

Rollin' Oats Journal

A BIMONTHLY PUBLICATION OF LINDEN HILLS CO-OP COMMUNITY MARKET

Your Co-op: It's All About You

BY JEANNE LAKSO, MEMBER SERVICES MANAGER

One year ago, we were all reeling from the crashing economy, racing towards an historic election, and wondering what in the world might happen next. As I write this, it's still August and although the summer of 2009 will most likely be recorded as one of the coolest in Minnesota history, your local co-op is experiencing a great deal of community warmth.

This past year, Linden Hills Co-op achieved a number of milestones. We passed \$9 million in gross sales, making it the biggest sales year in our history. More than 500 new member-owners purchased equity shares in the co-op—the largest yearly increase in new members since we opened in this location in 1998. We passed the 1,000-customers-a-day mark, serving more people than ever before. And we did it during a year when all common-sense indicators were telling us to expect a downturn in our business.

As a long-time staff member (12 years and counting), I am grateful for such overwhelming community support for our cooperative enterprise. In a time when all of us had less money to spend, more people chose to use the co-op for at least some of their grocery and home purchases. I really think that when we have less,



Linda Sederstrom offers co-op shoppers a taste of her Honeycrisp Apples. Linda operates Cedar Hill Orchard with her husband Scott in Hutchinson, MN. The Sederstroms are just one example of the nearly 300 local producers whose products you'll find at the co-op.

we tend to think more carefully about what we do with our dollars. A dollar spent at Linden Hills Co-op is one that supports a community-owned business with more than seventy employees and nearly 300 local farmers and suppliers. It's a dollar that has a serious impact on our neighborhood, our city and our food shed.

How Did It Happen?

How did your co-op manage to achieve such success? Really, it's all about you.

Which is why I'd like to invite you to Linden Hills Co-op's annual shareholder's meeting, also known as our Annual Membership Meeting. If you are a shareholder in another type of business, you've probably received a similar invitation to an annual meeting. Let me tell you why ours is different, and why you should attend.

The National Cooperative Business Association explains "the co-op difference" quite succinctly on their website at www.ncba.coop:

- Cooperatives—
- Are owned and democratically controlled by their members—the people who use the co-

op's services or buy its goods—not by outside investors; co-op members elect their board of director from within the membership.

- Return surplus revenues (income over expenses and investment) to members proportionate to their use of the cooperative, not proportionate to their "investment" or ownership share.
- Are motivated not by profit, but by service—to meet their members' needs for affordable and high quality goods or services;
- Exist solely to serve their members.
- Pay taxes on income kept within the co-op for investment and reserves. Surplus revenues from the co-op are returned to individual members who pay taxes on that income.

I'd particularly like to draw your attention to that third bullet point. I always like to say that cooperatives aren't retailers; they are buying agents for their member-owners. It's our job to bring you the goods and services that you want, at prices that are fair. That sets us far apart from the usual consumer business model, which requires a business to create a desire (sometimes an artificial desire) for the products or services they sell. What our cooperatively-owned business offers is not determined by what the staff or market research thinks we ought to sell—it's determined by what our member-owners want to purchase.

In this newsletter, you'll find a ballot for the co-op's annual election. The slate of board candidates is particularly impressive. I urge you to take the time to read their profiles in the flyer; if you would like to learn more about them, an extended profile of each person is also available on the website at www.lindenhills.coop/membership/board. As with every other cooperative, board positions may only be held by active member-owners of the co-op. Besides this basic requirement, our board candidates boast an array of professional and personal qualifications which could serve our organization very well in years to come. In addition to voting for members of the co-op's board, the annual election is also your opportunity to choose two local nonprofits that work towards a greener, healthier and more sustain-

able community—and give them a substantial donation from the co-op's Green Patch program.

You can vote by mail or in advance at the store, of course, but I would like to encourage you to join us at the Annual Meeting on Thursday, October 29 from 6 to 8 pm at St. Thomas Church/Carondelet School. Share a meal, voice your opinions, and take an active role in your business.

Share a Meal, Share Your Vision

When: Thursday, October 29
6:00 to 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 (soup, salad, bread and beverages) and an engaging evening of conversations about Linden Hills Co-op's future at our Annual Membership meeting.

Board and staff will present reports on our most successful fiscal year to date, and participate in a conversation about how the co-op could better serve our community and member-owners in the future.

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

- 6:00 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. Roundtable discussions
- 7:50 p.m. Announcement of election results, door prizes, meeting adjourns

Top 10 Reasons

to Attend the Annual Meeting

10. Free soup.
9. Board candidates, in person, who live here—maybe even the same zip code as you.
8. NO POWERPOINT PRESENTATIONS!
7. Casual attire recommended. Not even "business casual!"
6. No majority shareholders; we're all equal.
5. No golden parachutes, no exorbitant bonuses, no Ponzi schemes to report.
4. Advance copies of the annual report—including financial statements you can understand.
3. Door prizes!
2. Fair Trade coffee & tea.
1. Act like you own the place—because you do.

Stay in The Mix

Now you've got a brand new way to connect with the co-op community. Visit the Twin Cities Natural Food Co-ops' recently unveiled website www.themix.coop. There you'll find recipes, local producer profiles, links to co-ops in the news, and of course, the PDF version of *The Mix* publication. You'll also find the Twitter feeds and blogrolls of the Twin Cities' finest foodies and coolest cooperators!



Of course, if you'd rather socialize in person, www.themix.coop can help you out with that, too. Check out the events calendar. You'll learn when and where to meet up with your fellow co-operators from across the Twin Cities Metro—whether it's a wine and cheese tasting at St. Peter Co-op or a stroll through the Seward Art Festival.

Co-op Shoppers FYI

How Local DID We Go?

The co-op's buyers currently work with nearly 300 local vendors to offer you products that represent our region and support our local economy. Thanks to you, support for local producers continues to grow.

In the produce department alone, sales of food from local farms increased nearly 30 percent between fiscal year 2008 and fiscal



year 2009. In fact, we pumped more than 2 million dollars in local sales into the local economy last year! That's a whole lot of zeros that add up to healthy people and healthy communities.

You can learn just how much co-op support means to local producers by reading the recent *Downtown Journal* article featuring farmer Jack Hedin. Visit www.themix.coop and click on "News."

Coupon Books Expire October 31

Co-op Advantage coupon books expire soon—at the end of October. These books include 50 coupons for products available throughout the store. Co-op Advantage coupons are brought to us as a program of the National Cooperative Grocers Association. Using these coupons benefits the co-op by increasing our collective buying power. So don't be shy—use as many coupons as you'd like.

Don't like to clip coupons? No problem. Our staff makes a habit of keeping coupons near related products. Some kindly cashiers even make a habit of keeping coupons on hand at the registers and will remind you when you've purchased a coupon eligible product! How cooperative is that?





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

The monthly board meeting schedule will be determined after the October board elections. For updates, contact: info@lindenhills.coop or 612-922-1159. You may also email the board at board@lindenhills.coop.

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International Principles of Cooperation

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

Rollin' Oats Journal

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Linden Hills Co-op's web site is at www.lindenhills.coop.
Visit us on Facebook: www.facebook.com/lindenhills
Linden Hills Co-op and Linden Hills Natural Home are proud members of the National Cooperative Grocers Association.



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Board Report

Small, But Mighty, Linden Hills Co-op Is Poised for Change

BY JASON WALKER

You've probably noticed shopping cart traffic jams are a fact of life at Linden Hills Co-op. Our space is limited, yet General Manager Luke Schell and his staff provide a full-service grocery store on a small footprint. A realtor would describe our building as "cozy." Super-Target we ain't.

Our small footprint and resulting intimate feel are big reasons why our members love to shop here. So called "big box" stores may be the size of football fields, but they are sterile, intimacy-free zones.

Let's look at some numbers. Our current retail space is 5,500 square feet. That's only double the size of the average American house. Meanwhile, the average footprint of a SuperTarget store is a whopping 174,000 square feet—almost four football fields! The typical Cub Foods is 68,000 square feet. Compare those numbers, and the feats of co-op staff become even more impressive.

Our comparatively small store must remain devoted to its mission of community, and a relatively smaller size is vital to that end. But store size also shapes the experience of every shopper, employee and vendor. To be a viable service to our members (not to mention financially sustainable), we must be able to offer our members the growing number of products they request.

A balance must be struck that provides a top-notch grocery experience without having to offer 36 different brands of ketchup. We have to be foresighted enough to accommodate a burgeoning member base years from now. As we consider what kind of space we want for our co-op, we'll need to consider all of the above, all while sticking to our core principles.



Jason Walker

The board will have to make some tough decisions regarding store space. We must monitor our current space to ensure it meets the needs of our members. Any future lease agreement we might enter into must allow us to grow, and we must seek new opportunities if and when they present themselves. Walking that tightrope is vital to our mission of promoting social equity and environmental responsibility while staying financially strong.

The good news is that nobody on the board wants the co-op to become a big box store. We're on the board because we are co-op shoppers and members. We don't want 36 varieties of ketchup in a cold, sterile warehouse any more than you do. Personally, I like the co-op for what it isn't. It isn't a gleaming shrine to capitalism. It isn't Cub Foods, and it sure ain't SuperTarget. Your board intends to keep it that way.

We are the Linden Hills Co-op. We can't relocate to a new store in a far off suburb. And, since affordable undeveloped land is a rare find in Linden Hills, we can't build a new store on virgin property. But with foresight and planning we can find a way to honor our principles, serve our community and grow our membership right here in the neighborhood. Join the discussion at our Annual Meeting (see calendar for details).

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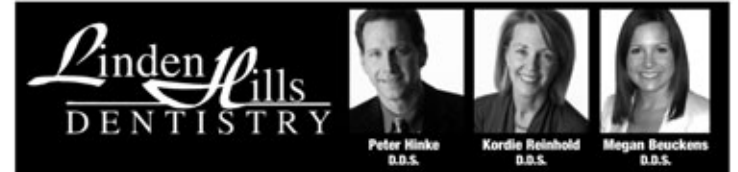
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Co-op Member Spotlight

Scott Patterson Throws Down a Challenge

BY KATHY GERHARDT

Scott Patterson is uniquely qualified to "throw down a challenge" to co-op members and his colleagues at Equal Exchange, a worker-owned cooperative based in Bridgewater, Massachusetts. Of course, Patterson offers his "challenge" in a gentle Minnesota way—what others might consider more of a nudge or suggestion:

"Now it is time for Equal Exchange and the co-ops to re-innovate and re-invent ourselves, and bring something new to the table," Patterson implored during a discussion about October's Fair Trade and Co-op Months. "We are asking shoppers, co-op staffs and co-op owners to continue joining us in differentiating [ourselves] from other grocery stores...it is time once again to figure out what makes us special and different, focus on those things, and do them even better."

Patterson, a long-time Linden Hills Co-op member, helped move the co-op to its current location and worked at the juice bar for a time. Today, Patterson is the Minnesota coordinator, and a co-owner, of Equal Exchange. Equal Exchange is based on these Fair Trade principles:

- Trade directly with democratically organized small farmer cooperatives.
- Pay producers a guaranteed minimum price that provides a stable source of income as well as improved social services.
- Provide high quality food products and support sustainable farming practices.
- Build a democratically run cooperative workplace.

While certified fair trade, organic coffee continues to be the biggest driving engine for Equal Exchange, Patterson is excited and completely invested in the organization's latest project—bananas. For several years, Equal Exchange has helped distribute fair trade bananas for Oké USA. (Oké USA is the brainchild of Equal Exchange founder Jonathan Rosenthal.) Recently, Equal Exchange came to a crossroads: either the worker-owners of Equal Exchange needed to move forward with a major investment to take fair trade bananas to the next level, or they needed to move on.



Scott cooking — always a fungi!

Healthy debate ensued among Equal Exchange worker-owners. Patterson, and Minnesota colleagues Joe Riemann and Dana Welch, were passionately in favor of expanding Equal Exchange's reach with bananas, citing the success the fruit has had here in the Twin Cities. The vote was overwhelmingly positive toward this new investment in bananas.

"From a company stand-point and an example of co-operative ownership, it was a pretty neat opportunity to have people vote for their future and take some exciting risks," explained Patterson. "In Fair Trade we have seen weakening in the model in terms of plantations being allowed into the system in tea and bananas. We are using bananas as a platform not only to sell more product for these farmers, but we are also willing to stand up and say 'Hey, this is what this really

should be about.' It should be about small farmers and changing the power dynamics and not just slapping a marketing sticker on a product and saying it is Fair Trade."

Some might wonder how Equal Exchange could take on familiar behemoths like Chiquita. It goes back to the core values, the mission of this worker-owned co-op, and the challenges Patterson is so fond of:

"The goal is not to be the biggest in any category, but to shine a light on a category and try to get others to jump in the pond with us or improve practices."

Patterson admits his young daughter's 3-banana-a-day habit is helping business, but bananas aren't all that excite him about Equal Exchange. Having a vote in the future of the company is extremely gratifying.

"[It's] definitely cool to be part of an organization where you can have that kind of stake in the company. It does matter and it makes you think differently about your job," stated a proud Patterson.

It also empowers him to challenge those around him. In an article he wrote for Equal Exchange, "Building a Co-operative Economy Together," Patterson wrote "For Equal Exchange's part, in addition to jumping into the banana industry, we are committing to doing a better job of sharing both why small-scale farmer organizations are valuable and to letting you all get to know us. I suggest that natural foods co-ops embrace the debate about who owns the companies behind the products on your shelves, share this with your member-owners and do even more to actively promote cooperatively owned companies."

Patterson is indeed ready to do his part to help "re-innovate and re-invent" the co-operative world. Perhaps it has to do with a spirit he thinks is in all worker-owners of Equal Exchange:

"I think the one thing that unites us is our overly optimistic view that our work can have a positive impact on the world."



Fresh, Local, Friendly Holiday Pre-Orders

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. You'll also find freshly-made side dishes in our deli, so you can spend less time in the kitchen and more time with your guests. We've even got sustainably-grown Christmas trees—our friendly staff will be happy to help you reserve one and even offer courtyard to car-side service!



Larry and Cindy Schultz with their five children. Schultz Organic Farm is just one of the co-op's nearly 300 local producers, supplying us with organic eggs, chicken and Thanksgiving turkeys.

Local, Free-Range Turkeys

We'll begin taking turkey orders Tuesday, October 13, and the last day to place your order will be Wednesday, November 18. Turkeys are from Kadejan All-Natural (Glenwood, MN) and Schultz Organic Farm (Owatonna, MN). 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 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 13. Turkey pickup starts Friday, November 20.

Fresh Holiday Sides from the Deli

The deli's gearing up for your holiday special orders as well, with pies, sides, and Thanksgiving dinner 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.

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 also begin October 13. All deli pre-orders require at least 48 hours advance notice. Look for holiday menus at the deli counter and online.

Sustainably Grown Christmas Trees

The Johnson family's spruce and pine trees are sustainably grown on their Oneota Slopes Farm, near Decora, Iowa. Andy Johnson explains, "We planted a new acre or so about three years ago to a mixture of pine, spruce and fir, but first we planted the area into a short to mid-grass-forb prairie, figuring why not, we're not going to spray or even mow heavily. Why not fill the area with native plants? [The native plants] have taken beautifully, literally and figuratively, the area is completely full of wildflowers and birds, butterflies and other pollinators, and the seedlings are just starting to poke up through. As far as we know we're the only one in the Midwest, maybe the country, to intentionally companion plant Christmas trees and prairie."

You'll be able to reserve your

Storewide Specials

October 1-31 2009

Get weekly specials by email! Just send an email to allie@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.

Member Specials

Bulk
Organic Navy Beans
MEMBERS \$1.59/lb.
Nonmembers \$1.99/lb.

Bulk
Organic Split Yellow Peas
MEMBERS \$1.39/lb.
Nonmembers \$1.79/lb.

Tofurky
Sausages
MEMBERS \$3.49
Kielbasa or Italian
14 oz., Nonmembers \$4.39

Ian's
Wafflewiches
MEMBERS \$3.99
Maple Cheddar or Maple Sausage
9 oz., Nonmembers \$4.99

Gluten Free Pantry
Baking Mixes
MEMBERS \$2.99
Old Fashioned Cake, Chocolate Chip Cookie, Truffle Brownie, or Muffin & Scone Mix.
15oz., Nonmembers \$4.29

Glutino
Crackers
MEMBERS \$2.99
Original or Multigrain
125 gm., Nonmembers \$4.69

Dr. Bronner
Sal Suds
MEMBERS \$6.99
32 oz., Nonmembers \$9.19

Member Specials at Natural Home

Anchor Storage
Containers and Bakeware
20% OFF for Members Only

Grocery Specials
Bob's Red Mill
Organic Brown Flax Seed Meal
SALE \$3.49
16 oz., regularly \$4.99

Bob's Red Mill
Gluten-Free Pancake Mix
SALE \$2.99
Look for many other Gluten Free Mixes from Bob's Red Mill for Celiac Awareness Month.
22 oz., regularly \$4.39

Lucini
Italian Soups
SALE \$3.99
19.6 oz., regularly \$5.49

Wellness Specials
Collective Wellbeing
Hair and Facial Care Products
20% OFF

Natural Factors
Tranquil Sleep
SALE \$20.79
60 tab, regularly \$25.99

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60 tab, regularly \$27.99

Natural Factors
Suntheanine

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For Mental Calmness and Relaxation
60 tab, regularly \$25.99

New Chapter
Herbs and Supplements
20% OFF

Flora
Hawthorn Extract
SALE \$16.39
17 ounce, regularly \$20.49



Fair Trade Month
at Linden Hills
Natural Home

Global Mamas
Kitchen Textiles
and Baby Clothes
10% OFF

Oneota Slopes spruce or pine tree at our customer service desk beginning Tuesday, October 13 for delivery near the end of November. The Johnsons cut their trees the day before delivery to provide their customers with fresh, aromatic trees. However, if you select a spruce tree, be aware that you'll need to re-cut the trunk and put it in water within 12 hours. We'll have a limited availability of trees, so reserve yours early!

New This Year

While most trees delivered to Linden Hills Co-op will be 5 to 8 feet tall, this year, Oneota Slopes will have some 9 to 12 foot spruce suitable for cathedral ceilings. If you'd like one of these taller trees, you must arrange to pick up your tree during the delivery—we cannot hold these special trees once they've been delivered. Contact Andy at trees@oneotaslopes.org to make arrangements for this special offer.



Linden Hills Co-op
COMMUNITY MARKET

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 October 1 through November 30, 2009



Linden Hills
Natural Home

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 October 1 through November 30, 2009

Miss Larousse

Dear Miss Larousse,

I want to continue the Eat Local Challenge and I know that local squash is available well into winter. But I must confess... I wouldn't know a good winter squash from an inedible gourd. When I walk into the co-op, I'm mesmerized by that giant bin of squash, tumbling over with different colors, shapes and sizes. But I have to ask, how on earth does one crack into one of those hard unyielding squashes, let alone cook one?

—Out of My Gourd with Curiosity

Dear Gordy,

Despite its somewhat foreboding exterior, winter squash is one of the tastiest and most nutritious vegetables around. And, it's also one of the simplest to prepare. In fact, once you learn a few simple techniques for cooking winter squash, eating locally won't seem like much of a challenge at all. Winter squash varieties do vary somewhat in texture and flavor, so experiment to find your favorite. Most varieties are sweet, a bit nutty (like you!) and filling. You really can't go wrong.

To "crack into" a winter squash, all you need is a sharp knife and a sturdy cutting surface. A cutting board with a shallow bowl-shaped depression, such as the kind often paired with mezzalunas, works particularly well. If you don't have a mezzaluna cutting board, slice off a small piece of the squash's curved section to create a flat cutting surface. Next, simply halve the squash, scoop out the seeds and roast the squash in a 350° oven until tender. Once cooked, you can easily scoop out the tender flesh for use in pies, sauces and soups. Or, stuff the halved squash with your choice of fillings.

Autumn in Thailand Soup

Makes approximately 8 servings

1 winter squash (kabocha, butternut, acorn, red kuri or buttercup), roasted
2 tablespoons olive oil
1 yellow onion, thinly sliced
2 cups coconut milk
2 cups chicken or vegetable broth
1 cube candied ginger
Sea salt and freshly ground pepper to taste
1 stalk lemongrass (or substitute lemon zest), very thinly sliced

Heat olive oil over medium heat in a large skillet. Add onions and slowly caramelize over low heat, stirring frequently, until tender, brown and fragrant, about 20 minutes. Reserve a few of the crispiest onions for garnish.

Meanwhile, scoop out the flesh of the roasted squash into a food processor. Add coconut milk, broth, candied ginger, caramelized onions, salt and pepper to the food processor. Process until smooth. If desired, return the soup to a saucepan and heat over medium heat until soup thickens and flavors concentrate. Garnish soup with remaining onions and thinly sliced lemongrass.



October/November 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.lindenhills.coop, for updates and breaking news!

Thursday, October 1, 4 – 6 p.m.

DEMO: Stoneground Taza Organic Chocolate

Taza sources cacao beans directly from La Red Guacanejo, a small farmer cooperative in the Dominican Republic. Then they roast, hand grind and mold those cacao beans into exquisite chocolate bars!

Tuesday, October 6, 6:30 – 8:30 p.m.

CLASS: Making Your Kitchen a Wellness Kitchen!

Gabriele Kushi, Certified Holistic Health Practitioner. Please pre-register; \$5/\$3 members. Explore the energetic properties of food and learn how to balance them in your own kitchen. Get easy, quick recipes to treat what ails you with Macrobiotic and Traditional Chinese medical principles.

Friday, October 9, 12 – 6 p.m.

LOCAL FLAVOR: Uncle Pete's Mustard

This Minnesota-made mustard is sweet-hot and a great accompaniment to your holiday ham.

Tuesday, October 13

HOLIDAY ALERT! Holiday Preorders Start Today!

We're offering Schultz Organic and Kadejan All-Natural turkeys 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 deli holiday pies, sides and individual meals. Don't forget to reserve your sustainably grown Christmas tree, too!

Tuesday, October 13, 7 – 8:30 p.m.

CLASS: Family Mealtime Strategy: Improve Your Child's Nutrition & Decrease Anxiety

Katja Rowell, MD. Please pre-register; \$17/\$15 members. Katja will explain why children eat the way they do and how you can use that knowledge to develop strategies to improve your child's nutrition. Katja will cover food rejection, picky eating, vegetable acceptance, incorporating treats, and avoiding unhealthy weight gain and distorted body image.

Thursday, October 15, 6:30 – 8 p.m.

CLASS: Homeopathy: A Natural & Effective Approach to Depression, Insomnia & Headaches

Aaron Means, Homeopathic Practitioner. Please pre-register; \$12/\$10 members. Please bring a notebook and pen. Do you experience depression, insomnia or headaches as daylight dwindles and holiday tensions rise? Discover homeopathy, a natural and comprehensive form of healthcare that can safely and effectively restore the body's internal balance.

Saturday, October 17, 9 a.m. – 3 p.m.

CO-OP EVENT: Holiday Warm-Up

Warm up with a free cup of Peace Coffee's fair trade brew this morning and start planning your holiday meal. Larry Schultz will be serving up his organic turkey and Featherstone Farm's Margaret Marshall will be on hand, sampling the farm's winter squash.

Tuesday, October 20, 7 – 8:15 p.m.

CLASS: Gluten-Free Over the Holidays

Amy Leger. Please pre-register; \$10/\$8. Whether you're the hostess or the guest this holiday season, you'll learn how to have a delicious, stress-free, gluten-free holiday meal. Amy will recommend tasty gluten-free holiday fare and provide recipes. Amy will even walk you through politely explaining cross-contamination concerns with fellow diners!

Friday, October 23, 7 p.m.

COMMUNITY EVENT: "Fresh: The Movie"

Southwest High School Auditorium, suggested donation \$10. Linden Hills Co-op is cosponsoring this inspiring film about food, followed by a panel discussion. For details, check the co-op's website.

Tuesday, October 27, 6:30 – 8 p.m.

CLASS: Eating with the Seasons

Claudine Arndt, Certified Health Coach. Please pre-register; \$12/\$10. Eating seasonal produce is not only delicious but important for our health as well. Nature's blueprint for nutrition is an annual cycle, not necessarily a daily one. In this workshop we'll discuss what it means to eat seasonally and how it can benefit your health. You will receive recipes and practical tips to help you incorporate seasonal eating into your life.

Thursday, October 29, 6 – 8 p.m.

CO-OP EVENT: Annual Membership Meeting

St. Thomas Catholic Church/Carondelet School Cafeteria—enter any door on the east side of the building. See page one for details—and don't miss this opportunity to shape your co-op's future.

Tuesday, November 3, 7 – 8:30 p.m.

CLASS: Homeopathic Care of New Mothers and Infants

Jackie Krammer, Homeopathic Practitioner. Please pre-register; \$15/\$12. You'll learn how homeopathy can help mothers with painful nursing, hair loss, mood changes and post-partum depression as well as how to treat your baby's colic, jaundice and other common problems of infants.

Saturday, November 14, 11 a.m. – 3 p.m.

**BOOK-SIGNING:
New Vegetarian
Cook Book**

Local author and chef, Robin Asbell, will be on hand to sign a copy of her latest cook book for that aspiring chef on your gift list!

Wednesday, November 18

**HOLIDAY ALERT! Turkey
Preorders—Last Chance!**

Today is your last chance to preorder your bird from the co-op. Call 612-922-1159 for the details!

Saturday, November 19, 2 – 5 p.m.

LOCAL FLAVOR: Pietron Family Wild Rice

The Pietron family harvests their wild rice by hand from Minnesota lakes and rivers.

Saturday, November 21, 10 a.m. – 5 p.m.

COMMUNITY EVENT: Green Gifts Fair

Shop 65 local vendor booths for organic and recycled gifts at the Midtown Global Market (Lake Street & 10th Ave). Visit www.doitgreen.org/gifts-fair for details. Be sure to stop by Linden Hills Natural Home's booth and say hello!

Thursday, November 26

HOLIDAY HOURS: Thanksgiving Day

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



Linden
Hills
Co-op

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