

Rollin' Oats Journal

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

Maintaining Your Balance in a Season of Extremes

Claudine Arndt Talks Winter Wellness

BY RACHEL YOUNGBERG

Winter weather have you in a funk? We sat down with Certified Holistic Health Coach Claudine Arndt, owner of Wellness with Claudine in Minneapolis. She specializes in digestive health and helping people, especially women, resolve digestive concerns. In her words, "I show women how to heal their digestive tract so they can eat food they love and lead an energized life again without relying on medication or surgery."

This time of year, Claudine sees many clients feeling low on energy and living life in a fog. Here are her tips about how to stay happy and healthy through winter and beyond.

Slow Down

Most people chronically overbook themselves and plan far more than any normal human being is capable of accomplishing each week. Claudine's suggestion—SLOW DOWN. We are always on the go, and with too many things on our schedules, we end up running late. Lateness is a major source of stress and anxiety.

Try countering this by canceling two or three engagements one week, and use that time to relax, breathe, exercise, or enjoy your own version of "me time."

For those commitments you can't cancel, try leaving yourself 25 percent more travel time than you think you'll need to arrive on time. Notice how good it feels NOT to be rushed.

Eat Healthy

As a specialist in digestive health, when Claudine works with clients on improving energy or mood, she looks at how well the clients are caring for their digestive systems since improving digestive health can help alleviate depression and boost metabolism.

Food choice is critical in keeping you energized and feeling great. Much of our modern day food is processed, forcing our bodies to work harder than they should have to work to digest our food. To help the efficiency of your digestion, include more enzyme-rich foods like raw produce, raw honey, sprouted grains and legumes, and fermented foods like sauerkraut, miso or kefir. These foods help our bodies digest the food we eat, which frees up energy to be used elsewhere. Digestive enzyme supplements can also provide a boost for folks who want to ease into the world of enzyme rich foods.

People can also experience mood swings and/or depression when they are eating foods that do not serve their body, especially if they are consuming foods they are sensitive to. Wheat and gluten are examples of foods that contribute to depression for many people.

Vitamin D

Long, dark Minnesota winters can make it difficult to get enough vitamin D from the sun, our main, and most efficient, source of vitamin D.

Side effects of vitamin D deficiency can be Seasonal Affective Disorder (SAD), depression, weakened immunity, and poor bone health. For many people, taking a vitamin D3 supplement is a seasonal alternative to soaking up the sun and getting an energy boost. Claudine recommends high-quality vitamin D3



Health coach Claudine Arndt enjoys a sunny summer day—proof that winter doesn't last forever.

supplements by MegaFood and Country Life, both of which are available for purchase at the co-op.

To-Do: Balance

Everyone wants to feel balanced, but "balance" means something different to everyone and is achieved differently for each person. According to Claudine, a key piece to feeling happy and balanced comes from consciously participating in the process of living each day fully versus focusing on a finish line in the distant future.

Claudine recommends practices such as yoga, qi gong, and acupuncture to clients who want to practice having more balance in their lives.

She also reminds her clients how powerful it is to be able to say the word, "No." If you can't set limits and don't know your boundaries, achieving balance is going to be very difficult.

An important key to better balance is getting sugar, chemicals, and caffeine out of our regular diets. The feeling of balance becomes much easier when our blood sugar is stable. Even so, reducing our sugar consumption can seem like a daunting task, so Claudine regularly offers a class that helps participants overcome "sugar blues."

Another assignment Claudine gives her clients is to schedule something you enjoy into every single day. Begin working on balance by creating a daily personal

to-do list of easy things that will contribute to feelings of health and well-being in your life. Here is an example of Claudine's list (which is separate but equally important to her business and home to-do lists): 1. Kiss my husband. 2. Yoga. 3. Breathe. 4. Sip my Teeccino slowly in the morning. 5. Call my dad. 6. Practice gratitude. Claudine says,

"With a to-do list like this, how could I not feel like I'm somewhat balanced? And none of it takes very long to accomplish."

Visit Claudine online at wellnesswithclaudine.com or call 612-202-7872 for a free consultation and more great ideas on winter wellness. See the calendar of events on page 4 for details about Claudine's upcoming class, "Demystifying Detoxification." Stay tuned to www.lindenhills.coop or this newsletter for our next offering of "The Sugar Blues" class.

Try leaving yourself 25 percent more travel time than you think you'll need to arrive on time.

Long, dark Minnesota winters can make it difficult to get enough vitamin D from the sun.

FYI

Co-op Shoppers

Donate Your Gently Worn Shoes

It's estimated that Americans have 1.5 billion pairs of unused shoes lying in their closets. Chances are, you might have a few pairs yourself. Drop off your clean, unwanted shoes, boots, slippers or sandals at the co-op now through March 31st and we'll donate them to Soles4Souls. Since 2005, Soles4Souls has distributed over 10 million pairs of shoes to people in 125 countries and 27 states in the U.S.

Soles4Souls' Minnesota coordinator is Kennedi Kokesch of New Ulm, Minnesota. Kennedi is just 13 years old! She says, "I first became interested in the Soles4Souls project when I discovered how many shoes end up in the landfill each year and I'm all about recycling." Kennedi's goal is to raise 25,000 pairs of gently worn shoes by April 1st, 2011. The co-op's drop box will be located just inside our vestibule, near the recycling center. For more information about Soles4Souls, visit www.giveshoes.org.

March Food Drive

Each year, our generous shoppers contribute an average of 15–20 thousand pounds of food and dollars to Joyce Emergency Food Shelf. During March, Linden Hills Co-op will again this year join with ten other Twin Cities food co-ops to raise donations for Minnesota FoodShare. Last year, our co-op raised over 3,000 pounds of food and dollars in just one month. In fact, as a group, Twin Cities food co-ops ranked 3rd in the state for corporate campaigns last year. Together, we raised more for Minnesota FoodShare than all but much larger companies Medtronic and General Mills.

This year, with daily hunger a stark reality for an increasing number of our neighbors, the need for donations is even greater. Stop by any co-op in March and donate at the registers. In addition, Linden Hills Co-op will give \$10 to FoodShare for every new member that joins the co-op during the month of March. For more information about Minnesota FoodShare visit www.mnfoodshare.gmcc.org.



2011 CSA Farm Partners

As part of our commitment to local agriculture, we're happy to serve as a Consumer Supported Agriculture (CSA) dropsite for the 2011 local season. To purchase a CSA share, please contact the farms directly via phone or email (see below for a list of participating farms and their contact information.) Be aware that we can't arrange to hold shares for you—you must pick up your share before 9 p.m. on your regular delivery day or arrange to have someone else pick it up for you. Any unclaimed boxes will go to the Joyce Food Shelf, so your share will be well-loved if you miss a week.

BC Gardens

Kathy Botten and Ruth Capp
bcgardens@frontier.com
888-884-9766
Located near Belgrade, Minn.
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Featherstone Farm

Margaret Marshall
csa@featherstonefarm.com
507-459-5209
www.featherstonefarm.com
Located near Rushford, Minn.
Specialties: Certified organic vegetables

Riverbend Farm

Greg Reynolds
greg.reynolds@frontier.com
763-972-3295
www.rbfcsa.com
Located near Delano, Minn.
Specialties: Certified organic vegetables and heirloom melons, potatoes, tomatoes and greens with many heirloom varieties

Rock Spring Farm

Chris Blanchard
cса@rsfarm.com
563-735-5613
www.rsfarm.com
Located near Decorah, Iowa
Specialties: Certified organic vegetables, herbs and fruit

Webster Farm Organic

Nett Hart
320-983-2289
www.websterfarmorganic.com
Located near Foreston, Minn.
Specialties: 450 varieties of heirloom open-pollinated seeds from many cultures. Fresh-eating specialties.

WEI (Women's Environmental Institute)

Beth Hatch
wei@w-e-i.org
651-583-0705
www.w-e-i.org
Located near Almelund, Minn.
Specialties: Vegetables, apples and berries



Board of Directors 2010-2011

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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

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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

What Is This Place?

BY L. PETER ERICKSON & RHEA SULLIVAN

What is this place? A grocery store, right? A really cool grocery store, with lots of organic foods, a scrumptious deli, and friendly staff?

Yes, of course, to all of that, but this really cool place is also a cooperative. And what is a cooperative?

One definition is:

A cooperative is an autonomous association of persons united voluntarily to meet their common economic, social, and cultural needs and aspirations through a jointly-owned and democratically-controlled enterprise (from the International Co-operative Alliance).

Cooperatives have been formed through much of American history and elsewhere in various forms and places. Rural farmers formed co-ops to store and market their products. Insurance co-ops and credit unions exist to serve financial needs. People have formed utility and housing cooperatives. Typically, the interest in forming such organizations has arisen when peoples' needs have not been filled by the existing public or private institutions. Or, when people felt they could serve their needs more fairly and completely if they did it themselves. This co-op, the Linden Hills Co-op (LHC), was formed in 1976 largely to fill the need for unprocessed, whole foods, which at that time were not easy to find in



Rhea Sullivan and L. Peter Erickson

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conventional stores. Today, LHC is among the hardy survivors of those days in the 1970s when a huge groundswell of enthusiasm produced dozens of such ventures. Today, there are more independent community-owned food cooperatives in the Twin Cities than in any other urban area in the U.S.

While anyone is welcome to shop at LHC, if you are a Member, you get special member-savings, a monthly discount, patronage rebates (when they are offered) and this newsletter. But there is one more very important aspect to membership: YOU ARE THE OWNER OF THIS PLACE! You can be proud that this is your store, along with about 6400 other member-owners, all equals, for there are no majority owners or blocks of ownership. And this means that YOU HAVE AN IMPORTANT SAY in the values and direction of this cooperative through the board members you elect and the policies they make to run the co-op.

Want to be involved? You already are if you:

- shop here
- are a member
- read the newsletter
- attend the Annual Meeting
- VOTE
- talk to the Board Members about your concerns (we will be out and about during events this coming year)

Or join a committee. In December, the LHC Board voted to form a Member Linkage Committee to enhance the Board's connection to our membership. The committee will consider ways to create a conversation with our members about the benefits of membership and ways to be involved. This may include a permanent display in the store, a survey, quarterly tabling in the store and possibly even a fun new event for members. We'd like to have one or two non-Board members participate in the Member Linkage Committee. If you're interested or would like more information, e-mail us at board@lindenhills.coop.

We encourage you to explore your connection to the Linden Hills Co-op. This is your store.

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

44th & Chowen (2 blocks east of the Co-op)
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MEMBER SPOTLIGHT

Jackie Krammer, Homeopathic Practitioner

BY KATHY GERHARDT

“I think when you make a big career change, it happens over an arc of time, whether it's five years or seven years or ten years,” commented long-time Linden Hills Co-op member Jackie Krammer over a cup of hot tea.

For Krammer, her professional life-changing moment wasn't so much a “light bulb” flipped on in an instant as it was a slow build-up to what was perhaps always in the cards for her. Questioning conventional medicine as a youngster now makes perfect sense, as today Krammer is a trained and licensed homeopathic practitioner.

“Even at a young age I was asking the question about ‘What else is there?’ If I don't want to take cold medication for my stuffy nose, what else is there? If I keep getting sinus infections all winter, what else is there? I kept asking those questions,” she recalled.

While those questions would continue for decades, what it meant for her professionally didn't come into focus immediately. Does it for any of us? For nearly 20 years, Krammer was a fundraising, marketing and communications professional for nonprofits such as the YWCA and Twin Cities Public Television. Even upon realizing she was destined for something else professionally, Krammer delayed that for motherhood and is a proud parent of 19-year-old Madeline and 14-year-old Jonah, along with husband Daniel Shaw (the original co-op member of the family).

Finally, in 1999, Krammer began studies at the Northwestern Academy of Homeopathy. The four-year program includes twice as many hours of training in homeopathic philosophy as comparable schools and over 600 hours of clinical training. Today, Krammer is a certified Practitioner of Classic Homeopathy (PCH), has been a faculty supervisor of student clinicians, a guest instructor at the nursing and health sciences programs of University of Minnesota, and has her own practice in southwest Minneapolis.

“I love to treat mothers and kids... that's a big part of my practice and I think that people are so hungry for alternatives

and options,” she explained. “It's really phenomenal to me the level of commitment to health that parents of young kids have today—the ones that are in my practice. I love working with those families.”

Classic Homeopathy is an alternative form of medicine dating back over 200 years in which practitioners use highly individualized remedies—plant, mineral or animal-based—which “help to initiate the process by which the person heals herself or himself,” according to the Minnesota Center for Homeopathy.

“It's an entire system of medicine which is based on ‘like cures like,’” added Krammer. “Essentially we are using a very tiny nano-dose of a substance to treat illness, symptoms, disease and imbalance with this idea that if you give the body the push in the right direction, the body can do a lot of the healing itself.”

It is also important to point out that the prescribed remedies are produced by homeopathic pharmacies. According to Krammer, there are pharmacies throughout the country and world that make these remedies and they are safe, gentle and FDA approved.

In addition to her practice, Krammer has also taught classes at the Linden Hills Co-op. Just prior to the holidays, she conducted a class entitled “Women's Health Issues: A Homeopathic Approach.” She will teach another class on May 3 at 7:00 p.m. called “Looking Toward Summer: The Family First Aid Kit,” where she will cover homeopathy remedies to treat burns, injuries, bruises, inflammation, sprains, cuts and stings, among other topics.

“Part of the philosophy and training is a whole different way of looking at health and disease. No matter what the topic of the class—and they have ranged from first aid for summer to homeopathy for women's issues to allergies—I always spend part of the class talking about how homeopathy looks at health and disease, and compare it to how conventional medicine looks at health and disease,” she explained.

She also likes to offer some practical “self care” tips and information like having Arnica in your home first-aid kit to help



Jackie Krammer

with swelling and bruising, and using Chamomilla for teething children.

“I always do a little bit of that, because I really want people to have practical things they can do,” Krammer added. “I make sure we spend most of our time on what is homeopathy, how does it work, when you might use it, when you might self-prescribe and when you really need to use professional consultation.”

Krammer, who very much likes to stay physically active, understands how important good nutrition is to one's overall health. However, in her practice, she also recognizes that there are instances throughout one's life where more is needed.

“Homeopathy excels with treating chronic illness, such as allergies and asthma, digestive problems, skin rashes, anxiety and depression.” She continued with a smile, “To have someone come in who is dealing with asthma and using an inhaler every day and doesn't want to be, and to work with them and three months later have them off medication, that's what gives me the greatest pleasure. I want to help people recover or restore health to an earlier or healthier point in their life.”

Editor's Note: Jackie's next class, Looking Toward Summer: the Homeopathic First Aid Kit, will be on Tuesday, May 3 from 7:00 to 8:30 p.m. To register, call 612-279-2460.

The Smooch Project Comes to Linden Hills Co-op

Saturday, February 12th and Sunday, February 13th

Take a moment to gaze at the photos on this page. Do you notice a heart-lifting feeling? Maybe a shine in your eyes? A smile coming to your lips? There's a term for this sensation. It's called "mudita" (from a dialect of northern India, spoken in the time of the Buddha). It means "appreciative joy" – basically, when we see someone's happiness, it makes us happy, too.

Several years ago, photographer and Minnesota native Bonnie Fournier happened to take a photograph of herself in an affectionate pose with her twin sister. She noticed that everyone who viewed the photograph was deeply touched by the spontaneous act of affection captured by her camera. Fournier decided to conduct an experiment. She wondered whether other photographs capturing affectionate moments would elicit the same effect as the original image of her and her twin. The answer was a resounding, "Yes!" and with that The Smooch Project was born.

The Smooch Project is a community-based effort to collect 10,000 photographs from around the world of people showing affection to someone they love: a partner, sibling, parent or friend. So far, over 3,000 people have been photographed.

Just think! You and your loved ones could document YOUR affection with a photograph—and be included in this important project. All you need to do is come to the co-op on Saturday, February 12th from 10 a.m. to 6 p.m. or on Sunday, February 13th from 12 noon – 8 p.m. There's no need to make a reservation and participation is free. Photo shoots will take place in the community room.

Even better, we'll be celebrating The Smooch Project's visit with a little sweetness of our own. On Saturday, from noon until 3 p.m., we'll be



sampling Buttercrisp Toffee from local company S-Squared Sweets. And, on Sunday, from 11 a.m. – 2 p.m., we'll be sampling HeathGlen Farm's award-winning preserves in sultry flavors such as Peach Chai. Also on Sunday, we'll announce the winners of our "Be Our Valentine" giveaway.



See details below. And, please join us for the Smooch Project—we'd love to see you!

Editor's Note: If you'd like to make a tax-deductible donation to The Smooch Project, contact Bonnie Fournier at photogirl@thesmoochproject.com.

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Will YOU Be Our Valentine?

We're giving away two lovely gift packages featuring some of our favorite local products. You can enter to win at the co-op once per day February 1st through February 12th. That's right, the more you come a' courtin' to the co-op, the more likely you are to win one of these romantic prize packages:

Romantic Dinner for Two:

- Sunrise Deli Fettuccini (Hibbing, Minn.)
- Buon Giorno Italia Pasta Sauce (St. Paul, Minn.)
- Leatherwood Vinegary French Tarragon in Grape Wine Vinegar (Long Prairie, Minn.)
- B.T. McElrath Chocolate Truffles (Minneapolis, Minn.)
- Aura Cacia Sweet Almond Body Oil (Norway, Iowa)

Breakfast in Bed:

- Upper Crust Croissants (Minneapolis, Minn.)
- HeathGlen Farm Strawberry Balsamic Black Pepper Jam (Forest Lake, Minn.)
- Barsity's "Sweeties" Almonds (St. Paul, Minn.)
- Aura Cacia Sensual & Warming Foam Bath (Norway, Iowa)

Two winners will be drawn and notified on Sunday, February 13th. You need not be present to win.

Each prize package will also include a \$20 co-op gift card, plus a jar of Ames Farm Honey—we hear it's delightful warmed and drizzled over whatever your heart desires.

Hungry for Spring?

Email allie@linden hills.coop with "Local Produce" in the subject line to receive periodic email updates on local produce availability.

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JADE Yoga Mats

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GREEK GODS Yogurt

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24 ounces, nonmembers \$4.99

IMMACULATE BAKING Cinnamon Rolls

MEMBERS \$3.99
Nonmembers, \$4.69

ORGANIC VALLEY Omega-3 Milk

Whole or 2% Milk
MEMBERS \$4.29
64 ounces, nonmembers \$4.99

UDI'S Gluten-Free Cinnamon Rolls

MEMBERS \$5.99
Nonmembers \$6.79

UDI'S Gluten-Free Bagels

MEMBERS \$4.49
Nonmembers \$4.99

ANNIE'S NATURALS Salad Dressing

MEMBERS \$5.39
16 ounces, nonmembers \$6.39

BLUE SKY Calorie-Free Soda

MEMBERS \$4.99
6-packs, nonmembers \$5.99

AMY'S Toaster Pops

MEMBERS \$2.69
Apple or strawberry flavors, nonmembers \$3.19

MARANATHA Organic Peanut Butter

MEMBERS \$7.49
26 ounces, nonmembers \$8.99

SEEDS OF CHANGE Simmer Sauces

MEMBERS \$3.59
12 ounces, nonmembers \$4.59

YOGI Cereal

MEMBERS \$3.69
12 ounces, nonmembers \$4.69

Bulk

Organic Quinoa Flakes

SALE \$7.99/lb
Regularly \$9.19/lb

Organic Red Lentils

SALE \$1.49/lb
Regularly \$1.99/lb

Natural Home

SUNLEAF NATURALS LOCAL Candles & Diffusers

20% OFF

Meat & Deli

KADEJAN LOCAL Chicken Thighs

Boneless, skinless
SALE \$3.49/lb
Regularly \$3.99/lb

PASTURES A PLENTY LOCAL Uncured Bacon

SALE \$5.99/lb
Regularly \$6.49/lb

OUR DELI'S Apple Mint Beet Salad

SALE \$9.99/lb
Regularly \$10.99/lb

OUR BAKERY'S Peanut Butter Cups

SALE \$2.59 each
Regularly \$2.99 each

PASTURELAND LOCAL Raw Milk, Medium Cheddar

SALE \$10.69
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SAVE \$1 Per Pound
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ECLECTIC INSTITUTE Herbal Supplements

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Member number _____

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Valid at Linden Hills Co-op 2/1, 2011 through 2/28, 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 3/1, 2011 through 3/31, 2011

Register for co-op classes in person at the Customer Service Desk or by phone (612-922-1159) using your credit card. 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

February - March

Thursday, February 24, 7 – 8:30 p.m.

Food Therapy in Chinese Medicine

>> **CLASS** >> Dr. Xiaoyan Hu. Please pre-register; \$10/\$8 members. This lecture will introduce food therapy in keeping with Traditional Chinese Medicine. We'll sip teas that discourage winter illness and take home recipes specific to TCM. Dr. Hu graduated from the Hubei Medical School in China in 1983 and currently teaches classes on acupuncture at Northwest Health Sciences University.

acupuncture at Northwest Health Sciences University.

Monday, February 28

Use It; Don't Lose It

>> **REBATE VOUCHER ALERT** >> If you received a patronage rebate voucher last year, please redeem it no later than February 28th, 2011. Spending your voucher HELPS the store, since unredeemed vouchers are lost income and not a cost savings for the cooperative. Questions about your rebate? Call Allie at 612-279-2450.

Thursday, March 3, 7 – 8:30 p.m.

Composting is for Everyone!

>> **CLASS** >> Joanna Toleno Bakken, Master Recycler. Please pre-register; \$17/\$15 members. From hot composters to worm bins, we'll discuss everything you need to know about making beautiful dirt. You'll learn how composting not only builds rich, healthy soil, but can also reduce a household's landfill contribution by 50%.

Tuesday, March 8, 7 – 8 p.m.

Homemade Yogurt 101

>> **CLASS** >> Kelly Smeltzer, Urban Relish. Please pre-register; \$17/\$15 members. Homemade yogurt is easy to make, contains no additives, and you can enhance it with whatever flavor you desire. We'll walk through the process of making yogurt, talk about flavoring your yogurt and discuss variations such as soy and Greek yogurt.

Thursday, March 10

Member Appreciation Day

>> **CO-OP EVENT** >> It's your co-op's birthday this month! To celebrate our thirty-five years of great local and organic foods, we're giving Linden Hills Co-op members 5% off their purchases today.

Tuesday, March 15, 7 – 8:30 p.m.

Your Energy Efficient Home

>> **CLASS** >> Isaac Fuhr, Licensed Builder. Please pre-register; \$15/\$13 members. This do-it-yourself class is designed to empower the homeowner to start saving energy and money. Topics include attic and wall insulation, sealing air leaks and improving ventilation. There will be registration during the class for optional on-site training where participants can meet at a volunteer's home for a hands-on approach.

Wednesday, March 16, 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!).

Tuesday, March 22, 6:30 – 8:30 p.m.

City Chicken Care

>> **CLASS** >> Mary Britton Clouse, Chicken Run Rescue. Please pre-register; \$25/\$23 members. This class is for people who already have chickens or for people thinking about getting one. The emphasis is on the health, behavior and happiness of the birds, and facts about the adoption process.

Thursday, March 24, 6:30 – 8 p.m.

Balancing Your Biochemistry

>> **CLASS** >> Dr. Rhys Preston, Chiropractor. Please pre-register; \$17/\$15 members. Are your stress-handling glands stressed out? We will discuss powerful hormones such as cortisol, DHEA and pregnenolone which—when out of balance—can lead to chronic fatigue, fibromyalgia, abdominal obesity and much more. This presentation will provide you with the knowledge and tools to help balance your biochemistry.

Tuesday, March 29, 6:30 – 8:30 p.m.

Quick Cakes & Bars

>> **CLASS** >> David S. Cargo, St. Paul Bread Club. Please pre-register; \$25/\$23 members. Want to create delicious chocolate cakes, delightful oatmeal raisin cookies and tasty pumpkin bars without the fuss of a heavy-duty mixer? Learn how to make these treats with just a sauce-pan and a spoon, or a mixing bowl and hand mixer.

Thursday, March 31, 6:30 – 8 p.m.

Demystifying Detoxification

>> **CLASS** >> Claudine Arndt, Holistic Health Coach. Please pre-register; \$15/\$13 members. Discover the benefits of cleansing the body and how to choose a detoxification program that's right for you. Now's the time to boost your health – detoxify! Claudine is a graduate of the Institute for Integrative Nutrition and is certified with the American Association of Drugless Practitioners.

Tuesday, February 1

Be Our Valentine Prize Giveaway

>> **ENTER TO WIN** >> Enter daily to win one of two lovely gift packages featuring local, romantically inspired products. The last day to enter is Saturday, Feb. 12. See page 3 for details.

Tuesday, February 1, 6:30 – 8 p.m.

Home Spa with Organic Essential Oils

>> **CLASS** >> Terra Johnson, Veriditas Botanicals. Please pre-register; \$25/\$23 members. Learn to make spa-quality, budget-friendly body care products with natural essential oils. Give these nourishing, luxurious oils away to your favorite Valentine, but be sure to make a little extra just for you!

Thursday, February 3, 6:30 – 8 p.m.

The Art of Tasting Chocolate

>> **CLASS** >> Andrea Pesses, Groveland Confections. Please pre-register; \$30/\$28 members. We'll taste chocolate samples from around the world, plus discuss the health benefits of chocolate (not that you need an excuse!). And learn how to make truffles from a local, professional chocolatier!

Tuesday, February 8, 6:30 – 8 p.m.

Nutrition for Pregnancy and Lactation

>> **CLASS** >> Dr. Liz Wacker-Orchard. Please pre-register; \$15/\$13 members. We all know the old saying "you are what you eat," but if you've got a baby on board, proper nutrition is crucial. In this workshop, you'll discover the most nutritious foods for supporting pregnancy and lactation. You'll also find out which foods reduce unhealthy cravings and alleviate symptoms of post-partum depression. Discussion will cover supplementation using key nutrients or herbs. The workshop will close with an open discussion about common pregnancy-related challenges. Dr. Orchard is a board-certified Naturopathic Doctor who uses nutritional counseling, botanical medicine, homeopathy and other natural approaches to help women and their families feel well.

Thursday, February 10, 6:30 – 8 p.m.

Candle Making: A Gesture of Light

>> **CLASS** >> Denise Cooper. Please pre-register; \$35/\$33 members. Brighten your February with this warm, friendly gathering—a class all about making soy-based candles.

Participants will learn to form candles using votive holders and decorative jars. Discover how to embellish your candles with non-toxic dyes and fragrant essential oils. All products used in this class are 100% natural and safe for the environment.

Saturday, February 12, 10 a.m. – 6 p.m.

The Smooch Project Photo Shoot

>> **CO-OP EVENT** >> Document your affection for your loved ones—partner, parent, sibling or friend—today with local artist Bonnie Fournier. There's no need to make a reservation and participation is free. See page 3 for details. Sample locally-made Bent River Camembert cheese and S-Squared buttercrisp today, too.

Sunday, February 13, 12 – 8 p.m.

The Smooch Project Photo Shoot

>> **CO-OP EVENT** >> Now's your second chance to take part in The Smooch Project, a community-based effort to collect 10,000 photographs from around the world of people showing affection to someone they love. See page 3 for details. Also on Sunday, try a taste of award-winning HeathGlen jams and find out who wins the "Be Our Valentine" prize giveaway.



Tuesday, February 15, 7 – 8 p.m.

Healing & Transformation Meditation

>> **CLASS** >> Bryan Bertsch, Certified Universal Tao Instructor. Please pre-register; \$20/\$18 members. Join us for a spirited class of healing and self-transformation. You will practice the Inner Smile Meditation, techniques that teach you how to transform everyday stress into vitality and balance negative emotions with positive ones to create internal harmony.

Wednesday, February 16, Time TBA

Monthly Board Meeting

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Thursday, February 17, 7 – 8:30 p.m.

Beauty, Health & Wisdom

>> **CLASS** >> Dr. Alison Levitt. Please pre-register; \$10/\$8 members. Look radiant and feel fabulous from the inside out. Discover three simple steps that will allow you to glow and feel energized every day. Learn how to revitalize yourself through diet and simple life-style changes. Dr. Levitt is a holistic medical doctor, board-certified in Family Medicine (not to mention, the maker of our favorite, healthy local cracker, Flackers).

Tuesday, February 22, 7 – 8:30 p.m.

Winter Skin Care

>> **CLASS** >> Anna Dvorak. Please pre-register; \$35/\$33 members. Soothe dry skin with simple remedies using herbs, plant-based oils, butters and essential oils. We'll make Body Butter, Violet Leaf Lip Balm and an Herbal Healing Salve to repair cracked and chapped winter skin.

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