather or unforeseen circumstances. That said, we're pretty sure these chickens will hatch! As of press time, the following farms have committed to participating in the Eat Local Farm Tour. Stay tuned for details.

- **North Loop:** Eichten's Hidden Acres in Center City, Bison & Cheese; Big River Farm in Marine on St. Croix, Organic Vegetables; The Women's Environmental Institute in North Branch, Organic Vegetables
- **Southeast Loop:** Ferndale Market in Cannon Falls, Free Range Turkeys; Thousand Hills Cattle Company in Cannon Falls, Grass-fed Beef; Shepherd's Way in Nerstand, Award-Winning Cheese; Gardens of Eagan in Farmington, Organic Vegetables
- **Southwest Loop:** Cedar Summit in New Prague, Organic Dairy; East Henderson Farm in Henderson, Organic Vegetables; Living Land Farm in St. Peter, Organic Vegetables
- **Northwest (Bike) Loop:** Riverbend Farm in Delano, Organic Vegetables

The Eat Local Farm Tour is sponsored by the following co-ops: Eastside, Lakewinds, Mississippi Market, River Market, Seward, St. Peter, Valley Natural Foods, The Wedge, and, of course, Linden Hills Co-op.

Raingarden Project for Linden Hills Landowners

The LHINC Environment Committee is partnering with Metro Blooms and the Minnehaha Creek Watershed District to make the Linden Hills community a "neighborhood of raingardens" by offering 50 property owners a 50% discount on an onsite consultation and raingarden design. The LHINC Environment Committee will subsidize the remainder of the cost. Up to 30 of these property owners will be selected to receive a free raingarden excavation and stormwater management plan.

A raingarden is a garden with depressions, designed to catch and filter rainwater

runoff. It is filled with plants that tolerate occasional flooding and drought conditions. They slow runoff, help prevent erosion and remove pollutants in the process. They also provide beautiful landscaping and habitat for birds and butterflies.

If you want to be eligible for a discounted onsite consultation/raingarden design, you must attend, or have attended, a raingarden workshop. Metro Blooms is offering 12 raingarden workshops in Minneapolis and surrounding communities through mid-June. There is a \$10-\$15 fee for the workshop.

Conducted by a landscape designer, the consultation will help you identify stormwater conditions on your property, take measurements, recommend good stormwater

management practices, determine the site and size of your raingarden, and suggest plants.

Up to 30 of the homeowners receiving consultations will also receive a free rain garden excavation next summer (summer 2012) and stormwater management plan. Selection will be based on the extent of the stormwater benefit and visibility.

For more information, to register for a workshop, or to sign up to participate, visit www.metroblooms.org or call 651-699-2426. If you have any other questions, contact Sharon Kennedy at 612-308-9022 or lindenhillswater@gmail.com.

EYI Co-op Shoppers

How'd We Do?

Thank you to everyone who donated food or cash during our March Minnesota Foodshare Drive. Together with 10 other co-ops, we raised 87,108 dollars/lbs of food. Especially in a time of great need, the Twin Cities' Food Co-ops are proud to maintain our spot as the third most successful corporate campaign in the entire state of Minnesota for the second year in a row. We'd especially like to welcome the seventy-nine new members who joined the co-op in March. In their honor, and in addition to our members' generous donations, we've donated \$790 to Joyce Food Emergency Network.

Board Applications Due July 15

Each year we elect a board of directors to represent the membership and oversee the co-op's strategic policies. Board applications are due by 9pm on July 15th. If you're interested in applying, or even just a little curious, our board would love to talk with you. This year, there are three board seats open, each for a full three-year term. Pick up an application packet at our customer service desk or online at <http://www.lindenhills.coop/membership/board>. Questions? Attend the board's informational session on June 6 (see page 4 for details). Contact the board at board@lindenhills.coop or 612-279-2451.

Nominate a 'Green Group'

Linden Hills Co-op is seeking nominations for recipients of our 2011 Green Patch donations. The Green Patch program encourages shoppers to reduce waste and reuse canvas, cloth or other durable shopping bags—and supports two "green groups" chosen by member vote. Every time you use your own cloth or canvas grocery bag, you receive a Green Patch worth five cents, which can be donated to this program. Each year, the co-op is able to give \$2000 to \$3000 to a pair of environmental nonprofits chosen by our member-owners.

Eligible groups must be committed to preserving and enhancing our environment through sustainable programs and environmental education and activism. Only Minnesota-based nonprofit organizations will be considered. Nomination forms are available at the customer service desk, or on the website at www.lindenhills.coop/community/donations, and are due at the co-op by August 15, 2011. All member-owners will have the opportunity to vote for their two favorite groups as part of the fall co-op election (along with voting for candidates for the board), and results will be announced at the October annual meeting.



Board of Directors 2010-2011

Margo Brownell
Christina Cassano
L. Peter Erickson, Vice President
Albert Kolman-Stich, Secretary
Timothy Olken-Hunt
Kimberly Proffitt, President
Brian Shields
Rhea Sullivan
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: board@lindenhills.coop or 612-922-1159. You may also email the board at board@lindenhills.coop.

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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

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Linden Hills Co-op's web site is at www.lindenhills.coop. Visit us on Facebook, too!

Linden Hills Co-op is a proud member of the National Cooperative Grocers Association.



BOARD REPORT

Competitive Philosophy Explored

BY CHRISTINA CASSANO, BOARD MEMBER

We love certain products and we've found similar products cheaper at a chain grocery store, so with a slight twinge of guilt, maybe we buy there instead. When a product is more expensive at the co-op, how do we justify spending that extra bit of money? Should we? These days, big box stores can afford to carry products offered by co-ops, often at the same or lower price.

Food co-ops started in the 1970s, when consumers seeking hard-to-find healthy food united to acquire products that mainstream grocers did not provide. Members cut out the middleman, bought in bulk, and profit was not a concern. The landscape of what a food co-op is has changed. Today, simply to survive, food co-ops must remain competitive.

Grocery stores are one of the most intensely competitive businesses, and in the natural food sector, competition has increased dramatically. Consumers today demand more choices and fair prices. What constitutes "fair price" is troublesome to grocery retailers since world food prices are drastically increasing each year. Fuel costs, commodity pricing, energy costs (next time you are in the co-op consider that your average home refrigerator uses 1,000 watts of electricity), and global climate change all affect food pricing. So how does the co-op remain price competitive, thrive and maintain its mission?

- Provide & promote healthful choices for its members & shoppers
- Provide, use, & promote earth-friendly, sustainable products
- Encourage activism on sustainability, health & nutrition-related issues
- Build community within Linden Hills & neighboring communities

Your co-op works hard to fulfill its mission to provide healthful choices: organic, fair trade, locally grown, small farms, non-GMO, hormone free, antibiotic free, non-toxic, recycled, and the list goes on.



Christina Cassano

We offer discounts on over 100 products each month. To receive our weekly specials newsletter, send an email to allie@lindenhills.coop with "Weekly Specials" in the subject line.

Careful selection of products can be lost in big box stores and it's comforting to know our co-op selects products thoughtfully.

Community involvement is another way the co-op competes. April 23 was the Seed Swap—how cool is that? Not many chain stores offer these types of events. The co-op sponsors the zero-waste program at the Linden Hills Festival. The co-op supports "green" groups through the Green Patch Program. It helps fund the Midwest Food Connection. These are just a few of the many ways our co-op gives back.

Giving back to our community can also be viewed as being "competitive," except I don't know of many retailers that make it a large part of their mission.

In 2008 I closed a small organic food market in New York. I lost customers because I could not offer the lower prices offered by the bigger stores moving into the neighborhood. I was considered "expensive." I paid livable wages, supported local farms, promoted organic and fair trade. My mission was the same as any co-op, and although necessary as I sadly found out, profit was not my driving

force. I hoped that even though I could not always offer lower prices, my personal connection to customers would prevail. In some ways it did. I created lifelong friendships, became a stronger person and was proud that, in the six years I was open, I helped people create sustainable lives beyond my store.

Food co-ops play a huge role in enriching the community. They are the driving force in changing our food system, which is in desperate need of reform. Maybe one of a co-op's most important roles in addition to "price competition" is to raise awareness and keep food system reform alive. Competition can take many forms and winning in one particular race is not always necessary to reach our goal.

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MEMBER SPOTLIGHT

Karen Shragg, Naturalist & Author

BY KATHY GERHARDT

Sometimes it's truly amazing how many hats one person can wear in their daily life. Karen Shragg is a perfect example. For 20 years she has worked at Wood Lake Nature Center in Richfield and when asked about her title, she rattled off quite a list.

I'm the manager, director, naturalist, fundraiser, development director, janitor, hirer of naturalists, trainer of interns, and trainer of volunteers," she says before taking a breath. "Officially [I'm the] manager, but I do whatever needs to be done and I do it willingly. I have such a passion for what community-based nature centers can do for communities."

One could also add environmental educator, author, speaker, and consultant to describe what she does. Shragg compared her various roles to a tapestry—it is all interwoven and wouldn't be a complete picture if one thread were pulled out.

If she weren't so modest, she would be known to more people as Dr. Shragg. She laughed that off by saying she is the seventh doctor in her family, but the one who doesn't deal with blood. After receiving her elementary education degree and teaching for a time, Shragg went back to school to get a Master's in Outdoor Education and Recreation. Never one to sit still, she went back to college for a third time.

"I got a Doctorate from St. Thomas in Critical Pedagogy—which is critical thinking and my dissertation was "The Future Relevancy of Community-Based Nature Centers Facing a Changing Society."

It is very easy to see how all of this plays into her work at Wood Lake.

"The mission is to give people of all ages and all walks of life opportunities to connect with nature. You don't have those opportunities in a city very often. The connection can be emotional, educational, ecological, or social. [It's important] because people don't preserve what they don't

connect to."

One of the challenges for Wood Lake, as Shragg sees it isn't "changing with the times" but rather trying to preserve the natural habitat.

"You feel like the little Dutch boy with his finger in the dam saying 'Not here. Don't grow here.' Let's not have pollution here and not have over-crowdedness here," she said. "We want to have this little oasis for people to go walk three miles of trails and have 150 acres to be in the natural world. Keeping it as natural as we can is a challenge in an ever-changing urbanized world."

Wood Lake is located in Richfield and includes a bottomland hardwood forest of Cottonwood, Boxelder and Silver Maple trees along with prairie, marshland, 30 varieties of mammals and nearly 250 different types of birds throughout the year. It is also free to the public.

Shragg's role as an environmental educator goes well beyond the center. She is a published author of children's books such as "Solstice Tree for Jenny," and "Nature's Yucky: Gross Stuff That Helps Nature Work," along with guide books such as "Plantworks" and "Start Mushrooming" to name just a few.

She shared some very touching memories when speaking about her book "Lucy's Hero—Remembering Paul Wellstone."

"I wanted people to know Paul Wellstone, so I wrote this book," she explained after pulling out a picture of herself and the late Senator which she carries with her. "The vehicle was inventing a little girl named Lucy. The message in this book is that you need to fight for the people who need fighting for... when I wrote it, I wanted to empower [people], especially young girls. Shaping leaders is one of my missions. We need more, desperately, to say the truth and not hide from it."

Perhaps that's why Shragg is also passionately involved with the issue of over-population.

"I'm on the advisory board for World



Karen Shragg

Population Balance. I spend a good deal of time giving advice to their founder as far as strategizing. I'm going to Washington D.C. this year to meet with world population experts and I'm very excited about that," stated Shragg. "I speak on the issue all over the country. When you are pushing seven billion [people on the planet], our pollution and our demand on electricity and all of the earth's limited resources, we are past what the earth can handle. That's not a message anyone wants to hear. But just because people don't want to hear it doesn't make it any less true. It is the hardest thing I have ever worked on and the most important.

But if you think those are the only hats she wears, there's still more. She kayaks, cross-country skis, scuba dives and is passionate about birdwatching. She even certifies golf courses for the Audubon International Cooperative Stewardship Program. She loves to garden and secretly dreams of hijacking a Bachmann's truck. But likely you'll only see her in the news for her books, her work at Wood Lake and for helping to address the world's population issues.

Editor's Note: Don't miss Karen's class "Wonderfully Wild Greens for Dinner" on Tuesday, June 14th. See page 4 for details.

When it Comes to Wellness, We've Got Your Back!

Summer's here and it's time to stock up on personal care products—moisturizers, sunscreens, lip balm and the like from our Wellness Department. Savvy shoppers expect the products they put on their bodies to be just as healthy for them as the products they put in their bodies. But while the USDA has regulated the term "organic" in food products for some time, it has been less stringent when it comes to personal care products. Here's where it gets confusing. The USDA has claimed responsibility for regulating organic claims on personal care products; however, it has also concluded that it has no authority over the production and labeling of non-agricultural ingredients. We thought you'd like to know what your co-op's doing about it.

But first, here's a little more back story.

Over time, the resulting regulatory black hole led to a number of natural personal care products that used the term "organic" in their brand name or product name—without proper regulation of these claims. In the absence of strong regulatory reinforcement from the USDA, the American National Standards Institute developed an organic labeling standard for personal care products known as NSF/ANSI 305. The NSF/ANSI 305 label is currently the only nationally-recognized, third party certification program for personal care products. Unfortunately, not all personal care companies claiming "organic" on their label chose to become certified by either the USDA or NSF/ANSI 305 standards. And that doesn't seem right, does it? So, when it comes to slathering on that sunscreen, we thought you'd like know that your co-op's got your back!

Linden Hills Co-op, along with 110 other

co-ops nationwide, is a member of The National Cooperative Grocers Association. On behalf of its members, NCGA monitors and protects organic integrity in the regulatory and legislative arenas.

When it became clear that the USDA's regulation of personal care products would remain insufficient, NCGA began pressuring personal care vendors directly. NCGA issued an ultimatum: any brand that continued to use "organic" in its brand name, product name, or label, but which would not be compliant with USDA or NSF/ANSI 305 organic standards as of June 2011 would not be promoted by NCGA.



We'd like to welcome Emily Kaster, our new Wellness Department manager. As a longtime staffer, Emily is well-known and sought-after for her genuine, knowledgeable and personalized service. She is a terrific resource for all things wellness. Hive five, Emily!

We're happy to report that all major personal care brands responded positively to NCGA's pressure and are now either compliant with organic standards or are no longer using the term "organic" on their label. We will continue to monitor this issue. In the meantime, if you'd like more information about your personal care products, visit the Environmental Working Group's "Skin Deep" cosmetic safety database at www.cosmeticdatabase.com.

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June Specials

FOR MORE SPECIALS visit www.lindenhills.coop. Or, to receive our weekly specials newsletter, send an email to allie@lindenhills.coop with "Specials" in the subject line.

Member Specials

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64 ounces, nonmembers \$4.39

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MEMBERS \$1.99
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GARDEIN

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MEMBERS \$3.79
9 ounces, nonmembers \$4.79

UDI'S

Gluten Free Muffins

MEMBERS \$4.99
12 ounces, nonmembers \$6.29

PROBAR

Vegan Whole Food Bars

MEMBERS \$1.99
3 ounces, nonmembers \$3.59

TANKA LOCAL

Buffalo & Cranberry Energy Bites

MEMBERS \$4.99
3 ounce, nonmembers \$6.89

MADHAVA

Agave Nectar

MEMBERS \$2.99
11.75 ounces, nonmembers \$4.29

NEWMAN'S OWN

Organic Chocolate Cups

MEMBERS \$1.19
1.2 ounces, nonmembers \$1.59

NATURE'S FACTOR

Organic Coconut Water

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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 at Linden Hills Co-op 6/1, 2011 through 6/30, 2011

LINDEN HILLS CO-OP

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 at Linden Hills Co-op 7/1, 2011 through 7/31, 2011

R Register for co-op classes in person at the Customer Service Desk or by phone (612-922-1159). **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. Please note that our classes are not intended to replace your relationship with your primary physician. We care about your health! When in doubt, please consult your regular physician for diagnosis or treatment.

Thursday, June 2, 6:30 – 7:30 p.m.

Cooking at the Cabin

>>**CLASS**>> Mary Jo Rasmussen & Kelly Smeltzer. Please pre-register; \$25/\$23 members. Time at the cabin is about enjoying the simple pleasures of summer, and that includes easy but delicious meals that use fresh ingredients. Learn to make recipes that'll have you eating well without spending all of your vacation in the kitchen.

Monday, June 6, 7 – 8:30 p.m.

Board Candidate Informational Session

>>**CO-OP INVOLVEMENT**>> Members of your co-op's Board of Directors will be available to answer your questions about the board application process—and share the inside scoop on what it's like to serve as a board member. Please RSVP to board@linden hills.coop or call 612-279-2451 by Saturday, June 4th. Don't worry if you can't make it to this informational session; you may contact the board at anytime with your questions.

Tuesday, June 7, 7:00 – 8:15 p.m.

Natural Care for Pets

>>**CLASS**>> Desiree Brazelton. Please pre-register; \$10/\$8 members. Learn how to address your pet's allergies, anxiety, infections, arthritis, intestinal distress, and even boost your pet's immune system, all with natural homeopathic remedies. Desiree Brazelton is founder of Spark Clinic (for pets & people!), the only holistic walk-in clinic in the US.

Thursday, June 9 4-6 pm

“Bike Walk to Work Week” Happy Hour!

>>**CO-OP EVENT**>> The Twin Cities Bike Walk Week takes place from June 4 – 12 this year. Visit www.bikewalkweek.org to learn how you can save money and the environment by using alternative transportation. Want to be rewarded for your efforts? Bike, bus or walk to the co-op on Thursday, June 9th and join us for an after work happy hour. Enjoy light refreshments and enter to win a \$50 co-op gift card!

Thursday, June 9, 6:30 – 8:00 p.m.

The Sugar Blues

>>**CLASS**>> Claudine Arndt. Please pre-register; \$15/\$13 members. Together with holistic health coach Claudine Arndt, you'll learn tips for reducing your overall sugar intake, as well as safe alternatives to help satisfy your sweet tooth. Claudine is a graduate of the Institute for Integrative Nutrition and is the owner of Wellness with Claudine, LLC. Let's lick this sugar habit together!

Tuesday, June 14, 6:30 – 8:00 p.m.

Wonderfully Wild Greens for Dinner

>>**CLASS**>> Dr. Karen Shragg. Please pre-register; \$15/\$13 members. Wild foods are all around us. Full of nutrition and flavor, these plants are often unwanted and free for the taking. Join Dr. Karen Shragg, author and naturalist of Richfield's Wood Lake Nature Center, to learn how to identify and transform wild plants into wonderfully tasty dinners.

Thursday, June 16, 6:30 – 8:00 p.m.

Thyroid: The Hidden Epidemic

>>**CLASS**>> Kevin Connors, DC. Please pre-register; \$5/\$3 members. Dr. Connors, author of the book *Help, My Body is Killing Me: A New Hope for Treating Autoimmune Disorders*, offers a fresh look at the cause of autoimmune disease with a focus on the thyroid.

EVENTS

June – July

Thursday, June 16, 6:30 – 9 p.m.

Linden Hills Live

>>**COMMUNITY EVENT**>> Enjoy an evening of food, live music and conversation with your neighbors. This event takes place at 43rd St and Upton Ave, behind Zumbro's restaurant. Join us Thursday, July 21st, too—same time, same place.

Tuesday, June 21, 6:30 – 8:30 p.m.

Nuts for Granola

>>**CLASS**>> David S. Cargo. Please pre-register; \$22/\$20 members. Let experienced baker David S. Cargo inspire you to make granola with your favorite ingredients for a fraction of the cost of gourmet granola. Learn how to use your homemade granola as an ingredient in other recipes, too.

Wednesday, June 22, Time TBA

Monthly Board Meeting

>>**CO-OP INVOLVEMENT**>> Board meetings are held the third Wednesday of each month and any co-op member is welcome to attend. Usually, a light meal is served. If you plan to attend, please let us know 2-3 days in advance. Call 612-279-2450 or email board@linden hills.coop to reserve your seat (and plate!).

Thursday, June 23, 7:00 – 8:00 p.m.

Health Reform Begins in the Kitchen

>>**CLASS**>> Michael Larsen. Please pre-register; \$5/\$3 members. How do the costs of eating healthy compare to the costs of medical care? Michael Larsen, co-founder of CocoKefir™ discusses his family's personal story of recovery from autism through diet and digestive health. He will also explore the link between the modern American diet and childhood epidemics such as allergies, asthma and obesity. Michael believes that true healthcare reform takes place not on Capitol Hill, but at the family dinner table.

Tuesday, June 28, 6:30 – 8:30 p.m.

Introduction to the Paleo Diet

>>**CLASS**>> Emily Noble. Please pre-register; \$25/\$23 members. Some researchers have suggested that a return to a hunter-gatherer diet promotes weight loss and optimal health. Emily will share the principles and the components of the paleo diet, as well as demonstrate a few simple recipes. Emily is a chef in pursuit of her PhD in nutrition from UMN.

Monday, July 4

Independence Day

>>**HOLIDAY HOURS**>> Linden Hills Co-op will close early tonight at 6 p.m. Happy picnicking!

Thursday, July 7, 6:30 – 7:45 p.m.

Tai Chi Easy

>>**CLASS**>> Jean Jentz, Physical Therapist and Health Coach. Please pre-register; \$10/\$8 members. This Chinese-style yoga combines gentle movements with breath work, self-applied massage, and mindful visualization. Tai Chi is accessible to most fitness levels, including those suffering from arthritis. No special clothing or equipment needed.

Tuesday, July 12, 6:30 – 8:00 p.m.

Raw Summer Soups and Young Coconut 101

>>**CLASS**>> Alexandra Glad. Please pre-register; \$19/ \$17 members. Mmm... pineapple gazpacho! Learn to make this and other summer soups with raw foods chef Alexandra Glad of Ecolopolitan Restaurant. She'll also discuss the health benefits of young coconuts and show you how to use (and

open!) this versatile ingredient.

Thursday, July 14, 6:00 – 8:30 p.m. **Home Vermiculture: Indoor Composting for Cold Climates and Tight Spaces**

>>**CLASS**>> Jonathan Beutler. Please pre-register; \$50/\$45 members. Vermiculture, or worm composting, allows you to compost year round! Discover the basics of earthworm biology—and how to put it to work for you—with urban homesteader Jonathan Beutler. You'll even take home your very own worm farm. Materials and starter worms provided.

Friday, July 15, 9 p.m.

Board of Directors Application Deadline

>>**CO-OP INVOLVEMENT**>> Board of Director applications are due today. Application packets are available at our customer service desk and online at <http://www.linden hills.coop/membership/board>.

Sunday, July 17, 10:00 – 11:30 a.m.

Vegan Options Explored

>>**STORE TOUR**>> Dallas Rising, Ethique Nouveau. Please pre-register; \$2. This tour is for committed vegans, aspirational vegans or anyone who lives and eats with a vegan. Fifteen-year vegan veteran Dallas Rising will lead you on a detailed tour of the co-op and show you how to view the shelves through a vegan lens. You'll learn simple tips for reading labels, discover products you overlooked in the past, and have your questions about veganism answered.

Tuesday, July 19, 6:30 – 8:30 p.m.

How to Shop Co-op

>>**CLASS**>> Maia Campbell, LHC Membership & Community Outreach Coordinator. Please pre-register; FREE. You're invited to take an insider's look at how to shop the aisles of Linden Hills Co-op. Find out why your food choices matter, including the top ten reasons to choose organic food. Learn the mysteries of buying in bulk—and discover the environmental and economic benefits. Taste our local produce—and hear about the co-op's longstanding relationships with local farmers. We'll even share strategies for making the most of your food dollar while enjoying high quality local, organic and fairly traded food.

Wednesday, July 20, Time TBA

Monthly Board Meeting

>>**CO-OP INVOLVEMENT**>> Board meetings are held the third Wednesday of each month and any co-op member is welcome to attend. Usually, a light meal is served. If you plan to attend, please let us know 2-3 days in advance. Call 612-279-2450 or email board@linden hills.coop to reserve your seat (and plate!).

Thursday, July 21, 6:30-8:00 p.m.

Basic Bike Maintenance

>>**CLASS**>> Pete Hamer. Please pre-register; \$25/\$23 members. Pete Hamer of Freewheel Bike will teach you how to patch a popped tube, clean and lube your chain, determine the proper height of your saddle and how to assess the condition of your bike. Pete has been professionally fixing bikes for fifteen years and is knowledgeable about many kinds of bicycles from road to recumbent.

Tuesday, July 26, 6:30 – 8:00 p.m.

Gluten Free Grains

>>**CLASS**>> Chanda Knoof. Please pre-register; \$20/\$18 members. Chanda, gluten free baker and owner of local boutique Vintage Farmer, will take you on a virtual tour of gluten free grains. Discover how these grains taste, how they work in baking mixes and their nutritional value.

Thursday, July 28, 6:30 – 8:00 p.m.

All About Kimchi

>>**CLASS**>> Mary Jo Rasmussen & Kelly Smeltzer. Please pre-register; \$20/\$18 members. The co-founders of Urban Relish are back to unlock the mysteries of this famous fermented dish! They will turn up the spice and show you how to make, cook with, and enjoy this Korean staple. You'll learn how to make three different types of kimchi: the ever-popular cabbage variety, a stuffed cucumber variation, and a milder radish version called muul (aka water kimchi). Then, we'll use it as an ingredient in kimchi fried rice and in the spicy, stewy goodness that is kimchi jigae!

Wednesday, July 27, 6:30 – 8:30 p.m.

Linden Hills Co-op Book Club

>>**BOOK CLUB**>> Please pre-register; FREE. Together with Simple, Good & Tasty, we invite you to the very first Linden Hills Co-op Book Club! We will be reading *Hungry Planet: What the World Eats*. Author-journalist Faith D'Aluisio teams up with photographer Peter Menzel to take readers on a picture tour of what 30 families from 24 countries eat in a week. In addition to the extraordinary photographs, this book presents some thought provoking questions regarding globalization and contemporary food habits. Whether you read the text or just look at the pictures, this book is sure to provide a lively discussion. Questions? Contact Maia at 612-279-2449 or maia@linden hills.coop.

Saturday, July 30

The Eat Local Farm Tour

>>**CO-OP EVENT**>> Enjoy a day on the farm, courtesy of your co-op! FREE; self-guided tours. Look for guidebooks in store in late June; see Page 1 or visit www.themix.coop for details.



**LINDEN HILLS
CO-OP**

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