

Rollin' Oats Journal

December 2008/January 2009

A BIMONTHLY PUBLICATION OF LINDEN HILLS CO-OP COMMUNITY MARKET

How Local Did We Go?

JEANNE LAKSO, MARKETING & MEMBER SERVICES MANAGER

"Eaters must understand that eating takes place inescapably in the world, that it is inescapably an agricultural act, and that how we eat determines, to a considerable extent, how the world is used."

—Wendell Berry

There's a wooden bowl on my kitchen counter filled with pungent, paper-skinned garlic, grown in our backyard garden. Next to it sits a quart jar of honey we purchased the last Sunday of the Kingfield Farmers Market. And on the floor, a bag of Driftless Organics red potatoes, grown by Josh and Noah Engel in Soldiers Grove, Wisconsin. There's also a California pomegranate and some organic pear juice from Italy—but they're not quite germane to today's topic, which is: how much local food Linden Hills Co-op provided to our community last year.

For the past three fiscal years, your co-op staff has been calculating how much locally grown, locally sourced food we sell. In 2007-08, local foods made up nearly 24% of all the goods we sold, which is an increase of five percent over the previous fiscal year. In retail dollars, that's a total of nearly \$2 million. As a locally-grown, community-owned business, we believe it's our responsibility to support and promote local food and local farmers and to encourage our member-owners and shoppers to do the same. By choosing to purchase and consume locally grown foods, we can create healthier communities and support family farms.

This past year's figures represent sales of local foods from July 1, 2007 through June 30, 2008. Our produce department actually sold about \$5,000 less in locally grown foods during that time compared with the previous twelve months—but it wasn't for lack of trying! The main reason for this slight decrease was the disastrous flooding in fall 2007, which affected a significant number of our growers in southeastern Minnesota and the Driftless Area of Wisconsin. I'm particularly grateful and pleased to have those local potatoes back in my kitchen, since Driftless Organics farm was underwater during last year's harvest. Having the opportunity to taste the Engel brothers' potatoes once again is great—sliced and oven-baked with some shredded PastureLand cheese and butter.

Cheese buyer Jason Anderson and deli manager Dwaine Pettygrove both reported significant increases in the sales of local products, particularly in the cheese department—where sales of Minnesota and Wisconsin cheeses have



Brian McElrath and Amy Goetz are two local food artisans whose chocolates, scones and shortbreads are at the co-op all year.



quadrupled since the previous year. As I walked past the cheese counter recently, I overheard Jason recommending a quintessentially local (and unusual) pairing to a shopper: Wisconsin juusto (a Finnish-style cheese), heated and topped with blueberry jam. Just add some thinly sliced and toasted Rustica Bakery baguette and any local craft-brewed beer!

In the grocery aisles, local dairy sales have more than doubled since 2006-07 and sales of meat and poultry from local farms is up 15%. We also sold 15% more locally sourced packaged grocery items—and added a significant number of new suppliers, including Medewankanton Sioux Honey, Mom's Best Cereals, Salad Girl Dressings, TeeDleDee Scones, and several others. In any given month, our shoppers were able to meet many of these local food purveyors and taste their products during one of our many food sampling events. Check the website for profiles of local farmers and food artisans—and for upcoming events featuring local foods. Or sign up for Allie Mentzer's local email alerts, which let you know when new products and in-season produce become available (email allie@lindenhills.coop).

Speaking of which—it'll be a while before the produce aisle is once again brimming with delicious, locally grown vegetables and fruits. Minnesota winters make it fairly difficult to grow anything in January, but I'd like to encourage you to consider how important it is for you to choose local.

Support family farms

Since 1935, the United States has lost over 5 million farms; recent estimates say that fami-

ly farmland today is being lost at the rate of two acres per minute, due to urban sprawl and agribusiness. Smaller family-owned farms not only help preserve soil health and biodiversity by planting and raising a variety of plants and animals, they also preserve a way of life.

Less use of fossil fuels

Sustainable small farming operations (particularly those using organic methods) generally don't use petroleum-based chemical inputs, and in a time when the average mouthful of fresh food has traveled 1,500 miles from farm to plate, buying from local farms makes sense. In fact, if every U.S. citizen ate just one meal a week composed of locally and organically raised meat and produce, oil consumption would be reduced by over 1.1 million barrels a week.*

Make a connection

Eating locally and seasonally may seem challenging at first—but if you make a commitment, even for a few weeks, I think you'll be delighted with the positive side effects. Getting in touch with the seasons in our region and knowing the crisp bite of June's first rosy radishes, or savoring the creamy golden flesh of a butternut squash in November is a sensual pleasure. Learning the names of the people who grow, make, and deliver the food we eat, and finding out about their joys and struggles fosters a sense of community.

Making scalloped potatoes with a bit of home-grown roasted garlic and the best butter in the world makes me proud.

*Steven L. Hopp in *Animal, Vegetable, Miracle* by Barbara Kingsolver.

Patronage Rebates: Two Years in a Row!

By now, 2,370 of Linden Hills Co-op's member-owners should have received a mailing that included a letter and this year's patronage rebate voucher. As noted in the enclosed Annual Report, our 2007-08 fiscal year financial results were great—and so the board, in manner unique to consumer cooperatives, has decided to share the profits.

What is a Patronage Rebate?

In years when the co-op makes a profit, the board of directors has the option to distribute a portion of the profit to our member-owners. By law, rebates can only come from the money that co-op members spent at our store, and must be allocated to each member in proportion to their purchases at the co-op.

In 2007-08, member-owner purchases at the co-op represented 70% of everything we sold—up from 66% the previous fiscal year. That meant that 70% of the store's profits were available for the rebate, totaling nearly \$60,000.

For this rebate period, the board voted to allocate 70% of the rebate amount in cash, and retain 30% as equity, also called Class B shares. Retained equity is an investment in the future of the co-op. It does not increase the number of votes a member has, and has no cash value.

What do I do with my voucher?

Your patronage voucher can be used towards a purchase at either Linden Hills Co-op or Linden Hills Natural Home. The voucher DOES have an expiration date—FEBRUARY 15, 2009—and should be treated like cash.

Is the rebate taxable income?

No. Rebates are considered a deferred discount on the purchases you have already made, so you don't need to report the cash amount of your patronage refund on your income taxes. In addition, the co-op reduces its own tax liability by distributing a portion of the profits as a patronage rebate. You win, and so does the co-op you own.

Why didn't I get a rebate voucher?

The co-op's bylaws set a lower limit on the rebates—if your rebate voucher's cash value was less than \$3, the cost to the co-op of printing, mailing and processing the voucher is greater than the value of the voucher. So, this year, member-owners who spent less than \$429 at the store between July 1, 2007 and June 30, 2008 did not receive a voucher.

Or if you joined the co-op AFTER June 30, 2008, you will not be eligible for a patronage rebate until the close of the current fiscal year next June. If your member number is higher than 8230, you fall into this category.

If you have any other questions about member rebates, please call or email Jeanne Lakso, Member Services Manager, at 612-279-2460 or jlakso@lindenhills.coop.



Give Local

We're proud of our great selection of local foodstuffs and gift items, and we'd like to encourage you to "give local" this year in two easy ways. First, there's the all-purpose Co-op Gift Card—great for just about anyone. Just load it up in any amount and the recipient can pick up exactly what they desire at the co-op or Linden Hills Natural Home. Gift cards come in lovely folders and feature beautiful fruits and vegetables in glorious color.

Another great choice is a local gift basket, available in two sizes. These feature a carefully selected array of local edibles and body care items, arranged artfully in a Fair Trade basket. At \$49.99 or \$99.99, they're both special enough for even the most hard-to-please friend. We need a minimum of two days' notice to pre-

pare your gift basket; just ask at the customer service desk or call the co-op at 612-922-1159 to place an order.

We're Bloomin' Winners!

Linden Hills Co-op received a 2008 Minneapolis Blooms Award for our courtyard and boulevard plantings from Metro Blooms. We're extremely pleased and proud to be nominated and recognized—and would like to thank Edelweiss Design, owned by Linden Hills neighbor Bob Harvey, who designed and maintained the plantings. Metro Blooms is a private nonprofit organization that grew out (literally!) of the Committee on the Urban Environment, and conducts a variety of activities in the community that support urban gardeners, including

native plant sales, rain garden workshops, and a spring "Blooms Day" that includes workshops and an awards ceremony. Our gardens were nominated anonymously and evaluated by committee members from Minneapolis Blooms—and of course, we'd like to thank them as well.

Recipes On Line

Did you know the co-op's website has recipes? Just go to www.lindenhills.coop, and click on the button that says "Recipes" with the purple cabbage in the background. The recipes are categorized by the type of dish—or if you're looking for a creative way to use a specific ingredient, just use the "Search" box at the top of the page.

Co-op Shoppers
FYI



Board of Directors 2008-2009

Albert Kolman-Stich, Vice President
Kimberly Proffitt, President
John Ryden
Brian Shields
Rhea Sullivan, Secretary
Todd Troha, Treasurer

The board meets monthly, and is in the process of determining the meeting schedule for 2009. Meetings are open to any co-op member; please call 612-922-1159 or email board@lindenhills.coop for information on the schedule for the upcoming year.

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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.

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



Board Report Annual Meeting Recap

BY RHEA SULLIVAN, BOARD SECRETARY

Thirty member-owners and staff attended the co-op's Annual Meeting on October 28. It was an interesting and informative evening. Board officers and staff gave reports on the past year. The 2007-2008 fiscal year was one of the most successful in co-op history. This resulted in a patronage refund of approximately \$60,000, which was mailed to co-op members in November in the form of a voucher to spend in the store (see page one for more information about the rebate).

Next, we held a series of roundtable discussions. We asked everyone to imagine that it was 2028 and Linden Hills Co-op is just past our 50th anniversary. We posed the question: "After fifty years, how has Linden Hills Co-op—a thriving local cooperative working for the local good—created a healthier, more sustainable community for everyone?" Some themes emerged from the discussions.

Local: There was a big focus on "local." How do we keep local foods viable and what can we do to support the local movement? It was suggested that the co-op might consider selling only local and Fair Trade goods or we might purchase



Rhea Sullivan

land/farms to invest in local farming or even have our own on-site organic garden where customers could pick fresh produce.

Education: Many envisioned the co-op as a trusted resource that offers more than just cooking classes, perhaps with an in-store computer where shoppers can do research on-site as well as a lending library.

Environment: Some saw the co-op as a leader in environmental issues—both local and global, including global warming, energy use, education, and zero/less waste.

Full Service Health and Wellness: Some saw the co-op as a full service health and wellness center, providing a range of goods and services beyond just food, including a cooperative pharmacy, yoga studio, and an on-staff nutritionist.

Transportation: There was a wish for better transportation. How do we draw more people to the store using fewer cars?

Diversity: How do we attract a more diverse group of shoppers? We might offer more ethnic foods (organic and local), or do more outreach to draw new people in.

Quality of Life for Employees: Retain high

quality of life for co-op employees, with a livable wage and health care.

Environmentally friendly packaging: No more plastic containers for water; no plastic bags. More biodegradable and returnable glass packaging (like milk).

The ideas that were gathered will help guide our future.

Our keynote speakers were Michelle and Roger Benrud, grass-fed dairy farmers from Goodhue, MN, who were in the first class of the Land Stewardship Project (LSP) Farm Beginnings Program in 1998. It was inspiring to listen to their story firsthand.

Election results were announced at the conclusion of the meeting. Congratulations and welcome to new board member Brian Shields and returning board member Kimberly Proffitt, who were both elected to three-year terms. Next year's Green Patch winners will be the Youth Farm & Market and the Land Stewardship Farm Beginnings Program.

We'd love to see more of you at next year's annual meeting. Let us know what we can do to entice you to come out. E-mail us at board@lindenhills.coop, or leave a message at 612-922-1159.

Making Room to Grow

One of the most challenging issues your co-op staff has to contend with is how to use our limited physical space in the best way possible. If you've been a Linden Hills Co-op shopper for a while, you know that our store has gone through a number of remodeling projects over the past ten years. We hope you also know that we're not making changes in your store just for the sake of "mixing it up" or freshening up the décor. Our changes are guided by our product line philosophies and by the notion that we are not just selling you stuff—we are your purchasing agents. We try our best to bring you the goods and services that you want, need, and request. But due to the physical constraints of our building, we're not able to bring everyone everything they want.

We still hear from customers that they miss the bulk oils, vinegars, and nut butters. Or that they can't find the eggs (which we moved to their current location eight or nine years ago). And we realized that it's frustrating for you—just as it's frustrating for us to not accommodate everything we'd like to. More parking, a bigger seating area for eating, wider aisles, a full-service meat and seafood counter, more variety, more ethnic/specialty foods, more cereals, more spices...more customers!

In November, our grocery staff (notably Peter and Tom, with an assist from GM Luke) moved some products around to make more efficient use of space and make it easier for customers to find things. As a result, the oils, vinegars and salad dressings are now in Aisle 1—closer to the makings of a good salad. The wheat-free, gluten-free baking mixes and flours are in Aisle 3, with the other baking ingredients (many of which are also gluten- and wheat-free), and the wheat-free, gluten-free cookies, crackers, and pastas are in Aisle 4, near similar items.

Beginning in January, we'll be remodeling the co-op's deli in order to make better use of our existing space, focus on the things we do best, and bring in some exciting new options for member-

owners and shoppers. Deli manager Dwaine Pettygrove and general manager Luke Schell have been working with co-op deli consultant Linda McCann to develop plans, locate necessary equipment, and finalize the timeline for the project. Here's what you can expect:

- A soup and salad bar area with more daily soup choices and easier access for customers.
- New menu items, including a revamped sandwich menu and healthy, tasty pizza
- A new bakery display case, to showcase our house-made and specialty baked goods
- Better, safer and more efficient work stations for deli staff

In order to accomplish all this, the juice bar will be closed. This decision was not made without careful thought and analysis—and we realize that loyal juice bar customers will be upset by this change. We will still continue to offer wheatgrass juice and fresh-squeezed orange juice, and are doing the best we can to improve our selection of healthy bottled fruit and vegetable juices and smoothies.

Here are the facts, to help you understand the reasoning behind this decision. Juice bar sales have been in a steady decline for the past two years. While store sales have increased 12 to 18 percent, juice bar sales are down 10 to 20 percent. Juices and smoothies made with mostly organic ingredients were priced to sell at less than they cost. Instead of \$5 to \$6, the real cost is closer to \$9 per drink. Because of the decline in sales and the increase in costs, the juice bar has been operating at a loss to the co-op in the tens of thousands of dollars annually.

Our first commitment is to provide local, organic, natural, Fair Trade and healthy alternatives in the Linden Hills neighborhood. Without more available physical space, difficult choices sometimes have to be made. If you have comments or questions, please contact Luke Schell, the co-op's general manager, at 612-279-2461 or lschell@lindenhills.coop.



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"I particularly enjoyed the cleanliness of the food. It was great to open the box and just use the vegetables."



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Honest Tea Organic Tea

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Just Black, Just Green or Moroccan Mint
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Great Local Gifts

A CSA Share: Many farms that participate in community-supported agriculture are already accepting shareholders for the 2009 growing season. Check the directory at the Land Stewardship Project's website for details (this year, the CSA farms that delivered share boxes to the co-op were BC Gardens, Featherstone Fruits and Vegetables, Riverbend Farms, Rock Spring Farm, and Sylvan Hills Farm.

Organic men's toiletries from Herban Cowboy: They're vegan, certified organic, packaged in recyclable plastic, and made by Minneapolitans Luke and Lisa Vulmer with lots of food-based ingredients like carrots, cucumber, and ginger.

Native Harvest Wild Rice: Long grains of fragrant, nutty flavor, traditionally hand-harvested on the White Earth reservation. Especially fantastic for faraway friends or snow-birding former Minnesotans.

St. Croix Valley Naturals: It's winter in Minnesota, when your shoulders naturally begin to migrate up towards your earlobes. Relax and warm up with an organic cotton flannel neckwarmer, filled with flaxseed, heated in the microwave for a few minutes. It's bringing cozy back.

BT McElrath Chocolates: Bring these along to every holiday party as a host/hostess gift. But only if you want to be invited back! They're handmade in Minneapolis, with fresh Hope Creamery cream and butter.

Local Gift Baskets: Show your regional pride in a completely delicious fashion with a local gift basket from the co-op. Two sizes are available by special order, both packed with unique food and body care items made in Minnesota and Wisconsin. Just call or stop by customer service, and give us a couple of days to make up your baskets.

Cheese Course: Here's another great bring-along for any holiday gathering—pick up an assortment of locally made cheeses in our cheese department.

Try St. Pete's Select Blue, Chipotle Juusto, Pasture-Land Gouda, or ask Jason, the cheese buyer, for suggestions.

Lovely Lights: We've got two great local candles available at Natural Home—Sunleaf Naturals, scented with 100% essential oils in Waconia, Minnesota—or for the purists, beeswax candles from Ames Farm Honey in Watertown. Both companies use all-natural ingredients, no petroleum, lead-free wicks, and lots of creativity. Sunleaf also makes all-natural dish and hand soaps and reed diffusers, and Ames Farm, of course, makes delicious honey!



Candles by Sunleaf Naturals from Waconia are scented with essential oils

Minnesota Mittens: For the past three years, these "Mittens with a Mission" have become one of our most popular items at Natural Home. We have customers (and staff) who own several pairs—between the warmth of the double layer of recycled sweater fabric and the warmth of the story behind them (made at the Winona Occupational Rehabilitation Center), they're irresistible.

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Valid December 1, 2008 through January 31, 2009

Miss Larousse

Dear Miss Larousse,

The other evening, my sister served pistachios with cocktails and I noticed the colors seemed meant for Christmas. I mean, are pistachios seasonal, like red and green M&Ms?

—Nuts about Noël

Dear Nuts,

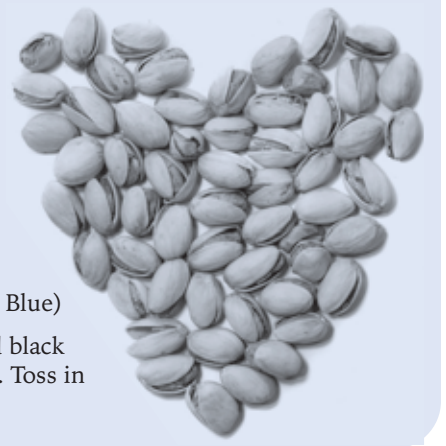
Despite the colors, pistachios are not for Christmas only. They are sold year-round and their natural coloring (as seen at the co-op!) is a pale tan shell enclosing a pale green nut. Some pistachios sport a red shell from vegetable dye. The California Pistachio Commission claims pistachios are dyed red because people are familiar with the red shell, and the red is easy to pick out in a bowl of mixed nuts. Pistachios have an addictive mild nutty flavor that goes just as well with drinks as with greens. One of my favorite salads to toss at this time of year boasts the sweet flavors of pear and grapes complimented by the richer, savory flavors of pistachios and blue cheese. For the holidays, I've added some dried cherries.

Winter Fruit Salad

Makes 6 servings

2 tablespoons olive oil
2 tablespoons red wine vinegar
1 teaspoon Dijon mustard
Salt and freshly ground black pepper to taste
1 ripe but firm Bartlett or Bosc pear, cored and thinly sliced
1 cup red grapes, halved
One quarter head romaine lettuce, torn into pieces
3 endives, halved length-wise and sliced cross-wise into inch pieces
1 cup shelled pistachios
1/2 cup dried cherries or cranberries
1/2 cup crumbled blue cheese (try St. Pete's Select or Shepherd's Way Big Woods Blue)

In salad bowl, whisk together olive oil, vinegar and mustard. Season with salt and black pepper. Add pear, grapes, lettuce and endives and toss to coat salad with dressing. Toss in pistachios and blue cheese and serve immediately.



December/January Events

Register for co-op classes in person or by phone (612-922-1159) using VISA or MasterCard. Pre-registration including payment for all classes 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 breaking news!

Wednesday, December 3, 2-4 p.m.

MEET THE MAKER: Meghan Elizabeth Pottery

Meg Lunos is a familiar face at Linden Hills Co-op; while studying art, she also worked here. We're thrilled to offer Meg's pottery at Natural Home and we hope you'll share her "useable art" with friends and family.

Thursday, December 4, 1-5 p.m.

LOCAL FLAVORS: Alaska Wild Smoked Salmon

Each summer, Minnesota native Roger Pietron travels to Alaska to catch wild salmon from the Bering Sea. Ask Roger about his adventures on the high seas, taste his flavorful smoked salmon, and get easy suggestions for entertaining.

Friday, December 5, 3-6 p.m.

LOCAL FLAVORS: French Nugget Chocolate

Local chocolatier (and handsome Frenchman!) Fred Golchin will be treating us to fruit-sweetened, gluten-free dark chocolate samples. Guilt-free and delicious, French Nugget chocolates make a thoughtful gift for the health-conscious chocolate lover.

Saturday, December 6, 11 a.m. - 3 p.m.

COMMUNITY EVENT: Reindeer Day

The neighborhood's annual holiday celebration features the second annual "Reindeer Room" at the co-op. From 11 to 2, join us for a fun, kid-friendly holiday shop-and wrap event in the classroom! Our buyers have selected a variety of great "little gifts" within a kid-sized budget. Everything is priced at \$10 and under—and no plastic junk, guaranteed! Just Fair Trade, well-made, local and environmentally friendly choices for siblings, teachers, grandparents, and maybe even Mom or Dad. There's no charge, and no reservations necessary.



Saturday, December 6 11 a.m. - 3 p.m.

DEMOS: Blue Sky and Fair (Trade) Weather

Learn more about the Blue Sky Guide and purchase it at a discounted price. Blue Sky Guides are gifts that keep on giving year-round! Shirley Blonigen from Alaffia Sustainable Skin Care will be here too. Alaffia's luxurious moisturizers are made with Fair Trade certified shea butter from Africa.

Wednesday, December 10, 3-6 p.m.

LOCAL FLAVORS: Bramblewood Cottage Shortbread Cookies

Amy Goetz will serve up her delectable shortbread: classic butter, espresso chocolate chip, orange chocolate chip, lemon zest or lavender ginger. Attractively packaged and reasonably priced, these make great stocking stuffers.

Thursday, December 11, 3-6 p.m.

LOCAL FLAVORS: Natural Valley Cheese

Bentley Lein will be serving Natural Valley cheeses today. Warm up some spicy Juustos or serve cubed Lemonweir artisanal cheese to impress your guests. Their Wisconsin goat cheeses are great, too!

Friday, December 12, 3-6 p.m.

LOCAL FLAVORS: B.T. McElrath Chocolate

Meet Christine Walthour—wife, business partner and official taster for local chocolatier Brian McElrath. Brian uses local and seasonal ingredients to create signature flavors like Zinfandel Balsamic and Lavender Black Peppercorn truffles.

Saturday, December 13, 11 a.m. - 3 p.m.

LOCAL FLAVORS: Salad Girl Dressing

Anna, the Salad Girl, will show you how to wow your holiday guests with simple but creative salads featuring her dressings: Pomegranate Pear, Blueberry Basil, Crisp Apple Maple or Fig and Curry.

Saturday, December 13, 11 a.m. - 3 p.m.

LOCAL LATHER: Sunleaf Naturals Soaps, Candles and Diffusers

Mary Burnett Jurgens' products are earth-friendly and innovative. Made in Waconia with organic oils and essential oil fragrances, her Grapefruit Ginger Kitchen Soap is the equivalent of a 16 oz. bottle of dishwashing liquid with minimal packaging. The soaps, candles and diffusers make great gifts.

Saturday, December 13, 11 a.m. - 3 p.m.

NATURAL HOME DEMO: Furoshiki

Anna Racer demonstrates how to wrap gifts with style using Furoshiki, traditional Japanese wrapping cloths. Elegant and reusable Furoshiki cloths become part of the gift; the recipient can reuse them to wrap future gifts, protect delicate packages or for home décor.

Wednesday, December 17, 3-6 p.m.

DEMO: MegaFood

From late nights wrapping gifts to overindulging on Grandma's pie, the holidays can cause our bodies added stress. Clayton Summit will share MegaFood supplements to keep our bodies strong and healthy.

Thursday, December 18, 1-5 p.m.

LOCAL FLAVORS: Alaska Wild Smoked Salmon Spread

Roger Pietron is back, sampling his artisan-made salmon spread. Roger combines antibiotic/hormone-free cream cheese with smoked salmon for a delectable spread that's sure to be a hit.

Friday, December 19, 3-6 p.m.

LOCAL FLAVORS: Bramblewood Shortbread Cookies

Amy Goetz will share her wonderful local shortbread cookies—traditional Scottish treats inspired by her great-Nana Kirk's recipe.

Saturday, December 20, 12-4 p.m.

LOCAL LATHER: Scrub Your Butt Soaps and Body Wash

Meet the ladies "behind" Scrub Your Butt soaps, made in Rochester, MN. Add a touch of whimsy and humor to bath time with Stinky Hippie (lavender and patchouli) or Family Function (rosemary and peppermint) body washes. Seriously, these soaps are made with organic olive oil, contain no harsh chemicals, and might make the perfect present for that hard to please teenager.

Wednesday, December 24

HOLIDAY HOURS: Christmas Eve

The co-op is open from 8 a.m. to 6 p.m., and Natural Home from 9 to 6.

Thursday, December 25

HOLIDAY HOURS: Christmas Day

The co-op and Natural Home are closed.

Wednesday, December 31

HOLIDAY HOURS: New Year's Eve

The co-op is open from 8 a.m. to 9 p.m.; Natural Home from 9 a.m. to 6 p.m.

Thursday, January 1, 2009

HOLIDAY HOURS: New Year's Day

The co-op is open from 10 a.m. to 9 p.m., and Natural Home is closed. Happy New Year!

Tuesday, January 13, 7-8:30 p.m.

CLASS: Homeopathy for Eczema and Ear Infections

Aaron Means, Homeopathic Practitioner. Please pre-register; \$12/\$10 members. Learn about homeopathic remedies that can help alleviate the painful and irritating symptoms of eczema and ear infections and how remedies restore the body's internal balance to prevent future outbreaks. Discover how homeopathy can help you, your family and friends. Please bring a notebook and pen.

Saturday, January 17-Saturday, January 31

NATURAL HOME EVENT: The Annual Green White Sale

Freshen up your nest with selected organic and natural bed and bath linens at special prices during this once-a-year event.

Tuesday, January 20, 7-8:30 p.m.

CLASS: Raising Healthy Kids

Dr. Tim Fargo, Executive Director of Chiropractic Health and Wellness Center. Please pre-register; \$5/\$3 members. This workshop looks at many health challenges facing children including ADD/ADHD, ear infections, colic, bedwetting, scoliosis, natural immunity and weight loss. Learn how to grow healthy children. Dr. Fargo has completed post-graduate work in nutrition, sports injuries and Applied Kinesiology, and has an excellent reputation for accurately identifying the source of many people's health problems.



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