

Miss Larousse

Dear Miss Larousse,

Ghosts and goblins and graveyards are nothing—it's Thanksgiving that sends shivers up and down my spine. Well, not really the holiday, but the leftovers; the pots and pans and dishes still piled high after dinner send me running shrieking from the house. Help...me...

—Fearful in Fulton

Dear Fearful,

The key to handling frightful quantities of leftover food is a put-away crew that isn't the same as the cooking crew or the clean-up crew. Remember to stock up on resealable freezer storage bags in a couple of sizes, plus a permanent marker. Immediately after dinner, the put-away crew packs up one food at a time, labels the bags and freezes them. The crew opens a series of bags to fit each food, fills the bags about half-way, flattens them and presses out any air before sealing (flat bags are more efficient to stack inside limited freezer space, and they freeze and thaw quickly). Even the turkey carcass can be frozen in this way. As the weeks of true holiday frenzy approach, watch these frozen bags of yummy Thanksgiving leftovers transform into very friendly dinners indeed. Here's a recipe to try with some that will even get you ahead on your baking.



Brandied Cranberry Bars

Makes 16 bars

1 cup whole cranberry sauce
1/4 cup raisins
1/4 cup snipped dried apricots
1/2 cup brandy
1 1/3 cups packed brown sugar, divided
1 1/2 cups flour, divided

1/2 cup butter
2 eggs
1 teaspoon vanilla
1/2 cup broken walnut pieces
powdered sugar, for garnish

In small saucepan combine cranberry sauce, raisins, apricots and brandy; bring to boiling. Remove from heat and let stand 20 minutes.

Preheat oven to 350 degrees F. In mixing bowl stir together 1 cup flour and one-third cup brown sugar. Cut in butter with pastry blender or fork until mixture resembles coarse crumbs. Press into bottom of ungreased 8- by 8-inch baking pan and bake at 350 degrees until golden, about 20 minutes.

In mixing bowl beat eggs on low speed 4 minutes, then stir in remaining 1 cup brown sugar and one-half cup flour. Stir in vanilla. Drain fruit briefly and stir into batter along with walnuts. Pour batter over crust and spread evenly. Return pan to oven and bake at 350 degrees 40 minutes. Cover pan with foil during last 10 minutes to prevent overbrowning. Cool pan on wire rack. Sprinkle powdered sugar over top and cut into bars.

Adapted from *Better Homes and Gardens New Baking Book*.

October/November Events

Celebrate Co-op Month and local food heroes at our annual membership meeting! Classes are open to all, and members of any co-op can register at the members-only price. Class size is limited so early registration is advised; please call 612-922-1150 to register.

Saturday, October 8

SPECIAL EVENT: Howard Bowers Day

In honor of Co-op Month and pioneer co-op educator Howard Bowers, we'll be donating one percent of today's sales to support scholarships for cooperators. Stop by to pick up a flyer and more information.

Tuesday, October 11, 7:00–8:30 p.m.

CLASS: Creating a Sustainable Home

\$10/\$8 for co-op members. Adding on or remodeling a home is the perfect opportunity to use sustainable materials and environmentally friendly building systems. Take an inspiring look at the basic principles of doing a "sustainable" home project. Susan Nackers, Rehkamp Larson Architects, has worked in residential architecture for ten years. William Weber is a Research Fellow for the Center for Sustainable Building Research and an adjunct professor at the U of M.

Friday, October 14

HOLIDAY ALERT: Bird is the Word

We'll begin taking orders for all-natural, organic, and heirloom turkeys today. Pick up an order form or call customer service at 612-922-1159 for information.

Saturday, October 15, 10:00–11:00 a.m.

CO-OP ELECTION: Member Forum

Join board and staff in a stimulating discussion of the proposed changes to Linden Hills Co-op's Bylaws (see election flyer for specifics). Meet in the co-op classroom to find out more and have your questions answered.

Saturday, October 15–Saturday, October 23

SPECIAL EVENT: Choose to Reuse Week

The co-op and Linden Hills Natural Home are proud to partner with Hennepin County Environmental Services in this effort to highlight reusable household goods. Pick up a coupon book; participate in a "Thrift Crawl." Got to www.hennepin.us and click on "Environment" for details.

Tuesday, October 18, 7:00–8:00 p.m.

CLASS: Deal with It! Handling Stress Healthfully and Holistically

FREE; please preregister. Join Dr. Rob Bruley, M.D., D.C., Bruley Center for Functional Medicine, to find out about stress, its medical consequences and how to deal with it naturally and nutritionally.

Wednesday, October 19, 6:30–8:30 p.m.

CLASS: Clear Your Clutter, Transform Your Life

\$25/\$20 co-op members; call 612-922-1159 to register. Popular and motivating instructor Andrea Gerasimo helps you make sense of chaos and gives you the tools you'll need to eliminate clutter from your home and office. Andrea Gerasimo is a yoga teacher and Feng Shui consultant who specializes in exploring the ways that energy moves, both in our bodies and in our homes.

Tuesday, October 25, 6:30 - 7:30 p.m.

CLASS: Natural Health Care for Children: Alternatives for Common Childhood Problems

FREE; please preregister. Make educated decisions on natural alternatives to drugs and surgery for common childhood illnesses like frequent colds, ear infections, colic, tonsillitis, and other chronic conditions, and A.D.D. or A.D.H.D. Taught by Dr. Laura Patterson, Dimensional Wellness.

Wednesday, October 26, 9 p.m.

CO-OP ELECTION: All Mail and Walk-In Ballots Due!

Don't shirk your responsibility as a co-op owner—read the enclosed election flyer and vote. Today.

Thursday, October 27, 6:00–8:45 p.m.

ANNUAL MEMBERSHIP MEETING:

Celebrating Local Heroes

Join members of Linden Hills Co-op, the Wedge Co-op, and lots of local farmers and suppliers in this celebration of local food and the wonderful people who grow, make, cook and serve seasonal Minnesota delights. See page 1 for details.

Saturday, November 5, 11 a.m.–2 p.m.

DEMO: Turkey Tasting

Enjoy a taste of truly delicious all-natural turkey, available from the co-op for YOUR Thanksgiving table. Our deli will also be offering samples of a holiday side dish (or maybe two). Place your order today for holiday happiness...and don't forget our vegan/vegetarian options.

Tuesday, November 8, 7:00–8:00 p.m.

CLASS: Homeopathy and Well Baby Care

FREE; please preregister. Homeopathy can help ease the symptoms of colic, fevers, teething, and ear infections in your infant or toddler. Learn the basics of using homeopathy at home and find out about several remedies for a happier baby. Cathy Tilsen is a classically-trained homeopath and a graduate of the Northwestern Academy of Homeopathy.

Saturday, November 12, 9:30–10:30 a.m.

SPECIAL EVENT: Co-op Tour for New Members

Join co-op staff for a "backstage tour" of Linden Hills Co-op and Linden Hills Natural Home, featuring tips and insider information on how to shop co-op and maximize your member benefits. Space is limited; please preregister for this free event.

Monday, November 14

HOLIDAY ALERT: Preorder Deadline

Today's the last day to reserve your Thanksgiving turkey. For more information, call 612-922-1159.

Tuesday, November 15, 6:30–7:30 p.m.

CLASS: Introduction to Women's Health Issues: Balancing Hormones Naturally

FREE; please preregister. Does PMS or menopause disrupt your life and the lives of those around you? Do you dread your period? Feel great every day of the month and improve your relationship with the ones you love. Learn about the risks associated with HRT and explore natural alternatives. Taught by Dr. Laura Patterson, DC, Dimensional Wellness.

Wednesday, November 16, 7:00–8:00 p.m.

CLASS: Digestive Health

FREE; please preregister. Intrinsic to our health is the function of our gut, our nutrient connection to the outside world. Learn how to assess and improve your digestive health, and how important it is to your overall wellbeing. Rob Bruley is a Family Practice and Emergency Room Doctor, Chiropractor, and a Board Certified Holistic Practitioner specializing in Functional Medicine.

Wednesday, November 23

HOLIDAY ALERT: Last Day for Thanksgiving Order Pickup!

Thanksgiving special orders, including turkeys and deli orders, must be picked up today. The co-op will be open from 8 a.m. to 9 p.m. for your last-minute holiday needs!

Thursday, November 24

HOLIDAY HOURS: Linden Hills Co-op and Linden Hills Natural Home

Both stores will be closed on Thanksgiving Day. Have a wonderful and healthy holiday!



Linden Hills Co-op

2813 West 43rd Street
Minneapolis, MN 55410
612-922-1159

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STANDARD
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Rollin' Oats Journal

A BIMONTHLY PUBLICATION OF LINDEN HILLS CO-OP COMMUNITY MARKET

“A Good Neighborhood Endeavor” Celebrates Thirty Years

BY KATHY GERHARDT

In 1976, Dorothy Hamill won a gold medal in figure skating at the Winter Olympics; the Concorde made its first commercial flight; and the first 4.6 miles of the Washington D.C. subway system opened. Patty Hearst went on trial for armed robbery of a San Francisco bank and in late 1976, Jimmy Carter defeated President Gerald Ford. Also that year, on March 22, 1976, Linden Hills Co-op first opened its doors.

The co-op was the brainchild of long-time Linden Hills resident Carol Vaubel. In the mid-70s, she was the chairperson of the Linden Hills Neighborhood Council (LHiNC). “My impetus for doing this was two things: the community aspect of it and the foods—having less processed, less packaged, whole food available at a reasonable price,” said Vaubel recently. After floating the idea and receiving positive feedback, Vaubel set about turning it into a reality. For approximately nine months leading up to March 1976, an enormous volunteer effort went into the opening of the co-op.

If Carol is the mother of the co-op, Bruce Drew is “Father Co-op” according to longtime employee, Tree Li. Bruce and Maggie Drew, along with others, spent countless hours getting the co-op up and running, as well as working at the store. The co-op’s archives include extensive notes and meeting minutes that Bruce gave to the co-op several years ago.

The following is from the meeting minutes of February 2, 1976, prior to the co-op’s opening: “Coupons are the main source of money. A log is kept of the recipient or buyer of each numbered coupon.... Two weeks ago there was only \$600 in the treasury: it looked as if the co-op wouldn’t open. But when people heard that, they apparently became inspired because by the end of the next week we had \$2,000 in the bank.”

The other source of revenue was memberships, which cost \$5 apiece and lasted for at least a year. The benefits of the \$5 membership were spelled out as: “a philosophical commitment to the co-op; have an equal voice in deci-



Bruce and Maggie Drew visit their co-op every Wednesday.

sion making; the privilege to work in the store; ownership of one share of stock.” Each member was required to work “at least four hours per month in not less than two hour blocks in order to be eligible for the 10% discount.” Coordinators, like the Drews, worked four hours at a time.



Carol Vaubel, LHC’s “mother.”

As they raised funds, Vaubel and Kathleen Paul canvassed the neighborhood, looking for the right location for this community venture. They settled on 4307 Upton Avenue South, in part because of the price, but more so because it was the only thing available. As many long-time members will remember, the location shared space with a recycled children’s clothing

store. With a location secured, the volunteers went to work again. “Volunteers built all of the counters and partitions. Volunteers built the bins and re-did the floors. It was all a volunteer thing,” recalled Vaubel.

These founding members also remember passionate discussions about what products to

carry. “[We] had a great deal of discussions about whether we should have frozen foods or canned goods,” said Maggie Drew, “and a huge discussion about whether we should have sugar. We didn’t have plastic sacks or anything like that. We were very pure.” Says Vaubel, “We had a big discussion about whether to carry sugar at all, or any kind of sugar or anything packaged. In the beginning, we really didn’t have anything packaged.”

As Vaubel and Paul did their location search, they also let area businesses know what was in the works. In a perfect world, everyone would be in favor of the new co-op. “The only opposition we ran into was a barber who was right next door,” remembered Vaubel. “He was a little bald man who had been there for years. Well, he thought co-ops were a yucky thing and he wasn’t really in favor. But after it opened, he used to come in there every morning and get a little treat. I thought that was a fun ending to that.”

Linden Hills Co-op’s founding volunteers also received invaluable assistance from the All Co-op Assembly, which provided sample bylaws and leads on second-hand equipment like a used veggie cooler. When asked if it looked anything like those of today, Bruce chuckled before adding a firm “no.” The sliding doors were tricky and had a tendency to fall off. There was also a nightly ritual, according to the Drews. “At night, we took everything out of the top of the cooler and put it underneath. Then every morning, we had to get it out and put it on top. We had to do that,

Continued on page 2

Annual Membership Meeting October 27

Celebrate our local food heroes—the people who produce and serve organic, local and seasonal food—at the first co-hosted Annual Membership Meeting of Linden Hills Co-op and the Wedge Co-op.

When: Thursday, October 27, 6:00–8:30 p.m.
Where: First Universalist Church, 3400 Dupont Ave. S., Minneapolis.

Free and Open to the Public
6:00–7:00 p.m. Appetizers and Social Hour, featuring local cheeses and finger foods from our deli kitchens.



7:00–7:45 p.m.,
Keynote Speaker,
Lucia Watson
Lucia Watson is chef-owner of Lucia’s Restaurant and Wine Bar in Uptown, co-author of *Savoring the Seasons of the Northern Heartland* (Knopf, 1994) with writer Beth Dooley, and was twice nominated as the Midwest’s best chef by the James Beard Foundation. Watson is well-known for her commitment to fresh, local ingredients. In addition to running her restaurant for nearly twenty years, she also serves as Board Chair for the Youth Farm and Market project, teaching kids about organic, urban gardening, and is on the Organic Advisory Task Force to the Minnesota Department of Agriculture.

Co-op Members Only
7:45–8:30 p.m. Annual Co-op Membership Meetings with reports from board and staff (each co-op will have a separate meeting space and agenda).

Children’s activities will be available. If you plan to bring children, please call Linden Hills Co-op at 612-922-1159 by October 20 to reserve space. For more information about the meeting, contact Jeanne at Linden Hills Co-op at 612-279-2460.

Directions
The First Universalist Church is in Uptown, four blocks west of Lyndale Avenue and 34th Street, or three blocks east of Hennepin Avenue. Dupont is a one-way street running south to north. Free off-street parking is available in the lot directly south of the building. The main doors to the sanctuary wing face Dupont Avenue. Both the sanctuary and social hall are handicap accessible through this entrance. An elevator serves all levels of the building.

New Business Offers Co-op Discount

We’d like to welcome homeopathic practitioner Cathy Tilsen to the roster of neighborhood businesses that provide perks and special discounts to Co-op members through our Community Partners Program. Tilsen is offering a \$15 discount on initial health consultations. Her business is located at 4532 France Avenue South; call 612-209-7356 to schedule a consultation. If you’d like to learn more about homeopathy, Tilsen will be offering free classes at the co-op this fall and winter, beginning on Tuesday, November 8 with “Homeopathy and Well Baby Care.” Details are on page 4, in the calendar section. If you have a local business and would like to participate in the Community Partners Program, call Meg at 612-922-1159 or send an email to info@linden hills.coop.

Do the “Co-op Crawl,” Win a \$200 Shopping Spree

During October, co-ops celebrate their commitment to community and to members—and as part of our celebration of Co-op Month, the Twin Cities co-op community is having our very first Co-op Crawl! Pick up a Co-op Crawl card at Linden Hills Co-op at the beginning of October, visit at least three different stores and

Co-op Shoppers F.Y.I.

have your card validated at each location. Then, drop your card in the drawing box at any participating store. You could win a \$200 gift certificate to the Twin Cities co-op of your choice—no purchase or co-op membership is necessary to enter, just a spirit of cooperative adventure. Co-op Crawl cards must be validated and turned in by October 31. Visit www.mwnaturalfoods.coop for a list participating co-ops.

Barton School Room 102 Adopts Three Puffins

With a little help from Linden Hills Co-op customers, students in Dawn White’s class at Clara Barton Open School collected 750 box tops from Barbara’s Bakery Puffin’s Cereal—enough to provide a year’s support for three adopted puffins through a special partnership between Barbara’s Bakery and the Audubon Society. Ms.

White’s students should shortly be receiving biographical information on puffins Patty, Smiley and Fuzzy—for information on Project Puffin, visit www.projectpuffin.org, or to contribute box tops go to www.barbarasbakery.com.

A Letter from Joyce Food Shelf

Dear Friends,
Thank you for your donation of \$2,700 and the 1,477 pounds of food we received in August. We are grateful for your caring, your generosity, and your support—we couldn’t do it without you. The donation especially helps at this time of year, when children are home from school and there are fewer special food drives.... We are extremely grateful for all you do for the food shelf. This gift enables us to buy approximately 14,000 pounds of food from a low-cost food bank! In addition, two of your suppliers made donations to the food shelf as part of the carnival fundraiser.

Thank you, thank you, thank you!!!

With appreciation,
Sara Lumpkins, Treasurer



Board of Directors 2004-2005

Krisztina Brooks, President

Kay Englund

Judy Ferguson

Marcia Gahagan Hayes, Secretary

Richard Hoogesteger

Tom Mattox

Kimberly Proffitt

JoAnne Tomczak, Vice President

Board meetings take place monthly, and are open to members of the co-op. Contact the board via email at info@lindenhills.coop, or by calling the co-op at 612-922-1159.

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International Principles of Cooperation

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

Rollin' Oats Journal

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Rollin' Oats Journal is the bimonthly newsletter of Linden Hills Co-op & Linden Hills Natural Home and is published for the benefit of our membership and the community. The opinions expressed herein are those of the authors and not necessarily those of Linden Hills Co-op or its members. For information about submitting articles, artwork, or advertising, call 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.

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 Twin Cities Natural Foods Co-ops, a chapter of the National Cooperative Grocers Association.



Manager's Report

Paper or Plastic?

BY TREE LI,
FINANCIAL
MANAGER



Say you're the owner of a small business (and if you're a member-owner of Linden Hills Co-op, you are). What if someone told you that you stand to lose \$100,000 this fiscal year and there's nothing you can do about it? You'd be upset, and rightfully so. That's what we're facing due to the rising cost of processing credit and debit card transactions.

We know that credit/debit card processing fees are part of the cost of doing business, and we realize that changing our customers' behavior with regard to using plastic is probably not going to happen. However, if you're willing to make some small changes in your purchasing habits, it could make a difference in the co-op's financial position.

Credit card fees for the month of July were 34% higher than in July 2004, and for the 2005-06 fiscal year, we are projecting credit card fees in excess of \$100,000. About 60% of purchases at Linden Hills Co-op and Linden Hills Natural Home will be

made using credit or debit cards. Fees from processors and customers making card purchases rather than using cash or checks are pretty much a fact of life, but when you consider that our total net profit for FY2003 was just \$50,000, you get a better idea of the impact these fees have on our profitability.

The percentage of lost margin is much higher on smaller credit/debit card transactions. When you use a credit card on a purchase of \$100, it costs the co-op just under \$2 in fees. The fee we pay on a credit card transaction of \$5 is 34 cents; for a \$5 debit card transaction, the co-op pays 51 cents. That's the equivalent of 10 percent off the profit margins, in an industry where our net profit is less than one cent on the dollar.

Of course, the bank also charges us fees for the checks we deposit, averaging around a dime per check—but if you have the choice of making your smaller purchases with cash or check instead of a credit or debit card, the bottom line for YOUR co-op just might improve. Strange as it may seem, a ten dollar bill is worth more to your cooperative than a ten dollar debit card transaction!

Proclamation of the Board of Directors of Linden Hills Co-op Supercalifragilisticexpialidocious Staff

WHEREAS: Our new Natural Home Store's an earth-friendly destination, and

WHEREAS: There you'll find the products that are kind to all creation, and

WHEREAS IT HAS BEEN: Brought to us by our staff's overtime and perspiration, and

WHEREAS: They all made it happen with their fierce determination!

NOW, THEREFORE, We, the Board of Directors of Linden Hills Co-op, on behalf of the Members of Linden Hills Co-op, do hereby proclaim

The staff of Linden Hills Co-op is Supercalifragilisticexpialidocious!*

**Translation: The staff of Linden Hills Co-op did a superb job and deserves the thanks of all of us for making Linden Hills Natural Home happen!*

Adopted by unanimous vote of the Board of Directors of Linden Hills Co-op on: June 16, 2005

Produce Fun Facts!

Vampire Veggies?

There is a traditional Bosnian gypsy tale about a pumpkin that turns into a vampire! This scary squash was first introduced to Europe by sixteenth century travelers to the Americas, its native land.



Talking Turkey (and Trees)

Linden Hills Co-op staff is preparing to make your winter holidays a pleasure. Starting in October, we'll be taking orders for all-natural, organic, and (new this year) heirloom turkeys for Thanksgiving. Tom Eckstein, our meat and perishables buyer, has found a source for ethically raised, vegetarian fed heirloom turkeys. Nearly ninety percent of the turkeys raised for consumption in the U.S. are of the Large White breed. In 2001, Slow Food USA, a nonprofit organization dedicated to the preservation of flavorful traditional foods, nominated four heirloom varieties of turkeys to the Slow Food Ark of Taste, which is a way to identify and bring media attention to species of plants and animals that are in danger of extinction. Connoisseurs and chefs quickly recognized these heirloom breeds for their dark, moist, and more flavorful meat.

Today, demand for heirloom turkeys exceeds the supply, and we have a very limited number of turkeys from Pine Cone Pastures in Saint Ansgar, Iowa available; call early if you'd like to reserve one. Of course, we're also offering organic turkeys from Minnesota egg and poultry provider Larry Schultz and all-natural turkeys from Kadejan. Call customer service after October 14 to place an order.

We'll also be taking your orders for sustainably-grown holiday trees from Oneota Slopes near Decatur, Iowa. We expect two deliveries in late November and early December of these freshly-cut pines from the Johnson's 130 acre family farm.

And Linden Hills Natural Home is a great destination for holiday shopping—with an outstanding



selection of local, Fair Trade, organic, and creative toys, gifts, books, household goods, and fun treats and toys for pets, you'll be sure to find something for nearly everyone on your list!

Pick up a holiday entertaining guide from the co-op's deli, with hints and tips on feeding a crowd, how to create a spectacular cheese tray, and more. And as always, our deli staff is here to help fill in the gaps in your holiday menu, with stuffing, side dishes, and special desserts. Whether you need a pint or several pounds, the deli's creative, delicious, and all-natural offerings can provide a great (and stress-free) addition to your meal.

CONTINUED FROM PAGE 1

because we didn't believe in using plastic."

In need of more space, the co-op moved three years later to 4306 Upton Avenue. The bigger space allowed for some changes, according to Maggie. "Before, we had to be really careful because we really didn't have any space. [Previously] if we only ordered one box of apples, now we could order two or three. [We had] back space to cut our cheese up in or our veggie work. We had more space to work and more room for coolers."

Of course, some things stayed very much the same. "It really depended a lot on volunteers [who were] cashiering, cutting cheese, and stocking shelves," said Li, who this year will celebrate his 25th anniversary with the co-op. "One other difference between now and then: we wanted the cheapest food possible with the smallest profit possible. We didn't budget to make a profit."

Today the co-op is in its third location, where membership has nearly tripled since 1996 from 1,700 to nearly 5,000. The Drews remember the first time they took in \$100 dollars as a momentous occasion; this year the co-op will be a \$7-million-a-year business. As the co-op has evolved, not every decision has been met with approval from these long time members. Even so, they all take great satisfaction in the part they played to see Linden Hills Co-op to its 30th birthday. "[There is] a lot of pride. No one expected it," said Bruce. Added Vaubel, "Basically, I recognize that you have to change. I'm proud of it ... a lot of other people have picked up the reins and made it happen and that's good. That's the way it should be. I still feel it's a good neighborhood endeavor."

Storewide Specials

October 1-31, 2005

Look for November specials and weekly produce specials on the co-op's web site at www.lindenhills.coop/lhc/specials.html.

Member Special
Brown Cow
Lowfat Yogurt
All eight varieties
MEMBERS 79¢
8 oz. Nonmembers 99¢

Member Special
Organic Baby
Baby Food
Twelve flavors to choose from
MEMBERS 65¢
4 oz. Nonmembers 79¢

Member Special
Blue Diamond
Nut Thin Crackers
Pecan, Almond, & Smokehouse Almond
MEMBERS \$1.99
4.25 oz. Nonmembers \$2.79

Member Special
Nate's
TaQUITOS
Wholesome, vegetarian, delicious, in the freezer
MEMBERS \$3.69
12.7 oz. Nonmembers \$5.39

Member Special
Perky's Gluten-free Cereals
Nutty Rice
MEMBERS \$1.99
12 oz. Nonmembers \$2.89
Nutty Flax
MEMBERS \$2.69
12 oz. Nonmembers \$3.55

Member Special
Natural Factors
Celadrin Cream
Capsules also on special for members
MEMBERS \$10.29
2 oz. Nonmembers \$14.69

Grocery Special
Frontera
Salpica Salsas and Bean Dips
SALE \$3.39
16 oz. Regularly \$4.29

Grocery Special
Santa Cruz
Organic Sodas
Lemonade, Orange Mango, or Ginger Ale
SALE \$3.99
6-pack Regularly \$5.29

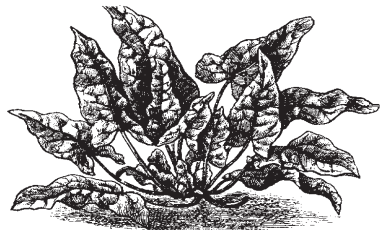
Grocery Special
Weetabix
Organic Weetabix
The breakfast of (British) champions!
SALE \$2.79
15 oz. Regularly \$3.79

Cheese Special
Cello
Parmesan Cheese
Shredded or grated
SALE \$7.49/lb.
Regularly \$8.49/lb.

Cheese Special
Ski Queen
Norwegian Gjetost
Serve thinly sliced on apples
SALE \$4.49
8.8 oz. Regularly \$4.79

Juice Bar Special
Oatscreme
Pumpkin Pie Smoothie
Rich in potassium, magnesium, and iron
SALE \$4.75
16 oz. Regularly \$5.25

Deli Special
LHC's Classic
Spinach Mushroom Lasagna
Four cheeses with our own marinara sauce
SALE \$8.99/lb.
Regularly \$9.99/lb.



Deli Special
Savor the Seasons
Creole Roasted Yams
Zesty side dish, rich in vitamin A
SALE \$4.59/lb.
Regularly \$4.99/lb.

Frozen Special
Ben & Jerry's
Ice Cream
All conventional flavors
SALE 2 for \$5.50
1 pint Regularly \$3.79 each

Frozen Special
Upper Crust
Cookie Dough
Locally made, just bake and enjoy!
SALE \$3.99
14 oz. Regularly \$5.49

Body Care Special
Avalon Organics
Vitamin C Body Care Line
All products
25% off

Supplement Special
Enzymatic Therapy
Doctor's Choice for Women
Multivitamin
SALE \$16.39
90 tab. Regularly \$20.49

Supplement Special
Enzymatic Therapy
Menopause Formula or Perimenopause Formula
SALE \$14.39
60 tab. Regularly \$17.99

Supplement Special
New Chapter
Whole Food Multivitamins
Selected Products
SALE 20% off
Supplement Special
Source Naturals
All Vitamins
SALE 30% off

Supplement Special
Nordic Naturals
Omega 3 Capsules
Lemon flavor
SALE \$12.69
60 caps. Regularly \$14.95
Other Nordic Naturals Omega 3 products also on sale

Supplement Special
Planetary Formulas
All Supplements
SALE 25% off

Midwest Food Connection Expands Programming

ULI KOESTER, MFC PROGRAM DIRECTOR

This summer the Midwest Food Connection (MFC) was honored to be included in the first round of grants awarded by the Blooming Prairie Foundation. For many years the warehouse of the same name supplied our co-ops with healthful food, and after its sale, a foundation was established to support "educational efforts in the organic industry and the cooperative community."



Ginger Pearson joins MFC staff this year after many years with the Minneapolis schools. She holds a teaching license and has extensive training in nutrition and in Macrobiotic and other eastern cooking methods. She loves to play tennis, hike and ski, and is a certified birth coach.

This grant will support expanded programming, including month-long residencies at five schools and funding for field trips. The Blooming Prairie Foundation grant has allowed MFC to hire an additional teacher; Ginger Pearson joins program director Uli Koester and Andy Reichert in bringing free lessons about natural foods and sustainable agriculture to elementary schools around the Twin Cities. Throughout the school year, these three energetic and talented teachers will be inspiring and challenging children with their innovative curriculum about our region's food systems and healthy eating habits. Fall lessons teach about the local harvest and highlight fruits, vegetables, and whole grains. During the winter children learn how to stay well by sticking to healthy snacks and eating traditional "foods from the root cellar." Come spring, MFC will debut a new unit on foods from around the world, including information from many of the Twin Cities' newer immigrant communities.

Linden Hills Co-op, Lakewinds Natural Foods, Mississippi Market, Seward Co-op and the Wedge provide funding (and food!) for MFC, and the majority of schools are in the vicinity of these five cooperative partners. With expanded funding support, MFC is soliciting inquiries from new schools; if you are interested in finding out how YOUR child can experience this hands-on, interactive and FUN learning program, you may leave a message for the program director by calling the Wedge at 612-871-3993. There is no cost to participating schools, thanks to funding from YOUR local co-op.

Uli Koester started doing outreach education with local co-ops in 1994, and helped found the Midwest Food Connection. He is a licensed elementary teacher and has taught in Minneapolis and Valparaiso, IN. He gets a break from food by playing cello, hitting softballs, and wrestling with his kids.




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