

Rollin' Oats Journal

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

Annual Meeting 2011 A Feast & Film Event

THIS FALL MARKS OUR FIRST ANNIVERSARY in our new, expanded store. And, to celebrate, we're pulling out all the stops for our Annual Meeting! For starters, we've reserved a beautiful location overlooking Lake Calhoun. St Mary's Greek Orthodox Church features plenty of free parking and is easily bikeable from the co-op. We'll also be offering free childcare during the meeting and, of course, plenty of free food! We look forward to spending a casual, food and fun-filled evening with you as we reminisce about our first year in our new location—and look to the future with keynote speaker Steve Alves' presentation on Food for Change.

Annual Meeting at a Glance

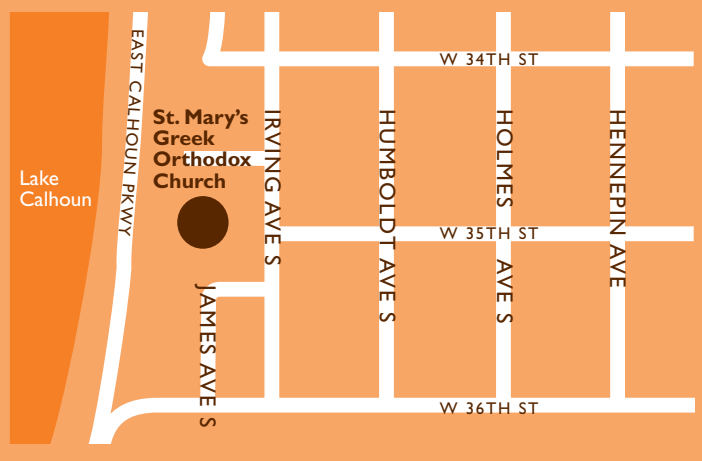
October 26, 6 – 8:30 p.m.

St. Mary's Greek Orthodox Church

3450 Irving Avenue S. (just off of Lake Calhoun)

FREE Event; RSVP to Allie at allie@lindenhills.coop

or 612-279-2450 by October 19.



movement by examining the growth of co-ops during the 1930s and the 1970s. Steve will share clips from the film, elaborate on the film's origin and purpose and finish with a discussion.

Winners Revealed

8:20 – 8:30 p.m.

The evening concludes with three important announcements: We'll introduce our newly elected board members for 2012 and announce our member-selected Green Patch Program recipients. And, finally, we'll reveal our \$100 co-op gift card winner!

Our meeting adjourns promptly at 8:30 p.m. However, we would be happy to extend our conversations with you. Contact the board of directors anytime at board@lindenhills.coop or 612-279-2451. Members are encouraged to attend monthly board meetings (see page 4 for details). And, we hope you'll engage in our Member Listening Project, too (see page 2 for details).

Want to learn more about the Food for Change film project?

Steve has graciously agreed to be available on Thursday, October 27th to meet with members. If you'd like to set an individual appointment—or if you'd be interested in attending a casual group meeting, contact Allie at allie@lindenhills.coop or 612-279-2450 and we'll keep you in the loop.

And, if you just couldn't get enough of that wonderful Seyval Blanc, we encourage you to visit Alexis Bailly Vineyards in Hastings on weekends through mid-December or at www.abvwines.com.

The Menu

Our casual, buffet-style meal features seasonal, local ingredients. Service begins at 6 p.m. and ends at 7 p.m. Several menu items are vegan and/or do not contain gluten ingredients. If you have specific dietary requests, let us know when you RSVP to allie@lindenhills.coop or 612-279-2450.

Apple Blue Cheese Tartlets
Turkey Meatballs with Pam's Pepper Jam
Coastal Seafood's Shrimp Cocktail
Praline Pecan Bacon with Blue Cheese
Assorted Vegetables with Deena's Roasted Red Pepper Hummus
Kadejan Farms Chicken Skewers
Butternut Squash Risotto
Sweet Potato Quinoa Fritters
Golden Beets & Brussels Sprouts

Apple Galette
Chocolate Soufflé Cupcakes
Fresh Figs, Grapes & Berries

Alexis Bailly Seyval Blanc
Apple Cider
Equal Exchange Coffee

FYI Co-op Shoppers

Annual Elections

Please remember to vote using the enclosed ballot! We hope to see you at the Annual Meeting, but if you cannot attend, please note that the deadline for absentee ballots is Tuesday, October 25 by 9 p.m.

My Co-op Rocks

How much does Linden Hills Co-op rock? The third annual My Co-op Rocks contest is your chance to show the world exactly how much!

This year we're giving you TWO great ways to enter. Create an original video or take a photo that's inspired by or features your co-op. Head to www.MyCoopRocks.coop to submit your entry, check out all the videos and photos submitted, and vote on your favorites. Have fun and be creative!



The winners in both categories will receive super sweet prizes: an iPad 2, \$500 co-op gift card or a Bloggie Duo HD Camera!

Right2Know March

This October, we cheer on those who march in support of our "right to know" about genetically modified organisms (GMOs). The Right2Know March begins on October 1 in New York City and ends on World Food Day, October 16, in Washington D.C. Visit www.right2knowmarch.org for more information.

Currently, the majority of non-organic corn, soy and cotton plantings in the United States come from GMO seed. However, the federal government does not require labeling of foods containing GMO ingredients. While the vast majority of foods have not yet been genetically modified, this is an issue of growing concern.

The Non-GMO Project offers the nation's only independent, third-party testing and verification program for GMOs. Look for Non-GMO Project verified products at the co-op and visit www.nongmoproject.org to learn more.



Clothing Collection for Newborns

This November, we'll be collecting clothing for newborns in need via the Loved Twice program. Loved Twice's volunteers distribute new and gently-used baby clothing through licensed social workers in area hospitals, shelters and clinics. Each baby receives a carefully packaged box of onesies, sleepers, hats, booties, books and a warm soft blanket. Drop your donation in the collection box in our entry vestibule starting November 1.



Feast!

6:00 – 6:50 p.m.

Pile your plate with local, seasonal eats from our buffet! Running late? That's okay! You're welcome to arrive at anytime, but please be aware that buffet service ends at 7pm. To complement our meal, we'll be serving Seyval Blanc white wine, thanks to a generous donation from Alexis Bailly Vineyard (Hastings, Minn.).

During dinner, you'll have a final opportunity to vote in the annual election (see insert). Ballots are due by 6:45 pm tonight. We'll also ask you to fill out a brief six question, anonymous survey. Survey respondents will be entered to win a \$100 co-op gift card. The drawing will take place following the keynote address—you must be present to win!

Reminisce with Board & Staff

6:50 – 7:20 p.m.

During the business portion of our annual meeting, you'll hear from Board President, Kimberly Proffitt, Treasurer, Todd Troha, and General Manager, Luke Schell on the co-op's year in review. We'll leave plenty of time for your questions, too. (Because the business portion of the meeting is open to Linden Hills Co-op members only, during this time nonmembers will be invited to continue their meal and conversation in an adjoining room.)

Popcorn & Intermission

7:20 – 7:30 p.m.

Take a brief intermission, grab a bag of Angie's Kettle Corn and settle in for the evening's Food for Change film preview. Meanwhile, we'll draw names for a few lucky door prize winners.

Film Preview with Steve Alves

7:30 – 8:20 p.m.

Now's your chance to get a sneak peak at award-winning filmmaker Steve Alves' work-in-progress documentary about food co-ops, local economies, and food security, Food for Change. The film focuses on the role food co-ops play in communities and gives an historical backdrop to the current cooperative





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.

Co-op Managers

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Produce Manager
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mwrightiii@lindenhills.coop

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

Dreaming About the Future

BY KIMBERLY PROFFITT, BOARD PRESIDENT

What difference does the Linden Hills Co-op hope to make by existing? What is our dream for the future? What are we seeking for our members, our community, the larger world? The board of directors has been contemplating (and at times wrestling with) these questions since our retreat in May. One of the board's responsibilities is to make sure the co-op has a vision that aligns with the values and desires of our members. This vision can then be used to help decide whether more specific courses of action (as a past example, relocating our store) make sense: does this action move us toward our bigger dream?

Our ends policies (what we often call our mission) are what we've been using to guide strategic decisions. Here's what they say:

Linden Hills Co-op:

- Provides and promotes healthful choices for its members and shoppers
- Provides, uses and promotes earth-friendly, sustainable products
- Encourages activism on sustainability, health and nutrition-related issues
- Builds community within Linden Hills and neighboring communities

Though the ends policies clearly state how LHC is to move forward, discussion at our retreat made us wonder if something was missing from them. We played with some broader statements—for example, "To



Kimberly Proffitt

be our community's trusted local choice for healthful living"—which we thought might better express a more aspirational, far-reaching goal. With a bigger vision in place, the ends policies (as currently written, or in a slightly revised form) could then be used to articulate what we do in pursuit of this vision.

At the end of our session, we knew we were on the right track but not quite there. A smaller committee has been rewriting the big vision statement and still has some work to do before giving you a first draft. Your opinions and ideas on whether we've correctly stated the dream – and what it should look like if we

are moving toward it – will be used to revise the vision statement and the accompanying ends policies (to keep things simple, we are calling these "What We Seek" and "What We Do"). There will be upcoming opportunities to give your input through the "Listening Mission" project (see article below). We hope you'll participate and be inspired to think big about the future and the role the Linden Hills Co-op plays in fostering a better tomorrow.

Thank you and Goodbye

In November, we'll say goodbye (and thank you) to Brian Shields who has served on the board for the past three years. He played an instrumental role in the member loan campaign and we have appreciated his voice in support of the local food movement and the humor he has brought to meetings.

I, also, will be rotating off the board in November after six and one-half years. It has been a pleasure to represent our members and to work with such a dedicated staff and committed group of fellow board members. I am excited for what the future will bring for the Linden Hills Co-op. Cooperatively, we can make a difference in individual lives, our community and the bigger world.

Now seeing poison-dart frogs.

Every pet is unique. And so are we.
Offering holistic and traditional care
in an eco-friendly hospital.

Lake Harriet
Veterinary

4249 Bryant Ave. South, Minneapolis, 55409 • 612-822-1545 • lakeharrietvet.com

Lake Harriet Spiritual Community

A CENTER FOR CONSCIOUS LIVING 4401 Upton Ave. S. | 612-922-4272
LakeHarrietSpiritualCommunity.org

What goes on in there, anyway?

We're glad you asked!

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

HAVE SOMETHING TO SAY? Your Co-op Board Wants to Hear from You!

BY L. PETER ERICKSON, BOARD VICE PRESIDENT

A

s a Board, we have a commitment to connect to our members. Over the next year, we'd like to implement a more structured means of talking with you, called the Listening Project.

Throughout the year there will be various opportunities for you, as member-owners, to provide ideas and feedback to us. We have questions—some specific and some very general—we'd like to ask you, but also want you to challenge us with questions and ideas. In the end, we hope to have an even stronger co-op with purposes that align well with the needs and visions of our members.

So, first, some background. The Board of Directors of LHC is the official name for the group of nine member-owners, like yourselves, who were elected at the Annual Meeting by those of you that voted. We serve you and the co-op by:

- Listening to you, the member-owners of LHC
- Creating co-op governance policies that reflect your values and wishes and are in line with the board's fiduciary responsibility
- Hiring a General Manager and monitoring performance to the governance policies
- Reporting back to you on how things are going, through the Rolling Oats Journal and at the Annual Meeting
- Taking the broad view of co-op operation, leaving the details to our GM and our expert staff

Is this Listening Project something new? Well, not really. It has always been

Listening
Project

a duty of the Board to keep an open ear to our member-owners. This often takes place through informal conversations, through occasional surveys, at Board meetings when members visit, at the Annual meeting, and during other events. With our recent successful move behind us, we have been asking ourselves, what now? We were inspired by the Whole Foods Co-op in Duluth, which undertook such a listening mission. We felt their methods provided a good framework for us to listen to our members in a more concentrated manner to help set the tone of our co-op for years to come.

What do we want to hear? Since the Board works from the broad view of co-op purposes, we will be listening for themes that set the greater directions of the co-op. Very specific ideas, such as a food item we should carry or a particular aspect of day-to-day operations, will be relayed to our GM

and staff. We will listen to those detailed thoughts, but will be looking for the broad themes behind them.

The Listening Project itself will consist of a series of listening sessions, each with a topic. The sessions will be led by Board members and other co-op volunteers who have been trained in facilitation. We will begin with a number of pilot listening sessions this fall to help us fine tune our process, with the goal of beginning the formal Listening Project in January 2012.

We will be reaching out to different groups of members in an effort to be sure that we are hearing from a representative sample of the broad spectrum of members who shop at LHC. After we have completed the "listening sessions" – and we intend to take as much time as we need – we will put together a list of the broad themes and ideas that have come from you and ask your help in setting priorities. We will then work to fit these priorities into our visions and policies, where we can. If there are ideas that are not sustainable for a business such as ours, we will seek places where the spirit of these ideas can be incorporated into our vision. In any case, we believe that continuing this conversation will keep our co-op strong and connected to you, our member-owners.

So, please join us in this Listening Project. You can send an email to board@lindenhills.coop or leave a message on the Board voicemail at 612-279-2451 to sign up. We'll get back to you with more information about the dates and times of the listening sessions. Thanks for talking!

Place Your Holiday Preorder: Call 612-922-1159

Local, Free-Range Turkeys

Our local, free-range turkeys are from Kadejan All-Natural (Glenwood, Minn.) and Schultz Organic Farm (Owatonna, Minn.). Raising turkeys depends a lot on nature, so if you'd like a certain size, we urge you to specify your request on your order form and pick your bird up soon after the delivery date. Place your order at our customer service desk by November 16th. Please note the delivery date for your turkey when you place your order and be aware that turkeys arrive frozen. Pick up a helpful tip sheet with thawing and roasting instructions at our customer service desk.

All the Fixin's

Take a holiday from the holidays! Our deli is at the ready to prepare part or all of your holiday meal using fresh, all-natural ingredients. To place your order, call 612-922-1159 and ask for the deli. Or, talk with any deli staff person. Preordering begins October 1st for pickup in November or December. The last day to place your pre-order for Thanksgiving is Saturday, November 19th. The last day to place your pre-order for Christmas is Monday, December 19th. All deli preorders require at least 48 hours notice.

Pies, too!

Formerly of The Birchwood Café, our expert baker Adam Wolff uses the finest ingredients, including Schultz organic eggs (Owatonna, Minn.) and Ivy Farms heavy whipping cream (Hastings, Minn.). All pies are handmade to order. Varieties available for preorder include Apple, Chocolate Velvet, Key Lime, Peach, Pecan, Pumpkin, Vegan Apple and Vegan Tofu Pumpkin.



comfort food

Family-style serves 4-6 adults

Everything but the Turkey
Maple Glazed Yams with Cranberries
Green Beans Amandine
Classic Mashed Potatoes
Traditional Herb Stuffing
Homestyle Poultry Gravy
Cranberry Relish
Dinner Rolls

\$49.99

Holiday Plate 1 individual servings

Traditional
Roasted Turkey
Maple Glazed Yams with Cranberries
Green Beans Amandine
Classic Mashed Potatoes
Traditional Herb Stuffing
Homestyle Poultry Gravy
Cranberry Relish
Dinner Rolls

\$12.99 per person

Holiday Plate 2 individual servings

Vegan/Vegetarian
Mushroom Walnut Loaf
Maple Glazed Yams with Cranberries
Green Beans Amandine
Wild Rice Salad
Corn Bread Stuffing
Mushroom Gravy
Cranberry Relish
Dinner Rolls

\$12.99 per person

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Committed To Delivering The World's
Safest, Most Effective Omega Oils™

**Free Water
for Members!**

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

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

October 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

ORGANIC VALLEY LOCAL

Ricotta Cheese

MEMBERS \$5.29
15 ounces, nonmembers \$6.99

VAN'S

Breakfasts

MEMBERS \$2.59
Nonmembers \$3.19 - \$3.59
Waffles, Pancakes or French Toast Sticks

TOFURKY

Vegetarian Sausages

MEMBERS \$3.29
14 ounces, nonmembers \$4.39
Beer Brats, Sweet Italian Sausage or Kielbasa

AMY'S

Low Sodium Soups

MEMBERS \$2.29
14.5 ounces, nonmembers \$3.19

ANNIE'S

Family Size Organic Mac & Cheese

MEMBERS \$2.99
10.5 ounces, nonmembers \$3.99

BARBARA'S

Cheese Puffs

MEMBERS \$1.79
7 ounces, nonmembers \$2.99
Original or Jalapeño

CLIF BARS

Builders Bars

MEMBERS \$1.49
2.4 ounces, nonmembers \$1.99

ENDANGERED SPECIES

Chocolate Bars

MEMBERS \$2.29
3 ounces, nonmembers \$2.99
Sorry, sale does not apply to organic bars.

FOOD SHOULD TASTE GOOD

Tortilla Chips

MEMBERS \$1.99
5.5 - 6 ounces, nonmembers \$2.99

PROBAR

Organic Vegan Whole Food Bars

MEMBERS \$2.29
3 ounces, nonmembers \$3.59

ZICO

Coconut Waters

MEMBERS \$2.29
14 ounces, nonmembers \$2.79

FOUR ELEMENTS LOCAL

Herbal Tinctures

MEMBERS save 15%

NATURAL FACTORS

Whey Protein Powders

MEMBERS save 20%
12 ounces, nonmembers \$19.99 - \$24.99

NATURAL FACTORS

Vegan Protein Powders

MEMBERS \$17.99
12 ounces, nonmembers \$22.49

ANCHOR HOCKING

Glass Serving & Storage Ware

MEMBERS save 20%

Bulk

Walnut Halves & Pieces

SALE \$5.49/lb
Regularly \$5.99/lb

JUST COFFEE

Wake the Dead Seasonal Dark Roast Coffee

SALE \$10.99
12 ounces, regularly \$11.99

Meat & Deli

REBEL RIDGE FARMS LOCAL

Organic Sirloin Steak

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

OUR DELI'S

Sweet Potato Quinoa Fritters

SALE \$7.29/lb
Regularly \$7.99/lb

OUR BAKERY'S

Pumpkin Bars

SALE \$3.25 each
Regularly \$3.75 each

RED BARN FARMS LOCAL

Heritage 1 year Cheddar

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

SAXON CREAMERY LOCAL

Big Ed's Gouda

SALE \$13.99/lb
Regularly \$14.99/lb

SAXON CREAMERY LOCAL

Green Fields

SALE \$14.99/lb
Regularly \$15.99/lb

Natural Home

AMES FARM LOCAL

Handmade Beeswax Candles

SALE 25% OFF

NEW WAVE ENVIRO

Barrier Water Pitcher

SALE \$17.69
1.1 liter, regularly \$20.99

NEW WAVE ENVIRO

Barrier Replacement Water Pitcher Filter

SALE \$8.99
Regularly \$10.59

Wellness

PANGEA ORGANICS

Organic Skin Care Products

25% OFF

GABRIEL

Luxury Color Cosmetics

15% OFF

SUKI SKIN CARE

Facial Care Products

15% OFF

PLANETARY HERBALS

Herbal Supplements

30% OFF

SOURCE NATURALS

Vitamins & Herbal Supplements

30% OFF

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 10/1, 2011 through 10/31, 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 11/1, 2011 through 11/30, 2011

Register for co-op classes in person at the Customer Service Desk or by phone (612-922-1159). **Pre-registration including payment is required.** If you need to cancel you must do so 48 hours before the scheduled class to receive a full refund. Please note that our classes are not intended to replace your relationship with your primary physician. We care about your health! When in doubt, please consult your regular physician for diagnosis or treatment.

EVENTS

October–November

Thursday, October 27, 6:30 – 8:30 p.m.
Free for All:
Fixing School Food in America
 >> **BOOK CLUB** >> Please pre-register; FREE. Are your children eating tater tots and hot dogs for lunch? This month we read Free for All: Fixing School Food in America. Sociologist and Professor Janet Poppendieck's insightful book uncovers the mechanisms at work behind school lunches. Poppendieck takes many different perspectives from history & policy to

environmental sustainability & nutrition, to fully analyze the culture of our schools' food system. Questions? Contact Maia at mcampbell@linden hills.coop or 612-279-2449.

Tuesday, November 1, 6:30 – 8:00 p.m.
Easy Blender Sauces
 >> **CLASS** >> Mary Jo Rasmussen and Kelly Smeltzer, Urban Relish. Please pre-register; \$25/\$23 members. Did you know that many classic sauces can be made in a blender quickly and easily? Learn basic techniques for three delicious sauces (Julia Child's hollandaise, garlicky aioli and tarragon Béarnaise sauce) and one vinaigrette with shallots and sherry.

Thursday, November 4, 7:00 – 8:30 p.m.
Chocolate 101
 >> **CLASS** >> Anna Bonavita. Please pre-register; \$24/\$22 members. Explore the history, geography and economics of chocolate, "food of gods." Anna will discuss proper chocolate tasting procedure while sharing delicious insider knowledge. With Anna's help, you'll be able to impress your holiday guests with your newfound appreciation of fine chocolate! Anna recently returned from a month-long chocolate seminar in France and has a passion for quality chocolate that's produced in a sustainable manner.

Tuesday, November 8, 6:30 – 7:45 p.m.
Thai Cooking with Gai Gai Thai: "Jolk" Thai Porridge
 >> **CLASS** >> Kris Petcharawises. Please pre-register; \$20/\$18 members. Chef Kris wows us once again with his recipe for "jolk," a Thai-style porridge. If you're missing Gai Gai Thai at the Fulton, Kingfield and Midtown farmer's markets, now's the chance to get your fix! As always, Chef Kris will offer hot Thai tea and a lively discussion of this dish's cultural roots.

Thursday, November 10, 6:00 – 8:30 p.m.
Plant-Based Gourmet
 >> **CLASS** >> Robin Asbell. Please pre-register; \$40/\$38 members. Chef Robin Asbell has been playing with plants for many years, and the result is her new cook book, *Big Vegan*. Come sample some of the dishes she created for the new book (Spanish Chickpea Fritters, Red Beet Risotto and Double Chocolate Cookies, just to name a few!) and you will leave feeling nourished.

Saturday, November 12, 10:00 a.m. – 12:00 p.m.
Enchanting Globe Ice Lanterns
 >> **CLASS** >> Jennifer Hedberg. Please pre-register; \$20/\$18 members. You may have seen Jennifer's artistry in the Linden Hills Business District or at the City of Lakes Luminary Loppet. Using tap water and a few basic supplies, Jennifer will show you how to work with nature to create wondrous ice luminaries. She'll cover the entire process, whether you want to make ice globes outside or indoors using the freezer. Once made, ice globes can be decorated and displayed as part of a winterscape, or as fanciful centerpieces. Each participant will receive an ice globe starter kit!

Wednesday, November 16
Turkey Preorders—LAST CHANCE
 >> **HOLIDAY ALERT** >> Since we source our turkeys directly from two small, local producers, we suggest you order yours as soon as possible. Today, though, is your absolute, very last chance to preorder a turkey from the co-op. (More on page 3.)

Wednesday, November 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@linden hills.coop to reserve your seat (and plate!).

Saturday, November 19
Deli Sides & Pies Preorders—LAST CHANCE
 >> **HOLIDAY ALERT** >> Today is the last day to preorder our deli's made-from-scratch holiday sides and pies for Thanksgiving. (More on page 3.)

Thursday, November 24
 >> **HOLIDAY HOURS** >> We will be closed on Thanksgiving day. We wish you a happy holiday!

Wednesday, November 30, 6:30 – 8:30 p.m.
Uncertain Peril: Genetic Engineering and the Future of Seed.
 >> **BOOK CLUB** >> Please pre-register; FREE. We will be reading *Uncertain Peril: Genetic Engineering and the Future of Seed*. Lawyer, farmer and journalist Claire Hope Cummings discusses the past, present and future of one of the most important natural resources in the world: seeds. From big agribusiness to the doomsday vault to small family farms, Cummings discusses how we can preserve our common agricultural heritage. Questions? Contact Maia at mcampbell@linden hills.coop or 612-279-2449.

Thursday, October 13, 6:30 – 8:30 p.m.
Less Salt, More Taste: Where Health Meets Pleasure
 >> **CLASS** >> Paola Ricci, MD. 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.

Saturday, October 15, 10:30 – 11:30 a.m.
Home Organization: A How-To
 >> **CLASS** >> Elissa Cottle. Please pre-register; \$15/\$13 members. As a professional organizer with over 10 years of experience, Elissa will show you how to create order from chaos. This class will inspire you to head indoors this fall and finally organize your home, allowing the literal "stuff" of life to flow in—and out!—of your home.

Tuesday, October 18, 6:30 – 7:45 p.m.
Thai Cooking with Gai Gai Thai: Pumpkin Red Curry
 >> **CLASS** >> Kris Petcharawises. Please pre-register; \$20/\$18 members. Gai Gai Thai's Chef Kris is back! In this class, Chef Kris will continue his emphasis on local, sustainable ingredients by preparing pumpkin red curry. Sip hot Thai tea and discuss the cultural significance of curry while you wait to taste the main dish.

Wednesday, October 19, Time TBA
Monthly Board Meeting
 >> **CO-OP INVOLVEMENT** >> Board meetings are held the third Wednesday of each month and any co-op member is welcome to attend. Usually, a light meal is served. If you plan to attend, please let us know 2-3 days in advance. Call 612-279-2450 or email board@linden hills.coop to reserve your seat (and plate!).

Tuesday, October 25, 6:30 – 8:00 p.m.
Energy Body Mapping
 >> **CLASS** >> Debra Saphyre. Please pre-register; \$35/\$33 members. According to human energy consultant and registered nurse Debra Saphyre, everything is energy—including you. Energy centers on the body (chakras) are the entry points to your physical, emotional, mental and spiritual layers. Learning to "map" your energy centers according to what your body is telling you can be the catalyst to empowerment and restoring your health. (Please Note: You will be working in pairs during this class.)

Tuesday, October 25, 9 p.m.
Absentee Ballots Due TODAY
 >> **CO-OP INVOLVEMENT** >> If you're unable to attend our Annual Meeting, please be sure you vote. Pick up a ballot at our customer service desk, download one at www.linden hills.coop or call Allie (612-279-2450 or allie@linden hills.coop) to have a copy mailed to you.

Wednesday, October 26, 6 p.m. – 8:30 p.m.
Annual Meeting & Dinner
 >> **CO-OP EVENT** >> Our seasonal feast will be followed by a report from the board and a presentation from award-winning filmmaker Steve Alves. See page 1 for details. Please RSVP by October 19 to allie@linden hills.coop or call (612) 279-2450.

Saturday, October 1, 11:00 a.m. – 2:00 p.m.
Big Vegan Book Signing
 >> **CO-OP EVENT** >> Chef Robin Asbell. Eating lower on the food chain is one way to get all your vegetable servings in, eat clean and eat well. Come chat with local Chef Robin Asbell and get your copy of her new cook book, *Big Vegan*, signed. Try a sample of her Creamy Squash and Millet Soup with Chipotle, too.

Saturday, October 1, 10:00 – 11:30 a.m.
Lazy Lasagna Gardening
 >> **CLASS** >> Joanna Toleno Bakken. Please pre-register; \$20/\$18 members. Didn't have time for your garden this year? Don't have room to compost? Learn how to start preparing—right now—for virtually weed-free beds using the "lazy lasagna" gardening method! Joanna will show you how to combine composting with building beds this fall and throughout the winter so you can look forward to a beautiful, ready-to-plant garden in the spring.

Tuesday, October 4, 6:30 – 8:30 p.m.
Multigrain Breads
 >> **CLASS** >> David S. Cargo. Please pre-register; \$35/\$33 members. Learn to bake multigrain breads with unique flavors and in show-stopping shapes. David, formerly of Trotter's Café, will show you three methods for combining multiple grains into the same loaf. You'll also learn how to enhance the flavor of breads with starters and added ingredients.

Thursday, October 6, 7:00 – 8:30 p.m.
Superfoods Cooking
 >> **CLASS** >> Claire Wickland. Please pre-register; \$25/\$23 members. Superfoods are a category of exceptionally nutritious foods. As powerful sources of clean protein, vitamins, minerals, enzymes, antioxidants and other nutrients, they represent a promising piece of the nutritional puzzle. But what good is a superfood that is hard to find, difficult to prepare, and the kids won't eat? Clair, personal chef for over 20 years, will teach you how to get the best out of these extraordinary foods.

Tuesday, October 11, 6:00 – 8:30 p.m.
Home Vermiculture: Indoor Composting for Tight Spaces & Cold Climates
 >> **CLASS** >> Jonathan Beutler. Please pre-register; \$50/\$45 members. Turn your scraps and peels into garden gold! Vermiculture, or worm composting, allows you to compost year round, indoors or out, and even in tight spaces like apartments or condos. Discover the basics of earthworm biology—and how to put it to work for you—with urban homesteader Jonathan Beutler. You'll even take home your very own worm farm. Materials and starter worms provided; this class is hands-on!

Wednesday, October 12, 6:30 – 8:30 p.m.
Tunisian Cooking with Les Moulins Mahjoub
 >> **CLASS** >> Onsa & Abdel-Majid Mahjoub. Please pre-register; \$20. Abdel-Majid and his wife Onsa have travelled over 4,000 miles to share, visit and cook with us and for us, just as they would at their home in the verdant hills of the Mejerda Valley in Tunisia. All class registrants will go home with Les Moulins Mahjoub's traditionally crafted olive oil, hand-rolled couscous and spicy harissa spread. Can't make the class? Stop by the co-op from 11 a.m.–1 p.m. or from 4:30–6:30 p.m. to taste a sample of their offerings.



LINDEN HILLS
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