

# Rollin' Oats Journal

A BIMONTHLY PUBLICATION OF LINDEN HILLS CO-OP COMMUNITY MARKET

## Tasting Family Traditions

BY GINGER PEARSON, MIDWEST FOOD CONNECTION EDUCATOR

**H**ere's a question I ask my students: If I came to your house, could you serve me a special meal or a traditional food unique to your family or cultural background?

So far, I haven't received any invitations, but I am learning a lot about what's happening in some of the kitchens in our community.

The context in which this question is posed is "Gifts from Many Cultures," our spring series of four classes offered by the Midwest Food Connection—a program founded and cosponsored by several local food co-ops, including Linden Hills Co-op. In these classes, we explore some of the traditional whole grains of different parts of the world while making and eating corn tacos and salsa or fresh pasta and pita bread with hummus.

Kids are eager to learn about traditional foods—their own and those of other families—and they usually like them. For many children our classes are their first opportunity to taste these foods and, for some, they are a chance to smile with pride as they speak knowledgeably about their traditional foods.

During the last class of this series, we ask kids to share a story, recipe, picture or samples of real food traditional in their families. The exchange has been both enlightening and exciting for the classroom teachers and me. First, the sad news: there are some children whose families have lost touch with their traditional foods—lost, perhaps, due to our culture's drive for convenience and a whole gamut of other reasons I won't go into here.

The good news is this is not true for the majority of children. Most kids, when encouraged to talk with the cooks or elders in their family, hear some good stories and gather information about their traditions that they can share. It's a worthwhile exercise and one I especially enjoy leading. Greek, Lebanese, Dutch, Asian, German, Mexican, Somali and Scandinavian as well as many other food traditions are alive, well and nourishing our kids.

I wish you could have seen one boy's face light up when it was his turn to show his classmates the special pan used by his family for traditional Dutch pancakes. Often I overhear chil-



Ginger Pearson captures students' attention with traditional foods.



dren whispering to a neighbor, "We eat that food in my family too," or "I am going to make that for my family at home." I believe this class helps develop not only pride in our unique family traditions but appreciation and respect for our cultural differences.

As a member of your co-op you can feel good knowing that you are supporting these classes in several schools in Linden Hills and other neighborhoods. Many of these schools offer little or no nutrition education and are very grateful to receive our classes at no charge. Our program is unique in its emphasis on natural foods and its hands-on sharing of real foods for children to see and sample.

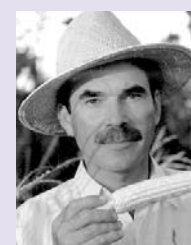
As this newsletter goes to press, we are scheduling several summer field trips to local farms. This is a great time for kids to experience life on a real working farm, see the labor involved in bringing natural foods to people in the city, and even sometimes help out a bit. I can't wait and, by the way, I am always open to a few dinner invitations!

The schools we teach in near the Linden Hills Co-op include Carondelet School, Lake Harriet Upper and Lower Campuses, Barton Open, Kenny, Armatage, Burroughs and Windom Schools.

If you would like to learn more about the Midwest Food Connection, call us at 612-871-3993, ext. 425.

### Action Alerts!

**The USDA is seeking comments** from the public about the issue of whether or not dairy cows on certified organic farms should be allowed access to pasture. The USDA has posted revisions to the National Organic Program and is seeking public comment until **June 12, 2006**. The revisions can be viewed at [www.ams.usda.gov/news/098-06.htm](http://www.ams.usda.gov/news/098-06.htm). Sample letters are available at the co-op—please let the USDA know that consumers care about animal treatment and humane dairying. Keep organic standards high. More information is also available at [www.organicconsumers.org](http://www.organicconsumers.org).



**Gardens of Eagan needs your help** to stop a huge crude-oil pipeline from cutting through the heart of their certified organic farm. The Minnesota Pipe Line Company (MPL)

announced that they plan to build a crude oil pipeline from Canada to refineries in the metro area—right through Gardens of Eagan.

The construction of a pipeline would irreparably harm this vital Minnesota organic farm, which has been supplying us with organic broccoli, melons and sweet corn for many years. It would create a 100-foot construction zone in the middle of the farm and put a permanent 50-foot wide pipeline where the broccoli and kale are now.

In its "agricultural mitigation plan", MPL declares that it "will not knowingly allow the amount of top cover to erode more than 12 inches from its original level," which is an unacceptable level of soil loss for an organic farm—with the rich topsoil nurtured by the Diffleys for more than a decade. "If they cut a crude oil pipeline across our farm," says Atina Diffley, "the soil damage would be severe."

There are other routes for the pipeline that would leave Gardens of Eagan intact. The State's Office of Administrative Hearings will take evidence from May through August about alternative routes for the pipeline. **Your comments matter.** Letters from organic food shoppers and co-op members opposing this pipeline route are needed TODAY!

Pick up a sample letter at the co-op, or better, write your own. Personal testimonies will weigh heavily in Martin and Atina's favor. Letters should be sent to Administrative Law Judge Beverly Heydinger by email at [Beverly.Heydinger@state.mn.us](mailto:Beverly.Heydinger@state.mn.us), faxed to 612-349-2665 or mailed to Office of Administrative Hearings, Suite 1700, 100 Washington Square, Minneapolis, MN 55401.

To sign up for the co-op's email "Action Alerts" list, please send an email to [info@linden-hills.coop](mailto:info@linden-hills.coop) with Subscribe Action Alerts in the subject line—we'll send you occasional updates about current happenings where you can make your opinion count!

### New Co-ops Join Local Association

Linden Hills Co-op is very pleased to welcome two new co-ops to our local chapter of the National Cooperative Grocers Association. This spring, the Twin Cities' oldest continually operating food co-op, North Country Co-op, and MOMS Food Co-op of Cambridge joined this group, which provides purchasing services, professional development, and peer support for co-op staff—and helps all twelve member cooperatives bring better service and value to our members!

Next time you're shopping at North Country or MOMS, be sure to let them know you're a member at Linden Hills Co-op; you'll receive members-only pricing on selected items and you'll be treated like an owner! Other stores in the association include Eastside Co-op, Minneapolis; Just Food, Northfield; Lakewinds Natural Foods in Anoka, Chanhassen and Minnetonka; Mississippi Market's two St. Paul locations; River Market, Stillwater; St. Peter Food Co-op; Seward Co-op Grocery & Deli; Valley Natural Foods, Burnsville; and The Wedge.

## Co-op Shoppers FLY

### Solar Project Gains Community Support

A great big sunny "thank you" is due to the Morningside Family Flying Disc Club and the Linden Hills United Church of Christ! Both organizations held benefit events in May to help raise money and bring attention to Linden Hills Co-op's Community Solar Power demonstration project. Special thanks to co-op members Paul

Thompson, Kristi Anderson, Jeni & Jeff Shoemate, who worked on the Morningside Mother Earth Festival, and to Aimee Meyer and everyone else at LHUCC for devoting the proceeds of their annual Linden Hills Festival pancake breakfast to the co-op's quest to install solar power panels on our roof. You really put the "community" in community solar power!



### CSA Stands for "Great Fresh Food"

Linden Hills Co-op is a pickup site this year for shareholders at three CSA (community-supported agriculture) farms: Rock Spring Farm, Loon Organics, and Sylvan Hills Farm—and it might not be too late for YOUR family to start receiving farm-fresh food every week while supporting three great local family farms. If you'd like find out more, contact Chris at Rock Spring Farms at 563-735-5613; Laura or Adam at Loon Organics, 952-985-5446; or Jackie at Sylvan Hills Farm, 612-986-5013.



## Board of Directors 2005-2006

Kay Englund

Judy Ferguson

Marcia Gahagan Hayes

Jason Inskip, President

Kimberly Proffitt, Secretary

JoAnne Tomczak, Vice President

Todd Troha, Treasurer

Board meetings take place on the second Thursday of each month, and are open to members of the co-op. Contact the board via email at [board@lindenhills.coop](mailto:board@lindenhills.coop), by calling the co-op at 612-922-1159, or by signing up at the customer service desk. A meal is served—

so we'd like to include all attendees in the meal count and make sure we accommodate any special dietary preferences.

## Co-op Managers

Paula Gilbertson

General Manager  
612-279-2461

[pgilbertson@lindenhills.coop](mailto:pgilbertson@lindenhills.coop)

Mary Ahern

Deli Manager

612-279-2441

[mahern@lindenhills.coop](mailto:mahern@lindenhills.coop)

Peter Doolan

Merchandising Manager

612-279-2455

[pdoolan@lindenhills.coop](mailto:pdoolan@lindenhills.coop)

Steve Kobs

Human Resources Manager

612-279-2469

[skobs@lindenhills.coop](mailto:skobs@lindenhills.coop)

Jeanne Lakso

Marketing & Member Services Manager

612-279-2460

[jlakso@lindenhills.coop](mailto:jlakso@lindenhills.coop)

Tree Li

Financial Manager

612-279-2448

[treeli@lindenhills.coop](mailto:treeli@lindenhills.coop)

Jolene Parker

Front End Manager

612-279-2470

[jparker@lindenhills.coop](mailto:jparker@lindenhills.coop)

Marshall Wright III

Produce Manager

612-279-2440

[mwrightiii@lindenhills.coop](mailto:mwrightiii@lindenhills.coop)

## 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

Editor

Jeanne Lakso

Designer

Pat Thompson, Triangle Park Creative

Contributors

Kerry Devoy-Elwood, Kathy Gerhardt, Randy Kemper, Ginger Pearson, Dimitria Phill

*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](mailto:jlakso@lindenhills.coop). Letters to the Editor are welcome and may be sent to: 2813 West 43rd Street, Minneapolis, MN 55410.

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

Linden Hills Co-op and Linden Hills Natural Home are proud members of Twin Cities Natural Foods Co-ops, a chapter of the National Cooperative Grocers Association.



## Board Report

# Nominations Committee Seeks Board Candidates

BY MARCIA HAYES, BOARD MEMBER

Applications are now being sought for fall elections for the Linden Hills Co-op Board of Directors. This year there will be four open seats. As a member-owner of the co-op, you have the opportunity to serve on our dynamic and forward-thinking board. Since the day-to-day operation of the co-op is in the expert hands of our general manager, Paula Gilbertson, the board has the freedom to focus on our long-term growth and sustainability.

If you are interested in serving on the board, application packets will be available on June 15. Just stop by the customer service counter and pick one up. You may also call 612-922-1159 or send an email to [info@lindenhills.coop](mailto:info@lindenhills.coop) and a packet will be mailed or emailed to you. Prospective board

members will be asked for their contact information so that the nomination committee can arrange a "getting-to-know-you" session with you. You'll be asked to submit your completed application to the committee a few days before this session.

Because we want to have the most effective board possible to help us meet the challenges ahead, the Nominations Committee will be recommending a specific slate of candidates. Meeting with the nominations committee is a great opportunity to ask questions about being on the board, and allows you to provide additional information on why you'd like to serve. We also recommend attending a monthly meeting as another way to get a feel for what board service is like, and to meet other directors. Our next two meetings are Wednesday, June 14 and

Thursday, July 13. Please let us know if you'd like to come to either meeting by calling 612-922-1159 or emailing [board@lindenhills.coop](mailto:board@lindenhills.coop). A wonderful dinner prepared by the co-op's deli is included!

After you meet with members of the nominations committee, they will review your application and let you know whether you will be on the board-recommended slate. The nominations committee will make its recommendations to the full board in August and candidates will be announced in the October Rolling Oats Journal. If, after submitting your application and meeting with members of the nominations committee, you are not chosen for the slate, you may still run by having a petition signed by at least 100 members of Linden Hills Co-op. Further details are available in the election packet.

Please take this opportunity to serve your co-op in a deeply meaningful and satisfying way!

*As a member-owner of the co-op, you have the opportunity to serve on our dynamic and forward-thinking board.*



## Wanted: Candidates

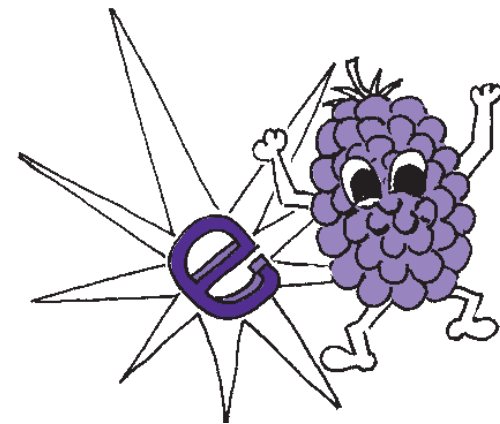
Members in good standing of Linden Hills Co-op can run for the Board of Directors. Board members serve for three years and may be re-elected for two additional terms. Responsibilities include attending monthly meetings, hiring and evaluating the general manager, long-range planning and visioning, approving capital and operating budgets, and recruiting new board members.

The application deadline for this year's election is July 15. For an application, visit the customer service counter, call 612-922-1159, or email us at: [board@lindenhills.coop](mailto:board@lindenhills.coop). The application packet will be available on June 16.

# Produce Fun Facts!

## See the benefits of berries!

Blackberries are one of the few fruits that contain Vitamin E, which strengthens blood vessels and helps keep eyesight strong.



# Co-op Member Spotlight

## Elizabeth O'Neill

BY KATHY GERHARDT

How many times have you thought about writing to a company whose practices bothered you? How many times have you actually followed through? Elizabeth O'Neill might just encourage all of us to take action.

Elizabeth has become a letter writing machine, sending letters to food companies asking them to reduce their packaging; magazines asking about the recycled content of their publication; businesses that use paper towels rather than air-dryers and to Linden Hills Co-op. She is the eleven-year old daughter of co-op members Judy O'Neill and Doug Kenison and sister to Karen, age nine and a half.

Earlier this year, Elizabeth noticed the co-op's deli and juice bar were using plastic containers. She wrote a letter asking "if they could use corn tainers. Which are basically containers made out of corn ... because they are compostable." Elizabeth added, "They break down and would be better for the environment because plastics stay around for hundreds of years."

Jeanne Lakso, the co-op's member services manager, responded, saying she had concerns about the possibility of the containers being manufactured from genetically modified corn, and about whether the containers were truly "biodegradable."

Undeterred, Elizabeth pressed on. She researched a container supplier, Biodegradable Food Service, contacted them about the contents of the containers, and was told no GMOs were used.

How does someone so young know about containers? "I saw it in a magazine," she said. "It had a little article about containers. I looked it up on the Internet and I saw this company."

That's what her mother calls self-directed and self-motivated. "We've known that she is capable of a lot of things," said Judy with a smile. "We are surprised sometimes that she has taken that much initiative and actually carried through and followed through on the letters. The letters are well written and interesting enough to get a responses and I think it is important to take action when you can."

In less than a year, Elizabeth estimates that



Elizabeth and her sister, Karen.

she's written two dozen letters. The impetus started with of all things, a craft book. "There is a book called *Quality Crafts for Kids*. It has a lot of crafts and it has information about endangered species and the environment. That's probably what got me started."

To help her write concise and compelling letters she checked out a library book on how to write business letters. The more she writes, the easier it gets. One of the best tips she's learned is "... probably how to word [the letter]; not accusing them of doing something wrong, but suggesting something."

That strategy is one of the reasons why her hand-written letters typically receive a reply. "I've been amazed at the responses," said Judy. "They don't always address the issue, but they do make some effort, which I think is commendable on their part. They are at least trying to respond to people who take the time to write to them and are concerned about issues."

Earlier this year, Elizabeth wrote a letter to the editor of the *Southwest Journal* about another concern of hers, endangered species, specifically the South China tiger, the most endangered tiger species in the world. Of course, the *Journal* published the letter; we hope readers were prompted to visit [www.savechinatigers.org](http://www.savechinatigers.org) to find out more!

Elizabeth's parents have certainly had some influence and credit home-schooling for giving her the time and skills to think through the issues and formulate ideas, but they really give her praise for taking action.

"She has always been interested in the environment and animals. I can't remember a time when she hasn't been interested. We certainly do a lot of recycling. We taught her 'the three Rs' early on," said Judy. "This is a nice step forward. She has gone farther—her dad and I don't write letters to companies."

Elizabeth summed it up this way, "I just think that it would be really sad if all the forests got cut down and animals went extinct."

**Editor's Note:** Elizabeth's suggestion about containers is a great example of the increasingly complex choices the co-op's staff has to make every day on your behalf, about what products are the best "earth-friendly and sustainable" options.

We are using Natureworks PLA containers for cold drinks from the juice bar. Natureworks PLA products are owned by Cargill Dow, and while they offer an alternative to petroleum-based packaging, corn-based plastics aren't without problems.

According to Dave Schermerhorn, Supplier Programs Manager of National Cooperative Grocers Association, Natureworks states that if their containers were analyzed, "no GMO I.D.ing agents would be found." That's not quite the same as saying "We use certified-organic corn to produce these products," though, and once the corn has been processed to the degree required for plasticizing, it's probably true that biomaterial identifiable as genetically modified no longer remains.

Corn tainers are advertised as "biodegradable," which also is technically true. However, they will only biodegrade completely at temperatures hotter than those in a home compost pile, and must be incinerated or shipped to a special facility for processing. Any savings in petroleum products achieved by using corn-based plastic are offset by the use of fuel to help them "biodegrade."

The Minnesota Department of Health will not allow customers to bring containers from home for deli food, although we offer container rebates when you use a clean container for your purchases from the juice bar and in bulk. We use recycled-content paper products whenever we can, and use plastic containers when nothing else will work as well.

We hope that Elizabeth will continue to bring new ideas to us—and appreciate feedback and suggestions from all our members and customers as we try to make better choices for you.

# Storewide Specials

June 1-30, 2006

Pick up a weekly specials flyer every Tuesday for more savings and a new recipe—every week!

## Member Special Linden Hills Natural Home

Fire and Light  
Recycled  
Glassware

Bowls, glasses, candle holders  
and plates  
Members 20% off

## Member Special Cascadian Farm Frozen Juices

All organic, all varieties  
Members \$2.39  
12 oz. Nonmembers \$3.39

## Member Special Linden Hills Co-op Acidophilus/ Bifidus

90 caps.  
25% off just for co-op  
members  
Members \$9.89  
Nonmembers \$13.25

## Member Special Familia Swiss Muesli

Members \$2.99  
12 oz. Nonmembers \$3.99

## Member Special Ito En Teas' Teas

Members \$1.49  
16.9 oz. Nonmembers \$1.99

## Grocery Special Nature's Path Optimum Cereals

Optimum Zen, Slim, Rebound, and  
Power  
SALE \$2.99  
11-14 oz. Regularly \$4.29

## Grocery Special Eden Select Pastas

Parsley, Saffron, Shells & Spirals  
SALE \$2.39-\$2.89  
8-12 oz. Regularly  
\$2.99-\$3.69

## Grocery Special Food Merchants Polenta

Traditional or Garlic-Basil  
SALE \$2.19  
18 oz. Regularly \$3.19

## Grocery Special Good Health

Quilt Crackers  
SALE \$2.29  
7 oz. Regularly \$2.99

## Grocery Special Kettle Tortilla Chips

Little Dippers or Black Bean  
SALE \$2.19  
8 oz. Regularly \$2.79

## Grocery Special Masuya Rice Sembei Snack Chips

Baked, tasty!  
SALE \$1.99  
4 oz. Regularly \$2.99

## Frozen Special Amy's Frozen Entrees

Selected Varieties  
SALE \$3.29  
10 oz. Regularly \$4.39

## Frozen Special Fairfield Farm Chicken Entrees

Marsala or Thai Curry  
SALE \$3.69  
10 oz. Regularly \$5.29

## Refrigerated Special Kozy Shack Pudding

SALE \$2.99  
22 oz. Regularly \$3.69

## Bulk Special Rishi Select Iced Teas

Classic, Pure, Peach Rooibos, Citron  
Green, and Honey Plum  
Organic & Fair Trade  
20% off per pound

## Bulk Special Peace Coffee Coffee

Twin Cities Blend or Italian Roast  
Sumatran  
SALE \$8.59/lb.  
Regularly \$9.59/lb.

## Bulk Special Organic Navy Beans, Pearled Barley, and Red Lentils

SALE 99¢/lb.-\$1.49/lb.  
Regularly \$1.19/lb.-\$1.79/lb.

## Bulk Special Nature's Path Granolas

Apple Cinnamon, Flax Plus, Ginger Zing,  
Hemp Plus and Soy Plus  
SALE \$2.29-\$2.59/lb.  
Regularly \$3.29-\$3.39/lb.

## Men's Health Special New Chapter

Everyman II  
Multivitamin

90 caps.  
25% off

## Men's Health Special New Chapter

Prostate 5LX

60 caps.  
25% off

## Supplement Special Solaray Supplements

20% off

## Supplement Special Linden Hills Co-op Show Me the Whey

SALE \$11.99  
16 oz. Regularly \$16.25  
32 oz. also on sale

## Body Care Special Dr. Hauschka All Suncare Products

20% off

## Body Care Special Druide All Products

30% closeout

## Juice Bar Special Fruitylicious Rowdy Rainbow Smoothie

Strawberries, peaches, bananas,  
carrot and orange—with yogurt  
SALE \$5.25 for 16 oz.  
\$4.75 for 12 oz.

## Deli Special Co-op Potato Salad

SALE \$4.49  
Regularly \$4.99

## Deli Special Fresh from our Deli Mary's Zesty Slaw

SALE \$2.99/lb.  
Regularly \$3.49/lb.

## Cheese Special PastureLand Cheeses

All varieties, from a cooperative of  
Minnesota family farms  
SALE \$1.00 per pound off the  
regular prices

## Natural Home OXO Garden Tools

20% off

## Natural Home Global Mamas Children's Clothing

Hand-dyed, Fair Trade, made in Ghana  
10% off

Dear Jeanne:

I'm not someone who often writes to editors but after reading the latest *Rolling Oats*, I am compelled to do so. I am referring to the article under Community News entitled "Subscribe to Fresh Food." Why did you choose Harmony Valley Farm for special recognition and free advertising? First of all, it is located in Wisconsin and delivers to Madison and beyond. There are lots of terrific small CSAs close to the Twin Cities. "Buy local" is one of the wonderful values that the LHC embraces and I would hope that would extend to CSAs.

Perhaps you highlighted them because they deliver near France and 50th. The CSA I belong to—Salad Days at Webster Farm Organics—delivers right across the street from the Linden Hills Coop every Thursday night. Could you have an article about them too? Finally, article invites LHC members to pick up a Harmony Valley brochure and sign-up form at the coop. If you are doing this for one CSA, could all the local CSAs been contacted and asked if they would like their brochures and sign-up forms to be available at LHC too?—*Jane Levin, LHC member*

Hi, Jane,

Thanks for writing to me with your concerns! I'll be truthful: the main reason I chose to include

Harmony Valley Farm is because they emailed me a press release and photo that exactly filled a last-minute hole in the newsletter. I thought by including information about Seward Co-op's CSA Fair I had covered my bases. You're right, though—there are many more CSA farms, and I'm afraid it appeared I was favoring one over the others.

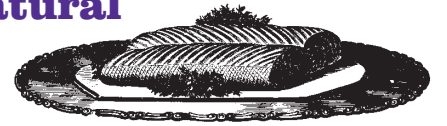
Linden Hills Co-op has been a pick-up site for several CSA farms, so in past newsletters, I have promoted our CSA partners. At the April-May deadline, we hadn't yet made arrangements with any CSAs, so I used the information about Harmony Valley.

Our definition of "local" includes Wisconsin, where Harmony Valley Farm is located (Viroqua). As land around the metro area becomes more expensive, many younger farmers are finding affordable arable land across the border.

We are now a pickup site for THREE CSA farms: Rock Spring Farm, Spring Grove, MN; Loon Organics, Farmington, MN; and Sylvan Hills Farm, just west of Menomonie, WI. I really do appreciate the time you took to let me know how you feel about this, and the opportunity to respond.

—*Best wishes, Jeanne Lakso,  
Marketing & Member Services*

## Jesse B's All Natural 14-Spice BBQ Rub



Our Health & Body Care Coordinator has offered us this great summer recipe—try it on salmon as well

1/2 cup paprika	1 tsp cayenne powder (omit for less spice)
1/4 cup ground black pepper	1 tsp mustard powder
1/4 cup hickory salt or sea salt	1 tsp cumin powder
1/4 cup raw cane sugar	1 tsp celery seed
2 Tbsp garlic powder	1 tsp coriander powder
2 Tbsp onion powder	1 tsp allspice powder
1 tsp chipotle chili powder	1/2 tsp cinnamon powder
1 tsp jalapeño powder	1/2 tsp clove powder

Combine all ingredients in a mason jar. Close lid and shake until thoroughly mixed. Use this all purpose dry rub to season and add zest to steak, burgers, chicken, pork tenderloin, and ribs. Makes enough rub to last all summer long.

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Linden Hills Co-op  
COMMUNITY MARKET

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USE ONE COUPON PER MEMBER HOUSEHOLD

10% discount

Date used \_\_\_\_\_ Present this coupon to receive a one  
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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!

Cashier's initials \_\_\_\_\_

Member number \_\_\_\_\_

Valid June 1, 2006 through July 31, 2006



Linden Hills  
Natural Home

MEMBER COUPON

USE ONE COUPON PER MEMBER HOUSEHOLD

10% discount

Date used \_\_\_\_\_ Present this coupon to receive a one  
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discount. Please show your member  
card when taking your discount!

Cashier's initials \_\_\_\_\_

Member number \_\_\_\_\_

Valid June 1, 2006 through July 31, 2006

# Miss Larousse

Dear Miss Larousse,

My sister and I have lived together for more than seventeen years and the only thing that bothers me is that every time she sees strawberries in the kitchen, she asks me if I'm going to make shortcake. Bless her heart, but this little question is driving me bonkers. I have baked shortcake a few times, mostly to oblige her, but what I really need is some way to show her that you can have strawberries without shortcake.

—Strawberry Shortcake Forever?

Dear Shortcake,

Well, you can't blame your sister; strawberry shortcake is a delicious dessert, especially when prepared with softly—not stiffly—whipped cream. One thing you can try is making a savory shortcake, with, say, chicken or vegetable pot pie filling. But if you want to stay on strawberry lane, try the same trick, a savory strawberry recipe. This salad has that traditional Italian combination of strawberries, balsamic vinegar and fresh basil. And here is a tip: to thinly slice basil and spinach leaves, stack them up and roll tightly into a cigar shape; slice crosswise.

## Strawberry Salad

Makes four servings

1 pound strawberries, hulled and sliced thick  
1 tablespoon balsamic vinegar  
1 teaspoon honey  
half of one head of romaine, washed and torn into bite-sized pieces  
small handful fresh basil leaves, sliced very thin  
small handful small spinach leaves, sliced very thin  
1/2 cup chopped fresh chives  
salt and freshly ground black pepper to taste  
red wine vinegar and olive oil to taste  
1/4 cup broken walnuts

In non-metallic serving bowl combine strawberries, balsamic vinegar and honey. Stir and let stand 20 minutes. Add romaine, basil, spinach and chives. Season to taste with salt and pepper and drizzle on a little red wine vinegar and olive oil. Toss salad and taste for seasoning. Toss again with walnuts and serve.



## June/July Events

**Saturday, June 3, 11:00 a.m. -3:00 p.m.**

**DEMO: Juice Bar**

Get happy with June's featured drink, the Rowdy Rainbow.

**Wednesday, June 7**

**CO-OP EVENT: Wellness Wednesday**

We're focusing on men's health, in honor of fathers (and brothers and sons!). Stop by health and body care for special offers and information—and reward yourself with a free chair massage! Therapists from Edina Massage are available from 10:00 a.m. to noon, and Amanda Gehrke will staff the massage area from 2:00-4:00 p.m.

**Wednesday, June 14**

**CO-OP EVENT: Wellness Wednesday**

Sample a new iced tea blend from Rishi Teas and learn about summer first aid.



**Wednesday, June 14, 6:00 p.m.**

**CO-OP EVENT: June Board Meeting**

All members of the co-op are welcome to attend meetings of the board of directors—call the co-op at 612-922-1159 if you'd like to attend and we'll make sure to set an extra place for dinner.

**Tuesday, June 13, 6:00-8:00 p.m.**

**COMMUNITY EVENT: Fishing For Trouble?**

Varsity Theater, Dinkytown, free, must be 18 to attend Deborah Swackhamer and Roland Sigurdson of the U. of M.'s Water Resources Center present a "state of the lakes" talk. Learn how to keep toxins from our waters—and from the fish you eat. This event is part of Cafe Scientifique, hosted by the Bell Museum of Natural History. [www.bellmuseum.org](http://www.bellmuseum.org).

**Thursday, June 15**

**CO-OP ELECTION: Board Application Packets Available**

Interested in taking a leadership role at YOUR co-op? Pick up a board election packet at customer service, or email [board@lindenhills.coop](mailto:board@lindenhills.coop) to learn more!

**Thursday, June 15, 6:30-9:00 p.m.**

**COMMUNITY EVENT: Linden Hills Live!**

Between the co-op and Zumbro Café, free Enjoy the company of friends and family AND the talents of your neighbors at this fun summer series, sponsored by the Linden Hills Business Association. Tonight's highlights include folk music by co-op member Shelly Sommermann, and Philip Shorey playing the saw!

**Saturday, June 17, 11:00 a.m.-3:00 p.m.**

**DEMO: Berries & Cream**

We'll be sampling Classic Berry Compote served on Julie's Vanilla Ice Cream—check the enclosed Co-op Advantage flyer for the recipe!

**Wednesday, June 21**

**CO-OP EVENT: Wellness Wednesday**

Stock up on healthy products for your healthy man! Free chair massage will be available from 10 to noon with Edina Massage, and from 2:00-4:00 p.m. with Amanda Gehrke.

**Saturday, June 24, 11:00 a.m.-3:00 p.m.**

**DEMO: Opaa! Greek Pasta Salad**

Lemon, feta and kalamata olives make Greek pasta salad great—see the June Co-op Advantage flyer for the recipe and sample the results today!

**Wednesday, June 28**

**CO-OP EVENT: Wellness Wednesday**

Sunburn, bug bites, exercise injuries and minor bumps and bruises shouldn't interrupt your summer fun! Visit the co-op for summer first aid suggestions.

**Tuesday July 4**

**HOLIDAY HOURS**

The co-op will be open from 8:00 a.m. -6:00 p.m. today, so get your brats and burger buns early! Linden Hills Natural Home is closed for Independence Day.

**Tuesday, July 11, 6:00-8:00 p.m.**

**Gardening with Water**

Varsity Theater, Dinkytown, free, must be 18 to attend. Learn about rain and water gardens and get tips on how to start one. Find out how non-native plants may present a threat to Minnesota waters. Visit [www.bell-museum.org](http://www.bell-museum.org) for more information.

**Thursday, July 13, 6:00 p.m.**

**CO-OP EVENT: July Board Meeting**

All co-op members are welcome to attend meetings—call the co-op at 612-922-1159 if you'd like to attend.

**Saturday, July 15, 9:00 p.m.**

**CO-OP ELECTION: Board Candidate Applications Due TODAY!**

The Nominating Committee wants YOU to fill out your application for board service and drop it off, mail it, or email it to them no later than end of business today. See page 2 for details!

**Tuesday, July 18**

**COMMUNITY EVENT: Tour of Vera's Garden, Dinner at Vera's Café**

Visit a beautiful community garden on Lyndale avenue at the Midtown Greenway—and enjoy dinner at the café from which it takes its name. Sponsored by the Linden Hills Garden Club, for details, contact Christine Gepp at 612-926-0387 or [cgepp@spacestar.net](mailto:cgepp@spacestar.net).

**Thursday, July 20, 6:30-9:00 p.m.**

**COMMUNITY EVENT: Linden Hills Live!**

Between the co-op and Zumbro Café, free Co-op cashier Miya Kunin's classical trio is one of tonight's featured acts. Grab a burger from Famous Dave's or some Angie's Kettle Corn and enjoy an evening of free music and dance.

**Sunday, August 13, 11:00 a.m.-3:00 p.m.**

**CO-OP EVENT: Community Carnival Fundraiser!**

Today's the day—for our EIGHTH annual fundraising carnival for Joyce Emergency Food Shelf. Mark your calendar—and let us know if you'd like to host a game, perform, help serve the picnic lunch, promote the event, or otherwise pitch in. Leave your name, phone number, and email address at the co-op, or contact us at [info@lindenhills.coop](mailto:info@lindenhills.coop).

**"A FAIR PRICE FOR MY HOUSE - AS IS?"**



Your Linden Hills house can sell at a fair market price—regardless its size or condition. We specialize in marketing undervalued properties to builders. Low commission, no signs, no open houses, no hassles.



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**Eat Better with the Rock Spring Farm CSA**

In a world of fast and occasionally scary food, a known source of wholesome food can be a comforting thing. Our subscription program emphasizes clean, **certified organic** vegetables fresh from our farm, making it easy to prepare home cooked meals based on the freshest organic vegetables. With 9 to 14 vegetables each week - **the best varieties**, picked at their peak and expertly and lovingly handled - you and your family will enjoy the best the Midwest has to offer.

Our members tell us, "I particularly enjoyed the **cleanliness** of the food. It was great to open the box and just use the vegetables... **we've never eaten better.**"

Rock Spring Farm also offers an extended winter share, fruit shares, flowers, and more. To learn more, go to [www.rsfarm.com](http://www.rsfarm.com), or give us a call. But don't wait too long - spring will be here soon, and availability is limited.

**www.rsfarm.com**  **Rock Spring Farm**

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**Linden Hills Co-op**

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