

# Rollin' Oats Journal

A BIMONTHLY PUBLICATION OF LINDEN HILLS CO-OP COMMUNITY MARKET

## Farm Beginnings: A Decade of Success

JEANNE LAKSO, MARKETING & MEMBER SERVICES MANAGER

**T**en years ago, Michelle and Roger Benrud became agricultural pioneers, leading the way for the 300 people who have graduated since then from the Land Stewardship Project's Farm Beginnings program.

Farm Beginnings provides 36 hours of classroom training, farm tours, mentorships, and hands-on learning opportunities for people just starting out in farming or wanting to move into a new area of agriculture. During the one-year program, participants learn about writing a business plan based on their own values and goals, sustainable farming methods, and whole farm planning from real, live experts—established farmers and other agricultural professionals.

### How It Started

According to Land Stewardship Project (LSP), the program started when a group of farmers in southeastern Minnesota called the "Wabasha County Give A Damn's" approached the organization with their concerns about the dearth of younger people interested in farming. Their innovative and forward-thinking notion—that farmers can learn best by networking with other farmers—gave Farm Beginnings a strong base. After that first year, the program expanded into western Minnesota, and starting this fall, there will be Farm Beginnings courses offered by the Lake Superior Sustainable Farming Association, the North Dakota Foundation for Agricultural and Rural Resources Management and Sustainability, two groups in Illinois and one in Nebraska. Staff from LSP has worked with these organizations to help set up the pilot programs.

In its first ten years of existence, Farm Beginnings has racked up some pretty impressive statistics. Since 1998, more than sixty percent of Farm Beginnings graduates are farming, and over 6,000 acres of land are owned, rented, or otherwise farmed by program graduates. And of those still farming, 66% report that their net farm income has increased since going through the course—with the average dollar increase estimated at \$12,500. Farm Beginnings has developed a partnership with Heifer International in order to provide no-interest livestock loans to qualified beginning farmers. The Livestock Loan Program has dispersed over \$200,000 in loans to eighteen Farm Beginnings graduates; seven of which have already been paid back in full.

### How the Co-op Helped

Linden Hills Co-op has been supporting Farm Beginnings' success story for the past few years through our Green Patch program, which is why Roger and Michelle Benrud will be the featured speakers at this year's Annual Membership Meeting on October 28 (see sidebar for details).

The Benruds are certified organic grass-fed dairy farmers and members of the PastureLand Dairy Cooperative. It may seem like a long way from Goodhue County to London, but PastureLand's butter has been honored by food writers and magazines from coast to coast and as far away as England, as well as by the American Cheese Society. But the journey taken by Michelle and Roger from studying management information systems, physics and mathematics to running a successful dairy farm and being named Goodhue County's 2006 Farm Family of the Year also covers an amazing amount of ground.

So how exactly did their participation in Farm Beginnings affect the Benruds? In an interview with LSP staff member Brian DeVore on the "Ear to the Ground" podcast, Michelle says, "Through Farm Beginnings, we were looking at different ways we could run 260 acres and make a full-time living for the both of us. Because that was kind of our goal—we both wanted to be involved with it. We looked at everything from direct-marketing beef and poultry to grapes."

"I grew up on a dairy farm, she continues, "so I had some dairy farming background, and with him (Roger) working on the dairy farm, he was learning more about that. And as we ran financial numbers with all these different kinds of enterprises, it always came out that dairy would pay the bills a lot better than anything else, if you were willing to put in the labor and be there twice a day to milk. So eventually we decided, yeah, we want to give it a go."

### Going Organic

After three years of farming, the Benruds realized that their grass-fed rotational grazing methods were closely aligned with organic farming, so they decided to seek organic certification, thereby receiving a better price for their milk.

"As time has gone on, I think that conservation and environmental things have become more and more important as we look at how we farm," says Michelle. "A lot of times we make decisions thinking about the implications to the environment more, necessarily, than to our pocketbook. Sometimes that's hurt us a little bit financially, but we feel we're doing the right thing with the land we've been given."



Roger and Michelle Benrud with their children, Calvin and Emily.

"Before we even had cows, we were involved with Pastureland, because we knew if it was something that got up and got going, we wanted to be part of it. Currently it's seven farms in the area spanning from New Prague to Altura, the southeast corner of Minnesota. We're all grass-based dairies, and in summer, we graze pasture and feed nothing else; maybe a little bit of dried hay if the cows want to nibble on some, but no grain. Sales of our products have grown; we have butter and cheese. We make them only in the summer; 100 percent grass-fed has been a big part of our market too. Consumers are asking for that; they don't want grain in the diet of their dairy."

We're proud to celebrate the success of these outstanding co-op members, grass-fed farmers, and pioneers. Please join staff, board, member-owners, and friends to meet the Benruds and listen as they reflect on their personal farm beginnings, just ten years ago.

For more information about Farm Beginnings, visit [www.farmbeginnings.org](http://www.farmbeginnings.org). To listen to LSP's "Ear to the Ground" podcasts, go to <http://www.landstewardshipproject.org/podcast.html>. To learn more about PastureLand Co-op, visit their website at [www.pastureland.coop](http://www.pastureland.coop).

### Farm Beginnings Featured at Annual Meeting

**When:** Tuesday, October 28  
6:30 to 8:30 p.m.

**Where:** St. Thomas Catholic Church/Carondelet School Cafeteria, 2900 West 44th Street, between Upton & Vincent

You're not just a member, you're an owner! And as such, we'd love to see you at Linden Hills Co-op's annual shareholder meeting.

Our keynote speakers are Michelle and Roger Benrud, farmers of grass-fed dairy and members of PastureLand Cooperative (see lead article for more about Farm Beginnings and the Benruds).

PastureLand is a small cooperative of family operated, organic grass-based dairy farms located in southeastern Minnesota. Their grass-fed Summer Gold™ gourmet butter and artisan cheeses have been made exclusively from the milk of pastured herds since 2000. PastureLand farms have all been certified organic in accordance with the USDA's National Organic Program, and for their sustainable farming practices by Food Alliance. No antibiotics or hormones, including rBGH/rBST, are used to enhance the growth or production of their dairy herds.

Refreshments will be served, including Fair Trade organic coffee from Equal Exchange.

You'll also have the opportunity to meet the co-op's new General Manager, Luke Schell (see page 2 for more). Board and staff will present reports on our 2007-08 fiscal year results, and members will participate in roundtable discussions about how the co-op can make a healthier, more sustainable difference in our community.

**LOOK INSIDE FOR THIS YEAR'S ELECTION FLYER—PLEASE REMEMBER TO VOTE! IT'S YOUR DUTY AS A MEMBER-OWNER, AND IT'S EASY.** Absentee ballots may be mailed in or dropped off at the co-op; your final chance to vote is at the Annual Membership Meeting.

### Agenda

- 6:30 p.m. Reports by board and staff
- 6:45 p.m. Voting closes; roundtable discussion begins
- 7:30 p.m. Farm Beginnings graduates Michelle and Roger Benrud
- 8:20 p.m. Announcement of election results, drawing for door prizes, meeting adjourns

### Holiday Orders Start SOON!

Linden Hills Co-op is at the ready, with local all-natural, free-range turkeys (including organic and heritage breeds) for your Thanksgiving table! We'll begin taking orders Wednesday, October 15, and the last day to place your order is Friday, November 19. Turkeys are from Kadejan Farm and Larry Schutz Organic Farm in Minnesota, as well as Pinecone Pastures Heritage turkeys in Wisconsin. The co-op's



meat buyer, Tom Eckstein, urges shoppers to reserve their birds early for the best selection—raising turkeys depends a lot on nature, so if you have very specific needs, place your order soon. Order forms will be available on the co-op's website and in the

store starting October 15. Turkey pickup starts Monday, November 24.

The deli's gearing up for your holiday special orders as well, with pies, sides, and Thanksgiving dinner by the plate. The order timetable is the same as for turkeys—preorders will begin October 15 and all orders for Thanksgiving should be received by November 19 for pickup the following week. Look for menus at the deli counter and on line.

## Co-op Shoppers FLY!

### Learn Something New at the Co-op

Take a look at our October/November calendar of events and you'll see that we're offering many intriguing classes. You'll probably also notice that we've begun charging registration fees for all classes. After much mulling, we decided that asking attendees to register and pre-pay would help us attract and retain the most qualified instructors. We've done our best to keep fees minimal—many classes are just \$3 for members—while fairly compensating instructors for sharing their expertise. The co-op's classroom program is offered as a service to the community; we are not making this change to make money. Fees will cover the instructors' costs for time and materials only. Since past free classes suffered from unpre-

dictable attendance and "no show" registrants, we hope that paying in advance, even a minimal amount, will result in a better experience for both attendees and our generous instructors. We hope to build a strong class program with good attendance, outstanding instructors and lots of learning to be had by all! Registration is easy—just stop by customer service or call 612-922-1159.

### Co-op Month Membership Drive

This year's annual October member drive has a Fair Trade theme. Our partners at Equal Exchange, the country's largest worker-owned Fair Trade cooperative and one of our favorite suppliers of coffee, chocolate, cocoa, and tea (see the article on page 3) is offering a Fair

Trade coffee mug and an Equal Exchange coupon to every new member who joins Linden Hills Co-op during October. Membership is a share purchase, not an annual fee—and your share purchase amount is refundable. Just in case you're already a member-owner (or even if you're not!) be sure to fill out an entry form for our Equal Exchange/Ten Thousand Villages Fair Trade gift basket giveaway, and consider signing up for Jeanne Lakso's presentation on October 14 about her Fair Trade trip to Peru this past April.





## Board of Directors 2007-2008

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**Jason Inskip, President**  
**Albert Kolman-Stich**  
**Kimberly Proffitt, Secretary**  
**John Ryden**  
**Simone Suri**  
**Rhea Sullivan**  
**Todd Troha, Treasurer**

Board meetings are the second 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

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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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### Contributors

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*Rollin' Oats Journal* is the bimonthly newsletter of Linden Hills Co-op & Linden Hills Natural Home and is published for the benefit of our membership and the community. The opinions expressed herein are those of the authors and not necessarily those of Linden Hills Co-op or its members. For information about submitting articles, artwork, or advertising, call Jeanne Lakso at 612-279-2460 or email jlakso@lindenhills.coop. Letters to the Editor are welcome and may be sent to: 2813 West 43rd Street, Minneapolis, MN 55410. For information on advertising, visit the website and click on "Rollin' Oats Journal."

Linden Hills Co-op's web site is at [www.lindenhills.coop](http://www.lindenhills.coop).

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



# Board Report To My Fellow Owners

BY JASON INSKEEP, BOARD PRESIDENT

Perhaps I'm not alone in noticing that this time of year generates a high level of activity and productivity in the community. With children back in school and winter approaching it seems that we all have made longer to-do lists and are getting them accomplished. Well done!

At the co-op, a number of things are getting done as well. Soon a new group of member-owners will come together as the Board of Directors. Each of them is volunteering time and putting in effort to ensure that the co-op continues to stay strong and grow. It wasn't that long ago that many member-owners enjoyed participating in helping out at the co-op by working in the store. Wondering how you can help now? Try visiting one board meeting. You are welcome to attend. You'll be able to hear about the latest goings-on first hand.

In the past this column has asked for you to join the board. Not many have responded. Perhaps you are all very pleased with the way things are going. Perhaps you are plenty busy with other duties. Perhaps it is for both reasons that we haven't heard from you. We understand. Right now there are open seats on the board and following the election there will still be open seats on the board. Board members are fellow owners and members similar in many ways to you.

While the staff and General Manager are hard at work running the stores and doing a fantastic job producing outstanding results (you can read the annual report soon for more details—look for it at the Annual Membership Meeting October

28, or as an insert in the December-January newsletter) the board works on two primary goals. Is the work that is being done in line with the co-op's mission; and is the long-range future being considered and determined?

This past year the Board chose to issue a patronage refund and will be announcing this year's plan at the annual meeting regarding patronage refund. We worked closely with the staff and member-owners to revise the member benefits, including the senior discount. We also led the search process resulting in the hiring of a new General Manager.

What's next for the co-op? With a new General Manager, newly formed Board of Directors and a new year ahead it will be exciting to hear and see.

For the past three years I have served on the board of directors and have found the role to be very fulfilling and enjoyable. The friendships formed are lasting and the knowledge I've gained is great. Certainly there have been challenges, but everything came with the help of fellow board members, staff and the co-op community. While I'm not running for the board at the close of my three-year term, I'm very interested in the co-op's future and plan on being available to help. Seeing the co-op succeed is on my To-do list. I hope it is on yours as well.



Luke Schell

## New General Manager: Luke Schell

The co-op's board and staff are pleased to welcome new general manager Luke Schell to Linden Hills. Luke was selected by the Search Committee after an extensive three-month search and interview process from a substantial pool of candidates. He has experience in retail management and specific expertise in the field of organic foods. Most recently Luke was the Natural and Organic Category Manager for Lund's Food Holdings, where he developed their "Green Mission" initiative and new guidelines on

sustainable seafood, Fair Trade products, and locally grown products. Previously, he managed retail locations for Whole Foods Market for twelve years, and worked at our sister store, Mississippi Market, as a Floor Manager.

"I am very excited about the opportunity to join Linden Hills Co-op," says Luke about taking on the leadership role for the co-op's staff. "I began my natural and organic career with Mississippi Market Cooperative and have always respected the values of the cooperative movement. We share many common values such as building and creating community, having concern about our environment, seeking social justice, and caring for our employees, members, and customers. It is a wonderful feeling to come back to my natural and organic roots. I look forward to meeting you all."

## Co-op Member Spotlight

# Lauren Weschler: Relish Every Moment

BY KATHY GERHARDT

Life is what you make of it. If it isn't already, that phrase should be one of Lauren Weschler's mottos. The 29-year-old native New Englander's life has taken many interesting turns so far. Unsure of her next steps after completing her undergraduate degree, she sought experience and clarity while living abroad in Europe. Not particularly fond of running (though used to the regimented routine of a Division I lacrosse program) she turned to marathons for daily structure and exercise. Raised to believe in co-ops and coming from a food-loving Italian family where "if you didn't have something in front of you, you were going hungry according to my grandmother," recalled Weschler, it is no wonder she now works promoting one of the well-known brands in the organic marketplace—Cascadian Farm.®

Not long ago, Weschler gingerly walked into the co-op to meet me, after having completed her fourth marathon the previous day in San Francisco. "It was better than I expected, because I hadn't fully trained for it," she admitted. "It was more a training run for Chicago." This particular "training run" on the famously hilly streets of San Francisco took her a mere four hours. "I hope to run under 3:40 [in Chicago] to qualify for Boston." From that statement it is clear that this relatively new co-op member is definitely a goal-setter.

She took up marathons while living in Europe, after graduating from the University of Richmond, in Richmond, Virginia. "For the years that I was there, I picked a different city I hadn't been to. Then I could travel, see the city, and run a marathon." She completed marathons in Vienna, Prague and Berlin.

While marathons may be part of her free time, what she does for a living brought her to Minnesota and it ties in nicely to the co-op. Weschler is an Associate Marketing Manager for Cascadian Farm, an organic brand now owned by General Mills.

"I work on all the new products for bars and

all of our frozen foods, so fruits and vegetables, concentrates and our spreads and relishes. Those are all my product brands, so really, everything outside of the cereals."

Weschler speaks excitedly about what the last year has been like for the Cascadian Farm brand. "Our logo has changed, our packaging has changed, and all of our advertising. We are testing a commercial in a couple of markets which is the first time we have done that in ten years. We are going to be doing a lot of event marketing for some specific [cities], so there is a lot that we are teaming up on, and combining and tackling this year."

The company, founded by Gene Kahn, celebrated its 35th anniversary in 2007. "It's a lot of fun and it is really exciting," Weschler continued, in explaining what it's like to work for the organic brand. "One of the really fun parts is reconnecting to where the brand has always been and really bringing to life the farm, the heritage and the story. It has been a really great year."

For those who may have concerns about the trend in large food giants purchasing many organic companies, Weschler added, "What we have always tried to do is stay true to the founding brand principles and always keeping that in mind with any decisions and direction we take. I think...the decision Gene Kahn made in selling to General Mills was [so] that he can provide high quality organic food to more people. That is the true intent of it."

The high quality of organic foods carried at Linden Hills Co-op is just one reason Weschler became an avid shopper. "I love the feel when you walk in. I have actually never been in any of the bigger grocery stores in this area, in the year that I have been here. For me the size is perfect, too. It offers everything that I need or want."

Her favorite co-op item? "The olives with the



Lauren Weschler and fiancé Jay Tankersley, hiking in Peru.

crushed chilies—those are my favorites. I have tried them at other places and they definitely don't compare. I also think the fresh prepared foods are great quality and super fresh relative to other places. And the produce. Those are my favorites that I always get."

And what's her favorite Cascadian Farm product? Their relish which was brought back after the public outcry the company received when it was discontinued. "[We heard] 'I can't believe you discontinued your pickle and relish lines' and 'We are so disappointed and so upset.' It was not a very large product in terms of volume, but [we] heard more about that.

"Customers were upset [and] that was my job of bringing that back. So, I have a personal affinity to relish. That is one of my baby pet projects and where I have the most passion."

Weschler certainly has learned, in more ways than one, to relish every moment (or mouthful) because life is what you make out of it.

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# Storewide Specials

October 1-31, 2008

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# Small Farmers, Big Changes

BY SCOTT PATTERSON, EQUAL EXCHANGE

Co-op Month offers a perfect moment to celebrate some of the successes that co-op members, your stores, and partnerships with worker-owned cooperatives like Equal Exchange have achieved over the last 22 years. Together we have created supply chains that respect small-scale farmers and the environment while growing grocery stores that are community owned and governed; a very unique and powerful model indeed. The fact that coffee roasters like Equal Exchange and others have brought the term Fair Trade into mainstream consciousness is a testament to our success.



**Hendrik Hesselman, rooibos farmer and chairperson of the Heiveld Cooperative, South Africa**

At the same time we need to recognize that our work is just beginning. We recently launched a new line of teas and the story of the farmers who grow one of these offerings, the Wild Rooibos, is particularly representative of both the power of our network and the challenges ahead.

Khoisan farmers of South Africa formed a rooibos cooperative of 16 members in 1998, the Wupperthal Tea Association. North of this region, a group of 14 farmers independently founded the Heiveld Cooperative in 2000. Although the sixth cooperative principle was probably not formally in mind, the spirit of "cooperation among cooperatives" was naturally at work. The Heiveld farmers visited the Wupperthal and together they envisioned new possibilities for the future. Today over 100 small-scale farmers are exporting rooibos.

Connecting with Equal Exchange and the larger cooperative supply chain that all of us have helped to build has dramatically improved the farmers' livelihoods. In her book, *Boiling Point*, Leonie Joubert describes the impact of this new market on the Heiveld Cooperative: "The community's fortune is changing. All the cooperative members have their first bank accounts. One person had a set of dentures made; another took a family member to the hospital for treatment—both healthcare 'luxuries.' These are quiet signals that a community, whose education often does not extend beyond grade four, is dipping its toe into a viable mainstream market."

Unfortunately, just as the rooibos farmers have begun to imagine a brighter future for themselves, climate change and the fair trade labeling system itself is threatening their success. Severe droughts and higher temperatures have endangered the long-term production capacity of their land. Simultaneously, these farmers compete in a market where 98% of the rooibos industry is dominated by post-apartheid, large-scale white-owned plantations. The tea grown by the Heiveld and Wupperthal farmers is the *only* rooibos tea in the fair trade certification system that comes from indigenous small-scale farmers who own their land.

Celebrate this month (and every month) by supporting small farmer cooperatives while recognizing your own power as a member of Linden Hills Co-op. If you aren't a member you should become one, and actively participate in a chain that played a vital role in getting the Heiveld and Wupperthal farmers access to markets and one that can go so much further. Join us at [www.fairfoodfight.com](http://www.fairfoodfight.com) and [www.smallfarmersbigchange.coop](http://www.smallfarmersbigchange.coop) to learn more about how we can continue to build a just food system.

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Valid October 1 through November 30, 2008

# Miss Larousse

Dear Miss Larousse,

The holidays are fast approaching and I have a very important question about the most important part of the menu: pie. Is it true that some people put cheese in their apple pie? I heard about this somewhere and I just couldn't believe it.

—Lattice Top

Dear Lattice Top,

Apples and cheese make a wonderful combination. Try a nibble of pie crust and you will taste that it is richly buttery, which contrasts very nicely with the sweet-tart flavors of apples and cinnamon. Some prefer a slice of cheddar melted over their wedge of apple pie and some bakers like to add grated cheese to their pie crust for more subtle flavor. But you don't have to pull out the rolling pin to try apples with cheese: for a yummy snack, spread thin slices of your favorite sturdy bread with artisan local butter—just a thin layer will do over raisin-walnut, rye, sourdough or a crispy baguette—and top with sliced apple and cheese. Firm apples and hard cheese tend to go the best with bread and butter. For a simple dessert, serve a wide assortment of cheeses with a selection of apples and nuts. With a little more effort you can add the following recipe, a deliciously moist, spicy cake made with fresh applesauce, and everyone will be very happy.

## Applesauce Cake

Use a variety of local apples to make an especially flavorful applesauce and cake. If preparing the applesauce is too much for you, use 2 cups chunky prepared applesauce. Makes one Bundt cake.

1 1/2 pounds assorted apples such as Haralson, fireside and regent, peeled, cored and cut into 1/2-inch wedges  
one cinnamon stick  
2 tablespoons sugar  
1/3 cup water  
2 teaspoons fresh lemon juice  
3 cups flour  
2 teaspoons baking soda  
1 teaspoon salt  
1 1/2 teaspoons cinnamon  
1 1/2 teaspoons cardamom  
1/2 teaspoon nutmeg  
6 ounces butter, at room temperature  
2 cups packed brown sugar  
1/4 cup honey  
2 large eggs

In medium saucepan combine apples, cinnamon stick, sugar and water. Bring to a boil then reduce heat, cover and simmer, stirring occasionally, until apples are tender and fall apart into sauce, 25 minutes. If apples seem dry or stick to the pan before they are done, add a few tablespoons more water. Remove from heat, remove the cinnamon stick and stir in lemon juice. Transfer applesauce to shallow bowl and cool completely while preparing cake batter.

Set oven rack in middle of oven and preheat oven to 350° F. Generously grease a nonstick Bundt pan.

In large bowl, whisk together flour, baking soda, salt, cinnamon, cardamom and nutmeg. In another large bowl beat butter, brown sugar and honey until light and fluffy. Add eggs, one at a time, beating until combined. Use a spatula to gradually stir in dry ingredients until combined. Stir in applesauce.

Transfer batter to greased pan and smooth top. Bake at 350° F. until toothpick inserted in middle comes out clean, 50 to 60 minutes. Cool on wire rack 10 minutes, then turn cake onto rack and cool completely.

Recipe adapted from *Everyday Food* magazine.

## October/November Events

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

**Monday, October 6, 6:30-8:30 p.m.**

**CLASS—Bringing Joy into Your Life with Flower Essences**

Isadora Tavens, Field Educator, Flower Essences Services; \$5/\$3 members. Flower essences are wonderful plant allies that nourish our path to joy. Join this uplifting exploration of ways to live more fully, resolve old hurts and doubts, while expanding compassion for ourselves and others. Isadora Tavens is an internationally respected natural health expert who resides in Jamaica.

**Tuesday, October 7, 7-8:30 p.m.**

**CLASS—Going Gluten-Free: Diagnosis to Action!**

Amy Leger; \$10/\$8 members. Learn cooking tips, how to decipher labels, avoid cross-contamination, and talk with restaurant staff about your needs. Amy shares information including lists of gluten ingredients, gluten-free restaurants, and support groups. Amy is a member of Raising Our Celiac Kids.

**Saturday, October 11, 11a.m.-3p.m.**

**COMMUNITY EVENT—Good Energy Fair**

FREE; Linden Hills Park building, 3100 43rd St. West  
Celebrate solutions to global warming while saving energy, money and the planet. The Good Energy Fair is a lively, family-friendly event that encourages community and educates the neighborhood about energy conservation with FREE exhibits, kid's activities, local food, workshops, music, and games. Lots of great giveaways like free bus passes, CFLs, low flo adapters, bike stuff and more! Program info: [coffeetableproductions.com](http://coffeetableproductions.com).

**Monday, October 13, 7-8:30 p.m.**

**CLASS—The Skinny on Fat: Omega-3s for Vibrant Health, Vibrant Lives**

Dr. Jared Gruhl, DC; \$5/\$3 members. Jared will lead a discussion of the increasingly important role omega-3s and other essential fatty acids have on health, including brain function, joint health, and immunity. Learn how to incorporate these nutritional powerhouses into your life. Jared runs a holistic chiropractic practice in St. Louis Park, and teaches at the American Academy of Acupuncture and Oriental Medicine.

**Tuesday, October 14, 6:30-8 p.m.**

**CLASS—Fair Trade Matters: Coffee & Mangoes in Peru**

Jeanne Lakso; \$5/\$3 members. Linden Hills Co-op was recognized in 2007 for one of the best Fair Trade promotions in the country by TransFair USA. As a result, Jeanne Lakso traveled to Peru to visit Fair Trade farms and coffee cooperatives. She will share what she learned (along with samples of Fair Trade snacks). Jeanne has been LHC's marketing and member services manager for more than ten years.

**Wednesday, October 15**

**HOLIDAY ALERT! Turkey Preorders Start Today!**

Whether you're interested in a heritage turkey, a certified organic bird, or just the best-tasting locally-raised turkey you can find, we've got you covered. Details and order sheets are available at the store or on the website at [www.lindenhills.coop](http://www.lindenhills.coop).

**Friday, October 17, 3-9 p.m.**

**DEMO—Fair Trade Honey and Chocolate**

Zambezi's anti-oxidant rich raw honey tastes like none other! It's harvested by traditional methods that protect the forest and support Zambian community projects. You'll also get to sample Alter Eco's Fair Trade chocolates.

**Saturday, October 18, 12-3 p.m.**

**LOCAL FLAVORS—Kadejan All-Natural Turkey**

Pick up tips for roasting the perfect turkey and taste Kadejan's free-range, anti-biotic & hormone-free turkey, raised just outside of Glenwood, MN where they're able to forage and exercise—for flavorful, high-quality meat. Place your turkey order at customer service.

**Tuesday, October 21, 6:30-8 p.m.**

**CLASS—Boosting Your Immunity**

Claudine Arndt, Certified Health Coach; \$15/\$10 members. Sick days are not only no fun, but can disrupt the flow of the workplace for weeks. Just because the people around you are sick doesn't mean you're doomed. Understand which foods promote a healthy immune system and which natural remedies to keep on hand to prevent getting sick or to speed your recovery.

**Saturday, October 25, 11-3 p.m.**

**LOCAL FLAVORS—Angie's Kettle Corn**

Angie's Kettle Corn is popped from high-quality corn grown by Midwestern farmers. It's the perfect snack for your Halloween party.

**Monday, October 27, 9 p.m.**

**CO-OP ELECTION—Absentee Ballots Due TODAY!**

If you can't attend the annual meeting, make sure you VOTE. See the enclosed election flyer.

**Tuesday, October 28, 6:30-8:30 p.m.**

**CO-OP EVENT—Annual Membership Meeting**

See page one—and plan to be there! It's the most important event of the co-op's year.

**Saturday, November 1, 12-3 p.m.**

**LOCAL FLAVORS—Schultz Farm organic Turkey**

Meet Larry Schultz and taste his organic turkey. Larry's probably best known for his free-range eggs, but he also supplies us with his plump, tasty turkeys. Certified organic since 1997, Larry and wife Cindy's farm is in Owatonna, MN.

**Wednesday, November 12, 4-7 p.m.**

**CO-OP EVENT—Dr. Hauschka Skin Care Consultations**

Free skin care consultations with an expert aesthetician from Dr. Hauschka (Julia Roberts' favorite skin care line!). Each lasts 25 minutes, and participants will receive a free gift—sign up in advance at the wellness counter in the center of the store. SPACE IS LIMITED.

**Wednesday, November 12, 5:30-8:30 p.m.**

**CLASS—Clear Your Clutter, Transform Your Life: Holiday Focus**

Andrea Gerasimo; \$25/\$23 members. Clutter creates chaos in our spaces and comes in many forms—physical, mental and emotional. During the holidays, already cluttered spaces can become downright dysfunctional—making it difficult to enjoy

our loved ones, celebrations, and the abundance in our lives. By applying step-by-step de-cluttering techniques and a few basic Feng Shui principles, you'll learn how to make this the most joyous holiday season yet!

**Thursday, November 13, 3-7 p.m.**

**LOCAL FLAVORS—Powerkraut**

Adrienne Caldwell will be on hand to sample her probiotic, raw, organic Powerkraut. Have a taste of her Cranberry Apple Kraut Salad and pick up a recipe.

**Friday, November 14, 6:30-8:30 p.m.**

**CO-OP EVENT—Holiday Food & Wine Tasting Party**

Ask the experts how best to serve fine cheeses, wines and gourmet accompaniments while noshing on fabulous food samples. Chef and cookbook author Robin Asbell will share her tips for green entertaining and serve up some of her signature hors d'oeuvres. France 44 Wines and Spirits will offer samples of sustainable, organic and biodynamic wines. At 2720 West 43rd Street, third floor (above Wild Rumpus Bookstore). Suggested donation: \$50; all proceeds benefit Linden Hills Power & Light.

**Saturday, November 15, 11 a.m. - 3 p.m.**

**LOCAL FLAVORS—Mrs. de Mira's Dinner Rolls**

White, whole wheat, or staff favorite Pan de Sel, Mrs. de Mira's dinner rolls will go handsomely on your Thanksgiving buffet. Fresh baked by A Toast to Bread!

**Wednesday, November 19, 9 p.m.**

**HOLIDAY ALERT! Turkey and Deli Preorders—last chance!**

Today is the last day to pre-order your Thanksgiving turkey or a special pie; call 612-922-1159 for details!

**Wednesday, November 26**

**HOLIDAY ALERT! Last day for Holiday Order pickup**

Thanksgiving special orders must be picked up today. The co-op will be open from 8 a.m. to 9 p.m.

**Thursday, November 27**

**HOLIDAY HOURS—Thanksgiving Day**

Linden Hills Co-op and Linden Hills Natural Home are closed.



2813 West 43rd Street  
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612-922-1159

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