

Rollin' Oats Journal

A BIMONTHLY PUBLICATION OF LINDEN HILLS CO-OP COMMUNITY MARKET

The Local Lowdown

JEANNE LAKSO, MARKETING & MEMBER SERVICES MANAGER

I think it was about four years ago when I started giving public presentations about the value and pleasures of eating foods that are grown, produced and sourced locally. Since then, the word "locavore" has gone from a slightly crazy coinage to a fairly common term. Farmers markets and organic farming, particularly in our region, have started springing up in record numbers; CSA shares go as quickly as spring-time morels; and I've heard more than one trendwatcher say that "local" is "the new organic."

Linden Hills Co-op is gearing up for our third Eat Local Challenge, which is taking place the entire month of August. If you haven't been around for the past two, these are fun and inspiring ways to help people learn about the health, economic and environmental benefits of eating local. Here's how it works: seasoned locavores are encouraged to commit to eating four out of five meals (roughly 80 percent of their diets) made from food grown or produced locally. Those who are just starting out can begin by eating five meals a week made with local foods. If folks are somewhere in between, we encourage them to select a goal that suits them—one that's challenging without being daunting. The Challenge is completely on the honors system; I promise not to check your shopping carts or peek in your cupboards! And the point is to challenge yourself and your family to think about what you eat in a new way.

Interested? Here are some tips and events to get you ready for the August Challenge.

Begin at your co-op. Allow extra time on your next visit to discover which foods are local. We're revising our handout of local foods to include other local products as well—in case you're interested in the "bathe local" or "clean local" aspects of the Challenge!

Start early. Prior to the challenge, begin introducing more local foods into your diet as a way to make it more of a habit. Local strawberries will be here soon—what better place to start? You're invited to join me and Allie Mentzer, the co-op's demo diva, for a special Saturday session on July 25 (see the calendar on page 4 for details). We'll enjoy a local lunch while learning about the benefits of eating local foods.

Visit some farms! We're planning a great kick-off event with other local co-ops for the August Challenge: a bus tour to Gardens of Eagan organic vegetable farm and Cedar Summit dairy farm. The tour will take place Saturday, August 1 and the modest cost of \$25 per person includes bus transportation and a boxed lunch. Space is limited; contact Lauren Zamorano at Lauren.zamorano@ncga.coop for details and reservations.



We've got local covered! Besides fresh produce, dairy, and eggs, there's local gourmet chocolate treats from Fred Golchin at French Nugget (above); cheesecake from Mitchell's Cheesecake; grass-fed beef from Thousand Hills Cattle Company; and essential oils from Wyndmere (below, left to right). Golchin photo by Charli Mills

Support really local food through Homegrown Minneapolis. This initiative developing recommendations for the city to improve sales, distribution and consumption of fresh, locally grown foods has been going on since January, led by a steering committee chaired by two Linden Hills Co-op members, Megan O'Hara and Julie Ristau, along with Stella Whitney-West. Draft recommendations were available for public comment during May, and aim to support farmers markets; community, school and backyard gardens; small enterprise urban agriculture; and commercial use of locally grown foods. For the latest information on Homegrown Minneapolis, go to www.ci.minneapolis.mn.us/dhfs/homegrown-home.asp.



Help local food shelves and local farms. The Emergency Foodshelf Network started a great program that emphasizes getting healthy, nutritious local foods to folks who need them. Harvest for the Hungry is now in its third year; last year, the program provided over 30,000 pounds of fresh produce from six farms (with a value of more than \$100,000) to food shelves in the region. This year, eight farms are growing food for Harvest for the Hungry, including several suppliers of Linden Hills Co-op's produce department. By giving to the program, you're helping the hungry while supporting local farms. For more information, go to www.emergencyfoodshelf.org.

Plan out meals for the challenge.

While it may feel a bit daunting to plan each meal weeks in advance, developing plans can be a fun learning experience and can make participating in the challenge much easier—as well as saving you money and time. We'll have meal planners and suggested recipes available at the store, too.

Leave the cooking to us. Think taking the Eat Local America Challenge will require you to "eat in" every day? Not so. Linden Hills Co-op offers plenty of locally prepared foods in the deli—perfect for a summer picnic or barbecue. New this summer is the deli's Saturday CSA Share feature. The co-op's deli is participating in Featherstone Farm's CSA program this year, so each Friday, the deli cooks will be unpacking a box of the freshest, most local veggies and using them in a special dish that will appear for a limited time in the deli case.

We'll have more information about Eat Local America in the coming weeks; until then, visit our website at www.lindenhills.coop to read about local suppliers and get ideas for seasonal recipes; or check out www.eatlocalamerica.coop, where participants from around the country will provide tips, encouragement and help for your own challenge.

Seeking "Green Group" Nominations!

Linden Hills Co-op is accepting nominations for recipients of our 2010 Green Patch donations. The program encourages shoppers to reduce waste and reuse canvas, cloth, or other durable shopping bags—and supports two non-profit groups chosen by member vote. Every time you use your own cloth or canvas bag, you receive a Green Patch worth five cents, which can be donated to this program. Each year, the co-op gives \$2,000 to \$3,000 to a pair of non-profit organizations.

Eligible groups must be committed to preserving and enhancing our environment through sustainable programs and environmental education and activism. Only Minnesota-based nonprofits will be considered. Nomination forms are available at the customer service desk or on the website at <http://www.lindenhills.coop/community/donations>, and are due at the co-op by August 15, 2009. Vote for your favorite in the October co-op election (and for your board of directors, too, of course!)

Paper or Not Paper: The Newsletter Version

If you'd prefer to receive the *Rollin' Oats Journal* via email and be removed from the mailing list, it's easy! Just send an email to info@lindenhills.coop with "Subscribe Rollin' Oats" in the subject line, and we'll notify you when the PDF version of the newsletter has been posted on the website. You'll also receive notice about *Mix* online updates! Plus you'll save some postage and a tree or two.

Are Your Shares Current?

If not, you probably haven't been receiving this newsletter! However, for the record: In 2005, the co-op's board recommended a bylaws change eliminating two separate classes of membership (which were known as "single" and "household" and required two different share purchase amounts) and establishing one form of co-op membership with one share purchase option. Members approved the change by a two-to-one margin, and the board stipulated

that former "single" members would be given a grace period of three years to purchase the additional \$20 share, bringing their membership up to par with "household" members.

We notified all members of the voting results in December 2005, and mailed a letter in January 2006 to members who owned 3 shares, asking them to purchase another share by July 1, 2006 or request a refund. We've subsequently sent three reminders, most recently in February of this year, requesting "inactive" members to purchase an additional share or request a refund. The three-year grace period is coming to an end; if inactive members don't act by July 1, 2009, their memberships will no longer be in compliance with the bylaws and they will not be eligible for patronage rebates or any other benefits of membership.

If you have questions, please email Jeanne Lakso at jlakso@lindenhills.coop, or call 612-279-2460 and leave her a message including your membership number, your name and a daytime phone number or your email address.

Co-op Shoppers
FYI



Board of Directors 2008-2009

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

Board meetings are the third Wednesday of each month and any co-op member is welcome to attend—please email or call the co-op a couple of days in advance: info@lindenhills.coop or 612-922-1159. You may also email the board at board@lindenhills.coop.

Co-op Managers

Luke Schell
 General Manager
 612-279-2461
 lschell@lindenhills.coop

Lauren Bartel
 Wellness Manager
 612-279-2468
 lbartel@lindenhills.coop

Kerry Devoy-Elwood
 Natural Home Manager
 612-279-2472
 kerry@lindenhills.coop

Peter Doolan
 Merchandising Manager
 612-279-2455
 pdoolan@lindenhills.coop

Jeanne Lakso
 Marketing & Member Services Manager
 612-279-2460
 jlakso@lindenhills.coop

Tree Li
 Financial Manager
 612-279-2448
 treeli@lindenhills.coop

Rebecca Nichols
 Human Resources Manager
 612-279-2474
 becky@lindenhills.coop

Jolene Parker
 Customer Service Manager
 612-279-2470
 jparker@lindenhills.coop

Dwaine Pettygrove
 Prepared Foods Manager
 612-279-2441
 dpettygrove@lindenhills.coop

Marshall Wright III
 Produce Manager
 612-279-2440
 mwrightiii@lindenhills.coop

International Principles of Cooperation

1. Voluntary and Open Membership
2. Democratic Member Control
3. Member Economic Participation
4. Autonomy and Independence
5. Education, Training and Information
6. Cooperation Among Cooperatives
7. Concern for Community

Rollin' Oats Journal

Editor
 Jeanne Lakso

Designer
 Holle Brian, Triangle Park Creative

Contributors
 Kathy Gerhardt, Allie Mentzer,
 Kimberly Proffitt

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

A Sustainable Future: Beyond Environmental Impact

BY KIMBERLY PROFFITT, BOARD PRESIDENT

“Sustainability” has become quite a buzz word. Just a few years ago when one spoke of being sustainable it usually meant being environmentally conscious. Now sustainable has a much broader meaning, encompassing not just environmental but economic and social issues as well. More and more businesses are producing sustainability reports—relating the ways in which they positively benefit not just shareholders but also consumers, suppliers, the communities in which we live and work, the environment and even economies and communities around the world.

Amid all the hype, Linden Hills Co-op can be proud to say we have always regarded the “new” sustainability to be the core of our business philosophy. Consider the ways LHC already integrates sustainable practices into its business:

Economic

The co-op is run in a financially sound manner, with careful attention to revenues and expenses. Any excess revenue at the end of the fiscal year is re-invested in the co-op or returned to member-owners in the form of a patronage refund. We support local businesses (such as farmers) and return more dollars to our local economy than a national chain would. We also contribute to global economies by making fair trade products available to our shoppers.



Kimberly Proffitt

Environmental

The co-op promotes environmentally beneficial practices. One of the most visible of these projects has been the installation of the solar panels. Behind the scenes, the co-op's Green Team works to help the store reduce its impact on the environment by improving energy efficiency and reducing its waste stream. In addition, the co-op makes a wide array of “green” products available to and serves as an educational resource for shoppers.

Social

The co-op is committed to creating mutually beneficial relationships. We do this by working closely with local farmers and vendors to bring their products in to our store, giving back to the community through donations and providing employees with such things as profit sharing and benefits.

This is all great, but can we reach beyond what we currently do? The board of directors says “absolutely.” The ways we can have a positive impact on our local community, and yes, even the global community, are limitless. How about reducing our waste stream—or better yet, a zero-carbon footprint? What about creating new jobs in our community by working with (more) local vendors—or even creating new jobs halfway across the world by stocking (more) fair trade products? Providing grants to local non-profits advocating for change (on a variety of levels)—or perhaps providing loans to help start other cooperatives across the country?

The input of our member-owners is crucial as the board discusses the future direction of LHC. We'll be looking to you to help us decide where the co-op should focus its “sustainable” efforts. Watch for opportunities to contribute to the discussion throughout the summer and into the fall.

Whatever you choose to call it—sustainability, the triple-bottom line, corporate consciousness—be assured that Linden Hills Co-op remains committed to having a positive impact on the world, both inside and outside the four walls of our store. Having a vibrant, sustainable store and community is our mission.

Board Applications Due July 15

Interested in delving deeper into the sustainability discussion? Consider becoming a member of the board of directors. We are looking for interested candidates to join us as we think about the long-term vision for the co-op. This fall there will be five open seats. Meetings are held once a month and dinner is provided. Board members also receive a quarterly stipend in the form of a co-op gift card. If you are interested, please pick up an application at the customer service desk or download one by following this link: <http://www.lindenhills.coop/membership/board>.

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Co-op Member Spotlight

Allison LaBonne and Brian Tighe

It sounds like an afternoon trivia question on a Minneapolis radio station. What do local indie bands The Owls and The Starfolk have in common? The answer is that two of the key creative talents in each of those bands are Linden Hills Co-op members Allison LaBonne and Brian Tighe. The multi-talented couple share duties (along with their band mates) as songwriters, vocalists, and musicians for both groups. Guess the old adage is true—variety is the spice of life.

Before The Owls and The Starfolk, Tighe was part of The Hang Ups. Though not really together anymore, they haven't formally broken up either.

“The Hang Ups never officially stopped,” stated Tighe. “We started the band in 1988 when I was at MCAD (Minnesota College of Art and Design). I met my two long-time band mates there. We went all the way through and released a record in 2004. We probably stopped playing shows in late 2005.”

That was after five CDs and quite a bit of time performing all over the country. But as is sometimes the case with bands, life happens; meaning family life and life on the road don't always blend well.

So Tighe and his wife, Allison, along with Maria May and John Jerry, formed The Owls in 2000. Musically, Tighe described the difference between The Hang Ups and The Owls as “that was rock/pop but kind of artsy and little quirky—a little more rock than The Owls. The Owls are a little more folk-rock with male/female harmonies.”

“In The Owls, we have four members and we all switch around. Three of us are currently writing songs for the band,” explained LaBonne. “All the songwriters either play guitar, bass or keyboards, depending on what instrument they wrote the song on. Then, everyone else just kind of moves around to accommodate that particular songwriter.”

It would appear that formula has worked well for them. In a City Pages article a year and a half ago Peter S. Scholtes wrote: “By most local standards, the Owls are practically rock stars. Without any hint that their hopes and dreams might



involve commercial success, they sold out their 2004 CD-release concert at the Turf Club, as well as four pressings (or 4,000 copies) of the debut, topping college radio charts around the country. Their song ‘Air’ won a Minnesota Music Award and was the soundtrack for a Target commercial selling air filters.”

Since that time, The Owls released a sophomore effort titled “Daughters and Sons.” Tighe and LaBonne are currently working on new material for that band while also working toward completion of their first CD for their most recent venture, The Starfolk.

Originally the idea for The Starfolk was for it to be more of an outlet for just the couple—though they are collaborating with others including an old band mate from The Hang Ups. They described this band's music as “somewhere between The Owls and The Hang Ups ... it is very similar, but slightly more experimental. It's still somewhere in folk/pop [but] it rocks a little more than The Owls.”

The idea that sparked The Starfolk was the couple's hope of combining two loves.

“We love to travel and if we can just go out in a car from city to city ...,” Tighe's voice trailed off as he began to reminisce. “We got to play in London and Manchester about a year ago—two years ago. It was really fun to combine travel and to have a reason to go to a different city to play music there.”

LaBonne added, “We were mainly on a family trip and were able to take a detour and do a couple shows while we were out there.”

The “romantic” version would be that they stopped in a pub, played for a little while and booked a couple of follow-up shows. In reality, it's a business and their booking agent made it happen.

“He was able to set stuff up for us. It was lucky,” added Tighe. “He [got] us a gig in London with a band that was very compatible and we played in front of an audience that was very open to our kind of music.”

“In Manchester, there was a nice crowd—a little different, a little rowdier. It was still good,” said Tighe with a smile.

Their travel and music wish list for The Starfolk would focus primarily on Europe and the U.K. including such places as: France, England, Sweden and Prague.

“England seems very attainable and being able to speak the language makes it easier,” commented LaBonne.

“If we could just ride the Eurail, stop in towns and play everywhere along the way—that would be very fun,” added Tighe.

For now, the slender, soft-spoken couple are staying put. They have a lot they want to accomplish this summer with both The Owls and The Starfolk. If you'd like to keep up with The Owls or The Starfolk, go to <http://www.theowls.net> or <http://www.thestarfolk.com>. While their summer schedule isn't fully complete, The Owls will be playing at the Minneapolis Institute of Arts on Thursday, September 17.

Co-op members since 2006, Brian and Allison shared the recipe for their favorite “co-op” breakfast, sprouted buckwheat groats with cashew milk and grated apple. Sprout buckwheat groats in a jar (takes approximately two days). Blend two parts water to one part cashews in a high powered blender to create the cashew milk. Add vanilla extract. Grate one apple into two bowls. Add buckwheat sprouts, cashew milk and a sprinkle of chopped pecans.

Storewide Specials

June 1-30 2009

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

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16 oz., nonmembers \$4.49

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Frozen Fruit Bars
SALE \$3.99
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Check out our grilling accessories at Natural Home, too!

Spice it Up! LaVida Local Salsa Contest

We're ramping up for this year's Eat Local Challenge with another hot, hot salsa contest. On Thursday, July 16 at Linden Hills Live, we're inviting neighbors to enter their favorite salsas in the competition.

Categories to be judged include best tomato-based salsa, best fruit salsa, best use of local ingredients in a salsa, and other categories may be determined at the judges' discretion. As of press time, the celebrity judges for this year's panel were still being wooed! Last year's panel included Michelle Heuser, editor of Edible Twin Cities, Bryce Hamilton, Linden Hills Live's chief organizer, and Linden Hills city council person Betsy Hodges. The competition was (dare we say it) hotly contested, particularly in the "Professional" category, with delectable entries from Clancey's Meats, Café 28, and the Birchwood Café as well as Linden Hills Co-op's very own deli.

This is what you need to know about the 2009 LaVida Local Salsa Contest:

- Recipe must be submitted with entry. No "secret ingredients" please!
- We encourage contestants to use as many local ingredients as possible. Extra points if you can tell us exactly where your ingredients are from.

- Entries accepted between 6:30 and 7 p.m. on Thursday, July 16 at Linden Hills Live. Judging begins shortly after 7 p.m.

- Bring entries to the salsa table in the parking lot between the co-op and Zumbro Café.

- Please submit approximately two cups of salsa.

- You may submit more than one entry per category.

- Special professional category will be judged separately—restaurants or salsa producers, contact Jeanne at 612-279-2460 to enter.

- Event details at www.lindenhills.coop

Still need some inspiration? The winning entries from last year's contest, including Mahesh's Super Secret Mango Pineapple Salsa, Jenny Espinosa's Roasted Tomato Salsa, and Kathryn Lundquist's 16-ingredient salsa extravaganza, are available on the co-op's website. Just go to www.lindenhills.coop and click on "Recipes."



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Valid June 1 through July 31, 2009

Miss Larousse

Dear Miss Larousse,

How do you sweeten iced tea? I always end up with a mound of grainy sugar at the bottom of my glass. —Sweet Bean

Dear Sweet Bean,

Now that warm weather surrounds us, it's refreshing to sip cool drinks. Stir in a measure of simple syrup, sugar and water that has been simmered together a bit on the stove, and your cool drinks will be smooth and sweet. Once you have a batch of simple syrup, it's easy to sweeten iced tea. And for the best lemonade ever, squeeze a lemon into a tall glass, stir in a few spoonfuls of simple syrup and top with ice and fizzy water. Make an iced coffee soda the same way, using a few table-spoons of cold-press coffee concentrate at the bottom of your glass. Cold-press coffee makers and coffee beans are available at the co-op. You don't have to use any energy to brew cold-press coffee, which is lower in acid than coffee brewed with hot water, so it is easier on your stomach. If you like, add steaming hot water to the coffee concentrate for a nice hot cup of coffee. For iced coffee, though, don't forget the simple syrup if you take it sweet.

Simple Syrup

1 cup sugar
1 cup water

Combine sugar and water in small saucepan over medium heat. Bring to simmer, stirring until sugar is dissolved. Simmer 5 minutes. Cool completely. Store covered in the refrigerator.



Himalayan Ice

Now that you've got your simple syrup, here's a great dessert for summertime. Miss Larousse recommends Peace Coffee's Fair Trade organic Yeti blend, which is specifically made for cold-press brewing.

Makes 4 servings

10 ounces cold-press coffee
3 cups crushed ice
1/2 cup organic half and half or 1/4 cup almond milk
1/3 cup simple syrup
1/4 cup chocolate syrup
1 pint chocolate sorbet, gelato or non-dairy frozen dessert

Put ice, coffee, half and half, simple syrup and chocolate syrup in blender and blend until combined. Pour into four large goblets and add a small scoop of chocolate sorbet to each serving. For a variation, add 1/4 teaspoon of cinnamon to the mixture, and garnish each serving with a cinnamon stick.

June/July 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!

Saturday, June 6, 2 – 4 p.m.

LOCAL FLAVOR: **Deena's Gourmet Hummus**

Deena creates her sensational hummus just over the river in St. Paul. In season, Deena's ingredients include local produce from the St. Paul Farmers Market. Try Original with Feta, vegan Eggplant or staff favorite Red Pepper with Feta.

Saturday, June 6, 11 a.m. – 3 p.m.

LOCAL FLAVOR: **Lorentz's Brats**

Brothers Rob and Mike Lorentz make their pork brats in Cannon Falls using facility that's been owned by the Lorentz family since 1967. The Lorentz's flavorful all natural brats are made without antibiotics, nitrates or hormones. Try 'em today—Traditional, Cheddar or Pepper Jack.

Friday, June 12, 2 – 6 p.m.

LOCAL FLAVOR: **Salad Girl Salad Dressings**

Pam Powell's homemade vinaigrettes are inspired by seasonal fruits and herbs. Her unique blends will jazz up any summer salad and work great as a marinade on the grill.

Saturday, June 13, 11 a.m. – 3 p.m.

LOCAL FLAVOR: **Schultz Organic Chicken**

Larry Schultz will be on hand today serving up his famous chicken brats. Larry and his wife Cindy have been raising certified organic poultry on their farm in Owatonna since 1997.

Thursday, June 18, 6:30-9:30 pm

COMMUNITY EVENT: **Linden Hills Live**

Join the neighbors and bring your friends to the first Linden Hills Live of the summer! Once a month the Linden Hills Business Association sponsors a shindig featuring some of our most talented neighborhood residents in the parking lot between Zumbro Café and the co-op.

Friday, June 19, 3 – 5 p.m.

RUSH HOUR RECIPE DEMO: **Artichoke Parmesan Pasta**

Try a taste of this boldly flavored pasta salad, bursting with artichokes, capers and Kalamata olives. We'll be handing out recipe cards complete with nutritional information and a handy shopping list.

Saturday, June 20, 11 a.m. – 3 p.m.

LOCAL FLAVOR: **Anderson Maple Syrup and Maple Nut Popcorn**

Steve Anderson learned everything he knows about maple syrup from his father, Norman Anderson. In fact, Anderson's Maple Syrup has been family run for over 80 years, handed down from father to son for generations. So, we're pretty sure your dad will enjoy this pure maple syrup with his Father's Day breakfast.

Friday, June 26, 4 – 6 p.m.

DELI-ICIOUS DEMO: **Our Deli's Summer Sides**

Stop by this afternoon to sample one of our deli's fabulous side dishes like Saffron Garlic New Potatoes or Lemon Cucumber Salad. They're the perfect addition to backyard barbecues or an easy weeknight dinner on the sun porch.

Saturday, June 27, 11 a.m. – 3 p.m.

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

Meet the moms behind this all-natural, high quality cereal. These far-sighted ladies not only make terrific cereal, their Northfield plant is entirely powered by the wind!

Saturday, July 4

HOLIDAY HOURS: **Fourth of July**

The co-op is open from 8 to 6, and Linden Hills Natural Home is open from 9 to 4 today.

Saturday, July 11, 11 a.m. – 3 p.m.

LOCAL FLAVOR: **Castle Rock Dairy**

Castle Rock Organic Farm's dairy cattle enjoy a relaxed life full of lush grazing in the valleys near Eau Claire, WI. And the cows return the favor by producing healthy, delicious milk. Try a taste of Castle Rock's lovely cheese or rich ice cream today.

Thursday, July 16, 6:30 – 9:30 p.m.

EAT LOCAL AMERICA: **Second Annual Eat Local Salsa Contest**

Come on down to Linden Hills Live this evening for the co-op's second Salsa Contest. We'll have celebrity judges and the competition will be HOT! See page three for details.

Friday, July 17, 2 – 6 p.m.

LOCAL FLAVOR: **Doctor in the Kitchen's Flackers**

Linden Hills neighbor Dr. Alison Levitt created these heart-healthy, minimally-processed flax crackers. Naturally flavored with fresh herbs, Flackers are perfect for a picnic. We love them with Deena's Hummus or Caprine Supreme Herbed Cheese Spread.

Saturday, July 18, 2:30 – 4:30 p.m.

LOCAL FLAVOR: **Driving Force Energy Bars**

Meet Brenda Stanton of Woodbury. Brenda's delicious, whole food energy bars are the ideal take-along for a bike ride along the Grand Rounds. Try Cashew Cherry, Cranberry Almond or Chocolate Chip.

Saturday, July 25, 11:30 a.m. – 1 p.m.

EAT LOCAL AMERICA: **Locavore's Lunch and Learn**
\$15/\$12 members.

Get ready for this August's Eat Local America Challenge! Allie Mentzer and Jeanne Lakso, the co-op's marketing team, will share hints, tips, recipes and their own enthusiasm for locally grown foods in this session—featuring a local lunch! One lucky attendee will win a local foods cookbook, and all will enjoy our deli's CSA feature of the week. Please preregister by calling 612-922-1159 or email allie@linden hills.coop. Space is limited and prepayment is required.

Saturday, August 1

EAT LOCAL AMERICA: **Farm Tour**

Get on the organic farm bus and visit the some of our favorite local farmers: Gardens of Eagan organic vegetable farm and Cedar Summit grass-fed dairy farm. The guided tour includes transportation and a boxed lunch; space is limited! The tour is coordinated by the Twin Cities co-ops. For reservations and information, contact Lauren Zamorano at Lauren.zamorano@ncga.coop.

Thanks!

612-922-1159

Or call the co-op at

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