

Rollin' Oats Journal

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

Growing Concern A Primer on GMOs

BY RACHEL YOUNGBERG

With good reason, there's been quite a commotion surrounding the United States Department of Agriculture's (USDA) decision to deregulate genetically engineered (GE) alfalfa* this past January. Over the past few months, resistance to the decision has shown the true strength and character of organic devotees across the country. For those of you who are unfamiliar with this topic, let's get everyone up to speed.

Genetically modified organisms (GMOs) first came to the dinner table in the 1990s. They quickly became popular among conventional agribusiness with the help of multinational agricultural biotechnology corporations like Monsanto. Over the last 20 years, Monsanto has been pushing the USDA to approve GMOs, especially Monsanto seeds modified to withstand Roundup Ready®, Monsanto's brand name, broad-spectrum herbicide.

In 1969, the National Environmental Policy Act required federal government agencies to consider the effects that any "major actions" may have on the "human environment." Agencies are required to prepare an Environmental Impact Statement (EIS) detailing the effects of any major policy decision.

On December 16, 2010 the USDA released its Final EIS for Monsanto's GE alfalfa. The EIS addressed three options for GE alfalfa: fully regulate it, fully deregulate it, or conditionally deregulate it. USDA Secretary Tom Vilsack was in favor of discussions for conditional deregulation based on geographic restrictions and minimum crop separation. However, the USDA decided to fully deregulate GE alfalfa on Jan. 14, against Vilsack's recommendations. The USDA's decision also violated the wishes of organic producers and retailers, including Whole Grain Milling Company, Organic Valley Cooperative and the National Cooperative Grocers Association.

Organic Farmers Need Your Support

Lin and Doug Hilgendorf, owners of Whole Grain Milling in Welcome, Minn., use a locally raised, organic, non-GMO variety of corn. They sell a number of their products at Linden Hills Co-op, including pancakes mixes, tortilla chips and bulk items. Doug thinks the USDA's decision is just furthering the trend of genetically modified foods.

According to Doug, this deregulation is a "disaster for organic farmers." That's because insect and wind pollination is not controllable, allowing genetically modified pollen to enter an organic farmer's field. Without a quick reversal of USDA's decision, in time, even certified organic crops may become contaminated with genetically modified material. Even worse, the agribusiness companies that produce GMOs legally control the rights to their proprietary GE crops. This means that organic farmers found to be—inadvertently and against their wishes—growing genetically modified crops can be sued by the legal owner of the GE crop.

The National Cooperative Grocers Association (NCGA, a services co-op of which your co-op is a member) is urging consumers to continue their support of organic farmers. Compared to conventional agribusiness, the organic sector represents a very small portion of the food industry. However, organic consumers are beginning to gain clout. Nearly 200,000 people submitted comments to the USDA critical of its EIS. Organic consumers can make a bigger impact on Washington by increasing our market power. In a letter this January, CEO and founding farmer at Organic Valley, George L. Siemon said, "We are counting on our consumers to vote with their dollars and show the USDA that the future of agriculture in America is more than GMO food. Consumers deserve to have a say in the food they consume."

Further Resources

Linden Hills Co-op opposes the proliferation and deregulation of GMOs. NCGA is active on the regulatory front and legislative level, working to preserve consumer safety generally and the integrity of



Lin and Doug Hilgendorf of Whole Grain Milling in Welcome, Minn., use a locally grown, certified organic, non-GMO variety of corn.

organics specifically. Visit www.strongertogether.coop for regular updates and links to political action. To sign the Organic Trade Association's petition to the White House, go to <http://ota.capwiz.com/ota/issues/alertid=24747501>.

The Center for Food Safety monitors policies established by the three primary federal agencies involved with regulating the nation's food supply: FDA, USDA and EPA. The Center for Food Safety will be suing on the USDA's decision to deregulate GE alfalfa. Visit www.centerforfoodsafety.org to contribute to the legal effort.

The Non-GMO Project offers North America's only third party verification and labeling for non-GMO products. The following brands are enrolled in the Non-GMO Project's Product Verification Program. One or more of their products has been produced according to rigorous best practices for GMO avoidance, including testing of risk ingredients. Please visit www.nongmoproject.org for details.

- | | | |
|---------------------|-----------------------|------------------|
| Bragg Liquid Aminos | Coconut Bliss | San-J |
| Eden | Lundberg Family Farm | Seven Stars Farm |
| Endangered Species | Mary's Gone Crackers | Silk |
| Chocolate | Native Forest | So Delicious |
| Envirokidz Organic | Natural Sea | Sunshine Burgers |
| Garden of Eatin' | Nature's Path Organic | Westsoy |
| Field Day | New Chapter | Wholesome |
| Green Mountain | Nutiva | Sweeteners |
| Gringo | Organic Valley | Whole Soy & Co |
| HappyBaby | Pacific Natural Foods | |
| Lotus Foods | | |

Please note that this is not an exclusive list. Many other companies are enrolled in the Non-GMO Project and are in the process of being verified. At least for now, GMOs are limited to a few major crops including alfalfa, soy, cottonseed, corn, canola and sugar beets. Because conventional, processed foods are most likely to contain these ingredients, if you're looking to avoid GMOs, certified organic, unprocessed foods are your best bet.

* While alfalfa is not a popularly recognized pantry staple, alfalfa is a mainstay food for dairy cows, beef cattle and honeybees. Organic seed purity must be maintained for organic and conventional farmers wanting to farm without GE technology. While USDA's decision is specific to GE alfalfa, it sets a precedent for how or whether other genetically engineered food will be regulated far into the future.

EYI Co-op Shoppers

Local Food Resource Hubs

As part of its effort to create local food resource hubs, Homegrown Minneapolis has partnered with Gardening Matters to offer low cost gardening workshops. Topics include growing, preserving, cooking, composting and even selling food grown in the city. Workshops are open to Minneapolis residents only.

Each workshop costs \$5 and pre-registration is required. Visit www.gardeningmatters.org/ hubs to view current class descriptions. You may also contact Gardening Matters at 612-821-2358 or at info@gardeningmatters.org.



Drop Your Used Books to Benefit the Library

Linden Hills Co-op is accepting used books for the Friends of Linden Hills Library Used Book Sale, which will be held on Sunday May 15 as part of the Linden Hills Festival.

All proceeds from the Friends Used Book Sale will benefit the collection and programs of Linden Hills Library.



Co-op Deals Coupon Book Brings Spring Savings

The spring Co-op Deals coupon book arrives April 1st and it's chock full of coupons valid through May 31st. This edition features savings on Organic Valley, Lundberg Family Farms, Nature's Path Organics and many more.

These deals are available exclusively at your co-op. Consider the coupon book a special "thank you" for shopping at our community-owned grocery store. Your continued support makes our co-op more than just another grocery store. Your investment, patronage and input help us better serve you, support our local economy and align with likeminded organizations nationwide to help protect the integrity of organics. We appreciate you!



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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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Rollin' Oats Journal is the bimonthly newsletter of Linden Hills Co-op 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 Allie Mentzer at 612-279-2450 or email allie@lindenhills.coop. Letters to the Editor are welcome and may be sent to: 3815 Sunnyside Ave., 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. Visit us on Facebook, too!

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



BOARD REPORT

Earth Day: The Way We Were, and Will Be!

BY L. PETER ERICKSON

As the board contemplates what might be the strategic vision for LHC's future years, maybe we can draw inspiration from the coming Earth Day—looking back and looking forward.

On the first Earth Day, April 22, 1970, I was a student in Mr. Verzal's second year calculus class when he announced, to our great surprise, that he was not going to teach math that day. We were going to look at this Earth Day and consider what it meant. So we closed our notebooks and did this most unusual thing: we talked! I don't remember much of what we said that hour, except the conclusion: we all agreed it would take all of us together to solve the environmental problems we faced.

Earth Day was all new then. Conceived after the oil spills near Santa Barbara in 1969, it was founded by Senator Gaylord Nelson of Wisconsin as a teach-in to promote education and action about the degradation of our world. I think in those days this mostly was summed up in the word 'pollution.' The discharges of power plants and factories, unregulated disposal of harmful wastes, the widespread use of agents like DDT, smoggy skylines, and stagnant waters all formed our picture of a world under threat of murky contamination. While the country was strongly polarized about our actions in Vietnam at that time, I think there was much less divisiveness about what we had to do about our environment. Within the experiences of most people were places you could not swim, water you could not drink, and horizons you could not see through the daily brown haze. And the missing birds! I remember in my childhood wondering



L. Peter Erickson

The 2011 Board Elections are approaching quickly! We are specifically looking for candidates with financial or strategic planning backgrounds.

Please let us know if you would like to learn more by emailing board@lindenhills.coop or calling 612-279-2450.

what a hawk looked like. I had never seen one. Even the bald eagle, our national symbol, was endangered.

Of course, now over forty years after that first Earth Day, some things have improved. Water and air are cleaner. Many birds are back. We see hawks posted on the lamps all along our freeways, an image no one could have conceived of so many years ago. Eagles and loons often visit our urban lakes. And yet do we feel all the environmental problems are over? Not at all. If anything, we might feel they are worse than ever. So many more threats that we hardly thought about

before: overfishing of the oceans, ozone layer depletion, global warming, neurological and hormonal effects of pesticides, genetically modified organisms, and more. It is no time to stop caring for our world.

So, when we look at the future of our co-op, we will, of course, consider our mission, the healthy foods, the community we serve, and meeting our members' needs, but at its most basic level, we are really talking about this earth. To care for our health and survivability, we have to look at the larger visions:

- Sustaining our farmlands
- Keeping toxins out of our food
- Treating each other ethically
- Building our local economies
- Healing our planet in our own place

Join us in creating the vision of our future. Talk to your

board members, come to a meeting, see where you can help! We will be sharing and listening to the ideas and dreams of what our co-op might become.

**Eat Healthy
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Products that improve your indoor air and your family's health and comfort.

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Drop in or give us a call 952-767-0430

Mention this ad for \$50 dollars off any of our FDA medical grade air purifiers!

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MEMBER SPOTLIGHT

Paul Thompson, Climate Champion!

BY KATHY GERHARDT

It seems that every day is Earth Day for Paul Thompson. While he claims he is more drawn to potluck dinners, Frisbee tournaments and yoga, Thompson has been a tireless activist for decades.

Currently, much of his time is spent on environmental and climate issues for Cool Planet and 350.org.

The seeds were planted in the 1970s when, as a graduate of Gustavus Adolphus College, Thompson joined the Peace Corps and spent several years teaching in Borneo.

"I learned a lot more from them than they learned from me," he said of his students. But his education went far beyond the people and cultures he interacted with while overseas. He witnessed government oppression and religious intolerance. "For the first time I really saw the nastiness of politics... I saw the impact that governments and politics can have on people's lives."

When Thompson returned home, he took to heart the third goal of the Peace Corps which is to promote the understanding of people and cultures of other countries. He became involved with Save the Children, The Hunger Project and the Alliance for Sustainable Agriculture. These efforts were in addition his second grade teaching jobs in New Richmond, Wis., and later within the Minneapolis Public School district.

"It wasn't about climate back then. It was about hunger and poverty and let's get to know our international neighbors and become global citizens," he explained. "From 1977 to 1990, I was teaching and an activist, going to schools, living on a shoe-string and going out and kind of awakening people."

In 1989, Thompson became the recipient of the prestigious Sargent Shriver Award for Distinguished Humanitarian Service. The award is given each year by the National Peace Corps Association to a Returned Peace Corp Volunteer (RPCV) "who continues to make a sustained and distinguished contribution to humanitarian causes at home or abroad, or is an innovative social

entrepreneur whose actions will bring about significant long-term change."

In 1990, Thompson's son, Christopher, was born. That is the only year, over the past 32 years, in which he hasn't skied in the American Birkebeiner cross country ski event. Each year, he has used that event as a fundraiser. The money raised today goes toward the organization he recently founded called Cool Planet. The mission of Cool Planet is to "inspire people to be fit, have fun and take action for a healthy and sustainable home, neighborhood and planet."

"Cool Planet is a neighborhood organization...we go into a school, a church, a community and we talk with people, find out what they are doing, and then we encourage them to do things that will help reshape their footprint," continued Thompson. "We do things to help them build community...and the third piece is to go beyond the ballot box. Vote, but get to know your congress people and actively work to create political will for a sustainable climate."

Thompson hopes to incorporate his work with 350.org into Cool Planet because, as he put it, "350 is really the symbol for much of the environmental movement." According to its website "350.org is an international campaign that's building a movement to unite the world around solutions to the climate crisis...our focus is on the number 350—as in parts per million CO2. If we can't get below that, scientists say, the damage we're already seeing from global warming will continue and accelerate."

For the second year in a row, Thompson was among the activists gathered for the UN Climate Conference. At the end of last year, the conference was held in Cancun, Mexico.

"I came to work every day with my 350 t-shirt and worked the booth [and] lobbied delegates," he said. "Mostly [I was] just connecting with people and thanking them for the support of 350 and building a movement."

So what was accomplished in Cancun among the world's countries on behalf



Paul Thompson

of global climate initiatives? Not much. According to Thompson, there was no treaty signed and no measurable, actionable items in writing. The silver lining he found was that "this year there was much more movement toward 'let's work together.' China and the U.S. made an agreement for full transparency and no secret meetings."

He's hopeful this year's meeting in Durban, South Africa, will produce an agreement that will "actually make a difference"—though he believes it may be 2012 before such an agreement would be signed.

In the meantime he emphatically stated, "We have to really start gathering the low hanging fruit which is energy efficiency and behavior change. The political will has to come. We can't change enough light bulbs any more. That's just not going to do it."

Thompson's tireless work with various environmental groups begs the question, "Does he ever rest?"

"Yes, every night," he said while smiling. "I'm retired."

Editor's Note: Don't miss Paul's class entitled "Climate Solutions: Who Me... A Climate Champion?" on Thursday, April 21. See page 4 for details.

SWEET! We Adopted a Maple Tree

Linden Hills Co-op is the now the proud adoptive parent of an Anderson Sugarbush Maple tree in Cumberland, Wisconsin. Find out how YOU can adopt a maple by visiting www.AndersonMapleSyrup.com.

You'll receive a letterpress-printed Certificate of Adoption, visitation rights (plus tree-hugging privileges) and, of course, maple syrup. Courtesy of a few dedicated middle-school science students, you'll even be able to view your tree on Google Maps.

Anderson's Maple Syrup, Inc., has been a family-run and organized business for over 80 years. The Anderson family is proud of its ecologically sustainable tradition and is committed to forest conservation and environmental stewardship.

Our adopted tree is 40 feet tall and produced approximately 37 gallons of sap this past March.

For every Adopt-A-Maple purchase, Anderson will make a donation to plant a tree in forests nationwide that have been damaged by wildfire—restoring critical wildlife habitat and helping to keep our air and water clean.

And those students who helped track the trees on Google Maps? They're even conducting experiments to determine how climate change is affecting our tree and the surrounding sugarbush.



Left to right: Alison, Steve, Norman and Janice Anderson. Norman was inducted into International Maple Syrup Hall of Fame last year.



Anderson's Cayenne & Rosemary Spiced Nuts

Serves 8 to 10

Vegetable oil
3 cups whole roasted unsalted cashews (14 oz.)
2 cups whole walnut halves (7 oz.)
2 cups whole pecan halves (7 oz.)
1/2 cup whole almonds (3 oz.)
1/3 cup Anderson's Maple Syrup
1/4 cup light brown sugar, lightly packed
3 tablespoons freshly squeezed orange juice
2 teaspoons ground cayenne powder
4 tablespoons minced fresh rosemary leaves, divided
Kosher salt

Preheat the oven to 350 degrees.

Brush a sheet pan generously with vegetable oil. Combine the cashews, walnuts, pecans, almonds, 2 tablespoons of vegetable oil, the maple syrup, brown sugar, orange juice, and chipotle powder on the sheet pan. Toss to coat the nuts evenly. Add 2 tablespoons of the rosemary and 2 teaspoons of salt and toss again.

Spread the nuts in one layer. Roast the nuts for 25 minutes, stirring twice with a large metal spatula, until the nuts are glazed and golden brown. Remove from the oven and sprinkle with 2 more teaspoons of salt and the remaining 2 tablespoons of rosemary.

Toss well and set aside at room temperature, stirring occasionally to prevent sticking as they cool. Taste for seasoning. Serve warm or cool completely and store in airtight containers at room temperature.

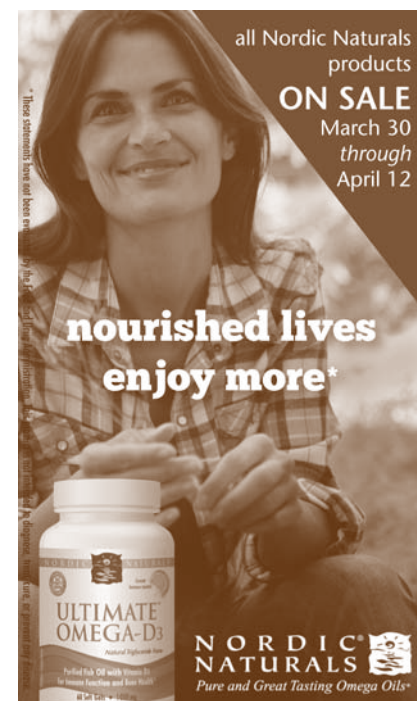
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April Specials

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

MOM'S BEST Cereal

MEMBERS \$2.79
16 - 24 oz., nonmembers \$3.99

MOM'S BEST Instant Hot Cereal

MEMBERS \$1.49
7.4 oz., nonmembers \$1.99

EARTH BALANCE Organic Soymilk

MEMBERS \$3.49
64 oz., nonmembers \$3.99

YVES Good Dog Meatless Hot Dogs

MEMBERS \$2.99
12 oz., nonmembers \$3.99

EMERALD COVE Wakame Sea Vegetable

MEMBERS \$3.29
1.76 oz., nonmembers \$4.29

EMERALD COVE Organic Sushi Nori

MEMBERS \$3.99
10 sheets, nonmembers \$4.99

FRONTERA Tortilla Chips

MEMBERS \$2.49
Nonmembers \$3.49

IMAGINE FOODS Organic Gravy

MEMBERS \$1.99
Nonmembers \$2.79

R.W. KNUDSEN Sparkling Juice

MEMBERS \$3.19
Nonmembers \$4.49

FOOD FOR LIFE Gluten Free Millet Bread

MEMBERS \$4.29
Nonmembers \$5.19

FOOD FOR LIFE Gluten Free Rice Almond Bread

MEMBERS \$4.79
Nonmembers \$5.69

FIELD ROAST Meatless Celebration Roast

MEMBERS \$5.99
Nonmembers \$7.59

AMY'S Organic Pizza & Nacho Snacks

MEMBERS \$3.49
Nonmembers \$4.29

ANNIE CHUN'S Mini Wontons

MEMBERS \$2.49
Nonmembers \$3.29

ANNIE CHUN'S Potstickers

MEMBERS \$2.99
Nonmembers \$3.69

FILLO FACTORY Organic Fillo Dough

MEMBERS \$3.19
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MEMBERS 25% OFF
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Natural Home

RSVP
Compost Pails
ALL 20% OFF

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THOUSAND HILLS CATTLE CO. LOCAL Grass-Fed Beef Sticks

SALE \$3.99
5 ounces, regularly \$4.99

OUR DELI'S Alpha Omega Salad

SALE \$8.99/lb
Regularly \$9.99/lb

OUR BAKERY'S Key Lime Pie by the Slice

SALE \$2.19/slice
Regularly \$2.49/slice

CRAVE BROS. CHEESE LOCAL Select Varieties

SAVE 50¢ Each

PASTURE PRIDE LOCAL Sharp Cheddar, Medium Cheddar or Provolone

SAVE \$1.50/lb

Bulk

Dark Chocolate Earthballs
SALE \$10.99/lb — Regularly \$13.49/lb

Yogurt-Covered Almonds

SALE \$8.99/lb — Regularly \$11.39/lb

Organic Regular Rolled Oats

SALE 79¢/lb — Regularly 89¢/lb

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ALL 20% OFF While supplies last; special orders are encouraged. Please place your special order by April 1.

SUKI SKIN CARE Facial Care Products

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HERB PHARM Liquid Herbal Extracts

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Member Coupon

USE ONE COUPON PER MEMBER HOUSEHOLD

10% DISCOUNT

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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 4/1, 2011 through 4/30, 2011

LINDEN HILLS CO-OP

Member Coupon

USE ONE COUPON PER MEMBER HOUSEHOLD

10% DISCOUNT

Date used _____

Cashier's initials _____

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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 5/1, 2011 through 5/31, 2011

Register for co-op classes in person at the Customer Service Desk 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.lindenhills.coop, for updates and current news!

EVENTS

April-May

Saturday, April 2, 11:00 – 2:00 p.m.

Dr. Hauschka Skin Care

>> **DEMO** >> Dr. Hauschka products are 20% off in April, while supplies last. We encourage special orders to ensure we have precisely the products and quantities you desire. To receive the sale price, place your special order by April 1st. Not sure which Dr. Hauschka products are right for you? Sign up in our wellness department for a free consultation with a Dr. Hauschka aesthetician on April 2.

Tuesday, April 5, 6:30 – 8:30 p.m.

Facial Care for Beautiful Skin

>> **CLASS** >> Anna Dvorak. Please pre-register; \$49/\$47 members. Awaken your skin for spring! This skincare class focuses on natural, gentle, pore-minimizing and wrinkle-reducing facial formulas. Anna will cover a multi-step skin care system that includes a Creamy Facial Cleanser, Facial Serum, Rose Face Lotion, Toner and a Clarifying Facial Mask.

Tuesday, April 5, Doors Open at 5 p.m.

“Food Stamped” Film Screening

>> **COMMUNITY EVENT** >> As part of its week-long film festival, The University of Minnesota School of Public Health will be screening “Food Stamped” tonight. The film follows Shira and Yoav Potash as they attempt to eat a well-balanced diet on food stamps. Visit www.sph.umn.edu/filmfest for location and event details.

Thursday, April 7, 6:30 – 8:30 p.m.

Muffins in Minutes

>> **CLASS** >> David S. Cargo. Please pre-register; \$15/\$13 members. Don't spend your hard-earned dollars on pre-made muffins when you can bake your own quickly, cheaply and more healthfully. A few easy techniques and a couple of simple tools will put a myriad of different muffin recipes at your fingertips (and in your oven!) in short order. David is a founding member of the St. Paul Bread Club.

Sunday, April 10, 10 – 11:30 a.m.

Vegan Options Explored

>> **STORE TOUR** >> Dallas Rising. Please pre-register; \$2. This tour is for committed vegans and aspirational vegans. It's also ideal for non-vegans who need to know what the vegan

in their life (child, partner or any loved one) will and won't eat. Fifteen-year vegan veteran Dallas Rising will lead you on a detailed tour of the co-op and show 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. Dallas is the manager at Minnesota's only vegan store, Ethique Nouveau, located at 317 West 48th Street in South Minneapolis.

Tuesday, April 12, 6:30 – 7:30 p.m.

Why Choose Organic?

>> **CLASS** >> Linda Halley. Please pre-register; \$10/\$8 members. Does “organic” really signify something superior or is this the original green-washing ploy? Seems like everywhere you look, the media wants to address the question, “Is Organic Worth It?” This class will give you the tools to find your own answer. Come spend a fun, illuminating and engaging evening with long time organic farmer, Linda Halley of Gardens of Eagan; leave knowing what certified organic means and why it matters.

Tuesday, April 19, 6:00 – 7:30 p.m.

Kids Care: Composting & Recycling Workshop

>> **CLASS** >> Joanna Toleno Bakken. Please pre-register; \$17/\$15 members. Joanna is a Master Recycler and a mother of three kids under six! With Joanna, you and your family will learn to have a great time while recycling, composting, reading labels and safely managing household supplies. Children are encouraged to attend this class, but must be accompanied by a parent. When you register yourself and your child, you'll receive a “family rate” of \$24/\$22 co-op members for this class.

Wednesday, April 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@lindenhills.coop to reserve your seat (and plate!).

Thursday, April 21, 6:30 – 8:00 p.m.

Climate Solutions: Who Me... A Climate Champion?

>> **CLASS** >> Paul Thompson. Please pre-register; FREE. Having recently returned from the UN Climate Conference in Cancun, Mexico, Paul will share his enthusiasm for positive political action. Discover your next steps in becoming a climate champion—and how to be happier and healthier in the process. Through visual media, slides and

group discussions, Paul will suggest opportunities for taking action, including creating political will for a sustainable climate.

Tuesday, April 26, 7:00 – 8:30 p.m.

Brew Your Own Kombucha

>> **CLASS** >> Bryan Deane Bertsch. Please pre-register; \$35/\$33 members. Learn how to 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 confidently add your own flavors. Take home a Mother SCOBY (you'll learn what it is!) and some starter tea to begin right away.

Thursday, April 28, 7:00 – 8:30 p.m.

Your Home: Inspired By Love & Beauty

>> **CLASS** >> Margaret Lulic. Please pre-register; \$17/\$15 members. Learn to see your home with a multifaceted lens and you'll find a new source of inspiration for recreating your world. This class will encourage you to explore how your home could contribute to personal growth and act as a lever for change. Margaret is a Consulting Philosopher, professional life coach and author of *Home: Inspired by Love and Beauty*.

Tuesday, May 3, 7:00 – 8:30 p.m.

The Homeopathic First Aid Kit

>> **CLASS** >> Jackie Krammer. Please pre-register; \$20/\$18 members. There are natural approaches one should consider when treating the sprains, stings, cuts, burns and bruises that accompany outdoor adventure. Jackie will offer remedies that every family should have in their first aid kit, how to use them safely and effectively, and when to consult a professional. Jackie has studied and practiced classical homeopathy since 1999.

Thursday, May 5, 7:00 – 8:30 p.m.

Dispel the Myths about Cholesterol

>> **CLASS** >> Dr. Rhys Preston. Please pre-register; \$20/\$18 members. This class will help you learn the difference between “good” and “bad” cholesterol. Dr. Preston will share 10 simple steps to raise your good cholesterol and lower your bad cholesterol, as well as how to decrease overall body fat.

Thursday, May 12, 6:30 – 8:00 p.m.

Spring Cleanse & Energize

>> **CLASS** >> Dr. Alison Levitt. Please pre-register; \$15/\$13 members. Learn how to gently cleanse your body and take home recipes to help shed that winter weight. Discover how certain foods can remove toxins and how herbs can support your body's naturally functioning systems. Dr. Levitt specializes in integrative medicine, where she blends aspects of nutrition, herbs, nutraceuticals, aromatherapy and spirituality into her practice of medicine.

Tuesday, May 17, 7:00 – 8:30 p.m.

Mindful Eating

>> **CLASS** >> Deanna Reiter. Please pre-register; \$15/\$13 members. When it comes to food, do you grab whatever's convenient rather than what your body really needs? Do you find emotional comfort in food? Do you think about food most of the day? It's time to listen to your body, satisfy your mind and find peace with food. Deanna is a personal trainer, breath-worker and Reiki practitioner. She'll examine your current relationship with food and help you release blocks to improved eating patterns. Food will be provided (just in case you wondered!) as part of a mindful eating exercise.

Wednesday, May 18, 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@lindenhills.coop to reserve your seat (and plate!).

Thursday, May 19, 6:30 – 8:00 p.m.

Childhood Nutrition

>> **CLASS** >> Dr. Matthew Hanson. Please pre-register; \$10/\$8 members. Dr. Matt will show you how to improve your child's nutrition using anthropological studies of the healthiest humans ever to exist! He'll discuss how to apply principals of healthy eating to the real world—and, you'll go home with practical information you can share with your children!

Tuesday, May 24, 6:30 – 8:30 p.m.

Creative Recipes for the Family Table

>> **CLASS** >> Jenny Breen. Please pre-register; \$30/\$28 members. Chef Breen's first cookbook, *Cooking Up the Good Life*, is based on her years of cooking seasonal whole foods for the entire family. Learn to prepare Roasted Red Pepper & Leek Sauce, Spring Greens Soup with Caramelized Ramps, Potato Gratin with Gorgonzola and Wild Rice Almond Croquettes.

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