

Rollin' Oats Journal

A BIMONTHLY PUBLICATION OF LINDEN HILLS CO-OP COMMUNITY MARKET

Eat Well, Save Money at Your Co-op

JEANNE LAKSO, MARKETING & MEMBER SERVICES MANAGER

We've become accustomed to the rise and fall of food prices in recent years, but the latest ride has been downright frightening. According to the Consumer Price Index Summary, food prices went up 5.9 percent in the 12 months ending November 2008. That's about twice the inflation rate. And while fuel costs had moderated by the end of last year, it looks to be quite some time before lower gasoline costs show up in the cost of food.

What's Up with Prices?

One complicating factor is the demand for ethanol and biodiesel, which means that more land is being devoted to corn and soybeans for fuel rather than food, causing corn prices to more than double and soybean prices to nearly triple. And poor wheat harvests—due in part to bad weather—have caused those prices to soar as well. At the same time, a high global demand for food and a weak U.S. dollar have driven investors to buy commodities like wheat, corn, soybeans and milk, increasing demand and causing prices to rise. As of November, the CPI for cereal and bakery products was up 12 percent.

Corn, wheat, and soybeans are key crops for feeding livestock and for making many staples, like flour, oils, and sweeteners. Hardest hit are basics like bread, milk, cereal, meat, poultry, and eggs (the average price for a dozen eggs in 2006 was \$1.45; today it's \$2.18). The good news is that the CPI for meat, poultry, fish, and eggs actually came down in November—for the first time since February 2007.

A recent price comparison done by Linden Hills Co-op's produce manager, Marshall Wright, revealed that the prices you paid for fresh produce in the last quarter of 2008 were the lowest they've been in more than three years. Because produce is so heavily dependent on weather conditions and supply and demand, pricing trends for fresh fruits and vegetables can be difficult to predict. But the price of fuel for transport and storage has a definite impact on this area as well.

Food is our personal fuel—the basis for our health and well being. Rising food prices are a significant cause of concern for 73 percent of consumers, according to a USA Today/Gallup poll. Almost half of Americans say that food inflation has caused a hardship for their households. While some of us have not reached the



The bulk aisle is the place for bargains.

Send us your shopping tips!

We're looking for your best tips and hints for how to "shop co-op." Tell us how you save time and money while enjoying the best local, natural and organic foods around and we'll enter you in a drawing for a \$75 co-op gift card.

You can send us an email at info@lindenhills.coop, with "Co-op Tips" in the subject line, or fill out an entry form at the customer service desk. The drawing will be held during the first two weeks in March. No purchase is necessary, and while you can submit more than one tip, we ask that you only enter ONCE. Top tips may be used on the co-op's website, in future newsletters, or on printed materials.

level of hardship, this heightened focus on where our food dollar goes gives each of us the opportunity to tune up our spending habits, starting with what we put on our plates and in our bodies every day.

Nuts and Bolts, Pots and Pans

Learning to cook or taking the time to cook more often can result in significant savings. Eating at home is much cheaper than dining out, and basic ingredients cost less than convenience foods. Besides saving money, you'll reap the benefits of getting more nutrients from less processed foods with fewer additives.

The co-op offers free handouts on lots of the basics, like how to cook bulk beans, grains and rice. Cooking in large batches will save time and money; making extra rice to accompany your salmon one night leaves you with extras to add to leftovers later in the week. At the co-op, a pound of bulk organic basmati rice costs \$2.19 per pound; the packaged equivalent is \$4.59. Cooked beans, portioned into containers and frozen, make great protein-filled additions to soups, salads and burritos down the line. And the only culinary skill you need is knowing how to boil water.

Adding a few other techniques to your repertoire will give you the basis for a lifetime of money-saving. Instead of purchasing boneless, skinless chicken breast strips, learn to roast a whole chicken and use the cooked meat in a variety of ways—from Sunday dinner to Thursday's chicken salad. You'll save around a dollar a pound on chicken.

In Season = On Sale

Planning really does help save money—just the simple act of making a shopping list can save time, and going the extra step of planning out a week's worth of meals before you shop can save you even more. Start by looking in your refrigerator, freezer and cupboards and see what you need to use up and what can form the basis of a meal or two.

When you're ready to write your list, be sure you have a copy of the co-op's monthly specials flyer on hand—or download it from the website. The Co-op Advantage program offers deep discounts on packaged grocery, dairy, frozen foods, supplements, cleaning products, body care and even the occasional bulk item—plus tips and recipes. The February flyer, for example, has great deals on pasta sauces, soy milk and 25-ounce cans of organic beans—all great staples to keep on hand.

Be sure to sign up for our weekly specials emailer, which includes great deals on fresh seasonal produce, dairy and meat as well as other items. Email allie@lindenhills.coop with "Subscribe Weekly Flyer" in the subject line so you'll be in the know on the latest deals. You can also pick up a paper copy in the store.

Choosing fresh seasonal produce will help you save money and bring variety to your meals. In February, citrus can be at its cheapest—and at the peak of flavor. Don't say "no" to those big bags of oranges; there's nothing like fresh-squeezed orange juice to start your day or add flavor to salad dressings, marinades, or fruit compotes. Soon the root vegetables and hearty greens of winter will begin to yield to the first exotic spring items, like garlic scapes and tender watercress. By then, we'll all be ready for a spring tonic.

Better (and Cheaper) Choices

What's an "all American diet?" Meat and potatoes, breakfast cereal, soda pop, a daily latte from the coffee shop, perhaps. If you're interested in economizing, challenge yourself to stray outside your usual routines. Have hot cereal, eggs, or make your own granola for breakfast—and watch out for prepackaged stuff. Packets of instant organic oatmeal cost almost 40 cents per ounce, but quick-cooking organic oatmeal is just 8 cents an ounce.

Make meat a condiment rather than the center of your plate, or go meatless a few nights a week. Since meat is typically the most expen-

sive component of the meal (and also the one that generally has the largest environmental impact) you'll save money and shave a bit off your carbon footprint.

Do you love bottled iced teas? A couple of tablespoons of bulk tea cost less than a dollar, and make as much as five or six glasses of iced tea. A homemade pizza is great—but not if you're buying shredded cheese, which can cost twice as much per ounce. Taking a few extra minutes to do the work yourself (or hand it off to a willing pizza-lover at your house) will cut your costs.

Remember all the great values to be found in the bulk aisle! Bulk organic brown flaxseed costs \$1.59 per pound, or you can purchase it prepackaged for \$4.79. Similarly, ground black pepper is 99 cents an ounce in bulk or \$1.94 per ounce in a bottle.

Don't Panic: What to Buy Organic

Choose organic as much as possible; it's a wise investment in your health, your family, and the environment. While the gap between organic and non-organic prices seems to be closing up, there may still be instances when your budget doesn't permit you to choose a more expensive organic option. According to Environmental Working Group, you can lower your pesticide exposure by almost 90 percent by avoiding the top twelve most contaminated fruits and vegetables: peaches, apples, sweet bell peppers, celery, nectarines, strawberries, cherries, pears, imported grapes, spinach, lettuce, and potatoes. Organic meat, poultry, eggs, and dairy are also well worth the investment—as are locally raised and grass-fed meat and dairy.

Making conscientious use of natural foods—the foods your co-op specializes in—is the most economical, healthful, delicious, and fulfilling way to cope with rising food prices.

Thanks to Liz McMann, Education & Special Projects Manager at Mississippi Market and the National Co-op Grocers Association news service for contributing to this article.

Learn "How to Shop Co-op on a Budget"

On Tuesday, March 10 from 7 – 8:30 p.m., Allie Mentzer, our co-op's promotions and education coordinator, will lead you on a money-saving tour and tasting of Linden Hills Co-op (see the calendar of events on page 4 for details). Please pre-register for this FREE class; space is limited!



New Options in the Deli

Besides the brand-new sandwich menu, more house-made healthy baked goods, more soup choices daily, and individual flatbread pizzas, we've got another really wonderful option in our co-op's Prepared Foods department. If you're purchasing a sandwich, soup, salad or other ready-to-eat item at the deli counter and plan on eating at the store—please ask the staff to put your food in a reusable bowl or plate!

When you've finished, you can bus your dishes and leave knowing you've prevented any plastic or paper containers from going into the waste stream. Thanks to the co-op staff's "Green Team" and Prepared Foods Manager Dwaine Pettygrove for making this happen.

Co-op Shoppers FYI

SPEND IT NOW!

Here's a reminder for all member-owners who have been holding on to their member rebate vouchers: THESE EXPIRE FEBRUARY 15, 2009!!! So please remember to use your voucher before Sunday, February 15. Consider this part of the co-op's "economic stimulus package." Spending your voucher helps the store, since unredeemed vouchers essentially represent lost income and not a cost savings for the cooperative.

And while we're on the subject of vouchers, there are a few member-owners who should have received rebates but we were unable to find current valid addresses for them. If you know the whereabouts of any of these people,

please call 612-922-1159 or email info@lindenhills.coop:

Lisa Clark • Lee Cone • Wanda Grisham • Barbara Lupient • Kristen Snyder • Marjorie Thoenen

Thanks, Organic Valley Co-op!

We were delighted to receive a \$500 check from Organic Valley Cooperative in December, which was a gift for our food shelf partner, Joyce Emergency Food Shelf. The Organic Valley Family of Farms, based in LaFarge, Wisconsin, is one of the U.S.'s largest independent organic farmer-owned cooperatives, and their

regional giving program identified Linden Hills Co-op's partnership with Joyce as worthy of this generous donation.

March is Minnesota Food Share Month, so we encourage you to remember the food shelf with a donation of cash or nonperishable staple foodstuff. As part of our March member drive, the co-op will donate ten dollars for every new membership we see during the month.

Give Alternatively

If you're planning a big event, like a wedding, baby shower, anniversary or significant birthday for someone a little outside the consumer mainstream, why not use the Alternative Gift Registry? This great free service is offered by the Center for the New American Dream, and Linden Hills Natural Home has created a simple brochure you can use to get your registry started.

We'll also be able to allow your invited guests to browse your registry for gift items that are available at our store (and yes, we do take orders over the phone!). The site also includes lots of creative alternatives to traditional gifts, like an evening of babysitting, memberships in parks, zoos, or museums; or having someone plant a tree in your honor. For more information stop by Linden Hills Natural Home, or visit www.lindenhills.coop/naturalhome.



Board of Directors 2008-2009

Albert Kolman-Stich, Vice President
Kimberly Proffitt, President
John Ryden
Brian Shields
Rhea Sullivan, Secretary
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 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 Are You the Average Organic Consumer?

BY TODD TROHA, BOARD TREASURER

Have you ever wondered, as you are strolling through the aisles at Linden Hills Co-op, if you are an average organic consumer? We're not talking about average for Linden Hills but average for the nation. What do you think?

In the past eight years the number of households that have purchased at least one organic product in the past twelve months has risen from 55 to 69 percent. That equals an additional 35 million people using organic products! As you look closer, though, it isn't really that big a deal. The majority of the U.S. households (42 percent) only purchase organic products "occasionally" (less than once a month) and only 19 percent of households use organic products on a weekly basis. How often do you use an organic product? Are you average?

According to The Hartman Group, a marketing research firm, there are three types of organic consumers: Core, Mid-level and Periphery. Core consumers represent 58 percent of all regular organic users (at least weekly) but only 21 percent of all



Todd Troha

U.S. households. Mid-level and Periphery consumers represent the remaining 48 percent of U.S. households that purchase organic. Core consumers are definitely the minority but over time have continued to increase their commitment to organics. It is a lifestyle choice for them. Mid-level and Periphery involvement with organic products is decreasing with the economic downturn. Are you in the majority or the minority?

The average organic consumer buys food at up to five different retail locations. Only 6 percent of Core consumers purchased organic products at a co-op in the last three months. Most Core consumers use organic products at least weekly and the number is still only 6 percent! Since you are reading this, you are mostly likely a member-owner of the Linden Hills Co-op. Think about your own buying habits. Do you buy more than 6 percent of your food from your co-op? The Twin Cities is an

oasis for local and organic products. People are more knowledgeable and involved in sustainable practices here than the majority of the country. We have more grocery co-ops in the Twin Cities than most states have and they are thriving. Linden Hills Co-op is a prime example. Why?

We choose to invest in the Linden Hills Co-op. We become member-owners. We patronize the co-op with our purchases. We take the time to provide feedback to make our co-op a better place. We volunteer our talents to serve on the Board. We do all this because our investments return to us ten times over by strengthening our feeling of community, by keeping the majority of our dollars local and by starting to build a healthier planet through education and example.

You may ask yourself if you are an average organic consumer. We know the answer. You aren't.

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Co-op Member Spotlight Nancy Kelly's Got Good Energy

BY KATHY GERHARDT

Many people's adult lives are shaped by significant events from their childhood. For Linden Hills Co-op member Nancy Kelly, her career in engineering—specializing in different aspects of energy—can be traced back to the energy crisis of the 1970's.

"I grew up in the era of Jimmy Carter and I remember the Christmas where no one put on their Christmas lights because we were in an energy crisis," recalled Kelly. She also laughed at memories of the "really small car" her parents had into which the whole family packed themselves. Those childhood events led her on a path to becoming a mechanical engineer, a Certified Energy Manager and the new Community Energy Project Coordinator for the Green Institute.

Kelly's role with the Green Institute has two aspects. Half of her job is to support the Clean Energy Resource Teams (CERTs). "The CERTs organizers work with local groups that want to address energy issues. These could be a neighborhood group, church group, school, or even a city," Nancy explained. "I provide technical support as needed to assist with identifying opportunities or quantifying savings after a project is complete. The CERTs program is a statewide program that is supported by four different groups and The Green Institute runs the program for the 11-county metro area. Other groups involved in this program include the Minnesota Project, the University of Minnesota and the Southwest Regional Development Commission."

"These local organizations, such as church groups or Linden Hills Power & Light, may say, 'We want to address the issue of energy conservation in the neighborhood.' They will pull in our community organizer," Kelly said. "She will come in and talk with them while I'm trying to figure out the technical side of it—essentially quantifying savings. I'm trying to figure how much energy



Nancy Kelly

savings there will be to prove to the utilities that this change is effective."

A federal grant to The Green Institute from the Department of Energy funds the other half of Kelly's current projects. Initially tagged for a feasibility study on the Phillips neighborhood biomass project, the funding has been reallocated to explore other community energy opportunities in the Twin Cities.

Including community anaerobic digestion and biomass energy. "I hope to work on that," added Kelly. "That's the other 50 percent of my job. We will look at pellet burners and solar hot water heating and there is a lot of interest in anaerobic digestion. There are a lot of people who are doing pilot programs and collecting urban organics—the Linden Hills neighborhood being one of them and Eureka Recycling another—so next on our list is to do a feasibility study with anaerobic digestion."

Kelly has worked with people who make energy from landfill gas, so she understands the tech-

nology, which is similar to anaerobic digestion. Kelly also worked on a bench-mark study of Minnesota ethanol plants for the University of Minnesota focusing on energy use, water use and best practices, along with emerging issues and opportunities.

"I'm not a designer, but I worked in an operating coal plant for eleven years, so I understand equipment," added Kelly. "I think that's where I could bring some of my experience to the anaerobic digester. But it would really be a collaborative effort with so many different people, because it is not something that has been done a lot. It's done at sewage treatment plants and dairy farms, so how far away from it are we?"

During our interview, I noticed the book *The Green Collar Economy* by Van Jones on Kelly's table. "Have you heard him talk?" asked Kelly. "Van Jones thinks the green revolution should give people jobs. The point of his whole thesis, and that of Thomas Friedman [author of *Flat, Hot and Crowded*, another book on her reading list] is if we get this energy thing right we will raise people out of poverty. If we do it wrong, we will only do it for the people who can get the solar panels on their roof, which has a 30-year payback."

After talking about the Carter era and with our new President vowing to focus on alternative energy, I asked Kelly her opinion on important energy changes we need to implement in the next few years.

While she mentioned wind energy and smart grids, she feels there's something more immediate, particularly here in Minnesota. "What do we do with all the current housing stock to make all these houses more efficient?" asked Kelly. "I am really intrigued by making progress on residential energy use [particularly] weatherization: insulating your home and also making it more tight, less drafty. So that will be what I'm excited about in the next five years: weatherization of homes. And also anaerobic digesters."

For more information on *The Green Institute*, visit their website at www.greeninstitute.org.

Storewide Specials

February 1-28, 2009

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

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60 caps., regularly \$65.99

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60 count, regularly \$18.29

Country Life All Supplements

20% off

Historical Remedies Passion Drops

SALE \$3.89
30 drops, regularly \$5.19



2009 CSA Farm Partners

BY MARSHALL WRIGHT III, PRODUCE MANAGER

Linden Hills Co-op will once again serve as a pick-up site for community supported agriculture farm subscribers this summer. The four farms are BC Gardens, Belgrade, Minn.; Featherstone Fruits and Vegetables, Rushford, Minn.; Riverbend Farms, Delano, Minn.; and Rock Spring Farm, just outside of Decorah, Iowa. Buying a CSA share is a great way to eat locally grown, fresh food in season and support farmers, and we're happy to offer this important service to both our customers and our farm partners at no charge.

If you would like to purchase a CSA share from one of these farms, please contact them directly via phone or email. Some of the farms have forms available to sign up on their websites as well, and other information that can help you decide which one is right for your family.

If you sign up for a share, please be aware that the co-op can't arrange to hold shares for you—you must pick up your share box before 9 p.m. on your regular delivery day, or arrange to have someone else pick it up for you. Any unclaimed boxes go to Joyce Emergency Food Shelf, so your share will be well-loved if you miss a week.

BC Gardens

Contact: Kathy Botten and Ruth Capp
bcgardens@willmar.com, 1-888-884-9766

Specialties: certified organic vegetables emphasizing heirloom varieties
Delivery day: Wednesday

Rock Spring Farm

Contact: Chris Blanchard
realfood@rsfarm.com, 1-563-735-5613
www.rsfarm.com

Specialties: certified organic vegetables, herbs and fruit
Delivery day: Friday

Featherstone Fruits and Vegetables

Contact: Larisa Walk
info@featherstonefarm.com, 1-507-452-4244
www.featherstonefarm.com

Specialties: certified organic vegetables
Delivery Day: Saturday

Riverbend Farms

Contact: Greg Reynolds
riverbend@usinternet.com, 1-763-972-3295

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"Your box is a simple pleasure I look forward to every week."

With 9 - 14 vegetables each week, in quantities you can use, the Rock Spring Farm CSA provides healthy and delicious food that's easy to build a meal - and a relationship - around.

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

Don't wait too long - spring is here and availability is limited.

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Valid February 1 through March 31, 2009



Linden Hills
Natural Home

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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 February 1 through March 31, 2009

Miss Larousse

Editor's note: Miss Larousse is at home, enjoying her new daughter, so Customer Service Manager Jolene Parker is filling in this month!

Dear Miss Larousse,

Help! I'm running out of ideas for great family week-night meals! I love to cook, as long as it doesn't take longer than an hour to get dinner together. My kids are great—they even love vegetables—but they're getting tired of Dad's favorite recipes. Plus we'd love to be able to eat nutritious, tasty dinners that still fit within the family budget. What to do???

—Distressed Dad Desires Delicious Dinners

Dear DDDDD,

My two favorite kids, Ari and Mira, love this recipe, which you can take from start to finish in less than an hour, contains some of the healthiest (and most affordable) vegetables around, and is flexible enough so you can make as many variations as you want with different sizes and shapes of pasta, types of cheese and seasonal vegetables.

According to nutrition experts, broccoli contains lots of antioxidants and a substance called sulforaphane, which research is showing to be a powerful cancer fighter and preventer. Broccoli (and other deep green veggies) and garlic are heart-healthy and support your immune system, too!

Roasted Vegetables with Creamy Pasta

6 cups winter squash, such as acorn or butternut, cut into 1 inch chunks
3 cups broccoli, cut into bite-sized florets
1 1/2 cups onions, cut into largish chunks
1 cup red or green bell peppers, sliced into 1-inch wide strips
8 garlic cloves, sliced thickly
5 tablespoons olive oil
3 tablespoons fresh rosemary leaves (or 1 1/2 tablespoons dried)
Sea salt, to taste
1 pound whole wheat penne pasta
One 6-ounce log goat cheese, cut into chunks

Preheat oven to 400° F. In a large bowl, mix together squash, broccoli, onions, peppers, garlic, oil and rosemary until thoroughly combined. Place vegetables in a baking dish and cover. Bake 45 minutes or until vegetables are tender.

As vegetables bake, bring a large pot of salted water to a rolling boil and add pasta, cooking until barely al dente according to package directions. Drain and transfer to a large serving bowl. Add roasted vegetables to pasta and toss to combine. Top with chunks of goat cheese and serve. Serves my hungry family and yours, too!

For another great combination, substitute 1 small head of cauliflower, cut in chunks, for the broccoli, 1 pound small Yukon gold potatoes for the squash, and use a combination of fresh mozzarella and grated parmesan cheese instead of the goat cheese.



February/March Events

Register 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.linden hills.coop, for updates and breaking news!

Wednesday, February 4, 1 – 3 p.m.

CO-OP EVENT: Wellness Wednesday

Dr. Jared Gruhl, DC, will offer free health screenings in the wellness department today. Dr. Gruhl is an adjunct faculty member of the American Academy of Acupuncture & Oriental Medicine. He'll provide personalized information to help you reach your health objectives

Saturday, February 7, 10 – 11:30 a.m.

CLASS: Best Brews on a Budget

Keith Tomlinson, Head Roaster, Peace Coffee. Please pre-register; FREE. You don't need to spend \$100 on a brewer made with parts of gold to make a great cup of coffee. Let master roaster Keith Tomlinson show you how. He'll discuss the best methods for brewing coffee that's rich in flavor and easy on your wallet.



Saturday, February 7, 11 a.m.

– 3 p.m.

DEMO: Lake Champlain Chocolate Company

Valentine's Day is a week away—taste-test Lake Champlain's all-natural chocolates, made in Vermont. Their caramel is divine.

Thursday, February 12, 3 – 6 p.m.

CO-OP EVENT: Love Fest

We'll be dimming the lights and offering two for one specials on berries and other romantic surprises. Guest chocolatier B.T. McElrath will be handing out his divine artisan truffles, made with local and fair trade ingredients.

Sunday, February 15

CO-OP VOUCHER DEADLINE:

Use it or lose it!

Your 2007-08 co-op rebate voucher is set to expire on February 15! Please make sure you use it before you lose it—or if you prefer, sign it over to Joyce Emergency Food Shelf as a donation.

Tuesday, February 17, 7 – 8:30 p.m.

CLASS: Healing Thyself: Traditional Chinese Food Therapy

Andy Fritsch. Please pre-register; \$5/\$3 members. Using Chinese dietary principles, you'll learn how to select elements of a meal that balance each other energetically and support your body in the ways you need most. Andy practices acupuncture and Oriental medicine at the Acupuncture Health Center in Edina, Minn.

Tuesday, February 24, 6:30 – 8 p.m.

CLASS: Health Advocacy 101

Claudine Arndt, Certified Health Coach and Marcus Seyward, Fairview Patient Advocate. Please pre-register; \$15/\$10 members. How does our health care system really work? How do we choose a good doctor? You'll learn how to be a great advocate for yourself within our often difficult to navigate health care system.



March 1

NATIONAL CO-OP CONTEST: My Co-op Rocks!

Linden Hills Co-op announces the My Co-op Rocks Video Contest, where you get to share the ways your co-op rocks. Create a video using a Top 10 theme or create your own original theme to win a MacBook, a \$500 co-op gift card, or a FlipMino HD digital camcorder. Get ready to premiere your video to the world on March 1. Visit www.MyCoopRocks.coop for details and updates!

Tuesday, March 3, 6:30 – 8:30 p.m.

CLASS: Greening Your Kitchen

Kel Heyl, Certified Professional Building Designer. Please pre-register; \$5/\$3 members. Learn how to make your kitchen more environmentally friendly—from simple, low cost projects to a complete green remodel. There will be plenty of time to ask questions about your specific kitchen remodeling aspirations.

Wednesday, March 4, 1 – 3 p.m.

CO-OP EVENT: Wellness Wednesday

Dr. Jared Gruhl, DC, will be joining us again to offer free health screenings.

Tuesday, March 10, 7 – 8:30 p.m.

CLASS: How to Shop Co-op on a Budget

Allie Mentzer, Promotions & Education Coordinator, Linden Hills Co-op. Please pre-register; FREE. We'll go department by department, sharing strategies and insider tips for making the most of your food dollar. You'll have an opportunity to sample some examples of low cost/high nutrition foods, too!

Thursday, March 12

CO-OP EVENT: Member Appreciation Day

It's the anniversary of our very first day of business in 1976. To celebrate a third-century of cooperative ownership and great local and organic foods, we're giving Linden Hills Co-op members 5% off their purchases at both stores.

Tuesday, March 24, 7 – 8:30 p.m.

CLASS: Banish Pain without Drugs

Dr. Tim Fargo, Executive Director of Chiropractic Health & Wellness Center. Please pre-register; \$5/\$3 members. Learn what you can do to alleviate pain without drugs and without the side-effects that accompany them.

Tuesday, March 31, 7 – 8:30 p.m.

CLASS: Eating Right: It's in Your Genes!

Dr. Jared Gruhl, D.C. Please pre-register; \$10/\$8 members. We'll trade the "what's good for me *this week?*" philosophy for one of sound science—revealing a natural diet that stands the test of time. You'll learn which foods we're genetically designed to eat, coming away empowered by just how easy it is to increase your energy, lose unwanted pounds and boost your immunity.



Linden Hills Co-op

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