

Rollin' Oats Journal

A BIMONTHLY PUBLICATION OF LINDEN HILLS CO-OP COMMUNITY MARKET

We're Growing Again— With Your Help

BY JEANNE LAKSO, MEMBER SERVICES MANAGER

At the co-op's Annual Membership Meeting on October 29, board president Kimberly Proffitt and general manager Luke Schell announced that Linden Hills Co-op has entered into a lease agreement to move to the former Sunnyside Market, on the west side of Linden Hills at 44th Street and France Avenue South.

This is the co-op's third move since opening in 1976. In just the past five years, the number of customers we serve has increased by 20% and sales by 36%. Membership has grown as well, by more than 25% since 2003—to more than 5,200 member-owners. With over a thousand customers each day and sales of \$9.2 million last year, Linden Hills Co-op needed to grow sustainably and in our home neighborhood. We are excited to have this opportunity and require your participation and support to make it happen.

The new store will increase the co-op's available floor space by nearly 50%, making it possible to add seating areas indoors and out, an expanded deli, new options in sustainable and local meat and seafood, and more offerings in grocery, fresh bakery and frozen foods. We will also be able to incorporate the products and staff from Linden Hills Natural Home into the new site. At press time, the process of architect selection was still underway, and the floor plan accompanying this article is a preliminary sketch. The co-op is hosting member meetings on December 12 and January 5 to get input and share the latest information on the new store (see page 4 for details).

Besides increasing our product selection and available space for shoppers, we anticipate adding ten to twelve new staff positions. We will also have the opportunity to expand our "green" mission at the new space, by investing in energy-efficient lighting and equipment, reusing existing materials wherever possible, and moving towards a long-term goal of LEED certification.

We have launched a member loan campaign to assist in financing the move. Our goal is to raise \$1.5 million in loans from the membership by January 31, 2010. Half that amount (\$750,000) needs to be raised by December 30, 2009 (see the article below for more information on member loans). Loans will be used to renovate the space and finance the move. Additional funding will come from traditional bank loans, a loan from the Northcountry Cooperative Development Fund, and other sources including the co-op's financial reserves.

Speaking about the move, board president Proffitt said, "This was a decision that took many years and much discussion. First and foremost, the board and management considered what

would make the most business (financial) sense for the long-term sustainability of the store. Though we have experienced wonderful growth in our current location, we don't believe this growth will or can continue if we remain in the status quo. This move has allowed us to negotiate a very favorable lease, provides an opportunity for us to own our building, and allows us to better meet the needs of our member-owners—one of the top priorities for any co-op."

Along with examining the fiscal prudence of any growth or relocation possibilities through market studies, the board spent a considerable amount of time and energy over the past several years determining possible criteria for successful and sustainable growth. Co-ops exist to serve the needs of their member-owners and to provide an alternative business model that is participatory, equitable, and accessible to its community. Meeting those needs and sharing the cooperative model would be necessary in any successful new effort.

As the representatives of the member-owners, the board also determined that remaining in Linden Hills would be a primary criterion for success. Our 33-year commitment to this neighborhood would need to be honored in any relocation plan.

Fulfilling these criteria simultaneously was a tall order—gaining space while remaining in Linden Hills would not be easy to accomplish. So when one of only two larger buildings in Linden Hills became available in June 2009, the board of directors and general manager Luke Schell took immediate steps to determine whether this would be the best course for our cooperative.

Thanks to the assistance of real estate professional Greg Simmer, board member John Ryden, and our soon-to-be landlord Bob Olson, negotiations were successfully concluded and the co-op hopes to begin the remodeling process in February 2010, with the new store opening in fall.

"I want to assure our member-owners and the community: We are not expanding just to grow or be bigger," said Proffitt. "The relocation is our response to what our member-owners are telling us they want and need from their co-op, and to the changing face of competition for grocery dollars. Along the way, we can educate a whole group of new people about the co-op business model and philosophy. It's an opportunity to tell them about what makes a co-op so different from other grocery stores and why shopping at your local co-op can make a difference on so many levels. We firmly believe this will allow us to remain a strong and vibrant community business well into the future."

We are excited to have this opportunity and require your participation and support to make it happen.



This is a preliminary sketch of one possible layout for the new Linden Hills Co-op.

More information will be available in the store soon.

Updates on the expansion and relocation and the member loan drive will be posted in the store and on the co-op's website at www.lindenhills.coop. If you'd like to receive updates via email, join the co-op's weekly email list by sending an email to allie@lindenhills.coop with "Subscribe Weekly Flyer" in the subject heading. Plan on attending one of the upcoming member meetings, or offer your feedback and suggestions in writing via a customer comment form or by emailing info@lindenhills.coop.

Board Report Member-Owner Investment: A Key Piece of the Relocation Puzzle

BY KIMBERLY PROFFITT

It's been just over a month since we announced the Linden Hills Co-op will be relocating to a new and expanded store in the fall of 2010. Excitement is building around this great opportunity. Pieces of the relocation puzzle—the lease, the financing, the design, the timeline—are steadily coming together, making the new store feel more like a reality than just a concept on paper.

One of the crucial puzzle pieces we've talked about is investment in the project by our member-owners (often called the member loan program). In a time when many are cutting back and watching their dollars carefully, many of you are probably wondering: Why is investment by member-owners so important? Does my investment really make a difference?

The answer is YES. Bank financing and grants are available for our project, but they won't fund all of our expenses. In the current economy, banks have become more conservative in the amounts they are willing to loan. They look favorably on projects where funding comes from a variety of sources. Therefore, investment (in the form of loans) by our member-owners becomes a crucial part of our financing package. These loans show both the banks and our community that we, as owners, are committed to the project and are willing to support it. Financing from our member-owners provides important leverage when

talking with other potential lenders, strengthening our position as a project worthy of outside investment.

It's also important to note that interest rates paid to our member-owners for their loans to the co-op will be less than the interest rate the co-op will pay on loans made by banks. The dollars invested by our member-owners are a more affordable source of funding and help the co-op lower the cost of financing over the total repayment period of the project. On the flip side, when a member-owner looks at his/her loan as an investment, interest rates paid for this investment are very competitive in today's market. It's a mutually beneficial partnership.

We have been presented with a great opportunity but **our time-frame is very short**. \$1.5 million from member-owners must be secured by January 31, 2010 in order for this project to move forward. Please review a prospectus (available at the customer service desk or by calling Tami Bauers, our member-owner loan coordinator, at 612-279-2467) and consider investing in the future of the Linden Hills Co-op. **We urgently need your support.**

Member-owner investment is a puzzle piece we must have to complete the picture. You are investing in YOUR co-op and



Board president Kimberly Proffitt signed the new lease agreement with building owner Bob Olson on October 23.

YOUR community. A relocation does NOT change the co-op's commitment to its mission of promoting healthful choices; providing, using and promoting earth-friendly products; encouraging activism on sustainability, health and nutrition-related issues; and building community. Although we will move to a larger space, we are not expanding just to be bigger. What we do want is to build a stronger community of co-op supporters and shoppers while remaining a strong and financially stable business.

As one member-owner said at our annual meeting, it's not the walls or the size of the space that makes the co-op. It's US, the members who shop here, and the values we collectively hold that make the co-op what it is. Well said.

Members may contact the board via email at board@lindenhills.coop.



Board of Directors 2009-2010

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

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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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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. Visit us on Facebook, too!

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



Co-op Shoppers FYI

Patronage Rebates: Spend 'em If You Got 'em!

By now, nearly 2,000 member owners will have received your 2008-09 Patronage Rebate vouchers in the mail, along with an accompanying letter that details this year's distribution.

You should have received a voucher if:

- You were an active member of the co-op between July 1, 2008 and June 30, 2009; AND
- Your total household spending at Linden Hills Co-op & Natural Home between July 1, 2008 and June 30, 2009 was at least \$745; AND
- We have your current mailing address.

The voucher is YOUR deferred discount on purchases you have already made, and we encourage

you to use it at either store before it expires on February 28, 2010.

There is absolutely no advantage to the co-op when you don't spend your voucher. Please remember to bring it in and spend it—perhaps a nice holiday or new year's treat is in store!

If you have rebate questions, call Jeanne at 612-279-2460 or email info@lindenhills.coop.

Number Five Plastics

We regret that we can no longer accept your number five plastic yogurt cups for recycling. This was something we instituted as a convenience for our shoppers, but the location where we were dropping the plastics off is no longer able to accept them.

We are exploring the possibilities of reinstating the program in the future, but for now, Eastside Food Co-op's pilot recycling program is collecting #5 plastics on Saturdays (check their website for times at www.eastsidefood.coop), and select Whole Foods Market locations take #5 plastics as part of Stonyfield Farms "Take Five" program.

Inform Me!

Want more information on the co-op's relocation and expansion plans? Sign up for periodic email updates by sending an email to allie@lindenhills.coop with "EXPANSION UPDATES" in the subject matter. You can also check the website, follow us on Twitter at LindenHillsCoop or CoopEats, or become a fan on Facebook at www.facebook.com/lindenhills.

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Co-op Member Spotlight

Tom Lundgren's Latest Challenge

BY JEANNE LAKSO

If you ask Tom Lundgren how long he's been a member of Linden Hills Co-op, he'll tell you proudly, "I joined in January 1976—two months before the co-op was even open." Tom had just moved into the Linden Hills neighborhood and found out about the co-op by reading a sign on a telephone pole with information about the community-owned health-oriented organic food store. He became a member-owner just in time to roll up his sleeves and help build shelves and the counter for the one cash register. Over the next several weeks, Tom worked side-by-side with the other founding volunteers to move equipment, stock the shelves and open up the doors of the very first Linden Hills Co-op in March.

In the thirty-three years since then, Tom has filled a variety of roles at the co-op, from coordinating volunteers and stocking groceries to serving as the president of the board of directors. Since early November, Tom has had a new and exciting role to fill as the project manager for the co-op's relocation and expansion.

Tom has done this job once before, in 1979, when the co-op moved across Upton Avenue to a larger location, the former Hawkinson's Grocery Store at 4306 Upton Avenue (now the site of Wonderment, a natural toy store). After the move to the bigger store, Tom continued as the co-op's volunteer coordinator, and has maintained a presence in the store since then as a shopper and a volunteer.

In his 34-year professional career as an engineer, Tom has been involved with business operations and facilities management. He has managed construction projects, start-up of new plant sites,



Tom Lundgren

and business relocations (mainly of manufacturing facilities) across the United States and in Mexico. While moving an industrial plant from Florida to another state is a very different activity than moving a grocery store three-quarters of a mile west, the job description and necessary skills are still pretty similar.

What exactly does a project manager do? In very broad terms, Tom's job entails riding herd on myriad details while monitoring the scope of the relocation project, managing costs, and ensuring that everything is done on schedule. He'll work closely with architects, contractors, equipment providers and store staff to make the transition from store to store as smooth and trouble-free as possible. As a self-described "extremely detail oriented person," Tom is a great fit for this important work.

Tom and his wife Karen have lived in Linden Hills since 1978, and raised their two children, Erik, 28, and Krista, 25, here. Karen is an RN at Fairview Southdale Hospital, working in the intensive care unit and same-day surgery. In addition to being an avid runner who volunteers to assist at four to six running events every year, Tom uses his bicycle as his primary mode of transportation. "I usually bike about 3,000 miles from March to December," he says, "and use my car rarely."

Besides his involvement with Linden Hills Co-op, Tom volunteers for Project for Pride in Living (PPL), a large nonprofit founded in 1972 that works with lower-income families and individuals to help them become more sufficient through housing, employment training, support services and education. Since last January, Tom conducted an analysis of the energy costs for 80 of PPL's properties, to look for cost savings. In addition, he conducted research to determine the feasibility of using solar energy (thermal and electric) in PPL's nearly 900 affordable housing units.

Miss Larousse

Dear Miss Larousse,

During the holidays, my husband and I host family members from out of state for several weeks. We love cooking for our houseguests, but we've found that most of our standby recipes are quite high in fat. I know that "fat equals flavor," but after few weeks of over-indulgence, my husband is cranky and I'm fatigued. This is no way to spend the holidays!

This year, I want to serve lighter meals, ones that include whole grains and fruits. And that got me thinking.... Each year, we receive several crates of clementines as hostess gifts. I'm wondering, can I make anything with clementines?

—My Darling Clementine

My Darling,

You're on the right track! As you know, clementines are great for snacking. You can lighten up traditional, heavy holiday fare like fondue or roasted chestnuts by pairing them with juicy, bright clementines.

Clementines are also ideal for recipes. Unlike some other citrus, clementines are easy to peel and contain very little white "pith," which can be a little bitter. There's no need to clumsily slice this citrus; simply break clementines into segments by hand. The membranes around each segment are typically very thin and tender, so they don't need to be removed.

Try serving a salad of clementines and fennel with grilled fish. Or serve a heartier main dish salad of clementines, roasted beets, bleu cheese and toasted walnuts. For breakfast, serve Clementines in Spiced Syrup over Whole Grain Milling Company's pancakes (and, just in case you're up for a wee bit more indulgence, it's great over cheesecake).

Clementines in Spiced Syrup

Makes approximately 6 servings.

1/2 cup water
1/2 cup agave nectar (see note)
1 piece crystallized ginger
4 green cardamom pods
3 whole star anise
6 clementines

In a small saucepan, bring water, agave nectar, ginger, cardamom, and star anise to a boil over medium-high heat. Then simmer, uncovered, stirring occasionally, for about 10 minutes.

Remove from heat and let steep, covered, for about 15 minutes. Strain syrup through a sieve to remove spice hulls.

Meanwhile, peel and segment the clementines. Gently toss with syrup. Serve warm or chill in the refrigerator. Spices will intensify if allowed to chill for several hours.

Note: Find agave nectar on aisle 3 and the spices in the bulk section.



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Storewide Specials

December 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

Chatham Village Croutons

MEMBERS \$1.29
5 oz., nonmembers \$1.99

Lundberg Rice Blends

MEMBERS \$2.49
Countrywild or Wild Gourmet
16 oz., nonmembers \$3.49

Perrier Sparkling Mineral Water

MEMBERS \$1.29
Original, Lemon, or Lime
750 ml., nonmembers \$1.99

Amy's Kitchen Frozen Pizza Snacks

MEMBERS \$2.99
Cheese or Spinach
6 oz., nonmembers \$4.29

Wallaby Yogurt

MEMBERS \$2.69
27 oz., nonmembers \$3.49

Bambu or Totally Bamboo All Cutting Boards

20% off for co-op members
At Natural Home

GROCERY

King Arthur Flour

All Purpose or Bread Machine
SALE \$4.99
5 lbs., regularly \$7.29

Newman's Own Salad Dressings

SALE \$1.99
8 oz., regularly \$2.79

Bragg's Liquid Aminos

SALE \$4.99
32 oz., regularly \$6.79

Bragg's Organic Raw Apple Cider Vinegar

SALE \$3.49
32 oz., regularly \$4.49

Amy's Kitchen Frozen Lasagna

SALE \$3.59
All Varieties
9.5oz., regularly \$4.99

So Delicious Coconut Milk

SALE \$3.49
64 oz., regularly \$4.99

BULK

Organic Shredded Coconut

SALE \$2.49/lb.
Regularly \$2.79/lb.



Organic Pecan Halves

SALE \$9.99/lb.
Regularly \$16.59/lb.

WELLNESS

Flora Udo's Oil 3-6-9 Blend

Sale \$20.79
17 oz., regularly \$25.99

Megafood Vitamin D3

1000 iu.
For when the sun is hard to find.
Sale \$14.39
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Linden Hills Co-op
COMMUNITY MARKET

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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 December 1, 2009 through January 31, 2010



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 December 1, 2009 through January 31, 2010

December/January 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!

Tuesday, December 1, 6:30 – 7:30 p.m.

CLASS: Holiday Gift Making: Handcrafted Lip Balm

Anna Dvorak, Certified Nutrition & Wellness Consultant. Please pre-register; \$17/\$15. Treat your friends and family to all-natural, luxurious lip balm—lovingly hand-crafted by you! Samples and recipes included.

Wednesday, December 2, 11 a.m. – 1 p.m.

MEET THE MAKER: Meghan Elizabeth Pottery

Come say hello to Stillwater artist Meg Lunos. Her handcrafted, one of a kind mugs and serving ware make great gifts for friends and family.

Friday, December 4, 11 a.m. – 3 p.m.

DEMO: Taza Chocolate

Taza's stoneground organic chocolate makes a thoughtful stocking stuffer in more ways than one. Taza sources their sugar from the Green Cane Project in Brazil which uses leftover cane to power their factory and the nearby town!

Saturday, December 5, 11 a.m. – 3 p.m.

COMMUNITY EVENT: Reindeer Day

The neighborhood's annual celebration includes our third annual "Reindeer Room." Stop by for a fun, kid-friendly holiday shop-and-wrap event featuring a variety of "little gifts" within a kid-sized budget. Everything is priced at \$10 and under—and no plastic junk, guaranteed! Just Fair Trade, well-made, local and environmentally friendly choices for siblings, teachers, grandparents, maybe even Mom or Dad. There's no charge, and no reservations necessary.



Reindeer Day is a chance for kids to shop for gifts on a kid-sized budget and make their own wrappings.

Saturday, December 5, 11 a.m. – 2 p.m.

DEMO: Blue Sky Guide

Check out the 2010 edition of the Blue Sky Guide, the Twin Cities guide to local, sustainable businesses. With over 300 coupons, this is the largest book yet—savings of over \$3,000 on dining, entertainment, and even your local co-op!

Saturday, December 5, 2 – 5 p.m.

LOCAL FLAVOR: Saxon Homestead Creamery

Saxon Homestead's healthy, contented dairy cattle graze on 1,000 acres of lush pastures along the western shore of Lake Michigan. Taste the contentment in their exquisite cheeses.

Wednesday, December 9, 5 -7 p.m.

DEMO: St. Croix Valley Naturals

Dawn Hughes' neck and back warmers are microwaveable for instant relief from tight muscles and winter chills.

Friday, December 11, 11 a.m. – 2 p.m.

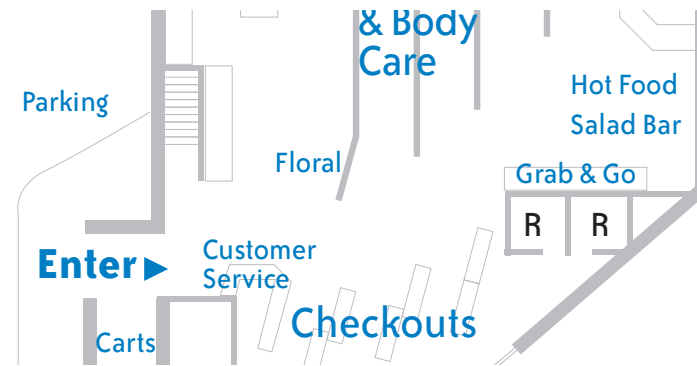
LOCAL LATHER: Sunleaf Naturals Soaps, Candles and Diffusers

Traveling this holiday season? Mary Burnett Jurgens' soaps double as both shampoo and body bars. They'll save the earth and save room in your suitcase!

Friday, December 11, 2 – 5 p.m.

LOCAL FLAVOR: Stickney Hills Chevre

Savor a taste of this award-winning, versatile cheese. From dips to desserts, Stickney Hills chevre will spice up your holiday gatherings.



Saturday, December 12, 10 a.m. – 11:30 a.m.

CO-OP EVENT: Relocation Forum

Join staff and board in LHC's classroom for an opportunity to learn more about the relocation project and share your ideas to help Linden Hills Co-op grow.

Saturday, December 12, 11 a.m. – 3 p.m.

LOCAL FLAVOR: Salad Girl Dressing

Make your salads sparkle with Pam Powell's unique, fruit-inspired dressings. Try new Sunny Pear or Savory Strawberry today.

Sunday, December 13 – Thursday, December 24

NATURAL HOME EVENT: Twelve Days of Christmas

We'll be offering daily specials on your favorite local artisans, featuring Wood from the Hood, St. Croix Valley Naturals, Cocoon House Scarves, Sunleaf Naturals, Rada Stoneware & Cutlery, Green Glass, Prairie Rugs, Jordy Blueprints Calendars, Sassy Knitwear, Jabeau Wallets, Epicurean Cutting Boards and Ceci Cela Jewelry. Visit www.lindenhills.coop for details.

Friday, December 18, 11 a.m. – 2 p.m.

LOCAL FLAVOR:

Natural Valley & Pasture Pride Cheese

Taste Wisconsin Master Cheesemaker Tom Torkelson's award-winning goat feta and Juusto cheeses today.

Friday, December 18, 12 – 4 p.m.

LOCAL FLAVOR: A Toast to Bread

A Toast to Bread's specialty holiday breads are a real treat—and on sale! Try Panettone, Norwegian Julebrod or Christ-Stollen.

Friday, December 18, 3 – 6 p.m.

LOCAL FLAVOR: Alemar Cheese

Mankato native Keith Adams uses Cedar Summit milk to make his exceptional Bent River cheese. The *Star Tribune* calls this Camembert style cheese, "lusciously ripe and creamy."

Saturday, December 19, 12 – 4 p.m.

LOCAL FLAVOR: Castle Rock Dairy

Castle Rock's small-batch, organic ice cream comes from grass-fed cows and makes the perfect "a la mode." And, remember, Santa prefers milk from happy, grass-fed cows, too!

Thursday, December 24 – Friday, December 25

HOLIDAY HOURS: Christmas

On Christmas Eve, the co-op is open from 8 a.m. until 6 p.m. and Natural Home from 9 a.m. until 4 p.m. Both stores are closed on Christmas Day.

Thursday, December 31 – Friday, January 1

HOLIDAY HOURS: New Year's

The co-op is open normal hours on New Year's Eve; Natural Home will close at 4 p.m. On New Year's Day, the co-op is open from 10 a.m. until 9 p.m. Natural Home is closed.

Tuesday, January 5, 7 – 8:30 p.m.

CO-OP EVENT: Relocation Forum

Join co-op staff and board in LHC's classroom for an opportunity to learn more about the relocation project and share your ideas to help Linden Hills Co-op grow.

Friday, January 8, 3 – 6 p.m.

LOCAL FLAVOR: La Bore Farms Lettuce

Michelle Keller grows her tender lettuces year-round in her Faribault greenhouse, using beneficial insects, not pesticides, to produce her astoundingly tasty greens.



Saturday, January 9, 11 a.m. – 3 p.m.

LOCAL FLAVOR: Beeler's Pure Pork

This Iowa company is committed to producing great tasting pork products—and to providing comfortable living quarters for their heritage breed swine.

Saturday, January 16, 11 a.m. – 3 p.m.

LOCAL FLAVOR: Schultz Organic Chicken Brats

Larry Schultz's chicken brats are a customer favorite. If you haven't tasted them yet, today's your day!

Sunday, January 17 – Sunday, January 31

NATURAL HOME EVENT:

The Annual Green White Sale

Selected natural and organic bedding will be 15% off at Natural Home.

Tuesday, January 19, 7 – 8:30 p.m.

CLASS: Kids Eat Kale: A "How-To" for Parents

Ginger Pearson, Midwest Food Connection Educator. Please pre-register; \$15/\$13 non-members. As an experienced educator, Ginger will show you how to have your kids begging for rutabagas and clamoring for kale!

Saturday, January 23, 11 a.m. – 3 p.m.

LOCAL FLAVOR: Hawkwind Mustard & Relish

Don and Deb Lawyer use ingredients grown on their Baraboo, WI farm to make unique condiments. Their "Clem's Hot Pepper Mustard" won the gold medal at the Napa Valley International Mustard competition!

Tuesday, January 26, 6:30 – 8:30 p.m.

CLASS: Advice for the Loaf-Lorn

David S. Cargo, St Paul Bread Club. Please pre-register; \$7/\$5 members. Do you have an unrequited love for homemade bread? Get help resolving those kitchen heartaches—and learn to make fabulous homemade bread—with David S. Cargo, founding member of the Saint Paul Bread Club.

Friday, January 29, 2 – 6 p.m.

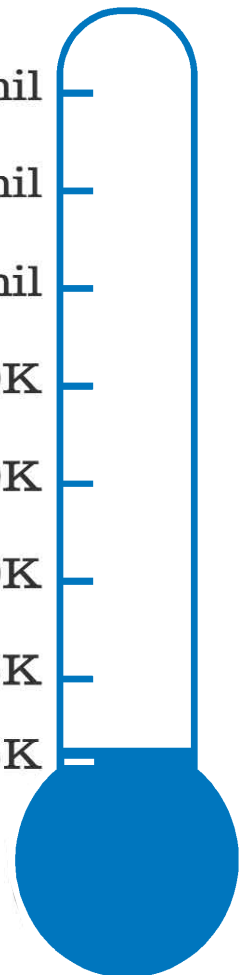
LOCAL FLAVOR:

Thousand Hills Beef & Lorentz Pork

Whether you're making chili, pea soup with ham, or cooking up some brats for the big game, we'll have great deals on your favorite beef and pork products.

Help Linden Hills Co-op Grow

\$1.5 mil
\$1.25 mil
\$1 mil
\$750K
\$500K
\$250K
\$125K
\$75K



Ask for a member loan information packet at customer service TODAY.
Your help is needed to make our goal by January 2010.



Linden Hills Co-op

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