

Rollin' Oats Journal

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

Mark Your Calendar, Matey!

BY LAUREN CRANDALL

A confession here: I hate grocery shopping. I'd rather do just about anything else...including any number of truly distasteful household chores (you know the ones I mean).

My husband, on the other hand, loves to grocery shop. He's one of those fearless shoppers who goes out to buy milk, and comes home with any number of truly delectable things that make your mouth water. He sees the grocery store as an adventure and a joy. And he used to go every week.

But when I left my 9-to-5 job and started a flexibly scheduled event-planning business with my best friend, the grocery duties fell squarely onto my unwilling shoulders. And, since my family and I are not willing to swear off eating, every week I trudge to the store with my reusable grocery bags, my list, and a heavy heart.

However, I've recently had a sneak preview of the new Linden Hills Co-op building. And I've seen the light.

My company, Pixie Song Events, has been helping the Co-op plan their celebrations around their new location on Sunnyside. Last weekend we got a sneak preview of the new space.

And I was converted.

Lights on

Yes, even this sworn grocery store-phobe is enamored with the Co-op's new Sunnyside Road location. Is it the rich, terracotta colored walls? The dramatic windows that welcome in the natural light? The promise of expanded deli delights? A produce department that seems never-ending? An abundance of green features that would impress even an oil company executive?

Not sure... likely a combination of everything. But one of my favorite details is the freezer lights that only turn on when you walk past. Trust me, they are the epitome of cool. And lots of fun.

So the Co-op's grand opening on October 23rd will be almost poetic—even for professed grocery shopping Scrooges like me.

The Big Day, October 23

Allow me to offer a few insider tips to help you prepare for the "big day" on October 23.

Set your alarm clock: The grand opening starts with a ribbon-cutting ceremony at 7:45 a.m., Saturday, October 23rd. Doors will open at 8 a.m., and the first 50 folks inside receive \$10 gift cards. It pays to be an early bird!

Fast on October 22: There will be tastings all day. Cheese, cereals, meats, nuts, fish, sauces, fruits, vegetables—every major food group. It will be like Thanksgiving, only a month early. Plus, we all know the importance of a good breakfast to fuel your

day, right? The Co-op's free locally grown breakfast will make you feel like running a marathon. From 10:30am to 11:20am, tank up on sausages and pancakes, all from local vendors.

Put your thinker on: Free workshops are going on all day in the co-op's gloriously sunny community room. Learn Qigong or yoga, make fresh mozzarella, concoct your own green cleaning supplies, and meet area farmers, chefs, vendors and fine food experts. You'll leave the co-op feeling smarter than when you arrived.

Shop 'til you drop: Discounts will be deep during the grand



Pirate treasure, lots of tasty food, and a chance at two grand prizes await you at the grand opening October 23.

opening. How about 25% off local apples and cider? Or 50% off select deli salads? Plus, new bulk offerings at the co-op will make shopping more affordable than ever.

Discover your inner pirate: Search for co-op treasure on the shelf. Find clues on the co-op Facebook page, Twitter, and in-store. Use the clues to find co-op products. When you've found the "treasure" (aye matey!), redeem it for a prize at the customer service counter.

Meet the neighbors: Co-op staff will be looking for folks to "meet in the aisles" to learn about favorite co-op products. Win free food to try, and share your opinions of co-op hidden gems with fellow co-ops.

Feel lucky: Two grand prize packages will be given away at 12 noon and 5 p.m. And they are deadly awesome. We are talking a \$500 co-op gift card, a one-year CSA subscription, an organic cotton sheet set, a \$100 co-op catering voucher, a one-year co-op free class pass, and a \$250 donation to a local nonprofit. (See details below.) Not too shabby. But you have to be present to win, so plan your shopping trip accordingly.

Don't Miss It!

If grocery shopping is one of your favorite activities, you no doubt have your calendar marked for Saturday, October 23. But even if it's not really your thing, I encourage you to open your mind, take a deep breath, and let the new co-op try to make the experience remarkable.

And even if grocery shopping doesn't ever define "fun" for you, be sure to take a jog past those light-up freezers. They'll make you smile. I promise.

Editor's note: Lauren Crandall and her best friend Krista Thorburn form the dynamic duo that is Pixie Song Events. These ladies are sharp, creative, hard working, think of everything, and aren't afraid to scrape the bacon grease off a catering pan. They are the force behind all of Linden Hills Co-op's opening events and we thank them kindly (and recommend them highly). Check them out at www.pixiesong.com.

GET THE INSIDE SCOOP

Annual Meeting 2010

WHEN:

Thursday, October 28

6:00 – 8:00 p.m.

WHERE:

St. Thomas Catholic Church/
Carondelet School Cafeteria
2900 West 44th Street
Between Upton & Vincent

Join us for a simple supper and a grand discussion about our new co-op. We'll be serving our house-made soups, our mildly famous Golden Beet & Kale Salad, fresh-baked breads and a little something sweet for dessert.

Members of the relocation & expansion project team will be on hand to answer your questions. We're particularly honored to welcome panelists Cindy Siewart and Jon Buck of local company Wood from the Hood. Wood from the Hood crafts quality wood products using felled trees from the Twin Cities' "Urban Forest," including your co-op's beautiful reclaimed elm aisle signage.

Please remember to vote! It's the very best way (short of running for the board yourself) to have an impact on your co-op's future. Pick up a copy of this year's election ballot at our customer service desk. If you'd like to mail in an absentee ballot, contact Member Services Manager, Allie Mentzer, at allie@linden hills.coop or 612-279-2450. Your final chance to vote will be at the Annual Membership Meeting.

AGENDA:

6:00 p.m. Check in and registration, light supper

6:30 p.m. Voting closes; business meeting begins with reports from board and staff

7:00 p.m. Panel Presentation:
New Store Design Q & A

7:50 p.m. Announcement of election results, door prizes, meeting adjourns

Grand Prize Drawing Details and Official Contest Rules

Two Grand Prize packages, each valued at up to \$2,000 and including:

One \$500 Linden Hills Co-op Gift Card

One 2011 CSA Subscription
from Featherstone Farm or Riverbend Farm

One Organic Cotton Sheet Set
Choose from a variety of colors and sizes

One \$100 Linden Hills Co-op Catering Voucher
valid through January 1, 2011

One Linden Hills Co-op "Free Class" Pass
valid through January 1st 2012

Plus, one \$250 Donation to a Local Nonprofit

Official Contest Rules:

1. Drawings will take place at 12 noon and 5 p.m. on Saturday, October 23.
2. You must be present to win.
3. Employees of Linden Hills Co-op are ineligible to enter.
4. The winner's chosen nonprofit must be nonpartisan and non-discriminatory on the basis of any legally recognized category including but not limited to race, creed, gender, national origin, age, sexual orientation or physical disability.



Board of Directors 2009-2010

Ryan Allen
Margo Brownell
Christina Cassano
L. Peter Erickson
Albert Kolman-Stich, Secretary
Kimberly Proffitt, President
Brian Shields
Rhea Sullivan, Vice President
Todd Troha, Treasurer

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

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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Rollin' Oats Journal is the bimonthly newsletter of Linden Hills Co-op & Linden Hills Natural Home and is published for the benefit of our membership and the community. The opinions expressed herein are those of the authors and not necessarily those of Linden Hills Co-op or its members. For information about submitting articles, artwork, or advertising, call Allie Mentzer at 612-279-2450 or email allie@lindenhills.coop. Letters to the Editor are welcome and may be sent to: 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. Visit us on Facebook, too!

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



BOARD REPORT

Welcome!!

BY KIMBERLY PROFFITT, BOARD PRESIDENT

When this newsletter arrives in mailboxes (or email boxes), we will be in our new store—the culmination of a very intense year of planning, fund-raising and construction. Thank you to the many, many people who have given time, talent and resources to make this possible. It is so exciting to see the vision become a reality and to realize the power of cooperative efforts.

You'll likely notice many changes in the store: expanded product offerings, wider aisles, more cash registers, a beautiful community room. As you navigate through the store, you might begin to wonder: in the midst of all the change, is there any part of the "old" co-op that remains? The simple answer to this is YES. Though our physical building may look different, we remain committed to the principles (ends policies) that have guided the Linden Hills Co-op for many years: providing healthful choices to our members, being a good environmental steward, encouraging activism and building community in Linden Hills and beyond.

Making sure these principles remain front and center is what the board is tasked with doing. Any long-term vision for the co-op needs to be in line with these principles. The co-op operates under a system called "policy governance" in which we delegate authority for running the daily operations of the store to the General Manager (GM). We provide the GM with a set of expectations (for example, "The General Manager will operate the cooperative in a financially sound manner at all times") and



Kimberly Proffitt

the GM provides the board monthly "monitoring reports" to show us how he is meeting these expectations.

Overarching all of this are the ends policies: the GM must make these principles come to life through the operations of the store.

So what does this mean for you as a member? By delegating authority for daily operations to the General Manager, the board is able to spend the majority of its time on big-picture thinking. But the board needs your help to determine what the Linden Hills Co-op of the future looks like – one year, five years, ten years down the line. We have made building a strong system of member "linkage" a priority for this year.

Whether it is through surveys, one-on-one conversations or member meetings, your input will help shape the future direction of the co-op. It is important for us to hear from you on what you want the co-op to be, how you see the co-op making a difference and where you think the co-op's resources and efforts should be directed – both as a grocery store and as a part of the greater community.

The possibilities are ours to create for the future. You, our members, will help us determine what the next vision will be. We invite you to take an active role. Don't forget to vote in our board election and attend the annual meeting (October 28)! It's just one way to give input into the opportunities we can and should pursue.

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MEMBER SPOTLIGHT

After 30 Years, Tree Li Heads for Hawaii

BY KATHY GERHARDT

Every issue, this space is filled with insights into our unique and diverse membership. This month's Member Spotlight is extra special as we highlight not only a longtime member, but also an employee who has worked at the Linden Hills Co-op for nearly 30 years.

Tree Li is likely a familiar name and face to many members. He is a native Minnesotan who spent his early childhood on the east side of St. Paul and his youth in "the country" between Afton and Lake Elmo. Back then he was known as Gary. Li changed his first name to "Tree" in the mid-1980s.

"I read something about trees standing alone but touching branches with other trees and I liked that image at that time in my life. So I just told people to start calling me 'Tree.'"

With that imagery in mind, it's not surprising he has resided on 79 acres in Wisconsin that are half wooded and half pasture for the last two decades.

"I bought it for the land. It is beautiful," he said with a smile. "We have deer, turkeys, fox, woodpeckers and all kinds of songbirds ... [also] the woods are wonderful—big oaks and birch and aspen."

"I spent a lot of winters chopping down dead trees and dragging them over with the sled. They say wood heats you twice, once when you are cutting it and once when you burn it," continued Li. "But actually, it is more than that. Once when you cut it, once when you split it, [again when you] drag it through the snow and then when you heat it. I've burned a lot of calories and it's kept me in shape in the winter."

The trade-off for such a peaceful retreat has been a very long commute to the co-op. Thankfully, Li has been able to take advantage of the generosity and hospitality of several other members—the Masters and the Drews—who opened their homes to him and allowed him to stay with them several nights a week over the years.

As a longtime member and employee (he

began working for the co-op in November of 1980) Li has witnessed quite an evolution at the co-op.

"It was very small. We had half-dozen employees that were called 'coordinators.' Everybody did everything—cleaning, cashiering, and supervising volunteers," he recounted. "I remember the first day we sold \$1,000 dollars worth of goods on a Sunday. That was really amazing. Now we do \$25,000-30,000 on a Sunday."

He essentially volunteered to take over the bookkeeping and grew with the position as the co-op expanded. But after three decades at the co-op, Li and his wife, Sheryl, are embarking on a new adventure. They are leaving their beautiful Wisconsin woods behind and relocating to Hawaii. The islands first beckoned them in 2003 for a destination wedding.

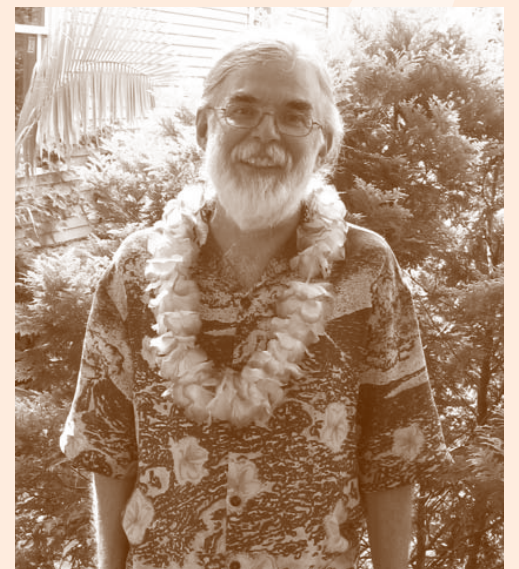
"We got married just outside downtown Honolulu—right next to the ocean. We liked it there, of course, and decided we were going to go back in five years. We actually went back in three years ... and before we went, we contacted a realtor and saw a few pieces of property."

"We went there again last year, found another realtor and saw the place we bought online. I had a feeling about it. It's just great," said Li. "Both Sheryl and I like to be outside gardening and here it's just three to four months. There, if you want to plant something, it doesn't matter what time of year it is, just plant it. It's green and warm."

They purchased two acres, which includes a house and the "roughed-in shell of a cabin." Renovations took place this past winter.

"There are palm trees, avocado, citrus, gardenia and ferns that are 12-foot tall. There's also rainbow eucalyptus, bamboo, pines, and a lot more that I don't even know what it is [just yet]," continued Li. "And I am excited about planting bananas, avocados and passion fruit, and I would like to turn the cabin on the property into a guest house."

Gardening is just one of the hobbies Li



Tree in Hawaii.

plans to enjoy while in Hawaii.

"It's a huge island to explore with lots of waterfalls and beaches. [I'd like to] do some boogie boarding and maybe learn how to throw a net and catch some fish. It would be fun to get a kayak and kayak out on Hilo bay."

As for work, those plans are still up in the air. Being a tour guide or being a tennis instructor may be in his future. He is also intent on doing volunteer work to help keep the shoreline and roadways litter free.

While Li is excited to begin this next journey, leaving the Linden Hills Co-op is bittersweet.

"It has been a good place to work. It is not like working [somewhere] making glue, artificial leather and pollution. You feel like you are doing something that is good," he said. "It has given me my life. I wouldn't be where I am without the co-op. It has been a family and I'll miss the people."

Tree, thank you for all your years of service, we wish you all the best in Hawaii and "Mahalo."

FRESH, LOCAL, FRIENDLY

Holiday Preorders

You can count on Linden Hills Co-op to help make your holidays memorable. We've got local, free-range turkeys from Kadejan All-Natural and Schultz Organic Farm. Preorder our deli's freshly made side dishes, and you'll spend less time in the kitchen and more time with your guests.



Local, Free-Range Turkeys

We'll begin taking turkey orders starting Tuesday, October 12, and the last day to place your order will be Tuesday, November 16. Turkeys are from Kadejan All-Natural (Glenwood, MN) and Schultz Organic Farm (Owatonna, MN). We urge you to reserve your bird early for the best selection—raising turkeys depends a lot on nature, so if you have very specific needs, place your order early and plan to pick it up soon after delivery day. Order forms will be available on the co-op's website and in the store starting October 12. Be sure to note your turkey's delivery date when you place your order.

Fresh Holiday Sides from the Deli

The deli's gearing up for your holiday special orders as well, with pies, sides, and Thanksgiving dinners by the plate. Our menu includes traditional side dishes, such as herb stuffing, maple-glazed yams with cranberries, classic mashed potatoes, green beans amandine, cranberry relish and home-style gravy. You'll be able to purchase any of these sides alone, or order the "everything but the bird" package, which includes enough of all six side dishes for up to six people.

We'll also be offering individual holiday meals served on microwavable platters,

including all the above side dishes plus your choice of fresh-roasted natural turkey or a vegetarian mushroom walnut loaf.

Pies, Too

And, don't forget the pies! We offer a great selection of traditional pies, with a few unexpected twists. Customer favorites include pumpkin cheesecake, vegan pumpkin pie and a maple-pecan pie we've adapted from Natural Home Manager Kerry Devoy-Elwood's grandmother's recipe!

Holiday pre-orders for the deli will begin Tuesday, October 12th. All deli pre-orders require at least 48 hours advance notice. Look for holiday menus at the deli

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counter and online. And don't forget, if you're hankering for something a little different from "traditional," our deli is happy to prepare any of our delicious salads, soups or baked goods for your gathering.

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Household Cleaners
All 15% OFF

Trocery Specials

JYOTI
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Regularly \$3.79

DRAZIL
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New, locally produced

PACIFIC
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SALE \$2.49
Regularly \$3.99

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Regularly \$3.99

LARA
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NEWMAN'S OWN
Olive Oil
SALE \$9.99
25 ounces, regularly \$16.99

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Blue Agave
SALE \$4.99
23.5 ounces, regularly \$6.99

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Supplements
All 30% off

NORDIC NATURALS
Omega-3
SALE \$24.79
120 count, regularly \$30.99

Special Offer for Co-op Members

Linden Hills Co-op members receive one FREE week of yoga at Yoga House Studio & Boutique and are encouraged to bring a friend, too! This offer is good for new students only.

Visit
www.yogahouse.net
for details.

We want to thank Yoga House for their generous offer and gracious welcome to the neighborhood.



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USE ONE COUPON PER MEMBER HOUSEHOLD

10% DISCOUNT

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Present this coupon to receive a one time 10% discount on your purchase up to \$50.00. Valid only for Active Members. Not to be used with any other discount. Please show your member card when taking your discount!

Valid at Linden Hills Co-op 10/1, 2010 through 10/31, 2010

LINDEN HILLS CO-OP

Member Coupon

USE ONE COUPON PER MEMBER HOUSEHOLD

10% DISCOUNT

Date used _____

Cashier's initials _____

Member number _____

Present this coupon to receive a one time 10% discount on your purchase up to \$50.00. Valid only for Active Members. Not to be used with any other discount. Please show your member card when taking your discount!

Valid at Linden Hills Co-op 11/1, 2010 through 11/30, 2010

Register for co-op classes in person at the Customer Service Desk or by phone (612-922-1159) using VISA or MasterCard. Pre-registration including payment is required. If you need to cancel you must do so 48 hours before the scheduled class to receive a full refund. Visit our website, www.lindenhills.coop, for updates and current news!

EVENTS

October–November

Thursday, October 28, 6 – 8 p.m.

Annual Membership Meeting

>> **CO-OP INVOLVEMENT** >> Join us at St. Thomas Catholic Church/Carondelet School Cafeteria—enter any door on the east side of the building. See page one for details.

Tuesday, November 2, 7 – 8 p.m.

Where to Go Green:

Eco-Updates for Your Home

>> **CLASS** >> Samantha J. Strong. Please pre-register; \$5/\$3 members. Join Samantha

as she discusses the best eco-friendly updates for your home, and your wallet. Learn about the impact sustainable upgrades have on the value of your home, its potential re-sale value and your monthly utility costs.

Thursday, November 4, 6:30 – 8:30 p.m.

Bread without Fear

>> **CLASS** >> David S. Cargo, St. Paul Bread Club. Please pre-register; \$25/\$23 members. Learn to bake bread from scratch with confidence. David will teach the three essential skills for successful bread baking and how to avoid classic mistakes.

Tuesday, November 9, 7 – 8:30 p.m.

Soaks, Scrubs & Creme

>> **CLASS** >> Anna Dvorak, Certified Nutrition and Wellness Consultant. Please pre-register; \$35/\$33 members. It only takes a few simple ingredients to make all-natural and decadent skin care products. Anna will show you how easy and affordable it can be to make personalized potions at home – perfect for holiday gift-giving.

Thursday, November 11, 7 – 8:30 p.m.

Healthy Holiday Eating

>> **CLASS** >> Mary Langfield, Certified Holistic Health Coach. Please pre-register; \$13/\$11 members. Does the temptation of all those holiday treats grab a hold of you and you cannot seem to shake it? Learn specific tools that you can use during the holidays to curb your cravings.

Tuesday, November 16, 7 – 8:30 p.m.

Spring Forest Qigong

>> **CLASS** >> Joseph Welch, Master Healer Level One. Please pre-register; \$15/\$13 members. Qigong (pronounced chee-gong) is the cornerstone of Chinese medicine. Learn breath work or energy practice to promote the health of your body, mind and spirit.

Tuesday, November 16

Turkey Preorders—LAST CHANCE

>> **HOLIDAY ALERT** >> Since we source our turkeys directly from two small, local producers, we suggest you order your turkey as soon as possible—while supplies last. Today, though, is your absolute, very last chance to preorder a turkey from the co-op. Call 612-922-1159 for the details.

Wednesday, November 17, Time TBA

Monthly Board Meeting

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

Wednesday, November 17, 6:30 – 8:30 p.m.

City Chicken Care

>> **CLASS** >> Mary Britton Clouse, Founder of Chicken Run Rescue. Please pre-register; \$25/\$23 members. Mary fosters an evolution in critical thought about who is food and who is friend through rescue, rehabilitation, adoption and education. Learn how to care for backyard chickens and facts about the adoption process.

Thursday, November 18, 7 – 8:30 p.m.

Kids Eat Kale: A “How-To” for Parents

>> **CLASS** >> Ginger Pearson, Midwest Food Connection Educator. Please pre-register; \$15/\$13. As an experienced educator Ginger will show you how to have your kids begging for rutabegas and clamoring for kale, not to mention other tasty veggies! You will learn the secret for success in guiding your children towards making smart food choices and staying healthy this winter.

Friday, November 19, 3 – 6 p.m.

Prairie Pride Farm

>> **LOCAL FLAVOR** >> Cozy winter breakfast alert: Prairie Pride Farm offers peppery bacon, delicious sausage links and hickory smoked ham that makes staying in on a Saturday seem like a treat!

Thursday, November 25

Thanksgiving Day

>> **HOLIDAY HOURS** >> Linden Hills Co-op will be closed. We wish you a good holiday.

Tuesday, November 30, 7 – 8:30 p.m.

Women’s Health Issues: A Homeopathic Approach

>> **CLASS** >> Jackie Krammer, Homeopathic Practitioner. Please pre-register; \$15/\$13 members. Homeopathy supports the body’s natural hormonal processes to address physical and emotional aspects of women’s health issues. Learn how homeopathy uses safe and natural substances to alleviate many symptoms and stresses.

Saturday, October 2, 11 a.m. – 3 p.m.

Alter Eco Fair Trade Quinoa & Chocolate

>> **DEMO** >> October is Fair Trade Month. Alter Eco works with farmer cooperatives from around the world to bring us fairly traded, organic quinoa, chocolate and tea. If you can’t buy it local, support Fair Trade!

Tuesday, October 5, 6 – 7:30 p.m.

Healthy & Easy Indian Cooking

>> **CLASS** >> Alli Naithani. Please pre-register; \$15/\$13 members. Indian cooking is all about fresh flavors and exotic spices. Join us as we cook up popular Indian dishes the healthy way. We also will savor, compare and discuss the Indian and American versions of Chai.

Wednesday, October 6, 6:30 – 8 p.m.

Eating & Living for Energy

>> **CLASS** >> Claudine Arndt, Certified Health Coach. Please pre-register; \$10/\$8 members. Do you struggle to get out of bed in the morning? Do you yawn your way through the afternoon? This workshop will help you identify foods that “give” energy and foods that “deplete” energy, as well as strategies for feeling more energized on a daily basis.

Thursday, October 7, 6:30 – 8 p.m.

Yes You Can! Canning 101

>> **CLASS** >> Liz McMann, MA. Please pre-register; \$15/\$13 members. Canning is a great way to preserve your garden’s bounty and locally grown produce at its peak. You’ll learn what you need to know to safely can a variety of foods at home. It’s easier (and more fun) than you think!

Tuesday, October 12

Holiday Preorders Start Today!

>> **HOLIDAY ALERT** >> We’re offering Schultz Organic and Kadejan All-Natural turkeys again this year, both local, free-range and flavorful! Preorder forms will be available online and at the customer service desk for turkeys, as well as holiday pies, sides and individual meals from our deli.

Tuesday, October 12, 6:30 – 8 p.m.

Easy, Peezy Vegetable Freezing

>> **CLASS** >> Jennifer Nelson & Linda Halley, Gardens of Eagan Organic Farm. Please pre-register; \$17/\$15 members. Freezing your winter meals is so easy! Learn from experience and let local experts Jennifer and Linda show you the best techniques for preserving vegetables.

Wednesday, October 13, 11 a.m. – 1 p.m.

Sweet Cheek’s Savory Simmers

>> **LOCAL FLAVOR** >> Lori Karis was recently featured in The New York Times and in our very own Rolling Oats Journal. Ask her to tell you her story!

Thursday, October 14, 7 – 8:30 p.m.

Gluten-Free: Diagnosis to Action

>> **CLASS** >> Amy Leger. Please pre-register; \$10/\$8 members. Aspects of going gluten-free, including understanding ingredient labels, cooking tips, how to avoid cross-contamination, how to talk with restaurant staff and more.

Saturday, October 16, 12 – 2 p.m.

How to Shop Co-op

>> **CLASS** >> Allie Mentzer, Linden Hills Co-op Member Services Manager. Please pre-register; \$5/\$3 members. Take an insider’s look at how to shop the aisles of the brand new Linden Hills Co-op at 44th & France Avenue.

Tuesday, October 19, 7 – 8:30 p.m.

Learn to Brew Your Own Kombucha

>> **CLASS** >> Bryan Deane Bertsch, Deane’s Organic Kombucha. Please pre-register; \$35/\$33 members. Learn how to brew your own kombucha – the ancient “divine tea” that’s packed with probiotics and enzymes. Take home a Mother SCOBY (you’ll learn what it is!) and some starter tea to begin right away.

Wednesday, October 20, Time TBA

Monthly Board Meeting

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

Wednesday, October 20, 3 – 6 p.m.

Upper Crust Fine Foods Baking

>> **LOCAL FLAVOR** >> Ready-to-bake cookies, croissants and brownies make a delicious after-school treat! These delights are packed with healthy whole grains and are made with many local ingredients so you can feel good about something that tastes so great!

Thursday, October 21, 6 – 8:30 p.m.

Meze: A Mediterranean Way of Enjoying Life

>> **CLASS** >> Canan Karatekin, Ph.D. Please pre-register; \$35/\$33 members. Lean to make a variety of healthy and nutritious Meze, Eastern Mediterranean appetizers. Starters include Lentil & Bulgur Patties, Creamed Parsnip Hummus, Carrot Puree with Yogurt and a Walnut & Pomegranate Dip.

Saturday, October 23 8 a.m. – 9 p.m.

Grand Opening Celebration

>> **CO-OP EVENT** >> Join us for a day of festivities! We’ll be hosting a local breakfast, many workshops, vendor demos, plus fun games with tempting prizes. Enter to win one of two Grand Prize packages valued at up to \$2000 each! See page one for contest rules and details.

Tuesday, October 26, 6:30 – 8 p.m.

Hail to Kale!

>> **CLASS** >> Jennifer Nelson & Linda Halley, Gardens of Eagan Farm. Please pre-register; \$20/\$18 members. Cook and sample various kale recipes, learn about its amazing nutritional value and go home with an All Day Kale cookbook including kale recipes for every meal.

Wednesday, October 27, 9 p.m.

Absentee Ballots Due TODAY

>> **CO-OP INVOLVEMENT** >> If you’re unable to attend our Annual Meeting, please be sure you vote. Pick up a ballot at our customer service desk, download one at www.lindenhills.coop or call Allie (612-279-2450 or allie@lindenhills.coop) to have a copy mailed to you. Absentee ballots must be received by today.

Wednesday, October 27, 2 – 5 p.m.

CocoKefir

>> **LOCAL FLAVOR** >> This refreshing probiotic drink made from young coconut water increases energy and is high in nutrients. Sample a sip of this vegan, low calorie, naturally sweet beverage.



**LINDEN HILLS
CO-OP**

GROCERY & DELI

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