

# Rollin' Oats Journal

A BIMONTHLY PUBLICATION OF LINDEN HILLS CO-OP COMMUNITY MARKET

*Nurturing Life on the Farm and Elsewhere*

## Featherstone Farm's Jenni McHugh

ALLIE MENTZER, PROMOTIONS & EDUCATION COORDINATOR

**A**s we embark on another Eat Local Challenge, you might notice that eating locally has become trendy and mighty marketable. Frito-Lay, even Walmart, will claim to sell you "local food" from "family farms." Fact is, large corporations simply can't develop the long-term commitments to local farmers that co-ops have nurtured for decades.

I recently learned more about the family behind one of our local farms while chatting with Jenni McHugh, who with her husband, Jack Hedin, runs Featherstone Farm in Rushford, MN.

Chances are you've tasted Featherstone Farm produce. Since 1995, Featherstone has delivered organic produce to co-ops, farmers markets and CSA subscribers, but the Featherstone story begins long before. Jack and Jenni met as neighbors while studying at Yale. Jenni came home to find Jack in the yard. Having taken all the doors off the cabinets of his rented apartment, he was meticulously repainting them. She was intrigued by this young man who was "so thorough" in everything he did and, unlike most college boys, prepared stuffed eggplant for dinner instead of ordering pizza.

Eventually, they settled in California so Jack could pursue sustainable farming and Jenni could follow her interest: nurturing life of different sort through midwifery. It was on that California farm that their first son, Emmet, was born, outdoors, under the stars. Although Jenni hadn't imagined herself as a farm wife, she says laboring through Emmet's birth on that farm, warmed by the fire Jack built, has tied her intimately to the farm life.

Since then, Jenni's done her fair share of farm work. She's weeded, picked and packed produce, published the CSA newsletter and sold flowers at market. She's harvested snap peas in weeds taller than the pea plants, arduous, miserable work. Gradually, though, experience and labor-saving systems replaced youthful idealistic masochism. Still, Jenni says being married to a farmer is "being married to someone who's always on call." There's a wistful smile in her voice when she confesses, "Every spring, I realize—all over again—that, oh yeah, Jack will be up at 4:30 and when he comes home, he'll be really, really tired."

Slowly, Jenni's been able to shed daily farm chores to follow her passion as a doula, and more recently, as a childbirth educator. She explains, "There's so much excitement, vulnerability, at that point in a person's life, I'm honored to be able to offer support." Even so, Jenni enjoys reminiscing and finds beauty, too, in farm labor. She recalls waking early on harvest



**Above: Cultivating the fields at Featherstone Farm. At right, the Hedin/McHugh family gathered for son Emmet's 8th grade graduation. From left to right: Jack, Oscar, Tom Hedin (Jack's father), Jasper, Emmet, and Jenni.**

days, looking upon acres full of heavy crops, thinking, "How on earth will we ever get this done?" and the ensuing gratification of completing the task. Jenni misses most the camaraderie of her fellow field hands, discussing probing questions that beg for meandering, soulful answers contemplated for hours while picking squash: "What was your closest experience with death?"

Jenni and Jack's lives changed drastically in 2007, when floods bore relentlessly through southeast Minnesota, washing away the very land that made Featherstone Farm—a life together—possible. Crops ruined, warehouses wrecked, Jack faced a tsunami of paperwork. Jenni remembers, "Jack could have collapsed."

Instead, like harvested squash tossed skillfully from one field hand to the next, Featherstone's fate settled deftly into the hands of community that, for so long, had depended upon the farm's steady yield. Co-op shoppers donated cash through the Institute for Agriculture and Trade Policy's Sow the Seeds program, and CSA shareholders invested in multi-year subscriptions, all a show of faith in rebirth.

Jack's visionary plans for a new, more sustainable, farm soon took shape. In Featherstone's time of excitement and vulnerability, the community was honored to offer support.

We are all bound to this land, but it's so easy to forget. Even in the midst of lush bounty on the farm, Jenni jokes she'll likely need to join the CSA to get fresh produce into her fridge. Just like the rest of us, Jenni, a working mom of three, has reached for store-bought spaghetti at dinnertime. But she doesn't underestimate the importance of eating locally, which ultimately means learning to eat seasonally.

Not surprisingly, given her doula's appreciation for lengthy anticipation, Jenni especially relishes winter squash, explaining "maybe it's

because you have to wait so long."

This season, when the Eat Local Challenge fades to fall and the first bins of Featherstone squash arrive, I hope you'll make eating locally more than a trend. As you pick up your Featherstone squash in lieu of asparagus, take a moment to consider the lives it's touched. After all, it's been a labor of love.



Photos courtesy Featherstone Farm

## Eat Local, America! August 1-31

Linden Hills Co-op is celebrating our third annual "Eat Local Challenge" during August. You'll have the chance to meet great local producers in every department (check out the demo calendar on page 4). We'll be highlighting our staff's favorite local products and profiling selected local farmers and cheesemakers in the aisles. To learn about this national co-op event, go to [www.eatlocalamerica.coop](http://www.eatlocalamerica.coop), where you'll find recipes, stories about local farmers, and information on why eating local is more than a fad. Be sure to check out events at other local co-ops at [www.twincitiesfood.coop](http://www.twincitiesfood.coop), too!

**Want more?** Subscribe to our weekly specials emailer to receive exclusive coupon offers on local products from great local folks, including Sunrise Deli ravioli and Sunleaf Naturals soaps, candles and diffusers. Just send an email to [allie@lindenhills.coop](mailto:allie@lindenhills.coop) with SUBSCRIBE WEEKLY FLYER in the subject line.

Local cookbooks are on sale all month at Natural Home—or if you're already experimenting with the contents of your CSA share box, enter our first-ever Eat Local America recipe challenge! First, find out what's fresh and local by subscribing to Allie's Local Produce Watch; send an email to [allie@lindenhills.coop](mailto:allie@lindenhills.coop), with PRODUCE WATCH in the subject line. Then, use your culinary skills to develop a recipe featuring whatever's fresh and local, and submit your entry to Allie at the email above. Winning recipes will be selected based on overall appeal, use of local and seasonal ingredients, and ease of preparation. Co-op gift cards will be awarded to the winners, and your recipes may be published (with credit to you, of course) on the co-op's website or maybe even sampled in the store! If you'd like to enter the "old fashioned way" on paper, call Allie at 612-279-2450.

### Rollin' Oats Turns Greener

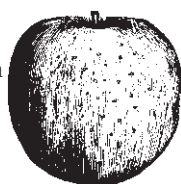
Besides being printed at an "odd size" so we can waste less paper by trimming the newsletter, we're very pleased to announce that this issue of the *Rollin' Oats Journal* is now printed on paper that is certified by the Forest Stewardship Council.

FSC third-party certification means that the wood that was used in the manufacture of this paper is from a well-managed forest that has been inspected to ensure the highest standards of conservation and management.

### Why Let Fresh Fruit Go To Waste?

Do you have an apple, plum or pear tree in your yard that produces more than your family can eat? Volunteers from the Minnesota Project's Fruits of the City program may be able to help.

This fall we'll be harvesting excess fruit from trees in Minneapolis and St. Paul and donating it to a local food shelf. Families that wouldn't otherwise be able to afford it will get



fresh fruit, and you won't have to pick up spoiled fruit from your lawn. We are also looking for volunteer gleaners to pick the fruit (and you can take home a few pounds yourself). To register a tree or to volunteer, call Ben at 651-789-3320 or e-mail [fruits@mnproject.org](mailto:fruits@mnproject.org).

Harvest days will be held regularly from August through October. See [www.mnproject.org/foodFruitsOfTheCity.html](http://www.mnproject.org/foodFruitsOfTheCity.html) for more information.



## Co-op Shoppers FYI

### Co-op Catapults into the Future!

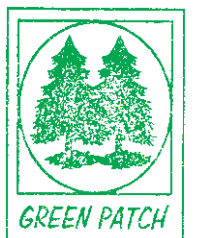
Linden Hills Co-op is installing a new check-out system developed specifically for food co-ops. Called "Catapult," this improved system will help co-op staff integrate inventory functions with sales records, make scannable membership cards and look up membership records more easily.

We hope the transition will be as seamless as possible, but we also anticipate a few hitches and bumps! The biggest change you will notice

is that the cashier will need to enter your membership number *before* they begin to ring up your purchases. If you don't remember your number or need a new membership card, stop at the Customer Service desk; we're happy to help.

### Last Call for Green Patch Nominations

August 15 is the deadline for co-op members to nominate a local nonprofit to receive a portion of our 2010 Green Patch donations. Last year's donations, collected a nickel at a time when you drop your Green Patch in the collection box, totaled nearly \$4,000, split between the Youth Farm & Market Project, Land Stewardship's Farm Beginnings Program, and the Midwest Food Connection. For guidelines and a nominations form, go to [www.lindenhills.coop/community/donations](http://www.lindenhills.coop/community/donations) or pick up a form at Customer Service. Green Patch groups for 2010 will be chosen by member vote during the October co-op election.





## Board of Directors 2008-2009

**Ryan Allen**  
**Albert Kolman-Stich, Vice President**  
**Kimberly Proffitt, President**  
**John Ryden**  
**Brian Shields**  
**Rhea Sullivan, Secretary**  
**Todd Troha, Treasurer**  
**Jason Walker**

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: info@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 & Linden Hills Natural Home 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 Jeanne Lakso at 612-279-2460 or email jlakso@lindenhills.coop. Letters to the Editor are welcome and may be sent to: 2813 West 43rd Street, 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).

Linden Hills Co-op and Linden Hills Natural Home are proud members of the National Cooperative Grocers Association.



# Board Report Co-op Conference = Co-op "Kool-Aid"

BY RHEA SULLIVAN

**I** drank the Kool-Aid. Not right away. In fact, it has been a long, slow journey for me from the Linden Hills resident who first wandered into the old store on Upton Avenue to the co-op board member I am today.

On that first visit I was overwhelmed. I wasn't sure how things worked. I had a feeling I wasn't really supposed to be there. So I left.

But I kept coming back. I started with small purchases. No one seemed to realize I didn't belong. I loved taking home the little brown bags filled with nuts or fruit. They were like some kind of holiday gift to myself.

I took a job working for the neighborhood years ago and met Jeanne Lakso, and suddenly I had a personal link to the store. As I worked to build community in the neighborhood, I began to understand that the co-op was a vital part of the community, a hub, a gathering place, a place to find sustenance—not just food, but friends.

I watched the little co-op grow and stretch and move around the corner to its present location. I was dazzled by the new space and fascinated by the idea that the co-op was owned by its members. Even though my family wasn't interested in organic food, I felt I needed to be part of it. So I became a member.

My journey from member-owner to board member wasn't a straight path and I don't have space here to explain it. I sought to join the Board because I was hungry to learn more about our mission and I hoped that I could put my community building skills to work for the co-op.

Over the past couple of years, my learning has been non-stop. One of the



Rhea Sullivan

perks of being a board member is the opportunity to attend the Consumer Cooperative Management Association (CCMA) Conference, which is held annually in different venues. This year Brian Shields and I were the lucky board members who attended the conference in Pittsburgh, PA, along with co-op staffers Becky Nichols and Jolene Parker.

The conference for me was a turning point.

I attended workshops where I learned how to be a better leader, heard from 15 co-ops nationwide who shared their sustainability successes, learned more about opportunities for cooperation among cooperatives and much more. At the workshop on Member Linkage, I learned there are many different reasons why people join the co-op and all are good. We need to appreciate the diversity of member needs and motivations and find ways to connect with members where they are. I gathered ideas and strategies for making those connections.

Best of all, I had the chance to share ideas with people from other co-ops across the country who are working on the same issues we are.

I came back from CCMA fired up to put what I learned to work, and believing that, with my new knowledge and the connections I made, I will be a much more effective Board member.

Thanks for giving me the opportunity to "drink the Kool-Aid." Want a sip?

## SAVE THE DATE!

### Annual Membership Meeting Thursday, October 29

At press time, details were still in development—but we cordially invite all Linden Hills Co-op member-owners to mark your calendars for this year's annual membership meeting. We'll hear about the successes and challenges of the past fiscal year—and learn about plans for the future. Speakers, food, and a chance to get to know YOUR co-op's staff and board. No Kool-Aid, though! Look for details in the October-November newsletter or on line at [www.lindenhills.coop](http://www.lindenhills.coop).

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## Co-op Member Spotlight Keiko Veasey, EcoParent

BY KATHY GERHARDT

**I**t was music to Keiko Veasey's ears. Her four year old daughter was about to throw something away when she turned to her mother and asked "compostable garbage or regular garbage?"

"She will hold something up and ask 'Is this recyclable? Can this go in the recycling?'" shared Veasey. "It is just really fun to see the next generation grow up with that as the standard expectation [that] it doesn't automatically go in the trash: there are alternatives."

"Alternatives" is a good word to use in this case. Veasey—a product of the strong Madison, WI, co-op community and a Linden Hills Co-op member for the last nine years—has taken that desire for finding alternatives and turned it into a budding neighborhood organization, Linden Hills EcoParents.

The group was Veasey's brainchild. This stay-at-home mother of two young children had the right background, the right enthusiasm and just the right spark to set the wheels in motion a little over a year ago.

"Last year, at the beginning of the year, I read an article in *The New York Times* about a national organization called EcoMom Alliance. And I thought, 'Oh, that is kind of a neat idea' and it percolated in my brain for a couple of months," she recalled.

But Veasey didn't want to limit her pet project to just moms. In fact, one need not be a parent nor a Linden Hills resident to participate; the group welcomes anyone interested in learning more about environmental and sustainable issues.

"I thought Linden Hills would be a really good neighborhood to pull together parents and take an opportunity to learn about environmental issues especially as they related to families and kids. I think there are issues that are acutely of concerns to parents."

Veasey quickly set about finding grant money to get the group up and running. Small grants from the Hennepin County Community POWER (Partners On Waste Education and Reduction) program, the Linden Hills Neighborhood Council's Environmental Committee and the Hendry Family Foundation, along with information and products from Linden Hills Co-op and Natural Home were exactly the kinds of resources she needed.

It became apparent, as she spoke, that this



Keiko with Leo (right) and Kaiya (left).

wasn't the first time Veasey had dipped her toes in this pool. Her background includes a Masters in Public Policy and professionally she has worked in both the environmental and public policy non-profit arenas. It was truly a matter of right time, right place, and right person.

The kickoff meeting of Linden Hills EcoParents took place last October with over twenty people in attendance. The results of an initial survey by these participants helped create a monthly agenda which included different topics and generally a guest speaker to help facilitate their discussions.

"I'm not an expert in all these areas and a lot of issues are ones I want to learn more about, so I will take the time to find someone who does know and bring them in," she explained. "The focus is on things you can do as a household or at a family level ... and because of the grant funding from the Community POWER program, this year has been focused on waste and toxicity issues."

Some of the topics this group covered in its first year included: how to make safer choices in plastic products; identifying, reducing and disposing of household hazardous waste; understanding and doing more recycling; natural body care products; organic gardening and nontoxic lawn care; and hosting "green" parties.

"We try to alternate our topics, because some [things] are really heavy and scary; it's like 'oh are you killing your kids?' And then there are other

ones that are lighter but no less important," explained Veasey. "We try to structure things in a way so that it isn't about what you *can't* do but rather 'here are options of things you can do' or [providing] information to make better choices or more informed choices."

"If you make people always feel like it is a sacrifice to do the right thing, it is a lot harder. If you can make people aware of the choices available then they can make the choice that works for themselves, their family and their values."

The meeting on plastics was a topic of particular interest to Veasey. As she put it, their speaker "really knew the science and not just the hype." "As a parent you want to do right by your kids and to have the information—real information—to make better choices."

The "green party" topic was definitely a little more fun. Key takeaways included setting up containers for recyclables and compostables, purchasing and planning your food to reduce the amount of waste, thinking in terms of compostable, recyclable or reusable party decorations.

One waste reduction meeting focused on changing purchasing habits while shopping and consciously thinking about the packaging you are bringing into your home. For a family with small children, consider the waste from all those juice boxes versus one large container of juice or one large bag of popcorn instead of individually wrapped microwavable popcorn.

The people pulled together into a group like this one may be at different places with respect to their goals and actions, so that is something the participants and presenters have taken into consideration.

"We are here to support each other. Wherever you are on that continuum of green, we hope that everyone moves at least one step and that [they] have the information to make more informed choices. That's really what it is about."

In other words, it is about alternatives, in thoughts and actions, to help individuals, families, neighborhoods and the greater community. Veasey likens Linden Hills EcoParents to an intimate group moving along on a journey together.

For more information on Linden Hills EcoParents or upcoming meetings and topics, join their Facebook page, check out their blog at [lindenhillsecoparents.blogspot.com](http://lindenhillsecoparents.blogspot.com) or send an e-mail to [ecoparents@lindenhills.org](mailto:ecoparents@lindenhills.org).

# Storewide Specials

August 1-31 2009

Get weekly specials by email! Just send an email to allie@lindenhills.coop with "Subscribe Weekly Specials" in the subject line. Or join Allie's local produce alerts list by emailing allie@lindenhills.coop with "Local Alert" as the subject.

## Member Specials

**Annie's Homegrown**  
Canned Pasta Meals  
MEMBERS \$1.89  
15 oz., nonmembers \$2.59

**Larabar**  
Nutrition Bars  
MEMBERS 99¢  
1.6 oz. to 1.8 oz., nonmembers \$1.69

**Natural Choice**  
Frozen Fruit Bars  
MEMBERS \$3.49  
6-pack, nonmembers \$4.99

**Pet Guard**  
Cat Food  
MEMBER \$1.89  
Premium Feast, Fish-Chicken-Liver or  
Chicken & Wheat Germ  
14 oz., nonmembers \$2.59

**Wood from the Hood**  
Cutting Boards  
Made from reclaimed trees  
Minneapolis, MN  
MEMBERS \$21.59-\$35.99  
Various sizes, nonmembers



## Eat Local Specials

**French Nugget**  
Healthy Confections  
Almond Heaven, Oatmeal Dream or  
Peanut Delight  
Burnsville, MN  
SALE \$2.89  
90 gm., regularly \$3.49

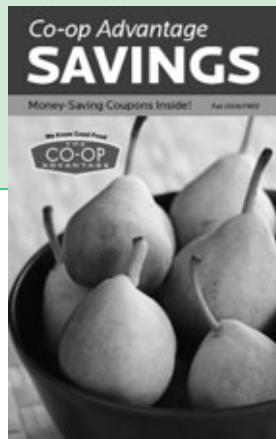
**Whole Grain Milling**  
Tortilla Chips  
Welcome, MN  
SALE \$3.79  
14 oz. to 16 oz., regularly \$4.29

**A Toast to Bread**  
Burger Buns  
White or Whole Wheat  
Minneapolis, MN  
SALE \$2.99  
6-pack, regularly \$3.79

**Birchwood**  
Bulk Granola  
Minneapolis, MN  
SALE \$7.59/lb.  
Regularly \$8.99/lb.

## Member coupon books arriving soon

Watch your mail in late August!



**Schultz Farm**  
Organic Chicken Sausages  
Owatonna, MN  
SALE \$5.99/package  
Regularly \$7.49/package

**Thousand Hills Cattle Company**  
Grass Fed Tenderloin Steaks  
Cannon Falls, MN  
SALE \$23.99/lb.  
Regularly \$29.99/lb.

**Kadejan**  
Chicken Breasts  
Boneless Skinless  
Glenwood, MN  
SALE \$6.49/lb.  
Regularly \$6.99/lb.

**Organic Valley**  
Organic Milk  
LaFarge, WI/MN family farms  
\$5.99/gallon  
Regularly \$6.39

**Organic Valley**  
Refrigerated Soymilk  
Half-gallon, SALE \$2.99  
Regularly \$3.79

**Cultural Revolution**  
Organic Yogurt  
Kalona, IA  
SALE 99¢  
6 oz., regularly \$1.39

**Hope Creamery**  
Organic Butter  
Hope, MN  
SALE \$4.99/lb.  
Regularly \$5.59/lb.

**Pride Of Main Street**  
Organic Milk  
Sauk Centre, MN  
\$2.99/half gallon  
Regularly \$3.59

**Galen Labs**  
Body Care  
Hydrosols, Serums, Shea Butter  
Minneapolis, MN  
20% off all products



## Local at Natural Home

**Green Clean Solutions**  
Foaming Hand Soap  
Clear Lake, MN  
SALE \$6.99  
8 oz., regularly \$7.99

**All Local**  
Cookbooks  
10% off  
local authors & how to eat  
more local foods!

## Wellness Specials

**Collective Wellbeing**  
Hair and Facial Care  
All products  
20% off

**MegaFood**  
Quercetin  
Sale \$10.39  
30 count, regularly \$12.95

**Adrenal Strength**  
Sale \$22.39  
30 count, regularly \$27.95

**Bone**  
Sale \$13.59  
60 count, regularly \$16.99

**Herb Pharm**  
20% off Selected Tinctures  
Children's Echinacea,  
Dermal Health Compound, Violet LE  
SALE \$8.79  
1 oz., regularly \$10.99

**Nordic Naturals**  
20% off Children's Supplements  
Nordic Gummies, 120 count  
Omega-3 gummies, 60 count  
Children's DHA, 4 oz.,  
90 count or 180 count  
Omega Junior 3-6-9+D, 90 count

# Staff Favorites The Local Edition



**Mary, Customer Service**  
**Sunleaf Naturals Shampoo and Body Bars, Waconia, MN**  
They work great, smell great and are minimally packaged—plus they last a long time. I like to slice a bar in half; makes it easier to manage. I keep one in the shower and use the other half for traveling.

**Shawn, Grocery**  
**One Sun Farm Pizzas, LaFarge, WI**  
They grow or make everything but the cheese themselves—and the cheese comes from Organic Valley.

**Scott, Customer Service**  
**Local Greens**  
Because we live in an agriculture state and any competition for California's agri-business is refreshing!



**Susan, Administration**  
**Uncle Pete's Sweet Hot Mustard, Miller, MN**  
It starts out sweet on the tongue and then becomes hot and tangy—and I mean HOT and TANGY!

**Becki, Bulk**  
**Whole Grain Milling's 8 Grain Hot Cereal, Welcome, MN**  
Unlike many breakfast cereals and granolas that feel healthy but actually aren't, this one is really good for you. It cooks up quickly and is very cost effective at \$1.49 a pound. Very comforting on cold winter mornings and still great during the summer too. I eat it almost every day for breakfast with a little brown sugar and cinnamon.

**Carter, Grocery**  
**Whole Grain Milling Tortilla Chips, Welcome, MN**  
They are the best (aka super bombest) tortilla chips I have ever tasted.

**Emily, Grocery**  
**Unpeeled Kombucha, St. Paul, MN**  
It tastes so fresh and delicious and makes me feel so healthy!

**Heather, Customer Service**  
**Castle Rock Chocolate Milk, Eau Claire, WI**  
It's the perfect mixture of chocolate and quality milk...yummy!

**Jenny, Deli**  
**Glad Corn, Mountain Lake, MN**  
It's crunchy, salty and delicious—and it was discovered by mistake.

**Kathryn, Customer Service**  
**Spring Valley Maple Syrup, Spring Valley, WI**  
My grandchildren will eat lots of whole grain pilaf and vanilla ice cream is heavenly with this healthy sweetener added.

**Maia, Customer Service**  
**Mother's Naturals Cereal, Northfield, MN**  
Mother's is a good quality inexpensive locally produced breakfast cereal. With Cedar Summit milk and local fresh berries, this provides an excellent start to any day.

My Future. My Fish Oil. **20% OFF**

20% off Nordic Naturals children's products during August 2009

**NORDIC NATURALS**  
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No lab coats. No steel tables.  
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Jim Sinning DVM, CVA

Lake Harriet  
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Cashier's initials \_\_\_\_\_

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Valid August 1 through September 30, 2009



Linden Hills  
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**10% discount**

Date used \_\_\_\_\_

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Valid August 1 through September 30, 2009

# Miss Larousse

Dear Miss Larousse,

My mom asked me what I wanted her to prepare for my special birthday dinner this month but when I asked her for stuffed tomatoes, she just laughed and said "It's summertime—why would you want to ruin a perfectly good tomato?" I love stuffed tomatoes no matter what time of year it is, and I don't see why she can't make them for my birthday. I mean, you can make stuffed tomatoes during summer, can't you?  
—Birthday Big Boy

Dear BBB,

Your poor mom is probably thinking about the steamy time she'll spend in the kitchen sautéing and simmering and baking your birthday stuffed tomatoes, and when it's hot outside, no one wants to do that. It's true that traditional rice-stuffed tomatoes make a cozy wintertime dish, but there are other ways to fill a tomato that are just as delicious. The recipe below calls for grilling corn and combining it with fresh vegetables and herbs, plus bacon and goat cheese—and if you microwave the bacon, there's no stovetop or oven cooking involved. The kitchen and your mom will definitely stay cool.

While you are showing your mom a new way to stuff tomatoes that is perfect for summer, why not show her a new way to shop and eat as well? All of the fresh ingredients for this recipe are produced locally. Before your birthday dinner, take a trip to the co-op or farmer's market and show your mom what summer is all about.

## Summertime Stuffed Tomatoes

Makes five servings

3 ears corn, silk removed but husks still attached and pulled over cobs  
5 medium-large ripe tomatoes  
1 small red bell pepper, diced  
1 small green bell pepper, diced  
1 small zucchini, diced  
4 scallions, chopped  
1/4 cup chopped fresh basil  
1/4 cup chopped fresh mint  
1 tablespoon vinegar  
1 tablespoon olive oil  
coarse salt and freshly ground black pepper  
3 slices bacon, cooked and crumbled  
1/2 cup crumbled goat cheese  
1/2 small head romaine, shredded

Light the grill. Soak corn in water 10 minutes. Grill corn until husks are charred and corn is tender, turning occasionally, 15 minutes. Turn back husks, cut kernels from cobs, and transfer to large bowl.

Trim tops from tomatoes and save for another use. With paring knife and melon baller, loosen and remove flesh from inside tomatoes. Chop tomato flesh and add to corn kernels along with peppers, zucchini, scallions and half of herbs. Toss with vinegar and olive oil; season with salt and pepper. Stir in bacon and goat cheese.

In another large bowl toss shredded romaine with remaining herbs. Transfer to serving platter. Stuff hollowed tomatoes with grilled corn mixture and arrange over lettuce.



## August/September Events

**R**egister for co-op classes in person or by phone (612-922-1159) using VISA or MasterCard. **Pre-registration including payment is required.** If you need to cancel, you must do so 48 hours before the scheduled class to receive a full refund. Visit our website, [www.lindenhillscoop.com](http://www.lindenhillscoop.com), for updates and breaking news!

Aug/Sept Rollin' Oats

**Saturday, August 1, 11 a.m. – 3 p.m.**

**LOCAL FLAVOR: Unpeeled Kombucha**

Former NASA engineer Dr. Mike Johnson has created a beverage that's rich in probiotics and beneficial enzymes—in St. Paul. So good maybe it IS rocket science.

**Wednesday, August 5, 10 a.m. – 1 p.m.**

**LOCAL FLAVOR: Sweet Cheeks Baby Food**

St. Paul nanny Lori Karis lovingly creates baby foods using local and organic ingredients.

**Saturday, August 8, 11 a.m. – 3 p.m.**

**LOCAL FLAVOR: Uncle Pete's Mustard**

We dare you to try Uncle Pete's "sweet-hot" mustard, a third generation Polish recipe.

**Saturday, August 8, 12 – 4 p.m.**

**BOOKSIGNING: The Featherstone Farm Cookbook**

Mi Ae Lipe's Tastes from Valley to Bluff: The Featherstone Cookbook is an indispensable guide to local produce, with nutritional information and inspiring vignettes about life on the farm.

**Wednesday, August 12, 12-2 p.m.**

**THINK LOCAL: Mend Brain Support Supplements**

St. Louis Park's Dr. Carl R. Hansen, Jr. will explain how his specially formulated bioactive vitamin B12 supplement improves mood and supports brain health.

**Saturday, August 15, 11 a.m. – 3 p.m.**

**LOCAL LATHER: Sun Leaf Naturals Soaps, Candles and Diffusers**

Teresa Andrys, Waconia, MN, formulates luxurious, eco-friendly products using organic plant-derived ingredients, beeswax and essential oils.

**Tuesday, August 18, 7:30 pm**

**COMMUNITY EVENT: Our Clean Energy Future**

Will Steger and Bill McKibben, author of *Deep Economy*, present a free public forum on climate solutions at Edina High School. For details, visit [www.globalwarming101.com](http://www.globalwarming101.com), or call Paul Thompson at 952-920-1437.

**Tuesday, August 18 and Wednesday, August 19**

**COMMUNITY EVENT: Will Allen in Twin Cities**

The Women's Environmental Institute hosts Milwaukee's prophet of local food empowerment, Will Allen of Growing Power, at their Organic Farm School. At press time, his schedule of public appearances and events was in development; PLEASE VISIT the Institute's website: [www.w-e-i.org](http://www.w-e-i.org), for information, or call Blake at 651-209-3934.

**Wednesday, August 19, 10 a.m. – 2 p.m.**

**LOCAL FLAVOR: Mom's Best Cereal**

These Northfield moms make it easy to start your day off as a locavore. While you're munching your cereal, check out the great resource-saving tips on the back of the box.

**Thursday, August 20, 3 – 5 p.m.**

**LOCAL LATHER: Simply Neutral**

Maggie and Sara make their innovative cleaning products in Becker, MN. These rapidly biodegrade, are ideal for people with chemical sensitivities, and cut through stains, grease and dirt.

**Friday, August 21, 3 – 6 p.m.**

**LOCAL FLAVOR: Pleasant Ridge Reserve Cheese**

This award-winning cheese is subtly flavored by the sweet pasture grasses, clovers, herbs and wild flowers of Wisconsin's upland prairies.

**Saturday, August 11, 10 a.m.-2 p.m.**

**COMMUNITY EVENT: Parade of Community Gardens**

Linden Hills Natural Home is pleased to sponsor this year's event, organized by Gardening Matters. Visit nearly 40 community gardens and learn about why they matter; download a brochure at [www.gardeningmatters.org](http://www.gardeningmatters.org).

**Saturday, August 22, 11 a.m. – 2 p.m.**

**LOCAL FLAVOR: Sunrise Deli Ravioli**

Made in Hibbing! Serve Three Cheese with heirloom tomatoes and basil, Butternut Squash with Cedar Summit cream sauce, or Porcini and Provolone with Schultz Organic chicken sausage.

**Thursday, August 27, 2 – 6 p.m.**

**LOCAL FLAVOR: Dr. in the Kitchen Crackers**

Linden Hills neighbor Dr. Alison Levitt created these ultra nutritious crackers using flax seeds and fresh herbs.

**Friday, August 28-Wednesday, September 30**

**NATURAL HOME: Annual Fall Fix-up Paint Sale**

All AFM Safecoat paints and stains are on sale at Linden Hills Natural Home this month. Take 10% off any gallon and beautify your home nontoxically. Call 612-279-2479 for more information.

**Saturday, August 29, 11 a.m. – 3 p.m.**

**LOCAL FLAVOR: Schultz Organic Farm**

Larry Schultz's organic chicken brats are a customer favorite. Pick some up for your Labor Day celebrations.

**Monday, August 31, 6:30-8 p.m.**

**COMMUNITY EVENT: Organic Lawn Care:**

**Preparing for Next Spring**

Free; email [lindenhillswater@gmail.com](mailto:lindenhillswater@gmail.com) to register. Bob Dahm of Organic Bob, LLC teaches you how to prepare your lawn for winter without using chemicals. Co-sponsored by the LHiNC Environment Committee Waterkeeper's Project and the Linden Hills Co-op; this class takes place at Linden Hills Park.

**Monday, September 7**

**HOLIDAY HOURS: Labor Day**

Linden Hills Co-op is open regular hours on Labor day (8 to 9) and Natural Home is open from 9 to 4.

**Monday, September 14, 7-8:30 p.m.**

**COMMUNITY EVENT: Start Next Year's Garden**

**Without Digging**

Free; email [lindenhillswater@gmail.com](mailto:lindenhillswater@gmail.com) to register. Learn how to create rich organic garden beds without digging, with Bob Dahm of Organic Bob, LLC teaches you how to prepare your lawn for winter without using chemicals. Co-sponsored by the LHiNC Environment Committee Waterkeeper's Project and the Linden Hills Co-op; this class takes place at Linden Hills Park.

**Tuesday, September 15, 7 – 8:30 p.m.**

**CLASS: Homeopathy: Relief for Chronic Pain, Anxiety and Nausea**

Aaron Means, Homeopathic Practitioner. Please pre-register \$12/\$10 members. Looking for effective relief from the symptoms of chronic pain, anxiety and nausea? Discover homeopathy, a natural form of healthcare that is safe, effective and has no side effects. Please bring a notebook and pen.

**Tuesday, September 22, 6:30 – 8:30 p.m.**

**CLASS: Skin Solutions for the Chemically Sensitive**

Anna Dvorak, Certified Nutrition and Wellness Consultant. Please pre-register; \$45/\$43 members. Create your own custom skin care products using recipes that are free of chemicals and common allergens. Provide allergy/sensitivities with registration and the instructor will accommodate special needs.

**Saturday, September 19, 10 am-3 p.m.**

**COMMUNITY EVENT: Woofstock**

The Linden Hills Business Association puts on the dog with a pooch parade, live music, and a dog trick contest. We're hosting the Minnesota Pug Rescue Association this year. Call 612-805-1154 or email [lindenhillswoofstock@gmail.com](mailto:lindenhillswoofstock@gmail.com).



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