

# Rollin' Oats Journal

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

## Feast o' the Farm Recipes

ALLIE MENTZER, MARKETING & MEMBER SERVICES MANAGER

August is "Eat Local, America!" month during which co-ops nationwide celebrate our local farmer-partners. Local farmers preserve ecologically diverse landscapes, use less fuel to transport their crops to market, and provide us with the freshest, tastiest, most nutritious food available! That's why Linden Hills Co-op partners with hundreds of local producers. To learn more about the benefits of buying local, check out [www.eatlocalamerica.coop](http://www.eatlocalamerica.coop). Of course, the best way to support local is to EAT it! Here are some simple, enticing recipes to get you started.

### Farfalle w/ Zucchini, Corn and Bacon

Our Promotions & Education Coordinator Sarah Damlo loves to make this recipe using her cast iron skillet. Her recipe is a great way to enjoy the flavors of summer—even for small children and seniors who may ordinarily have trouble eating corn off the cob. Cutting corn off the cob is really not difficult, but set up is important. You'll want to use a sharp knife and a steady work surface. By cutting the corn in a bowl, you'll be able to contain all those bits of corn—and sweet juices—as you work.

We source our local bacon from several farms: Beelers (Le Mars, Iowa), Grass Run (Spring Grove, MN) and Pastures A'Plenty (Kerkoven, MN). If you don't eat bacon, simply omit it from this recipe. However, if you omit the bacon, we do suggest adding a bit of local butter or coconut oil to add richness to the dish. Feel free to toss in other local veggies, too! Featherstone Farm SunGold cherry tomatoes comes to mind.

1 lb. Dakota Grower's farfalle pasta  
3 ears of fresh local corn, kernels removed from the cob  
6 slices of local bacon  
3 local zucchini squash, cut into small 1/2" pieces  
4 tbsp of basil pesto (see recipe below)  
1/2 cup of pasta water  
salt & pepper

Start with a 12" cast iron skillet and cook your bacon about 2 minutes, then add the cut up zucchini and corn. Try not to stir the mixture too much, let the corn and zucchini get brown and caramelize in the bacon fat. About 12–15 minutes total.

Meanwhile, cook your pasta as per directions and don't forget to save 1/2 cup of the pasta water before draining. Drain your pasta and add it to a large bowl or skillet, then add the cooked corn, bacon and zucchini. Add the 4 tablespoons of basil pesto, reserved pasta water and season with salt and pepper.

### Classic Italian Basil Pesto

When making authentic pesto, Italians don't use a food processor. Instead, Italians prefer to rough chop the ingredients and gently blend them together, creating a dynamic flavor experience that lets each ingredient shine individually. It's common for Italians to spend half an hour lovingly creating their pesto! Of course, if you're in a hurry, you can always toss the following ingredients into a food processor, pulse, and have your pesto made in just a minute or two!

2 cups packed fresh local basil leaves  
2 cloves local garlic  
1/4 cup pine nuts  
2/3 cup extra-virgin olive oil, divided  
Sea salt and freshly ground black pepper, to taste  
1/2 cup freshly grated local SarVecchio parmesan

Spread pine nuts onto a baking sheet and toast at 250 degrees for 3-5 minutes or until fragrant. Meanwhile, use a mortar and pestle to grind the garlic and half the oil together to form a creamy consistency. Remove the pinenuts from the oven and allow them to cool. Using a large sharp knife, rough chop the basil and pinenuts. Fold chopped basil, pinenuts, garlic and remaining ingredients together until they form a mostly uniform consistency.

### Simple Summer Slaw with Asian Flavors

Investing in a Consumer Supported Agriculture (CSA) farmshare is a great way support local farmers. Your CSA box will encourage you to incorporate local, seasonal foods into your everyday meals. CSA veteran and local foods chef Kate Moore says this recipe is "ridiculously easy, and so delicious!" Kate recommends these fun add ins: chopped roasted and salted peanuts, toasted sesame seeds, minced mint and/or minced basil.

The slaw makes a wonderful meal served with sushi rice and a nice piece of fish. Kate likes cod dusted in well seasoned flour (or cornstarch if you are gluten free) and seared 4-5 minutes per side on medium. If you start the rice



Catch local foods chef Kate Moore in class! She'll be teaching "Fresh Ideas for Your CSA" on August 20 and 27. See page 4 for details.

before prepping the slaw, and start the fish while the slaw is marinating, everything will be ready at the same time!

1 medium head local cabbage, any variety, thinly sliced  
4 local radishes, thinly sliced  
4 local scallions or garlic scapes, thinly sliced on the bias  
A few sprigs of local cilantro, minced (optional)  
4 tbsp mayonnaise  
3 tbsp rice wine vinegar  
2 tbsp toasted sesame oil  
1 tbsp sri racha hot sauce  
Generous pinch of kosher salt

Mix all of the above and let sit ten minutes for flavors to marry. Taste and adjust seasoning to your liking—enjoy!

### Southwestern Turkey Burgers

Sarah Johnson is a food writer whose work has been featured on the Simple, Good & Tasty blogsite. Not surprisingly, she loves to cook, too—especially when it celebrates her favorite local farmers! Sarah recommends topping these burgers with guacamole, pico de gallo or mango salsa.

1 lb ground Kadejan All-Natural turkey breast (Glenwood, MN)  
1/2 cup chopped local onion  
1/2 cup chopped local green pepper  
1/2 cup chopped local red bell pepper  
3/4 tsp cumin  
1/2 tsp chili powder  
2 local garlic cloves, minced  
1/2 cup Snappy Dog salsa (Woodbury, MN)

Pre-heat oven to 350 degrees and grease baking sheet. Mix all ingredients together and shape into patties. Bake in the oven for 20-25 minutes, flipping burgers half way through cooking.

### Raspberry Shortcake

This recipe comes to us courtesy of Patty Carlin. Along with husband Greg and son Mike, Patty owns and operates Naturally Northern Raspberries in Siren, Wisconsin. Granddaughters Meghan, Cate, Sadie & Ellie help harvest the berries, so the Carlins never use pesticides on their raspberry canes. Patty uses Original Bisquick Mix for her version, but you may also substitute Bob's Red Mill Pancake & Waffle Mix.

4 cups of Naturally Northern raspberries  
1/2 cup sugar  
2 & 1/3 cups of baking mix  
2/3 cup milk  
3 tbsp sugar  
3 tbsp melted butter  
Whipping cream

Preheat oven to 425. Combine raspberries with 1/2 cup of sugar and set aside. Whip cream and refrigerate. Stir baking mix, milk, 3 tbsp sugar, and melted butter until soft dough forms. Drop six large spoonfuls onto an ungreased cookie sheet to make 6 equal short cakes. Bake 10 to 12 minutes until golden brown. Watch carefully, these bake fast. Split each cake in two, butter if you wish, add raspberries and whipped cream to each cake.

### Tips for Pint-Sized Locavores:

Exposing kids to farms, backyard gardens and cooking local food is a great way to encourage healthy eating habits.

1. Take your family on a farm tour. Encourage kids to take pictures and make a photo book or poster about the farm to share with friends and classmates during show-and-tell. If you missed this year's Eat Local Farm Tour on July 30th, stay tuned for next year's!
2. Let your kids play with their food. Make an art project out of local foods, such as seed art or veggie sculptures.
3. Planting a back yard garden or container garden? Don't just share in the duties. Designate one row or one type of vegetable or fruit that is your child's to plant, weed and harvest throughout the season.
4. Encourage your child to pick out an item at the farmers market or co-op; then prepare a meal with them using their chosen local food.
5. Throw a local food pizza party. Devote a Saturday afternoon to baking a pizza with as many local foods as possible. Let your kids roll the dough while you chop and shred local ingredients that they can sprinkle on top.

## FYI Co-op Shoppers

### Cash for Green Groups

Do you know of a local, environmental non-profit that could use some extra cash? Each year, the co-op is able to give \$2000 - \$3000 to a pair of environmental non-profits chosen by our member-owners. Nominations for our 2012 Green Patch program are due on August 15th. Visit [www.lindenhills.coop/community/](http://www.lindenhills.coop/community/) donations to learn more about the Green Patch program and download a nomination form, or stop by our customer service desk for a copy.

### Neighborhood of Raingardens

The LHINC Environment Committee is offering 50 Linden Hills property owners an onsite consultation and raingarden design at the significantly reduced price of \$60. Additionally, select property owners may receive a free excavation and stormwater management plan. Selection will be based on the extent of the stormwater benefit and visibility, plus attendance at a previous workshop, or at one of two raingarden parties (August 16 or August 23). For more info, contact Sharon Kennedy (612-308-9022 or [lindenhillswater@gmail.com](mailto:lindenhillswater@gmail.com)) or visit <http://www.metroblooms.org/neighborhood-of-gardens.php>. You may also call Metro Blooms at 651-699-2426.

### Invest in a Local Farm!

Co-op shoppers know Featherstone Farm (Winona, MN) best by their organic produce. Featherstone Farm is also a visionary leader in our local agricultural community. As you might remember, Featherstone Farm has been impacted dramatically by extreme weather over the past few years (see farmer Jack Hedin's commentary in The New York Times from November 2010). Jack says, "these events have caused all of us at Featherstone Farm to think deeply about global climate change, about environmental sustainability, and about what we can do to become part of the solution, rather than just victims of the problem."

Part of the solution at Featherstone Farm will be the installation of a 58+ kw photovoltaic solar array at the farm's warehouse, starting in Fall 2011. Coupled with their 8-ton geothermal system, this will mean that the 140 acre organic farm's energy needs will be provided by renewable, zero carbon sources. This kind of project requires community support. Jack says, "we've found that unsecured loans from individuals are the best means to build the infrastructure necessary to sustain the local, sustainable agricultural economy." The farm is currently running a capital campaign with loan terms ranging from 3–7 years (3–5% interest). For over a decade, Featherstone Farm customers have invested funds to make the farm a model for sustainability. If you're interested in viewing a loan prospectus, contact [office@featherstonefarm.com](mailto:office@featherstonefarm.com).



## 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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*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](http://www.lindenhills.coop).  
Visit us on Facebook, too!

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



# Meet Your Board of Directors

BY RHEA SULLIVAN AND THE EIGHT OTHER MEMBERS OF THE BOARD OF DIRECTORS

Meet the nine member owners who currently make up the Linden Hills Co-op Board of Directors. Each one has special talents and interests that fuel his/her involvement in the co-op leadership. Here's your chance to learn a little more about the people who represent you ... in their own words.



### Kimberly Proffitt, President (6 years)

**Day job:** Nonprofit fundraising and development consultant. **Special skills:** A commitment to listening, and as a result, making thoughtful and informed decisions as a board. **Passionate about:** letting others know what makes a co-op different. Our greater mission makes us stand apart from other grocery stores and makes me proud to be a part of the Linden Hills Co-op. **Favorite feature of the new store:** Honestly, it's hard to choose just one. What makes me smile the most about the new store is not a physical feature, but the fact that so many people came together to make it happen. We had a vision and said "we can do it"—and we did!



### L. Peter Erickson, Vice President (2 years)

**Day job:** Retired engineer. **Special skills:** I'm surprised that engineering skills are applicable: technical issues, analytical occasions, team consensus, comfortable with numbers. **Passionate about:** the fact that a cooperative is a means by which we may handle important issues of our lives (in this case, food) without government or corporate involvement, but by and for ourselves. Also love the commitment to earth friendliness and support for our local growers. **Favorite feature of the new store:** Fresh seafood.



### Todd Troha, Treasurer (6 years)

**Day job:** General Manager of a marketing firm that specializes in sustainability and social change. **Special skills:** Financial acumen. **Passionate about:** helping people see that we can all make a difference, starting with my children. **Favorite feature of the new store:** Expanded cheese and meat sections.



### Al Kolman-Stich, Secretary (4-1/2 years)

**Day job:** Team lead and handle special projects at a financial services company. **Special skills:** I have a background in multiple engineering disciplines, giving me a strong analytical perspective; and a knack for bridging the gap between people from different disciplines. **Passionate about:** continual growth toward sustainable energy practices, reducing over-consumption of resources; strengthening our local economy and providing a means of growth for our local food network, ensuring the availability of healthy food for our community. **Favorite feature of the new store:** It's big enough to offer a larger product selection without losing its cozy feel.



### Margo Brownell (1-1/2 years)

**Day job:** Partner, law firm of Maslon Edelman Borman & Brand. **Special skills:** Legal skills and knowledge about and commitment to environmental and food issues. **Passionate about:** the health and environmental benefits of organic and local food, and I'm committed to helping the Co-op thrive as a trusted source for those foods. To the extent that shopping and eating are political acts, I feel that I cast my vote in favor of sustainability and constructive consumption every time I shop at a co-op (like LHC!) that is accountable to its members and the local community. **Favorite feature of the new store:** The bulk Dr. Bonners oils and lotions and the nice glass pump bottles that are sold for refilling those items.



### Christina Cassano (1-1/2 years)

**Day job:** Owner of Amelia Flower & Garden Shoppe, an earth-friendly florist and garden center specializing in native plants, urban gardening and sustainably-grown cut flowers. **Special skills:** I used to own an organic food market, so I am aware of some of the unknown challenges of running a grocery store that are not obvious to the average consumer. **Passionate about:** organic local food, growing food,

thinking outside of the box and experimenting with different techniques to enhance food production. **Favorite feature of the new store:** More produce and bulk.



### Timothy Olken-Hunt (5 months)

**Day job:** Group Manager, Business Systems, Target. **Special skills:** Previous Board experience and financial analysis background. **Passionate about:** the strong sense of community and trusted product assortment. **Favorite feature of the new store:** More natural light and open floor plan.



### Brian Shields (2-1/2 years)

**Day job:** Agency policy specialist with Minnesota Department of Human Services. **Special skills:** I bring an objective common sense approach to board planning and decisions on the coop's future. I was involved with the expansion initiative and found that I have a skill in fundraising. **Passionate about:** being an advocate for the co-op movement in the marketing of local, wholesome and organic foods. I am especially interested in the small farm, natural livestock grazing and wanting to support young farmers in this area. **Favorite feature of the new store:** Even though I have to watch my cholesterol, I love the new cheese section and the increased variety of local cheeses.



### Rhea Sullivan (3-1/2 years)

**Day jobs:** Neighborhood Coordinator for Fulton, West Calhoun and Tangletown neighborhood associations and Administrative Assistant for Tod & Larry Real Estate. **Special skills:** Experience working with Boards, neighborhood involvement, networking, communication skills, and creativity. **Passionate about...** building community. I love the fact that the co-op is such an important part of our neighborhood. It's why I joined the co-op and what keeps me coming back. **Favorite feature of the new store:** The new community room. What a lovely place to gather!

## MEMBER SPOTLIGHT

# Christine Wheeler Makes a Splash with Kids

BY KATHY GERHARDT

Christine Wheeler is not a native Minnesotan, but it is clear that life in the "Land of 10,000 Lakes" agrees with her. Big life milestones began happening for her, in this state, in the early 1990's.

"I was doing a marketing internship at General Mills between my two years at Wharton business school. My husband, Frank, had already graduated from Wharton and was working at Proctor and Gamble," she recalled. "We would see each other most weekends. The weekend we got engaged, he was here in Minneapolis and proposed to me at the Nicollet Island Inn."

That was merely the start of a very exciting life together. Christine and Frank worked together in Cincinnati, lived in Japan for a time, then settled in Princeton, NJ, for several years before relocating to Minnesota where they became members of Linden Hills Co-op.

Wheeler's family began taking shape when her first son, Hunter, was born 13 years ago; next came Jackson and then Charlie. Three energetic young boys might seem like more than enough for most people, but Wheeler had other ideas.

Soon after Hunter was born, "there were some issues having a second and so we were looking into adoption. At that time I saw an article that just really left an impact on me," Wheeler explained candidly. "They had taken pictures of people walking over a dead baby girl on the street and, finally, in the late afternoon an old man picked her up and buried her. Given the issues we were having, it just made such an impact on me."

Those images stayed with her for years and eventually, after their third child was born, the Wheelers decided to adopt. They



Drazil's Christine Wheeler

anticipated that the process would take a year and a half, at the most. Nearly five and a half years later, they were called to China to pick up the newest member of their family, a beautiful daughter named Grace.

"We feel so blessed we have her and she has been such a joy. She's brought out the best in all of us," said Wheeler. "I've seen a different aspect of my boys — they are so amazing with her. It's great."

While they navigated the adoption process, Christine followed her heart with another project and "gave birth" in a whole different way—to a brand new company.

"We went to pick her up in China the same month we launched Drazil at the Linden Hills Co-op," she said. "It's really unbelievable that they happened at the same time."

Drazil 100% juice is unique in that the fruit concentrate isn't mixed with plain water; it is reconstituted with tea. The naturally caffeine-free herbal tea blend of Rooibos, Hibiscus, Rose Hips and pomegranate adds extra vitamins, minerals and antioxidants to the juice.

"I'm an avid tea drinker and worldwide a lot of children drink tea." So Wheeler asked herself, "If tea is so healthy for adults, why aren't our children drinking it, too?"

She also had a very personal reason for developing a different, healthier version of a very ubiquitous children's beverage.

"My oldest son was having some health issues. He has allergies and asthma, and he also started developing motor ticks," she explained. "I started looking at what he was eating. I wanted to cut out high fructose corn syrup and artificial dyes. When he has [drinks] with red dye, it seems like he ticks more. So he needs to have drinks that are healthy."

Wheeler knew that her product needed packaging that was fun, eye-catching and memorable. But most importantly, Drazil ("lizard" spelled backwards) needed to taste good; and her kids were among those to taste the product throughout its development.

"They tested a lot, their friends tested a lot and their friends tested a lot," Wheeler said with a smile.

Drazil is available in fruit punch and apple, and it was officially launched in September 2010. Linden Hills Co-op was the first store to carry the product and sales were limited to two stores for the first six months.

"Remember we just brought home the baby from China. So we stayed with a two-store lead market until things settled down," she commented. "We just started expanding to other stores in March and April."

"I really believe in our product and our idea, and kids say our product tastes great." Wheeler added, "I love creating something from scratch and doing something healthy for kids."

ANNUAL MEETING ANNOUNCED!

# Award-Winning Filmmaker Discusses 'Food for Change'

We're thrilled to announce that award-winning filmmaker Steve Alves has agreed to be the keynote speaker at our Annual Meeting where he will screen and discuss scenes from his work-in-progress documentary Food for Change.



Steve Alves

**Food for Change** takes a contemporary and social-historical look at cooperatives in the United States. The film explores three periods of co-op expansion: the first wave following the financial collapse of 1929 when co-ops proved to be a mitigating factor against hard times; the second wave of the 1970s, driven by a counter-culture desire for whole and organic foods; and the third wave, currently

underway, aimed at both of these concerns. **Food for Change's** release is timed to coincide with the United Nations designation of 2012 as the International Year of Cooperatives. The film will become a cornerstone of the national discussion on how the cooperative way of doing business can improve our economic situation. Just think! You can say you knew Steve Alves "before he was famous." Editor's Note: To date, 64 co-ops in 25 states, including Linden Hills Co-op, have contributed nearly 40 percent of the budget needed to complete and distribute the movie. The project needs support from co-op members, too. Please visit [www.foodforchangemovie.com](http://www.foodforchangemovie.com) to watch the trailer, and consider making a contribution.

## Annual Meeting & Dinner Save the Date!

Keynote Speaker: Filmmaker Steve Alves  
 Wednesday, October 26th  
 Time: TBA  
 St. Mary's Greek Orthodox Church  
 3450 Irving Avenue S  
 (Just off of Lake Calhoun)

The menu will feature our famous, irresistible Praline Pecan Bacon, plus an assortment of hearty, vegan & gluten-free party fare. Stay tuned for more details. This event is FREE and open to all co-op members. Dinner reservations are limited; so we advise you to RSVP early!

To RSVP, contact Marketing & Member Services Manager, Allie Mentzer (612-279-2450 or [allie@lindenhills.coop](mailto:allie@lindenhills.coop)). Please specify dietary requests and whether or not you'd like us to arrange for free childcare during the event.

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# August Specials

FOR MORE SPECIALS visit [www.lindenhills.coop](http://www.lindenhills.coop). Or, to receive our weekly specials enewsletter, send an email to [allie@lindenhills.coop](mailto:allie@lindenhills.coop) with "Specials" in the subject line.

## Member Specials

REDWOOD HILLS FARM  
**Goat Milk Yogurt**  
 MEMBERS \$6.99  
 32 ounces, nonmembers \$7.59

ZENSOY  
**Soy Pudding**  
 MEMBERS \$2.99  
 4 count, nonmembers \$3.79  
 Vanilla or Chocolate

EVOL  
**Entrée Bowls**  
 MEMBERS \$3.99  
 9 ounces, nonmembers \$4.99

NATURAL CHOICE  
**Organic Frozen Fruit Bars**  
 MEMBERS \$4.49  
 6 bars, nonmembers \$4.99

ANNIE'S  
**Salad Dressings**  
 MEMBERS \$4.49  
 16 ounces, nonmembers \$6.39

ORGAIN  
**Organic Meal Replacement Drinks**  
 MEMBERS \$2.29  
 11 ounces, nonmembers \$2.99

AMY'S  
**Refried Beans**  
 MEMBERS \$2.29  
 15.4 ounces, nonmembers \$2.99

ANNIE'S  
**Macaroni & Cheese**  
 MEMBERS \$1.69  
 6 ounce, nonmembers \$1.99

RAW REVOLUTION  
**Organic Live Food Energy Bar**  
 MEMBERS \$1.49  
 2.2 ounces, nonmembers \$1.99

SAN-J  
**Organic Wheat Free Tamari**  
 MEMBERS \$2.99  
 10 ounces, nonmembers \$4.49  
 Reduced sodium and shoyu varieties also on sale.

### Free Water for Members!

Save money and packaging by refilling your bottles at our reverse osmosis water dispenser. You'll enjoy pure, filtrated water at its best—for free!

Members only; limit 4 gallons per visit; with a purchase only please.

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 12 ounces, nonmembers \$4.99

LINDEN HILLS CO-OP  
**Show Me the Whey Protein Powder**  
 MEMBERS \$16.99  
 16 ounces, regularly \$19.99  
 32 ounce also on sale.

LINDEN HILLS CO-OP  
**Bengal Bites Children's Multivitamin**  
 MEMBER \$12.79  
 120 count, nonmembers \$14.99  
 60 count also on sale.

### Bulk

**Organic Pearled Barley**  
 SALE 89¢/lb  
 Regularly 99¢/lb

**Organic Roasted & Salted Pistachios**  
 SALE \$7.99/lb  
 Regularly \$9.59/lb

### Meat & Deli

BEELER'S - LOCAL  
**Breakfast Sausage Chub**  
 SALE \$4.59 each  
 16 ounces, regularly \$5.99 each

OUR DELI'S  
**Golden Beet & Kale**  
 SALE \$6.49/lb  
 Regularly \$6.99/lb  
 Made with local kale!

BITTERSWEET BAKERY - LOCAL  
**Gluten Free Carrot Muffins**  
 SALE \$2.49 each  
 Regularly \$2.99 each

SARTORI - LOCAL  
**Artisanal Cheeses**  
 SAVE \$2.00/lb  
 Asiago, Sarvecchio Parmesan, Bellavitano Gold, Raspberry, Merlot or Balsamic

### Natural Home

SIMPLY NEUTRAL - LOCAL  
**Cleaning Products**  
 SALE 15% OFF  
 Regularly \$4.79 - \$13.59

GREAT DOG - LOCAL  
**Dog Bones & Treats**  
 SALE 15% OFF

### Wellness

WORKER BEE - LOCAL  
**Beeswax Based Skincare Products**  
 All 10% OFF

WYNDMERE - LOCAL  
**Organic Essential Oils**  
 All 20% OFF

ZUZU  
**Vegan Cosmetics**  
 All 15% OFF

OREGON'S WILD HARVEST  
**Herbal Supplements**  
 All 10% OFF

HERB PHARM  
**Women's Health Tinctures**  
 SALE 20% OFF  
 1 ounce, regularly \$11.49 - \$11.95  
 Uva-Ursa, Usnea, Stone Breaker, or Cranberry

## 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 8/1, 2011 through 8/31, 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 9/1, 2011 through 9/30, 2011

**R**egister 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.

# EVENTS

## August-September

for Parts 1 & 11 together). Love to throw parties but hate the price tag? Seasonal cooking is a must for a tight budget; Kate will show you how to use your CSA share and basic pantry staples to come up with irresistible party fare. Bring your questions and your favorite party themes to this participation-focused class.

**Wednesday, August 31, 6:30 – 8:30 p.m.**  
**Plenty: Eating Locally on the 100 Mile Diet**

>>**BOOK CLUB**>> Please pre-register; FREE. What happens when a couple eats only food grown within 100 miles of their apartment? Alisa Smith and JB Mackinnon may have to strike olive oil from their pantry, but they gain gooseberry wine. Their story is one of discovering the bounty in their proverbial backyard. Preorder the book and save 20%. Contact maia@linden hills.coop for details.

**Thursday, September 8, 6:30 – 8:00 p.m.**  
**Winterize Your Garden**

>>**CLASS**>> Dean Davis, Master Gardener. Please pre-register; \$15/\$13 members. Even in winter, there can be plenty of interest and beauty in your garden. And, in Minnesota, winter can start at any time. Be prepared by learning how to properly mulch, replant, divide perennials and repel pesky critters. Dean is an avid collector of daylilies and hostas—you'll go home with a daylily division of your own!

**Saturday, September 10, 10 a.m. – 3 p.m.**  
**Woofstock!**

>>**COMMUNITY EVENT**>> This annual festival features live entertainment, dog trick contests and demonstrations. There'll be plenty of pooches to pet at the corner of 43rd St and Upton! At the co-op, a percentage of today's sales will be donated to animal rescue.

**Tuesday, September 13, 6:30 – 7:30 p.m.**  
**Inner Smile Meditation**

>>**CLASS**>> Bryan Bertsch. Please pre-register; \$20/\$18 members. Join Certified Universal Tao Instructor, Bryan Bertsch, for a spirited class of healing and self-transformation. Learn how to relieve chronic pain, detoxify your system, increase your energy and enjoy better health.

**Thursday, September 15, 6:30 – 8:30 p.m.**  
**Yes, You Can Can!**

>>**CLASS**>> Jill Jacoby, Master Preservationist. Please pre-register; \$35/\$33 members. Food preservation—a forgotten culinary skill—is the missing link in maintaining a local, seasonal diet. Jill will focus on safety, selection and preparation of produce, and the two canning methods: hot water bath and pressure canning. See and sample caramel apple butter, pickled vegetables and beets.

**Tuesday, September 20, 6:30 – 8:30 p.m.**  
**How to Shop Co-op**

>>**CLASS**>> Maia Campbell. Please pre-register; FREE. Take an insider's look at how to shop the aisles of the Linden Hills Co-op. We'll explore each department, learn the mysteries of buying in bulk and taste our local produce. Plus, we'll share strategies for making the most of your food dollar while enjoying high quality local, organic and fairly traded food.

**Wednesday, September 21, Time TBA**  
**Monthly Board Meeting**

>>**CO-OP INVOLVEMENT**>> 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!).

**Tuesday, September 27, 7:00 – 8:30 p.m.**

**Your Home: Inspired by Love & Beauty**

>>**CLASS**>> Margaret Lulic. Please pre-register; \$17/\$15 members. Do you feel like your home has untapped potential? We'll explore how your home could contribute to personal growth and act as a lever for change.

**Wednesday, September 28, 6:30 – 8:30 p.m.**

**Stuffed & Starved: the Hidden Battle for the World Food System.**

>>**BOOK CLUB**>> Please pre-register; FREE. Journalist Raj Patel dives into the dichotomy of today's global food system as he travels the globe and attempts to understand how half of the world can be malnourished while the other half struggles with obesity. Patel offers a glimpse at the corporate food system and how it relates to global food supply while providing fresh insights for a more sustainable future. Preorder the book and save 20%. Contact maia@linden hills.coop for details.

**Thursday, September 29, 6:30 – 7:45 p.m.**

**Thai Cooking with Gai Gai Thai**

>>**CLASS**>> Kris Petcharawises. Please pre-register; \$20/\$18 members. Have you tried the best Thai street food this side of Bangkok? Kris will present traditional dishes such as soup and curry—all with an emphasis on local and sustainable ingredients, of course! We'll discuss each dish's background and the culture behind it. In addition to the main course, there will be hot Thai tea and coffee for sampling.

**Wednesday, October 26, Time TBA**

**Annual Meeting & Dinner**

>>**TOO MUCH FUN**>> Save the date now and RSVP to allie@linden hills.coop or 612-279-2450. See page 3 for details!

**Tuesday, August 2, 6:30 – 8:30 p.m.**

**Less Salt More Taste:**

**Where Health Meets Pleasure**

>>**CLASS**>> Paola Ricci, M.D. Please pre-register; \$25/\$23 members. Dr. Ricci will demonstrate how to cook delicious low-salt meals by building flavor with spices, herbs and condiments. As a gastroenterologist at the VA Medical Center, Dr. Ricci has witnessed many patients struggling with the negative health effects of a high sodium diet. Her workshop will give you the tools you need to create satisfying, low sodium meals using fresh ingredients.

**Thursday, August 4, 6:30 – 8:30 p.m.**

**Flower Essence Therapy**

>>**CLASS**>> Loey Colebeck. Please pre-register; \$20/\$18 members. Flower essences heal the mind and body holistically. Learn how these liquid herbal supplements can help you on your path to wellness at any stage in life.

**Tuesday, August 9, 7:00 – 8:30 p.m.**

**Brew Your Own Kombucha**

>>**CLASS**>> Bryan Bertsch. Please pre-register; \$35/\$33 members. Learn to brew your own kombucha, it's packed with probiotics and enzymes promoting detoxification, increased energy, weight loss and immune support.

**Thursday, August 11, 6:30 – 8:00 p.m.**

**Balancing Female Hormones Naturally**

>>**CLASS**>> Rhys Preston, D.C. Please pre-register; \$15/\$13 members. When unbalanced, hormones can create turmoil in the body. Learn how estrogen dominance contributes to female health problems including PMS, endometriosis, polycystic ovarian syndrome and the adverse symptoms of menopause—and how to balance your hormones naturally.

**Saturday, August 13, 10:00 a.m. – 12:00 p.m.**

**Seasonal Eating Workshop**

>>**CLASS**>> Claudine Arndt. Please pre-register; \$13/\$11 members. Whether it's from your co-op, CSA or garden, fresh is best. Claudine will show you how to plan healthy meals around local produce. As a Certified Health Coach, Claudine knows that with a little planning, your family can live a healthier—tastier!—seasonal lifestyle.

**Sunday, August 14, 3:00 – 6:00 p.m.**

**Salad Days Book Signing**

>>**CO-OP EVENT**>> Pam Powell. FREE. Visit with self-proclaimed "Salad Girl" and local author Pam Powell today. Pam will be signing copies of her new cook book Salad Days. You'll also have a chance to taste—and swoon over—her imaginative dressings.

**Monday, August 15, 9 p.m.**

**Green Patch Nominations Deadline**

>>**CO-OP INVOLVEMENT**>> Each year, the co-op is able to give \$2000 - \$3000 to a pair of environmental non-profits via our Green Patch program. See page 1 for details.

**Tuesday, August 16, 7:00 – 8:30 p.m.**

**Creating a Writing Life**

>>**CLASS**>> Elissa Cottle. Please pre-register; \$15/\$13 members. Do you have a story to tell, but struggle to put thoughts on paper? Bring a notebook, pen and perhaps a few pages of writing to share. Journalist and poet Elissa Cottle will share tips and topic suggestions to help you create a writing life. Beginners welcome!

**Wednesday, August 17, Time TBA**

**Monthly Board Meeting**

>>**CO-OP INVOLVEMENT**>> Any co-op member is welcome. Usually, a light meal is served. If you plan to attend, please contact us 2-3 days in advance. Call 612-279-2450 or email board@linden hills.coop to reserve your seat (and plate!).

**Thursday, August 18, 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.

**Thursday, August 18, 6:30 – 8:00 p.m.**

**Homemade Jams & Jellies**

>>**CLASS**>> Dean Davis. Please pre-register; \$15/\$13 members. Learn how to preserve the rich flavors of summer. You'll participate in processing 100% fruit juice jelly and you'll even go home with a quarter pint of your own!

**Friday, August 19 – Sunday, August 21**

**Natural Home Sidewalk Sale**

>>**CO-OP EVENT**>> Stop by the co-op this weekend to find great deals on natural home items. Selected children's clothes, gifts, kitchenware, books and other closeout items will be up to 50% off. Come early for the best selection.

**Saturday, August 20, 10:00 a.m. – 12:00 p.m.**

**Fresh Ideas for your CSA Farmshare: Part I**

>>**CLASS**>> Kate Moore. Please pre-register; \$25/\$23 members (\$45/41 when you register for Parts I & II together). Using basic pantry staples and her CSA box, Kate will show you how to create meals that maximize your CSA investment and ensure nothing goes to waste. Formerly of Lucia's To Go, Kate is an experienced chef—but she'll put herself in your shoes by using a CSA "blind basket."

**Thursday, August 25, 6:30 – 8:30 p.m.**

**Pull Your Own Mozzarella**

>>**CLASS**>> Jason Anderson. Please pre-register; \$15/\$13 members. Pull your own "pasta filata" with Jason, Linden Hills Co-op's cheese monger. He'll show you how to turn fresh curd into light, creamy, slightly salty mozzarella.

**Saturday, August 27,**

**10:00 a.m. – 12:00 p.m.**

**Fresh Ideas for Your CSA Farmshare: Part II**

>>**CLASS**>> Kate Moore. Please pre-register; \$25/\$23 members (\$45/41 when you register

**Lake Harriet Spiritual Community**  
 A CENTER FOR CONSCIOUS LIVING

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**What goes on in there, anyway?**

*We're glad you asked!*

- Sunday Services
- Social Events
- Yoga
- Meditation
- Movies
- Massage
- Enrichment Classes
- Concerts
- Homeopathy
- Weddings

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