



"know who produces the food you eat"

Local Farm Tours for Co-op Members

Join us for tours of some of the local farms that provide the Co-op with fresh produce, dairy and eggs and quality meat, poultry and fish. You can meet in the Co-op parking lot the morning of each tour to car-pool or meet us at each farm. Tours at the farms start at 10 am.

- Aug 2 - Hollister Family Farm - 13209 Smart Rd - Brainerd (Meet at Co-op at 9:30 to carpool.)
 - Aug 9 - Solberg's Seven Pines Farm - 18618 Cty Rd 23 - Verndale (Meet at Co-op at 8:45 to carpool.)
 - Sept 13 - The Farm on St. Mathias - 7579 St. Mathias Rd - Brainerd (Meet at Co-op at 9:30 to carpool.)
- Cost: There is no cost, but we ask for a free will donation to show the farmers our appreciation.

Space is limited. For more information contact the Co-op at 828-4600 or stop in to sign up.



Local Helping Local

Community outreach is an important part of the Co-op's mission — through education, helping with community events, product donations — which helps make our community stronger. After all, we're **Community Owned**.

Here are some events we've been involved with in the past couple of months:

- Brainerd Walk & Wheel Night
- Brainerd Pride Picnic
- Country Sampler Picnic - Northland Arboretum

OUR MISSION:

"To be a community owned grocery store dedicated to providing natural foods & products for ourselves & the larger community in a manner consistent with cooperative principles & values that support and sustain healthy individuals, communities & the natural environment."



Julia's Creative Way with Chia Seeds



Join us Aug 20th at 6:00 at the Northland Arboretum for an evening of cooking with chia seeds. Julia Lee will show you some of her favorite healthy recipes using chia seeds. Cost: We're asking for a free-will donation of \$3.00 to help cover the cost of the facility. To sign up or for more information call the Co-op at 218-828-4600 or stop by.



www.crowwingcoop.com



As the Crow Flies

Crow Wing Food Co-op
8th & Washington,
Brainerd MN
218-828-4600

WHERE EVERYONE IS WELCOME!

Hours **Summer 2014**
Monday-Saturday: 9a.m.-7p.m.
Sunday: 10a.m.-4p.m.
cwfoodco-op@brainerd.net
www.crowwingcoop.com
Join us on Facebook



What's in a Name? CYNTHIA ASKEROOOTH-OLSON

Occasionally, people who stop in at Crow Wing Food Co-op ask about our name. Often they're from out of town/state, and don't realize the connection to the county we live in. In some cultures the *crow* has negative connotations. For us it is nothing but positive. The first organizers of the Co-op in 1979 wanted a way to help define the physicality of the Co-op without being too limiting. We are located in Brainerd, in Crow Wing County, but the Co-op welcomes folks from anywhere. But our name goes way beyond that.

Crow Wing is an Ojibwe name. In September 1911, a missionaries wife wrote an article for the Brainerd Daily Dispatch. It reads as follows..."Where the river joins the Mississippi River was an island in the shape of a crow's wing, which gave name to the river."

A traditional Ojibwe story tells us that *crow* teaches us that you must meet life head on and create good connections with those around you and work with spirit of friendship. *Crow* also teaches you to become your purpose by doing what feels good and with good intention. *Crow*

teaches us to be mindful of opinions and actions and to speak your truth.

Some cultures believe *Crow* is about change and creation. The black is the color of night, giving birth to a new light of day and the magic of life.

When a *crow* explores something new, other creatures watch closely to see what happens and to learn from it. *Crows* are extremely intelligent.

So when you see any references to *crows* in the store it's a good thing.

10 Reasons to Buy Local	
1	Locally grown food tastes better
2	Local produce is better for you
3	Local food preserves genetic diversity
4	Local food is safe
5	Local food supports local families
6	Local food builds community
7	Local food preserves open space
8	Local food keeps your taxes in check
9	Local food supports a clean environment and benefits wildlife
10	Local food is about the future

www.crowwingcoop.com

ASK THE CO-OP

Q: Can you shop at the Co-op if you aren't a member?

A: Yes, yes, yes and yes. Everyone is welcome! You don't get the same benefits as a member - regular in-store discounts, special discounts, special ordering, class discounts - but you do get a large selection of high-quality products and the advantage of friendly, knowledgeable staff.

Buying in Bulk

Bulk items are generally fresher and more economical—especially when you need just a small amount of an ingredient—and allow for eco-friendly shopping, since you can reduce or eliminate disposable packaging.

Most bulk foods should be stored in airtight containers, so transfer them if necessary. You might use empty food jars, store-bought food storage containers, Mason jars, or one large container for smaller bags. Label the contents of each container and date purchased using a marker, sticker, piece of masking tape, etc. Store cooking instructions, use-by date or simply part of the packaging inside the lids, so you can read it from the outside.

Buy only what you think you'll use in a few weeks (longer if you're shopping for spices, oils, or vinegars) so that your ingredients are always fresh.

Try making your own trail or snack mix by combining nuts, seeds, dried fruit, crackers, yogurt-covered pretzels, or even crystallized ginger for a truly custom blend.

Not only is the bulk section a great place to stock up on spices, herbs, teas, grains, nuts, snack mixes, and dried fruit, but you'll also find in bulk:

- laundry soap
- bath & body soaps
- hair & body soap
- hand soap
- dish soap
- dishwashing soap

- vanilla
- cooking oils
- soy sauce
- maple syrup
- coffee

Shelf Life for Spices & Herbs

How can you tell if your seasoning is past its prime? The shelf life of each herb and spice is different, and all age, even under the best conditions. Check your herbs and spices—and those you consider purchasing—to see that they look fresh, not faded, and are distinctly aromatic. Replace them as soon as you detect deterioration.

The shelf life of herbs and spices will vary according to the form and plant part, too. (Those that have been cut or powdered have more surface area exposed to the air and so lose their flavor more rapidly than whole herbs and spices, for example.) Here are some guidelines:

Whole Spices and Herbs:

Leaves and flowers 1 to 2 years
Seeds and barks 2 to 3 years
Roots 3 years

To see a complete list of bulk items go to our website at www.crowwingcoop.com

~ Life is not merely being alive, but being well. ~



Recipe Corner

Recipes From the Kitchen of Deanna Olson Using Co-op Bulk Ingredients

Purchasing spices in bulk is an excellent way to stretch your household food budget in order to save for other more expensive items like meats, dairy products, and fresh produce items. Mixing and preparing your own spices not only saves your pocketbook, it also significantly enhances the flavors of your meals. Many pre-made spice mixes have multiple shelf stabilizers and preservatives. Not only are these chemical ingredients unhealthy, they also take away from your overall concentrated flavor you are able to achieve from the real thing. The most significant example is dried minced onions and "onion soup mix".

Onions are incredibly affordable, especially when compared to the amount of minced onion you can make from one onion and the cost of a small spice bottle of premade minced onions. If the price disparity does not convince you, there is no doubt the contrast in flavor will.

Dried Minced Onions-Money Saver and Flavor Enhancer

Preheat your oven to 150 degrees, or the lowest temperature of your oven. Peel your onions and remove the skins. Slice the onions as thinly as possible and place them in single layers on your baking tray. When they are completely dry, they will be dark in color and brittle. Remove the dried onions to a clean paper towel and allow to cool completely. Once the onions are cool, place them in your food processor or coffee grinder and grind to your desired consistency. Store your dried minced onions in an air tight container in a cool dry place, like your spice pantry.

Onion Soup Mix-All Flavor, No Extras

2/3 Cup Dried Minced Onions
3 tsp Parsley Flakes*
2 tsp Onion Powder*
2 tsp Turmeric*
1 tsp Sea Salt*
1 tsp Sugar*
1/2 tsp Fresh Ground Pepper*

Mix all of the ingredients in a mason jar or other air tight container. Shake to combine. Use 2-4 TBS of this homemade Onion Soup Mix as a substitute to the store-bought packet. The flavor is more concentrated so you can use less than you would with a premade packet. You also have the control to add an additional teaspoon or tablespoon if you need to. This Onion Soup Mix is great for flavoring meats in the crock pot, seasoning roasted vegetables, or making flavored snack dips with sour cream or yogurt.

Country Corn Pudding

2 TBS Coconut or Olive oil*
3 Cups Corn (cut off the cob) or 1 LB Frozen Corn
1/4 tsp Dried Minced Onion or Onion Soup Mix (the soup mix gives this dish a rich and savory flavor)
3/4 tsp Salt*
Pinch of Black Pepper (fresh, ground)*
2 TBS Cornmeal (fine)*
1/2 Cup Heavy Cream
3/4 Cup Milk
1/8 tsp Hot Sauce (optional)
2 tsp Parmesan Cheese
2 tsp Chives (chopped)*

In a medium saucepan, place the oil over medium heat. Add the corn and season with dried minced onions or Onion Soup Mix, salt and pepper. Stir to coat the corn in the seasonings. Cook for 2-3 Minutes to soften the corn. Sprinkle the cornmeal over the corn. Add the cream and milk and stir constantly for 3-5 minutes, or until the mixture thickens. Reduce heat to low. Season the pudding with the hot sauce and Parmesan cheese. Garnish the corn pudding with chopped chives.

* denotes bulk items found at the Co-op

THOUSAND HILLS CATTLE COMPANY



Nalrah talked to Tedd Pederson, Sales Manager for Thousand Hills Cattle Company.

Q. What inspired the start of Thousand Hills Cattle Company?

A. In 2001, Todd Churchill, founder of Thousand Hills Cattle Company, began a personal quest to learn more about his food; where it came from, what was in it, its nutritional value, its affect ecologically, etc. Having a young family, his interest in nutrition rose to a new level. In 2002, he came across Michael Pollan's article, Power Steer, published in the The New York Times Magazine. His well-researched, all encompassing article opened his eyes to our conventional beef production model and how it could be improved through keeping cattle on grass throughout their life. This revelation led Todd to purchase and sample various types of grassfed beef. Some delivered delicious taste and texture and some, well, let's just say, left room for improvement. He quickly learned that raising delicious 100% grassfed beef was both a science and an art. Cattle genetics, types of forage, forage diversity, seasons, moisture, minerals, soils and many other factors all play a role in raising delicious-tasting, healthful grassfed beef.

Q. Are your animals raised on Pasture?

A. Yes, all of our cattle are on pastures or crop fields after the crops have been harvested.

Q. Are your animals fed anything else besides hay and grass silage?

A. Our protocol, available at www.thousandhillscattleco.com/produces.asp, covers this in detail, but grass, forage legumes, forage annual crops like sorgum-sudan-grass, oats, field peas, millet, cereal rye, cow peas, kale, radish, are all part of our forage chain. We design a forage chain for each farm or ranch so that we know that the cattle have access to a high quality, properly balanced forage diet each day of the year.

Q. How are your animals finished?

A. Typically, finishing refers to the diet and management practices used the last 90-120 days to accelerate weight gain and maximize marbling. Thousand Hills Cattle Company finishes using the same diet used throughout the lifetime of the cattle - forage only, as described above. In our experience, beef tastes best, and is most nourishing, when weight gain is limited to what naturally occurs with cattle fed forages - around 2 lbs per day. In a feedlot, with a high grain diet, artificial hormones, antibiotics, and limited exercise, gains are typically 4-5 lbs per day. Many grass fed beef producers "finish" with some grain, but we never feed any grain.

Q. Are your cows ever given antibiotics?

A. Never, ever.

Q. Are hormones or growth promoters ever given to your cows?

A. Never, ever.

Q. What beliefs about food and meat inspire you and the company that you work for?

A. I joke that with 4 children in our young family, that the food business was the only way to go.. since I didn't take 8 years of school to be a doctor - only to later to realize that Food can be thy Medicine just as effectively.

Food raised in the way that grass fed beef is, can solve so many of today's current issues. From degrading rural infrastructures, failing/faulty health care systems, to plain ol' poor land management plans, it all can be changed by changing the way we think about how our food is raised. Changing our thoughts from a quantity mindset to quality.. Nutrient Density, by raising it better we need less of it which in turn leaves more of it to go around for everyone to enjoy. I take great pride in knowing that doing what I do makes it easier for other like-minded folks to provide top quality protein for themselves and their loved ones. One other plus is knowing that I have no moral dilemmas waking up and going to work, that peace-of-mind goes a long way.

A little background: I was in the timber harvesting industry and that crashed during the 'housing crisis' which left me wondering what to do next, so I started a forest management company. THCC and I found each other when Todd Churchill called me to do some Timber Stand Improvements, to increase the amount of forage that could be grown in an expired CRP tree row planting, and things snowballed from there. From Farm Hand to Farm Manager, to Warehouse Manager and then "Sales Manager" - I joke, again, that it's just what my business card says, it changes by the day or even the hour(My LinkedIn Profile says "I keep the hat maker busy").



THOUSAND HILLS CATTLE CO. SAMPLING AT 2013 CO-OP SUMMER EXTRAVAGANZA

Q. What beliefs guide your business?

A. Honesty, integrity, authenticity, transparency, excellence, passion. We strive to provide nourishing food to our neighbors, wherever they may be, that makes them well.

Q. Anything new in the future for Thousand Hills Cattle Company?

A. We are planning to offer three new flavors of our beef snack sticks.

For all of our fresh, non-cooked products the only ingredient is 100% grass fed beef. No additives at all. The cooked products are all naturally cured using NO NITRITES or NITRATES, are GLUTEN-FREE and MSG-FREE.

Although we don't feed any GMO ingredients to our cattle, we can't make that claim on the product labels until we are third party certified as GMO-free. We are working on the paperwork involved to accomplish this.

At Crow Wing Food Co-op, getting to know our farmers is important to us because we believe that quality meat begins with suppliers who raise their animals humanely, consider environmental impact, and do not utilize hormones and antibiotics.

WE PAY THE DOCTOR
to make us better
when we should really
BE PAYING THE
FARMER
TO KEEP US HEALTHY.



Co-op staff member Andrew Rich interviewed Owner/Members Melissa & Ben Lundeen.

I'm here today with Melissa & Ben Lundeen to talk about why they love shopping at the Crow Wing Food Co-Op.

Andrew: Would you like to begin with introducing yourselves to our readers?

Melissa: We met in the Environmental Science building at the University of North Texas 9 years ago. We had mutual interests revolving around the environment, whether it is biking, kayaking, hunting or gardening.

Andrew: What attracted you to the Crow Wing Food Co-Op?

Melissa: We wanted to continue to learn and find ways to live more sustainably and lessen our impact on the environment. Wanting to buy more organic and local foods led us to support the Crow Wing Food Co-op.

Ben: I like that it's more convenient and more friendly than a regular grocery store. I like organic food and what organic food represents.

Melissa: I think organic food is important for both personal health and environmental reasons.

Owner/Member Spotlight

Andrew: What products do you like the most from the Crow Wing Food Co-Op?

Melissa: I love the bread and muffins from Positively Third Street Bakery.

Ben: I love fresh produce and buying bulk products like beans and rice and spices like the taco seasonings!

Melissa: He's addicted to the taco seasoning!

Ben: If a recipe calls for a certain amount of spice or a certain ingredient you're not forced to buy a prepackaged amount, you can just buy what you need.

Andrew: What kinds of recipes do you guys like to do?

Ben: We like stir fries, beans and rice, lentil tacos!

Andrew: Thank you very much for your patronage and taking the time to do this interview with us. Do you have any final comments?

Melissa: We're proud to support a local business that has a passion for organic and local foods. Oh! I really enjoyed the Co-op's class that you taught on making our own black bean burgers.

Editor's Note: Don't miss our next cooking class at the Arboretum on Wed. August 20th at 6:00. Julia Lee will dazzle you with her recipes for chia seed dishes. Cost is only \$3.00. Call or stop in the Co-op to sign up. Space is limited.

A Note from Nalrah

Dear Co-op Members & Shoppers,

I have enjoyed meeting many of you and hearing the many thank you's and thoughts of appreciation since I started here as General Manager 5 months ago. The enthusiastic and encouraging words from all of you on my great job performance is deeply respected and valued and makes me feel "at home". I would like to say that without the rest of the Co-op's fantastic team (Bri, Julia, Andrew and Shiela) none of the changes and improvements you see would be possible. They all work very hard, showing their passion in whatever they do. I deeply respect, appreciate, and value each one of them, so when you come in please let them know how great they are... or when you come in give us all a "high five".

Sincerely with many Blessings
Nalrah



STAFF: LEFT TO RIGHT
BRI KERAN, JULIA LEE, ANDREW RICH, SHEILA CARLETON, NALRAH HICKS

We are updating our email list. Please send us your email address to our new email address at:
cwfoodco-op@brainerd.net

We're collecting member/owner's favorite recipes for a Co-op cookbook. If you'd like to share one send it to us at:
cwfoodco-op@brainerd.net
or drop it off at the store. Be sure to include your name and contact information in case we have a question. (We won't publish your phone # or email address - only your name.)

Come in for the weekly member/owner specials that you will find throughout the store.
~
Have you tried one of our deli wraps/sandwiches or salads?

Not finding what you want in the Co-op? Talk to us - we can special order!

Visit the Co-op's new website at crowwingcoop.com

Find us on Facebook

Co-op Board Meetings are open to Owner/Members & held every 2nd Thursday of the month at 7:00. Call the Co-op at 828-4600 to confirm time & location.