

Rollin' Oats Journal

A BIMONTHLY PUBLICATION OF LINDEN HILLS CO-OP COMMUNITY MARKET

Taking the Eat Local Challenge (Without Biting Off More than You Can Chew)

BY ALLIE MENTZER, PROMOTIONS AND EDUCATION COORDINATOR

Way before local was trendy, co-ops supported local producers because it's the right thing to do. Buying local keeps more of our member's money circulating in the community and is the best way to sustain healthy communities. This year, we're embarking on our second Eat Local America Challenge, with ten other local co-ops. From August 15 through September 15, we're encouraging people to make even more of their meals locally produced. For inspiration, I decided to consult three co-op members to find out why and how they make the most of the local harvest.

Jolene Parker is the co-op's customer service manager and a mother of two (Ari, 5 and Mirah, 3). Jolene grew up in Grand Rapids, MN where she says "eating local was a way of life." Her family hunted and fished, bought beef and milk from neighbors, cultivated a garden, harvested berries all summer long and put up jams for winter. Though her parents relied on locally available foods for economic reasons, Jolene says she learned to feel connected to her community through food. Now that she is raising her own family in Minneapolis—with many more food choices—Jolene makes a conscious effort to choose local foods, instilling in her children the value of supporting local producers.

As a child, Jolene learned about the work that goes into producing food, so she "gets a little starry-eyed" when she meets the farmers making their deliveries. Jolene says she's truly honored when farmers choose to buy what they can't produce themselves from our co-op, explaining that she feels "a really strong affection for farmers who walk through the store because they're really thinking about what they're putting out into the community to eat."

Since Jolene grew up enjoying local foods, she says her cravings tend to anticipate the changing seasons. She uses creative recipes to transform the local bounty into a variety of dishes. For example, during berry season Jolene uses berries in everything from desserts to salads to berry-based marinades.

As a mom, Jolene is adept at creating inexpensive, kid-friendly, veggie-packed meals. Her



Jolene Parker shows off some of her favorite local foods.

weeknight standby is Dakota Growers pasta with seasonal veggies and local cheese. She loves Shepherd's Way bleu cheese, but usually blends it with milder Stickney Hill chevre to suit her children's palates.

Jolene has found some innovative ways to sneak local veggies into her family's diet. While she's preparing dinner—and everyone's starving—she serves veggies with dip. Year round, Jolene adds Sno Pac frozen veggies to prepared soups and chili. Sno Pac's green beans, sweet beans (edamame) and peas are all grown, frozen and packed in Caledonia, MN, so they retain all the nutrients of fresh vegetables and help sustain the local economy.

On weekends, when Jolene has time to prepare more elaborate meals, she turns to the internet to find new recipes featuring local ingredients. Visit www.lindenhills.coop to find Jolene's family's favorite recipe for Roasted Vegetables and Creamy Pasta.

While the internet is a wonderful resource, one of the joys of working at the co-op is sharing conversations with our regular

shoppers—like Linda Nelson and Lorry Alexander—and learning new recipes.

A dedicated locavore, Linda Nelson is the CSA drop-site coordinator for Featherstone Farm and on her frequent co-op visits, Linda takes time to chat with produce staff. She knows this is often the best way to find out what local produce is available, and what's at the peak of flavor.

Linda transforms her CSA and co-op finds into creative, improvised and delicious dishes using easily adaptable recipes. Linda's Tortilla Pizza provides a canvas for colorful, seasonal veggies like thinly sliced summer squash, sweet onions, peppers, chard or mushrooms. Linda also experiments with a variety of local meat, cheese and herb toppings, sharing that "even a little thinly sliced local apple has been known to show up on the pizza with a pesto, onion and bacon."

I first met Lorry Alexander in the condiment aisle where we had an enthusiastic conversation about sea salt. Our chat included Lorry's admission that she carries her favorite sea salt around in her purse "just in case." Lorry is also a local

foods devotee, especially relishing summer's young, tender zucchini and beets.

Lorry's cooking style illustrates two important points when it comes to cooking with local produce. First, get out of its way. Local produce is best simply dressed and modestly adorned. Second, when you do opt for condiments, use the very best available. But using high quality condiments doesn't have to be expensive. Use just enough to compliment fresh flavors without overpowering them, and remember to taste as you go along. As in Lorry's Local Taste and Toss Salad, use everyday olive oil for cooking, but use your highest quality olive oil to "finish" the dish after it's cooked.

With local choices to suit every family, budget and palate, taking the Eat Local America Challenge is sure to be a flavorful learning experience. Stop Jolene and me in the aisles and let us know how your challenge is going! And remember to check out Jolene's blog at www.eatlocalamerica.coop.



Linda's Tortilla Pizza

1 flour tortilla
1 local tomato, thinly sliced
1/4 cup local basil, shredded
1 tablespoon Organic Valley Grated Parmesan
1 cup Organic Valley Grated Mozzarella
Olive oil
Salt and pepper

Preheat oven to 500 degrees. Sprinkle olive oil on a cookie sheet. Press both sides of the tortilla in the oil until both sides are well coated.

Sprinkle parmesan on top of your oiled tortilla. Arrange thinly sliced tomato on top of the cheese. Season with a good sprinkling of salt and freshly ground pepper. Next, evenly spread mozzarella cheese on top of the tomatoes. Finally, sprinkle on a little more salt and pepper, and top with about 1 tablespoon of good quality olive oil.

Bake tortilla pizza on the cookie sheet for 8 to 10 minutes, or until bubbly and crisp. Let your pizza rest out of the oven for a couple of minutes. Then sprinkle with shredded basil. Cut into wedges and serve with your favorite local wine.

Lorry's Local Taste and Toss Salad

1 cup lentils, cooked
3-4 medium sized local beets
1 medium sized local onion, sliced
2 tablespoons local maple syrup
Excellent quality balsamic vinegar, to taste
St Pete's Select bleu cheese
Olive oil for cooking
Excellent quality olive oil for finishing
Excellent quality sea salt and fresh ground pepper

Steam beets until tender. Meanwhile, sauté onion in olive oil until golden brown. When the beets have finished cooking, run them under water to cool, then peel and slice them. Toss beets, sautéed onion and cooked lentils in a little excellent quality olive oil. Taste, adjust seasonings, toss. Add maple syrup, sea salt and fresh ground pepper. Taste, adjust seasonings, toss. Use a good balsamic vinegar for the final toss. Sprinkle with bleu cheese and hope you made enough!

Green Patches Galore!

Thanks to the appearance of the great reusable purple shopping bags at the co-op, plus increasing awareness about the benefits of using cloth bags, the co-op's customers generated TWICE as many Green Patch donations between January and June as we did the previous July through December. The Green Patch proceeds were divided between the Land Stewardship Project's "Farm Beginnings Program" and the Midwest Food Connection (see page 3 for more information on this program). Donations for the second half of the calendar year will go to Youth Farm & Market Project.

We're still accepting nominations for Green Patch groups for 2009; application forms are due at the co-op no later than AUGUST 15. Eligible groups must be nonprofit, locally-based organizations working to preserve and enhance the environment through sustainable programs and environmental education and activism. For more information on the program, go to www.lindenhills.coop, click on "Our Community" and then on "Donations." Co-op members will vote on the 2009 Green Patch recipients in the annual co-op election. Ballots will be available in the October-November *Rollin' Oats* and at the store.

Co-op Shoppers FYI

New Community Partner

We're very pleased to welcome the latest addition to the Community Partners Program. Linden Hills Florist joined the program this summer, with their Tuesday "flower happy hour" offer for co-op members. Our Community Partners are local independent businesses that offer a special perk or discount to Linden Hills Co-op members—check out the brochure at the customer service desk for current participants and listings. If you OWN a small business and would like more information about the program, contact Jeanne at 612-279-2460.

From Flood Relief to Local Longer

Thanks to our friends at Northcountry Cooperative Development Foundation, we spent some time in July accepting donations for (once again!) flooded farmers in our region. Because of the generosity of our customers, we had managed to raise nearly \$500 during the first ten days of this effort—look for the final total on the website.

Our partners in last year's emergency flood relief efforts at the Sow the Seeds Fund are

launching a new fundraising effort; one they hope will allow our region's farmers to become more sustainable by extending the growing season. Can you imagine a salad of ripe, local tomatoes on your Thanksgiving table? Extending the local season might sound far-fetched, but it's closer to a reality than you may think. Farmers in northern Minnesota are growing local longer right now, using season extension methods, like hoop houses, to make their businesses more lucrative and sustainable. Organic farmers like Chris Blanchard of Rock Spring Organic Farm in northern Iowa have been using season extension methods to great effect.

"With light weight hoop houses, we've been able to produce greens out of season and harvest tomatoes earlier," Blanchard says. "But the really nice thing about hoop houses is that we get higher quality produce, and we get more yield for our effort."

Linden Hills Co-op will be accepting donations for Sow the Seeds' Local Longer campaign beginning September 1. Look for handouts in the store and more information on the website at www.lindenhills.coop.



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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.

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

Rollin' Oats Journal

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

Linden Hills Co-op's web site is at www.lindenhills.coop.

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



Board Report Making Our Co-op Sustainable

BY KIMBERLY PROFFITT, BOARD SECRETARY

One definition of the word "sustain" in the dictionary is "to keep up or prolong." This is, in large part, what the board of directors tries to do in its work for this co-op. The board is charged with making sure the co-op can have a long, healthy life.

Board members are responsible for setting the long-term vision for the store, using the ends policies as the framework for decisions they make. Here are just a few of the items the board is working on to ensure a sustainable future:



goals are to serve the membership in the Linden Hills area and to occupy a desirable space with an affordable lease or purchase.

Leadership

Strong leadership also helps in sustaining the co-op. The search for a new general manager continues. Two rounds of interviews are complete and the board is planning to make a decision by the end of August. We expect the new GM to be on board early in the fall and hope to introduce him/her to the membership at the annual meeting in October.

Board Elections

Another important way to ensure the co-op is sustained is through a strong and engaged board of directors. The board represents you, the member-owners, and strives to base its decisions on your needs and wants, thereby creating a stronger foundation for the success of the store.

At this fall's election, there will be five open seats on the board. Consider becoming a candidate and help to build the Linden Hills Co-op of the

future. Applications are available online or at the customer service desk through the first week in August. Applications for the fall elections must be received no later than store closing on Monday, August 11. Missed the deadline? You may apply at anytime during the year for the next election or for special appointments to the board, which can take place throughout the year.

Save the date! The annual meeting is scheduled for Tuesday, October 28. Come join your fellow member-owners as we discuss the year gone by and the future of the co-op. And don't forget to vote in the election, even if you can't attend the meeting. Ballots will be included in the October-November issue of the *Rollin' Oats Journal*.

As always, feel free to contact the board at any time with questions or comments. You can reach us via email (board@lindenhills.coop) or by leaving your name and number at the customer service desk. We welcome your feedback.

Co-op Member Spotlight

Robin Elias: CSA Shareholder

BY KATHY GERHARDT

Robin Elias is looking forward to this year's Eat Local Challenge. Not only is it a fun and educational way for her entire family to learn more about the foods they eat, but they are sure to improve upon last year's challenge results. Their backyard garden and growing awareness of where their food comes from—which is influencing their purchasing decisions—will play a significant factor. But the ace up their sleeve this year will be the CSA share Robin and her carpooler are splitting.

CSA stands for Community Supported Agriculture. Those who purchase a "share" receive a portion of a farm's harvest throughout the growing season. After contacting Linden Hills Co-op to see which CSA farms would be working with the co-op, Robin and her friend started researching the four different farms.

"That was an interesting process," commented Elias. "We both looked at the different web sites and then we would talk about it in the car. 'What did you think about each one?' 'Which one are you leaning toward?'"

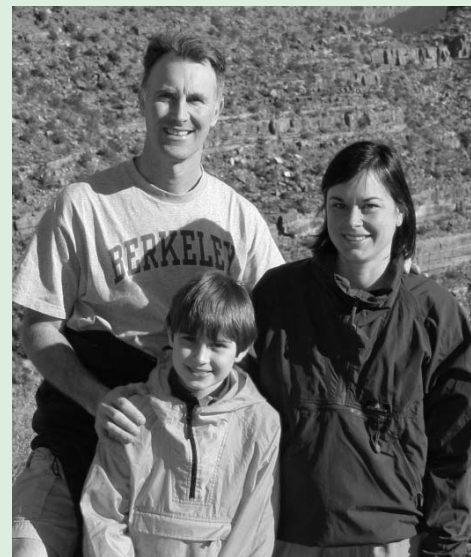
Ultimately they decided to purchase a share from Rock Spring Farm located in Decorah, Iowa.

"My first thought was definitely going with a farm in Minnesota, but [Rock Spring] had a really good web site. It was certified organic. I

liked that it delivered to the co-op and Fridays are a good day [to pick up their share]."

Rock Spring Farm offers a variety of shares to buy: Vegetable (the basic CSA share), Summer Fruit, Winter Vegetable, Winter Fruit, Lamb, and The Works. Elias chose the vegetable share and has already received some items that are not usually part of her family's grocery cart, including fennel.

"That's part of the reason I wanted to do a CSA. I don't even notice fennel when I come into the co-op. The co-op sells it, but it isn't on my radar. I think it is very easy to get into a habit of buying the same things," she said. "I walk into the co-op and know where the green leaf lettuce and carrots are. You are normally in and out; you only have so much time. This is a great way to try new things."



The Elias family: Erik, Jack and Robin

A watershed moment, if you will, for Elias came from reading Barbara Kingsolver's book *Animal, Vegetable, Miracle* last year. What struck her the most was "that the whole family would be committed to trying to eat as much food grown locally and how it changed their lifestyle and their eating habits."

"I used to think bananas were the perfect food until I read [that] book. They travel thousands of miles to get here and [think of] the whole cost of transportation. I think they are still a really healthy food to eat and I like them a lot, but I'm starting to rethink things. Maybe I should have an apple instead that was grown in Minnesota. I like apples just as much."

Elias later pointed out that she hasn't completely stopped buying certain foods, such as bananas. Now, if choosing a fruit or vegetable that traveled hundreds and sometimes thousands of miles to Minnesota, she will carefully consider her purchase and, if buying, choose something that is organic and fair trade. The signs throughout the co-op stating the origin of different foods and the variety of organic and fair trade items are something she praised.

The variety of foods, flavors and tastes we have an opportunity to experience every day is amazing. But, as Elias points out, "It comes with a price and you have to factor that in. In Michael Pollan's book, *In Defense of Food*, he says to eat 'food' meaning food with not a lot of things listed on the package. 'Eat food, not too much and mostly plants.' Authors like this are becoming more popular and we are thinking about foods differently."

Not only is it shaping what the Elias family eats, but it may allow them to be more successful with the Eat Local Challenge and help Robin reach a personal goal.

"One of my New Year's resolutions was to learn how to cook fresh produce and cook soups. I like the idea of spending more time cooking instead of going out to eat. I know there are pluses and minus for the economy, but I like the idea of knowing where my food comes from."

Another reason Elias chose this particular farm was for the information that gets delivered along with each share.

"They have a very good newsletter that was in there and they had a recipe for fennel risotto," continued Elias. "That was something I got all excited about and I made: it was good."

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August 1-31, 2008

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Midwest Food Connection: Teaching Kids to "Eat Local"

BY GINGER PEARSON

Remember playing store when you were a kid? One of your friends was the owner who sold stuff and somebody else was the shopper who had infinite amounts of cash to buy all the stuff in the store. As in most childhood play, the idea was to act like big people, exercise some power and figure out how the real world works. Acknowledging most kids readily slip into their imaginations, Midwest Food Connection has created a new lesson that engages primary age students in a game of make-believe to teach the advantages of eating locally-grown food.



In the lesson children volunteer to play roles as apple grower, truck driver, grocery store owner and shopper so we can chart the travels of an apple from an orchard in Washington State to a table in Minneapolis. It gets pretty silly as the actors take on their roles and ham it up. Usually the class clowns are the first to get into the act. I send the farmer off to the far corner of the classroom with an apple and a sign that says "Washington State." The store owner sets up the Minneapolis store right near the circle of kids and orders the shipment of apples. Now the farmer hires a truck driver to deliver the apples half way across the country (and the classroom) to the store. As you can imagine, the truck driver makes truck noises and of course stops to buy gas along the way (which for some reason is hilarious to the audience). Meanwhile, the shopper is waiting with a dollar to buy the apple. And once that apple is delivered and purchased the store owner must pay the grower who must in turn pay the driver. With a dollar's worth of quarters the class decides who should get what.

Then we play the game again with a local farm and everything changes. The farm is closer to the grocery store so the truck driver has a shorter trip and doesn't use as much gas. Well, you can guess the lesson points out things are much better for the farmer who gets more of the profits and better for the environment because less gas is used by the truck. We also talk about the benefits to the shopper who gets fresher, better tasting apples.

There in the classroom, you can just watch the light bulbs going off over the kid's heads.

Teachers love this lesson because it requires students to use math and engage in critical thinking while having fun learning about an environmental issue.

I give kids a chance to taste our wonderful Minnesota apples while I tell them my assignment for next week. It's a challenge. Find or buy, and ideally taste one locally grown fruit, vegetable or product before I return for next week's lesson. That lesson begins with the children telling the class what they found and how they knew it was locally grown.

So if you're a co-op shopper with a son or daughter attending a local school receiving our lessons, this will be a no-brainer assignment or one you won't feel guilty helping your child complete.

Midwest Food Connection, with funding from Linden Hills Co-op and other Twin Cities co-ops, offers lessons in natural foods and sustainable farming practices in elementary schools throughout the metropolitan area. To learn more about MFC visit our website: www.midwestfoodconnection.org.

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Valid August 1 through September 30, 2008

How Local Can You Go?

Linden Hills Co-op invites you to join this year's Eat Local America Challenge, from August 15 to September 15 (which coincides with the peak harvest time for lots of locally-grown produce). We're joining with ten other Twin Cities co-ops and more than fifty co-ops across the country in this effort to engage, educate and encourage people to eat more locally-grown, locally-produced food.

The "challenge" is purely personal—no one will be checking up on you—and there are many different ways to get yourself and your family involved. If you'd like to learn more but aren't ready to go the distance, get your Local Learners "permit" by making the commitment to creating just five meals a week that start with (mostly) local ingredients. Or if that's just too easy, become a Leading Locavore and choose 80 percent of what you eat from local sources! We're defining "local" to include the five-state region, and our store staff is ready to help with handouts, signs, recipes, sample menus, an in-season growing calendar, and store demos.

Why eat local? There are lots of benefits to eating local food. It's good for the economy, because money from each transac-

tion stays in the region. It connects community members to the people who produce their food, while helping to support endangered family farms. And since the food doesn't travel far from where it's produced, eating local can reduce carbon dioxide emissions.

Local food, picked fresh and ripe, is more nutritious and simply tastes better. The strawberries we were able to get from Northfield's Silkey Farm went out the door in people's hungry hands the day they were picked in July! In August and September, we're expecting everything from the earliest local apples right through to zucchini to be ripe and ready. Look for the LOCAL symbol throughout the store to help guide your choices.

To heat up this year's Eat Local Challenge, Linden Hills Co-op is hosting our first-ever La Vida Local Salsa Contest. On Thursday, August 21 at Linden Hills Live, we're inviting neighbors to enter their favorite salsas in the competition. There are two divisions (professionals and home cooks), and three different prizes: the best tomato-based salsa, the best fruit salsa, and the best salsa starring all local ingredients. Pick up an entry form at the co-op, or go to www.lindenhills.coop for details.



Local tomatoes from Living Waters, Wells, Minnesota

August/September Events

The Eat Local America Challenge is August 15-September 15. Don't forget to check the co-op's website for late-breaking news on events, demos and specials: www.lindenhills.coop. You can also sign up for emails about classes and events; just send an email to allie@lindenhills.coop, with "Class Email" in the subject line.

Pre-registration including payment is strongly suggested. Register in person at the store, by mail, or by phone using VISA or MasterCard. If you need to cancel, you must do so at least 48 hours before the scheduled class to receive a full refund. If the co-op or instructor cancels, you will receive a full refund. Walk-ins with payment may be accepted at the instructor's discretion.

Friday, August 15, 12-4 p.m.

LOCAL FLAVORS: Ames Farm Raw Honey

We've invited Brian of Ames Farm Honey to kick off the Eat Local America Challenge at the co-op. Brian's single-source honeys provide a "floral portrait" of Minnesota since each is unique to a specific local wildflower. He'll be bringing his "bee window" too, allowing us a rare look inside a working honeybee colony.

Saturday, August 16, 3-6 p.m.

LOCAL FLAVORS: Cedar Summit Piedmontese Sauce with Local Veggies

Executive Chef Ron Huff will teach us how to make this rich, versatile sauce. Chef Ron's Piedmontese sauce is made exclusively with local ingredients, including Cedar Summit's heavenly cream. Chef Ron is also the founder and president of Slow Food Minnesota, so he's a wonderful resource for aspiring "locavores."

Sunday, August 17, 11 a.m. - 5 p.m.

COMMUNITY EVENT: Fresh Taste Festival

The Twin Cities co-ops are the exclusive grocery sponsor of this premiere event featuring local, organic, Fair Trade foods and beverages. Held at the Nicollet Island Pavilion, this benefit for Minnesota Public Radio is a great opportunity for Linden Hills Co-op to show off some of our favorite local specialties to a few hundred folks. For more information and tickets, go to www.freshtaste.com.

Thursday, August 21, 3-6 p.m.

LOCAL FLAVORS: Dr. in the Kitchen "Flackers"

Dr. Alison Levitt's "Flackers" are gluten-free, organic crackers made with heart healthy flaxseeds and fresh herbs, right here in Linden Hills—you can't get much more local than that!

Thursday, August 21, 6:30-9 p.m.

COMMUNITY EVENT: Linden Hills Live! Salsa Contest

This month's entertainment includes the first-ever La Vida Local Salsa Contest, hosted by the co-op and featuring "celebrity" judges including community volunteer Bryce Hamilton and Michelle Heuser, editor of *Edible Twin Cities*. Entry forms are available on line at www.lindenhills.coop. Compete for the Big Tomato Trophy!

Friday, August 22, 3-6 p.m.

LOCAL FLAVORS: Pastures A Plenty Brats

The VanDerPols have been farming in Kerkoven, MN since 1952. Have a taste of their pork brats, and check out their other pastured pork products while you learn about the Vanderpols' management practices and their "quest for harmony."

Saturday, August 23, 9 a.m.-7 p.m.

Sunday August 24, 9 a.m.-7 p.m.

SIDEWALK SALE: Linden Hills Natural Home

Get great deals on end-of-season and clearance items from Linden Hills Natural Home this weekend at our annual sidewalk sale!

Saturday, August 23, 10 a.m.- 2 p.m.

LOCAL FLAVORS: Salad Girl Dressing

Salad Girl Dressing is the first certified organic salad dressing made in Minnesota—Willernie, MN, to be exact. These exotic dressings (Blueberry Basil!) pair beautifully with local produce. Ask Pam about her salad serving suggestions—her creativity will astound you!

Friday, August 29, 3-6 p.m. and Saturday, August 30, 10 a.m.-1 p.m.

LOCAL FLAVORS: Cultural Revolution and Farmer's Creamery Cottage Cheese

Bill and Pam Evans created their business to help small, organic farmers get high quality products to market. Their mission is to "provide good food created by good people." Learn how their additive-free, organic cottage cheese came into being—and just what makes this yogurt "revolutionary."

Monday, September 1

STORE HOURS: Labor Day

Linden Hills Co-op will be open regular hours: 8 a.m. to 9 p.m. Linden Hills Natural Home is open from 9 a.m. to 4 p.m.

Wednesday, September 3, 3-6 p.m.

LOCAL FLAVORS: Keewaydin Farms Heirloom Tomatoes

Rufus Haucke grows these sun-ripened, flavorful, "real" tomatoes on his farm in Viola, WI. Rufus will hand out samples and answer questions farming organically in the Midwest. Rufus is also a member of the Local Fair Trade Network, supporting fair prices for farmers.

Saturday, September 6, 10 a.m.-1 p.m.

LOCAL FLAVORS: Sunrise Deli Ravioli

Family owned since 1913, Sunrise Deli Ravioli hails from Hibbing, MN. Tom Forti will be handing out samples of his family's three cheese, porcini or butternut squash ravioli. Pair these tender, authentic Italian ravioli with local cheese and veggies for a quick weeknight Eat Local Challenge dinner.

Tuesday, September 9, 6:30-8 p.m.

CLASS: Are the Bees Really Disappearing?

Michael Whitt & Victoria Ranua, Environmental Specialists for Shakopee Mdewakanton Sioux Community; \$5/\$3 members; please pre-register.

Honeybees are in the headlines. Michael and Victoria will discuss how they keep bees and some of the latest management concerns from a small beekeeper's perspective. Some of their views may challenge the popular press. The presentation will include slides that show the honey-making process and samples of Sioux Community honey.

Thursday, September 11, 1-5p.m.

LOCAL FLAVORS: Smoked Salmon Cream Cheese Spread

Minnesotan Roger Pietron makes this delectable spread with the salmon he brings back from Alaska and hormone-free, anti-biotic-free cream cheese.

Saturday, September 13, 10 a.m.-3 p.m.

COMMUNITY EVENT: Woofstock!

The fourth annual Linden Hills Woofstock, presented by Solid Gold Health Foods for Pets, is a family friendly day of leash, love and celebration of all things dog. Join in the Pooches Promenade, visit pet-centered exhibits, compete in the dog-friendly scavenger hunt and don't miss the famous Dog Tricks Contest. Visit www.lindenhillswoofstock.net for more information.

Tuesday, September 16, 6:30-8 p.m.

CLASS: Cooking with Whole Grains

Kathryn Jilka Tempas, Personal Chef; \$20/\$18; please pre-register.

You've heard that whole grains are good for you, but perhaps the wide array available in the bulk bins leaves you baffled. In this class, you'll learn how to cook and use such grains as quinoa, millet, buckwheat, and more, to add variety and nutrition to your diet. Samples provided.

Friday, September 19, 3-6 p.m.

LOCAL FLAVORS: Cedar Summit Farm

Chef Ron Huff will be back for an encore performance, and we can't wait to see what wonderful local flavors he has in store.

Tuesday, September 30, 6:30 p.m.-8 p.m.

CLASS: Eating with the Seasons

Claudine Arndt, Certified Health Coach; \$18/\$15 members; please pre-register.

If you've been inspired by the Eat Local Challenge, popular instructor Claudine Arndt will teach you how to savor the seasons well beyond the end of summer. A sample taste of our deli's fall menu will be provided.

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

CO-OP EVENT: Annual Membership Meeting

Save the date! The big event of the co-op year is coming...meet the board and store managers, a great keynote speaker, door prizes, and more. Look for the annual meeting and election flyer in the October-November *Rollin' Oats Journal*.



Linden Hills Co-op

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