

Rollin' Oats Journal

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

Our New Co-op: A Building That Stands for Something

ALLIE MENTZER, MARKETING AND MEMBER SERVICES MANAGER

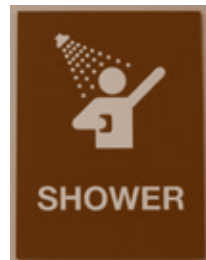
When I was in third grade, something magical happened to our family: my Dad set about fulfilling his lifelong dream of designing a home for us on a three-acre plot in the country. Inspired by the environmental and back-to-the-land movements of the 1970s, my Dad's modest farmstead would be energy-efficient and environmentally friendly—a building that really stood for something. I was enthralled. I hovered over my Dad's drafting tables buoyed by his enthusiasm and focus. Tucked into a hillside, our new home would be insulated by the earth itself. The house would face south, with large windows that, in winter, would channel natural light at just the right angle to reach a brick hearth that would absorb the sun's rays and keep our family warm.

Largely because of my Dad's early instruction on the value of living lightly on the earth (and perhaps due somewhat to my innate obsession with food), I've found myself working at a natural foods cooperative that has itself recently designed an energy-efficient, environmentally friendly new home. In fact, our co-op's new home has been built to LEED certification standards for existing buildings. LEED is an internationally recognized certification for green building and stands for Leadership in Energy and Environmental Design. After one year in operation, the co-op will have the option to pursue official LEED certification.

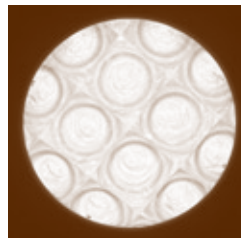
Just like a family, the co-op had to carefully weigh each "green" idea on our wish list according to feasibility and impact. As a grocery store, we faced specific challenges. Our Expansion and Relocation Team (made up of local contractors with experience in green design) developed a store that addressed these specific considerations. With LEED as its guide, the team focused its attention on methods and technologies that would allow our co-op to reduce its overall energy consumption in four primary areas: temperature regulation, lighting, waste reduction and transportation.

As a grocery store, one of our greatest challenges is keeping our food fresh and our people comfortable. Therefore, the team needed to thoroughly insulate the existing building and ensure that our heating, cooling and ventilation systems were as efficient as possible. Since we require light to work and shop by 16 hours a day (enough to light up a 17,500-square-foot building!), the team enlisted Robert Gorski, an expert in lighting technology. Gorski Associates took maximum advantage of natural light, including the installation of eight solar tubes, an advanced form of the skylight. For example, just one solar tube illuminates our windowless employee breakroom by using a series of mirrors to intensify natural light—no electricity needed. And, because solar tubes take up less surface area, they reduce heat exchange making them much more energy-efficient than traditional skylights.

Our Expansion and Relocation Team was particularly mindful of reducing waste. Luckily, we had the opportunity to renovate an existing building, which is in itself less wasteful (recycling on a



Clockwise from top left: An onsite shower encourages employees to bike to work; staffer A.M. Mitchell bikes to work; composting receptacles in the dine-in area; solar tubes; signs using Wood from the Hood reclaimed lumber.



grand scale, if you will). Thanks to the work of Bauer Brothers Salvage in North Minneapolis, approximately 98 percent of all the material removed from the existing building was resold, recycled or reused. The design team also included room for compost receptacles in public areas, expanding our existing composting program with Eureka Recycling, and allowing customers to compost their in-store dining leftovers.

As a public space with over 5,000 members and nearly 100 employees, the Expansion and Relocation Team even included design elements to inspire responsible transportation. The team installed bicycle racks to accommodate at least 35 bikes and a shower to encourage employees to bike to work. These are just a few examples of our co-op's green features. For a detailed list, refer to the box below.

I haven't held a drafting T since the third grade, so it's no surprise that I wasn't a member of the Relocation and Expansion Team. But I'm grateful to participate in an organization where, usually, the right choice is also the obvious choice. And you can bet that when I fulfill my "someday" dream of designing my own home, those nifty solar tubes will be at the top of the list. I'm pretty sure my Dad would be proud.

YOUR CO-OP'S GREEN FEATURES

Efficient Temperature Regulation

- Newly insulated exterior walls greatly reduce heat transfer.
- Advanced heating, ventilation and air condition systems efficiently maintain proper temperatures.
- New high-efficiency HVAC units replace old inefficient roof-top units.
- White roof membrane replaces old black tar roof and reduces heat absorption.
- Digital refrigeration compressors and modern retail refrigerated case components keep food fresh, efficiently.
- Hot water heater repurposes otherwise wasted heat generated by refrigeration compressors.
- During off hours, a hot water recirculation pump timer minimizes wasteful heating of water during off hours and energy conserving shades on retail cases reduce energy loss.

Efficient Lighting

- Low emissivity double pane windows provide natural light while eliminating heat loss.
- Eight solar tubes provide natural lighting in basement and interior work spaces.
- Photocells and a timer automatically control parking lot lights and exterior LED signage lights.
- LED lights and advanced T5 fluorescent lights efficiently illuminate approximately 70 percent of our interior fixtures.
- Occupancy sensors in 13 rooms automatically turn lights off when the room is not in use.
- LED lights in frozen cases use 70 percent less energy than traditional fluorescent lighting and are controlled by motion sensors.
- Overall, the lower wattage required by these energy-efficient lights reduces the energy required by cooling systems.

Waste Reduction

- Bauer Brothers Salvage resold, recycled or reused 98 percent of the material removed from the existing building.
- Expanded bulk department minimizes packaging and reduces waste.
- Interior signage utilizes wood reclaimed by local company Wood from the Hood.
- Compostables receptacles in our eating area allow customers to compost their dine-in leftovers.

Responsible Transportation

- Bicycle racks accommodate more than 35 bikes.
- Employee shower encourages staff to bike to work.
- Expanded retail space allows us to strengthen our relationship with local suppliers, ultimately reducing our overall carbon footprint.

FYI Co-op Shoppers

Patronage Rebates: Spend 'em If You Got 'em!

As noted in our Annual Report (see page 3), your co-op's board of directors is happy to declare a patronage refund for the fourth year in a row. This year, \$51,723.30 will be refunded to our member-owners via a combination of vouchers and stock. We will begin mailing rebates in mid to late December.

You will receive a rebate voucher if:

- You were a member of the co-op between July 1, 2009 and June 30, 2010 and remained a member as of the date the checks are mailed; AND
- Your total household spending at Linden Hills Co-op between July 1, 2009 and June 30, 2010 was at least \$1,622; AND
- We have your current mailing address.

The voucher is YOUR deferred discount on purchases you have already made, and we encourage you to use it before it expires on February 28, 2011. There is absolutely no advantage to the co-op when you don't spend your voucher. Please remember to bring it in and spend it—perhaps a nice holiday or New Year's treat is in store!

Parking on Sunnyside

Please be aware that it is illegal to park on the north side of Sunnyside Avenue (that's the side adjacent to Milio's). Particularly in winter, violating this law will cause dangerous driving conditions. Returning to your car with an armload of groceries—only to find a parking ticket or (yikes!) that your car has been towed—is no way to spread holiday cheer. Remember to check the city's parking signs before you park.



Thanks, Neighbor!

We'd like to thank Wonderment toy store for their generous contribution to our children's play area. Wonderment offers safe, natural toys that encourage imaginative play. Find more toys for your tots at Wonderment's Linden Hills location: 4306 Upton Avenue



Board of Directors 2010-2011

Margo Brownell
Christina Cassano
L. Peter Erickson
Albert Kolman-Stich, Secretary
Kimberly Proffitt, President
Brian Shields
Rhea Sullivan, Vice President
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: 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 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 and Linden Hills Natural Home are proud members of the National Cooperative Grocers Association.



BOARD REPORT

Annual Meeting Highlights Our Commitment to the Environment

BY BRIAN SHIELDS

At the North Shore last weekend, I took an inspiring rest break at one of those spectacular vistas along the Superior Hiking Trail. I couldn't help but reflect on the natural beauty of the forests, lakes and rock formations and how important it is for us to preserve and protect our environment. As members of the Linden Hills Co-op we have always looked for ways to live simply, purchase earth friendly products and reduce our carbon footprint. Now with the opening of an expanded Linden Hills Co-op we have even more opportunities to make an impact on the environment and community as a whole. The annual meeting on October 28th featured several inspiring reports on our Co-op's continued commitment to maintain and expand on these principles.

A spirited group of approximately 50 members, who joined as long ago as 30 years ago to as recently as one month ago, gathered to hear the Board and General Manager reports on the past year's achievements and financial health of the Linden Hills Co-op. The good news is that we have a fiscally sound store operation with a record breaking \$9 million sales mark and patronage refunds are once again being declared. Over 300 new members joined the Co-op since it opened in September at the new store location. You can read more about the financial status of the Linden Hills Co-op in the Annual Report to the Member—Owners 2009-2010 which is reprinted here on pages two and three.

That wasn't the only "board" report of the evening—Cindy Stewart and Jon Buck from Wood from the Hood passed out samples of custom milled boards their company makes from felled trees from local urban neighborhoods. Jon explained how they recycle trees and turned them into useful products such as furniture, cutting boards and even the Co-op's own aisle signage. In the interest of keeping their work "local" the company tracks all their lumber to the zip code from where it was harvested.

The highlight of the evening was hearing from the store relocation and expansion team on the green design features of the new store. We learned that re-using an existing building is very green in itself. Bob Gorski of Robert Gorski Associates, who was the project store designer, described cutting edge lighting features employed throughout the new store. The co-op was able to use the latest technology to keep the watts



Brian Shields

per square foot usage under the goal of 1.5 watts, and move the renovation toward meeting its LEED certification goal. For a more comprehensive summary of the new co-op's green features see page one.

Unfortunately, the move to our new store has meant the loss of our solar panels. Following several months of diligent research and thoughtful debate on the social, economic and environmental value of the panels, the board determined that the best course of action would be to leave them affixed to the roof of the old building and not reinstall them at the new store location. The board's decision was in no way intended to diminish the community effort that originally made the solar panels possible. In fact, many current board members donated to and enthusiastically participated in the solar panel project. However, the board felt the panels could not be feasibly moved for several reasons:

Legally, under the terms of the Linden Hills Co-op's lease of the old store, the solar panels constituted fixtures which belong to the building.

While the landlord indicated that negotiating the move of the panels may have been an option, such a move would have been cost prohibitive at a minimum of \$30,000. This figure does not include potential costs to repair the roof at the old store site and reinforce the roof at the new site.

The solar panels were designed for the old store's roof. The roof of the new store would not be able to accommodate the panels in the same design, resulting in a less effective energy configuration.

Leaving the solar panels where they are gives them a chance to continue generating energy and inspiration, and will likely incur minimal additional costs to future building tenants. The panels can serve as a lasting educational legacy for the Linden Hills community and beyond.

**Eat Healthy
Breathe Healthy**



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

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Drop in or give us a call 952-767-0430

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FDIC

Storewide Specials DEC. 1-31, 2010

Member Specials

NEW WAVE ENVIRO Bath and Shower Filters
15% OFF for members only

ORGANIC VALLEY Organic Eggnog
MEMBERS \$3.79
32 ounces, nonmembers \$4.79

RUDI'S Gluten Free Breads
MEMBERS \$4.29
18 ounces, nonmembers \$4.99

AMY'S Pot Pies
MEMBERS \$2.99
Nonmembers \$3.59

WHOLLY WHOLESOME Pie Crusts
MEMBERS \$3.29
Nonmembers \$3.89-\$4.29
Traditional, whole wheat or spelt

BEANITOS Chips
MEMBERS \$2.49
6 ounces, nonmembers \$2.99

DANCING DEER Shortbread Cookies
MEMBERS \$2.79
6 ounces, nonmembers \$3.49

SPECTRUM NATURALS Organic Unrefined Coconut Oil
MEMBERS \$7.99
14 ounces, nonmembers \$9.99

Meat & Deli

GRASS RUN FARMS Local Bacon
SALE \$4.99
12 ounces, regularly \$5.49

ALASKA WILD Red Salmon
SALE \$10.99/lb
Wild-caught by local fisherman Roger Pietron, regularly \$13.99/lb

OUR DELI'S Salmon Cakes
SALE \$9.99/lb
Regularly \$11.99/lb
Made with wild-caught, Alaskan salmon

RENY PICOT Triple Crème Brie
SALE \$4.99
8 ounce rounds, regularly \$5.99

Wellness

FLORA Udo's 3-6-9 Blend Oil
SALE \$20.79
17 ounce, regularly \$25.99

MEGAFOOD Vitamin D3
SALE \$14.39
60 tablets, regularly \$17.95

MEGAFOOD MegaFlora Probiotics
SALE \$31.99
60 tablets, regularly \$39.99

JUNIPER RIDGE Siskiyou Cedar Soap
SALE \$4.99
6 ounces, regularly \$5.79

NEW CHAPTER Herbs and Supplements
All 20% off

ZUZU LUXE Make Up
All 20% off

Bulk

Tamari Almonds
SALE \$5.49/lb
Regularly \$6.19/lb

Natural Home

ALL BOOKS
10% OFF
Excludes Chinook Coupon Book

ECOMETRO Chinook Books
SALE \$15
Regularly \$20
The coupon book formerly known as The Blue Sky Guide

LINDEN HILLS CO-OP Annual Report

What a whirlwind of a year it has been! When I sat down to write the annual report message last year, we were just about to announce plans to relocate the Co-op from 43rd and Upton to the corner of Sunnyside and France Avenues. It is still amazing to me to think that in less than a year's time, we signed a lease, raised the funding for the project, completed the construction and renovation and opened the doors.

The idea of a new store, an expanded store, a store that can do even more to fulfill its mission has been discussed by the board for many years. Seeing that vision through to reality, as you might guess, was the focus of much of the board's attention this past year. Though oversight of the project was the responsibility of our General Manager, Luke Schell, and the relocation Project Manager, Tom Lundgren (who both did an outstanding job), the board

took a very active role in monitoring the progress of the project. From the end of October through mid-March, board members were key players in the member-owner investment campaign. We made countless phone calls, did tabling in the store, attended member meetings, assisted with loan closings and wrote lots of thank you notes. And our members came through, raising over \$1.53 million in just three months—pretty impressive by most anyone's standards!

Throughout this process, we have learned a lot from our member-owners. We've discovered "linkage"—learning what is important to members when it comes to the future of the Co-op—is incredibly interesting as well as a crucial part of what we need to do. At the same time, it can be challenging. Many of our discussions have centered on what we need to be asking our members, how we can do a better job of this and how we

can ensure our decisions meet both the Co-op's ends policies and reflect the desires of our member-owners.

Outside of the relocation project, we have continued the process of reviewing and rewriting our "executive limitations" governance policies—the expectations we set for the general manager about how the store will be run. It's turned out to be a long but very educational process. We have just a few of these policies left to rewrite and then we will begin to look at our "board process" policies—what expectations we have for ourselves as a board in relation to other directors, the general manager and our members.

The board could not do its work without the support of General Manager Luke Schell and his dedicated staff. We know the day-to-day operations are in good hands...which allows us the freedom to spend most of our time on "future" thinking. We thank them for



**BOARD
PRESIDENT'S
REPORT**
KIMBERLY
PROFFITT



Board President Kimberly Proffitt, General Manager Luke Schell, and Board Vice President Rhea Sullivan.

their commitment to the Co-op and for fielding many, many questions about the relocation.

Of course, we would not be where we are today without our shoppers and member-owners. Sales in 2009-2010 topped out at just over \$9.2 million, another record year. 519 new households were welcomed as member-owners. And, as mentioned earlier, our member-owners showed their excitement about our relocation by participating in the member loan program. Your passion for the Co-op and what it stands for is amazing.

Our new store opens the door to countless opportunities for us to bring the mission of the Co-op to life. It's up to you, our member-owners, and the board, as your representatives, to decide which paths to follow. We're excited about shaping the next chapter of the Linden Hills Co-op story and look forward to working together as we move into the future.

This has clearly been an amazing year for our co-op. Last year we had the most successful year in the co-op's history. This year, despite an economy that struggles, not only were we able to raise \$1.5 million in capital investment from member-owners in record time over the holidays, but we had the highest sales and profit in our history again.

We knew that the 2009-2010 fiscal year was going to be difficult. While we did not reach our gross sales target, we did break the \$9 million sales mark for the first time. The management and board invested in the systems and training necessary to ensure that our margins improved to meet our profit goals even as we felt pressure on sales. These investments paid off, delivering 34% more in Net Income After Taxes than our goal and setting the co-op up for continued success in the new location. The board is happy to declare a patronage refund for the fourth year in a row. \$51,723.30 will be refunded to our member-owners via a combination of vouchers and stock.

The opening of our new location affords us many opportunities and challenges. This is the first time in many years that the co-op has been in a "debt" position. Careful planning, continued financial diligence and the wonderful support of both long-time and new member-owners will guarantee our continued success and our ability to meet the co-op's Ends Policies in Linden Hills and the surrounding neighborhoods.

EDITOR'S NOTE: In a previous version of the annual report, the total patronage refund was reported incorrectly as \$57,723.30. We regret the error.



**TREASURER'S
REPORT**
TODD TROHA

Linden Hills Co-op 2009-10 Financial Report

BALANCE SHEETS

June 30, 2010 (reviewed) and 2009 (reviewed)

ASSETS	2010	2009
Current Assets	2,963,550	1,042,522
Property and Equipment	819,536	439,372
Other Assets	303,392	412,430
TOTAL ASSETS	\$4,086,478	\$1,894,324
LIABILITIES		
Current Liabilities	612,715	544,029
Long Term Debt	1,855,477	0
Accrued Interest	27,002	0
TOTAL LIABILITIES	\$2,495,194	\$544,029
MEMBER EQUITY		
Member Equity (Class A, B & C)	608,843	569,511
Ret. Patr. Ref. / Worker Stock	188,356	113,015
Retained Earnings	667,769	548,545
YTD Net Income	126,316	119,224
TOTAL EQUITY	\$1,591,284	\$1,350,295
TOTAL LIABILITIES & EQUITY	\$4,086,478	\$1,894,324

INCOME STATEMENT

For years ended June 30, 2010 and 2009

	2010	% of Sales	2009	% of Sales
NET SALES	9,219,771	100.00%	9,122,988	100.00%
Cost of Goods Sold	(5,811,342)	-63.03%	(5,796,916)	-63.54%
GROSS PROFIT	3,408,429	36.97%	3,326,072	36.46%
Operating Expense	(3,167,454)	-34.36%	(3,092,869)	-33.90%
OPERATING INCOME	240,975	2.61%	233,203	2.56%
Other Income	43,748	0.47%	72,423	0.79%
Other Expense	(62,813)	-0.68%	(101,488)	-1.11%
Provision for Income Taxes	(95,593)	-1.04%	(84,913)	-0.93%
NET INCOME	\$126,317	1.37%	\$119,225	1.31%

Linden Hill's Co-op Community Contributions

July 2009-June 2010

The co-op's Community Contributions program gave donations and in-kind support to more than 90 local nonprofits. We also provided financial support to the Midwest Food Connection, which offers free lessons on food & agriculture to over 6,300 kids in more than 50 Twin Cities schools, including 106 lessons taught in Linden Hills and surrounding neighborhoods: Armatage, Burroughs, Kenny School, Lake Harriet Lower Campus, and Windom School.

Through our Green Patch Program, we donated \$3,585 to the Midwest Food Connection and Youth Farm & Market Project. The Green Patch organizations are chosen by member vote at our Annual Meeting, held each October. The Green Patch Program encourages shoppers to reduce waste and reuse canvas, cloth, or other durable shopping bags. Every time a shopper uses their own cloth or canvas grocery bag, they receive a Green Patch worth five cents which they may choose to donate. This year's Green Patch donations represent 71,700 times that shoppers chose to use a reusable bag.

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 12/1, 2010 through 12/31, 2010

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 1/1, 2011 through 1/31, 2011

Register for co-op classes in person at the Customer Service Desk 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.lindenhills.coop, for updates and current news!

EVENTS

December–January

Saturday, December 18, 11 a.m. – 2 p.m.

Prairie Pride Farm

>> **LOCAL FLAVOR** >> Prairie Pride supplies us with many varieties of sausages, all naturally cured without the use of nitrates or nitrites. Awesome flavor, award-winning too!

Saturday, December 18, 11 a.m. – 3 p.m.

Triple Crown Gourmet BBQ Sauce

>> **LOCAL FLAVOR** >> All of Triple Crown's gourmet barbeque sauces are made in small batches to ensure quality and flavor are at its best. Sample this MSG and gluten-free sauce and pick up some recipes for entertaining, too.

Friday, December 24 – Saturday, December 25

Christmas

>> **HOLIDAY HOURS** >> The co-op will close early at 6 p.m. on Christmas Eve. We will be closed on Christmas Day.

Friday, December 31 – Saturday, January 1

New Year's

>> **HOLIDAY HOURS** >> The co-op will be open normal hours (8 a.m. – 9 p.m.) on New Year's Eve. On New Year's Day we will open late at 10 a.m.

Tuesday, January 11, 6:30 – 7:30 p.m.

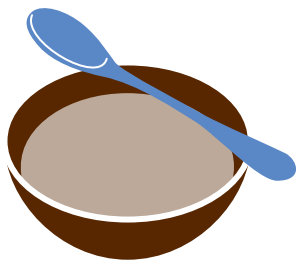
Healthy Eating in a Busy World

>> **CLASS** >> Dr. Karen Schragg. Please pre-register; \$15/\$13 members. Learn simple cooking methods that are healthy for you and the planet. This class is perfect for busy parents who want to avoid processed foods while moving towards a more plant-based diet for their families. Arrive hungry, there will be plenty of food to share!

Thursday, January 13, 6:30 – 8:00 p.m.

Stocks & Soups

>> **CLASS** >> Mary Jo Rasmussen. Please pre-register; \$17/\$15 members. Homemade stock adds a depth of flavor to soups, casseroles and other dishes that you just can't get from a can. Learn how easy it is to make your own stock—and take home recipes for putting it to good use. We'll walk through basic techniques, then do a taste-test of homemade vs. store-bought stocks.



Monday, January 17 – Monday, January 31

The Annual Green White Sale

>> **NATURAL HOME EVENT** >> Selected natural and organic bedding will be 15% off.

Wednesday, January 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@lindenhills.coop to reserve your seat (and plate!).

Tuesday, January 25, 6:30 – 8:30 p.m.

Warm Winter Salads

>> **CLASS** >> Emily Noble. Please pre-register; \$12/\$10 members. A warm winter salad can be a delicious meal by itself or an impressive side dish to complement your meal. In this class, we'll learn how to showcase seasonal ingredients including hearty grains, rich leafy greens and delectable root vegetables.

Thursday, January 20, 6:30 – 8:30 p.m.

Vegetables Inverno: Rustic Italian Style

>> **CLASS** >> Liz Flannigan. Please pre-register; \$15/\$13 members. Ever notice how Italian cuisine offers the right flavors at just the right moment? Our bodies desire comforting foods when the weather is cold and Italians know just how to incorporate seasonal ingredients into something satisfying! The focus of this class will be on the preparation of vegetables and the importance of quality ingredients. Dishes include Zucca in Argodolce (sweet and sour winter squash), Insalata di Sicilia (fennel and orange salad), Cicoria e Fagioli (greens and beans) and Cavolfiore Soffocato (smothered cauliflower).

Friday, January 21 – Monday, January 31

Annual Green White Sale!

>> **CO-OP EVENT** >> It's time to get cozy! Selected bed and bath items will be 15% off, including in-stock pillows, bamboo towels and—by special order only—Dream Sacks bamboo or Coyuchi organic cotton bedding.

Thursday, January 27, 6 – 8:30 p.m.

Vegan Baking

>> **CLASS** >> Robin Asbell, author of "New Vegetarian" and "The New Whole Grains Cookbook." Please pre-register; \$50/\$48 members. Vegan desserts are hot. If you have ever wondered how to make genuinely tasty treats with no butter or eggs, this class is for you. Chef Robin Asbell has been baking vegan for many years and will share tips and tricks from her new cookbook, the "Big Book of Vegan" that make for great plant-based desserts. Tasting recipes include Double Chocolate Cookies, Pumpkin-Cherry Bundt Cake with Cherry Glaze, Spicy Roasted Pear Phyllo Pies and Peanut Butter and Chocolate Chip Cookies.

Thursday, December 2, 7 – 8 p.m.

Cookies with a Twist!

>> **CLASS** >> Molly Herrmann, Personal Chef. Please pre-register; \$10/\$8 members. Using a basic butter cookie recipe Molly will show you how to add natural essences to create unique flavors; think Chai spices, herbs and even tea! Give these delectable cookies out as gifts, or serve them at your holiday gathering.

Saturday, December 4, 9 a.m. – 7 p.m. and

Sunday, December 5 10 a.m. – 1 p.m.

Just Giving Fair

>> **COMMUNITY EVENT** >> This fair trade shopping event takes place at St. Thomas the Apostle Church in Linden Hills (2914 W. 44th St) and features our very own Natural Home department.

Saturday, December 4, 11 a.m. – 2 p.m.

The Reindeer Room—Exclusively for Kids!

>> **COMMUNITY EVENT** >> As part of the annual Linden Hills Reindeer Day neighborhood event, our community room will be transformed into Santa's workshop! Stop by for a fun holiday shop-and-wrap event designed just for kids. Our staff will help your little elves select, wrap and purchase surprise holiday gifts for their loved ones. Gifts will be priced at \$10 and under (before tax)—no plastic junk, guaranteed! Just Fair Trade, well-made, local and environmentally friendly choices for siblings, teachers, grand-parents, maybe even Mom or Dad. There's no charge, and no reservations necessary.



Tuesday, December 7, 7 – 8 p.m.

Make Your Own Green Cleaning Supplies

>> **CLASS** >> Hilary Cheeley. Please pre-register; \$15/\$13 members. Wipe out unsafe household chemicals! Hilary shows you how to mix your own simple, inexpensive cleaning products. Learn how to make all-purpose cleaner, creamy soft scrub, furniture polish and laundry detergent.

Thursday, December 9, 6:30 – 8 p.m.

Flower Essence Workshop

>> **CLASS** >> Robb Doser. Please pre-register; \$5/\$3 members. Did you know flower essences can improve mood? Robb will teach you how to blend different essences to address daily stresses, emotional hardships, anger-management issues and more. Create a personalized blend for yourself or give them to friends in need of a holiday pick-me-up!

Friday, December 10, 9:30 a.m. – 1:30 p.m.

Thuro Bread

>> **LOCAL FLAVOR** >> Thuro Bread is a complete and innovative solution to the high sugar, low benefit snack dilemma. Try a sample of their many varieties of artisan bars; great for breakfast—and those long holiday travels. Made from ancient grains such as amaranth, Thuro Bread is also available gluten-free.

Saturday, December 11, 10 a.m. – 2 p.m.

A Toast to Bread

>> **LOCAL FLAVOR** >> The smell of baking bread is a good thing, but the smell of baking cinnamon bread? Divine. Stop by the co-op for a taste of A Toast to Bread's five delicious holiday varieties.

Monday, December 13 – Friday, December 24

Twelve Days of Local

>> **CO-OP EVENT** >> We'll be offering daily specials on your favorite local artisans. Visit www.lindenhills.coop for details or ask a staff person in our Natural Home Department for more details.

Wednesday, December 15, Time TBA

Monthly Board Meeting

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

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Twelve Days of Local

Daily specials on lovely local gifts

December 13–24

Visit www.lindenhills.coop for details or inquire with our Natural Home department staff.

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