

The Harvest Beet

FALL 2017

est. 1979

NATURAL HARVEST

FOOD CO-OP

*Locally owned,
organically grown.*

WHAT'S NEW?

Co-op Dining

Our fantastic deli crew has been working extra hard to offer delicious meals in the new hot bar & salad bar. The new set up allows for us to share house-made lunch specials with more community members than ever! The hot & salad bars are priced per pound and are self-serve which allows you to control your own portions. Meals can be taken to go or you can choose to dine in one of our three seating areas. The main seating area is located in the storefront where you will find local artwork on display. If you're looking for a view take a seat in the new classroom that overlooks Silver Lake! It is available for dining whenever classes are not in session. When the Minnesota weather permits, you can take in some fresh air and sunshine out on our lakeside patio which is decorated with new tables and colorful umbrellas. The patio is right next to the Mesabi Trail and is equipped with a new bike rack for all your velo (bike) parking needs. To add icing on the cake, our patio is also dog friendly! Your well behaved furry friends are welcome to join you for patio dining. We even have a water dish for them. 🐾

GOOD FOOD FAST!

Delicious Choices Every Day
~ in our Hot Bar ~

Your quarterly source of information for healthy living!

INSIDE THIS EDITION:

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We Did It! We Opened Our New Store on April 26th!

Anja Parenteau, General Manager

Wow, seems so long ago now and things haven't slowed down much. The first few weeks went by so fast; we barely had time to take in the beautiful new store ourselves! It's not easy getting used to a new work environment. Even though the retail floor was functioning well from day one, the backroom, offices, receiving area and kitchen were a different story. Not only did we need to find the best place for storage, cleaning items, store and office supplies — with the new store a lot of procedures needed to get changed or were completely new to the new staff. It seemed like every day there was a new problem to be solved. What helped us get through it were the many positive comments from all of you about how great the store looked and felt. Thank you.



We made it to May 26 — the official ribbon cutting! We had a lot of owners and representatives from the City of Virginia, the Chamber of Commerce, lenders, owners and community members who helped get this project off the ground come and celebrate with us. With music, snacks and champagne we entertained in our brand new classroom! It was fun! And the next day, we did it all over again — our Grand Opening Party! A bouncy house, local bands, a magician and free hot dogs outside! Twelve local vendors showing off their goods and many other free samples inside — the party was a great success! Again, we couldn't have done it without the many volunteers who came to help. Thank you all so much.

— Anja



IRON RANGE HARVEST FESTIVAL

September 8-9

Come take part in events celebrating local food, community, and place. This 4th annual event builds connections between Iron Range residents and local food producers through community events featuring local food, farm tours, and the Iron Range Harvest Festival Farmers Market.

Natural Harvest will be hosting a class to kick off the festival —

PRESERVE YOUR LOCAL HARVEST
Friday, September 8 • 5:30 - 7:00 PM

Location: Natural Harvest Classroom

This is a free class (register in-store or by phone to reserve your seat)

Join Jenna Ballinger from the Natural Harvest Deli and Janna Goerd of Fat Chicken Farm for an instructional class on how to preserve delicious foods from your summer harvest. Learn how to make your own kimchi, pickles, and how to can tomatoes. This will be a hands-on class, so prepare to do some chopping.

Visit www.irpsmn.org or follow IRPS on Facebook at www.facebook.com/IronRangePartnershipforSustainability. Support Local!

CHILI COOK OFF

September 21

Natural Harvest will be participating in the St. Michael's 8th Annual Chili Cook-Off on Thursday, September 21 at the Miner's Memorial Building in Virginia. Our fabulous deli crew is currently masterminding a special recipe that will dazzle your taste buds, so please mark your calendars and bring the family down for a fun night of chili tasting. Once your bellies are full be sure to vote for your favorite flavor, AKA Natural Harvest of course. This event raises money for the St. Michael's Health and Rehabilitation Center. The proceeds will be used to fund projects that enhance the quality of life for its residents. Tickets are available at the door for \$8. Doors open at 4:00 PM for social hour and chili tasting runs from 5:00 PM to 6:30 PM.



Natural Harvest staff members welcomed customers at our Grand Opening Party on May 27, 2017

Short & Sweet 2016 Annual Report

Anja Parenteau, General Manager

What an exciting year it has been! We planned for the new store, we launched a successful owner loan campaign and secured financing for the new store, we voted for revised and updated by-laws and started construction in late summer!

The employees made sure operations in the old store continued to improve, and kept in mind how new procedures could help us run a bigger store in 2017. All our efforts are visible in the year-end numbers:

Sales growth in 2016 increased by 8%, as did shopper count! We welcomed **428** families/individuals as new member-owners of the Co-op and with that the percentage of owners versus customers rose to 56% (48% in 2015).

We made a profit which resulted in a Patronage Rebate that was sent out to you in June!

Just a few more fun facts for 2016 (please find the complete Annual Report on our website: www.naturalharvest.coop):

- 12 local charities received \$15,312 because you rounded-up your purchases at the till!
- We **didn't** use 17,000 grocery bags because you brought in your own bags!
- We were able to offer 22 classes and one movie screening to community members.
- Local products were purchased from 62 local producers directly, totaling \$240,000. This makes up 14% of all product purchased by the Co-op.
- Deli sales increased by 30% — thanks to our dedicated Deli staff!
- Our Co-op explorer kids munched on over 3,500 pieces of free fruit while their parents shopped!

Thank you for shopping at your Co-op!

— Anja

Spring 2017 Election Results

Leah Calgaro, Board Vice President

Hello members! I hope everyone had a wonderful summer and is ready for the crisp fall air. There have been a lot of changes for Natural Harvest since the spring, including five members that I would like to welcome and re-welcome to the board. First of all, I would like to thank everyone who voted in the spring 2017 election. It is your involvement that keeps things running, and on behalf of the board I want to thank you all for your dedication and support. With that being said, please welcome the following board members:

JAKE ROSANDICH – President & GM Evaluation Committee (Term Ends April, 2020)

CARRIE SELL – Education Committee (Term Ends April, 2020)

DARREL SWENSON – GM Evaluation Committee (Term Ends April, 2020)

MEGAN THIELE – Education Committee (Term Ends April, 2019)

KIM ANDERSON – Perpetuation Committee (Term Ends April, 2018)

A warm welcome to our newest Natural Harvest owners!

Bob & Jude Jalonen (Ely)
 Steve Cory (Grand Rapids)
 Aj Arntz (Virginia)
 Tonya Robb (Virginia)
 Brooke Yernatich (Soudan)
 Janet Caple (Grand Rapids)
 Cheryl Hendricks (Virginia)
 Alyssa Kostohryz (Virginia)
 Greg Mahler (Hibbing)
 Ann Vreeland (Hoyt Lakes)
 Sara Matuszak (Iron)
 Bob Henderson (Virginia)
 Abigail Holkko (Gilbert)
 Elsa Norkunas (Aurora)
 Darrell Healey (Eveleth)
 Kara Petron (Virginia)
 Randy Wiediger (Hoyt Lakes)
 Julie Hunter (Mountain Iron)
 Tammy Bechtold (Eveleth)
 Laura Aho (Mountain Iron)
 Kent Flaada (Makinen)
 Richard & Aleta Roy (Embarrass)
 Beverly Wagner (Iron)
 Ann Marie Vito (Virginia)
 Diane Elofson (Gilbert)
 Chris Aldrich (Hibbing)
 Jerome Richardson (Aurora)
 Courtney Ramponi
 Linda Larson (Aurora)
 Barb Farley (Ely)
 Kristin Dosan (Eveleth)
 Bob Greenly (Duluth)
 Sarah Weisbrod (Eveleth)
 Barbara Border (Buhl)
 Paula Taray (Virginia)
 Norma & Marshall Toman (Hibbing)
 Amber Pederson (Virginia)
 Jennifer & Jeremiah Schunk (Biwabik)
 Dan Cerise (Duluth)
 Dennis & Stefanie Urgo (Eveleth)
 Heather Zika (Virginia)
 Peg Prebich (Eveleth)
 Mary & Joseph Friedmeyer (Virginia)
 Arnie & Debra Kaivola (Mountain Iron)
 Nancy Koski (Mountain Iron)
 Cathy Priest (Eveleth)
 Lisa Anderson (Crane Lake)
 Bill Moehlenbrock (Biwabik)
 Sarah Verke (Grand Rapids)
 Christa Khalilieh (Virginia)
 Kendra Dagen (Virginia)
 Deborah Stratman (Hibbing)
 Donna Franks (Orr)
 Amy England (Virginia)
 Reida Forsman (Mountain Iron)
 Chris Slocum (Eveleth)
 Jane & Alvin Wertanen (Virginia)
 Beulah Weaver (Hibbing)
 Amy Lindgren (Eveleth)
 Jose Garcia (Orr)
 Sarah & Kyle Lamppa (Virginia)
 Elaine Mcgillivray (Tower)
 Gina Middlestead (Eveleth)
 Geralyn Fisher (Babbitt)
 Maria Sertich (Chisholm)
 Marvin & Susanne Graves (Gilbert)

Karys Zegarowicz (Virginia)
 Jane Esala (Virginia)
 Janelle Mcdowell (Eveleth)
 Tim Satrang (Mountain Iron)
 Tim Walker (Virginia)
 Allison Collins (Virginia)
 Robin Heine (Forbes)
 Shelley Padgett (Tower)
 Shelby Paulson (Eveleth)
 Sue Wavrin (Ely)
 Suzan Lane (Saginaw)
 Bobbi Halverson (Cook)
 Sandy Kendra (Babbitt)
 Richard Honkonen (Eveleth)
 Jim Andrick (Virginia)
 Marie Limesand (Virginia)
 Diane Trevena (Chisholm)
 Jackie Taviani (Virginia)
 Brenda Hebl (Embarrass)
 Jacqui Chopp (Hibbing)
 Tina Jokela (Hibbing)
 Cheryl Olivanti (Virginia)
 Laura Griffiths (Duluth)
 Nicole Squires (Angora)
 Carol Ciolino (Nashville)
 Jen Lautigar (Gilbert)
 Jack & Jacquelyn Skala (Mountain Iron)
 Serena Tuomi (Hibbing)
 Sandra Gulan (Virginia)
 Tina Turner (Eveleth)
 Karen Moller (Eveleth)
 Marilyn Murphy (Tower)
 Bobbi Suhonen (Hibbing)
 Jamie Christensen (Chisholm)
 Darlene Johnson (Gilbert)
 Donna Pettinelli (Virginia)
 Mason Schraufnagel (Virginia)
 Shelly Dahmen (Aurora)
 Duyen Do (Virginia)
 Marie Hogan (Gilbert)
 Meg Mckean & Chad Buus (Hibbing)
 Maria Hall (Chisholm)
 Courtney Muller (Hoyt Lakes)
 Alyssa Roberts (Ely)
 Erin Prazak (Gilbert)
 Larry & Laure Bol (Eveleth)
 Benjamin Ebnet (Hoyt Lakes)
 Sharon & Kenneth Panula (Britt)
 Grace Liljeblom (Cook)
 Char Meinzer (Mountain Iron)
 Georgia Epp (Eveleth)
 Sue Swanson (Virginia)
 Amy & Tavis Westbrook (Duluth)
 David Davis (Gilbert)
 Gail Tuve (Aurora)
 Desta Lashmett (Biwabik)
 John & Holly Botta (Gilbert)
 Bonnie Nygaard (Aurora)
 Al Jurenic (Eveleth)
 K'Jara Larson (Aurora)
 Lynn Starkovich (Plymouth)
 Kelsey Norvitch (Virginia)
 Rene Hartman & Brandon Rothauge (Babbitt)
 Roland & Verna Sutton (Embarrass)
 Beth Morgan (Babbitt)

Edwin Fillman (Buhl)
 Mary Sue Mertens (Hibbing)
 Sue Flannigan (Eveleth)
 Wayne & Karen Friedrich (Ely)
 Scott & Laura Wilson (Pengilly)
 Sarah Bernard (Iron)
 Patrick Maher (Virginia)
 Breann Stanzell (Britt)
 Carol Bowman (Aurora)
 Melanie Blaeser (Virginia)
 Leslie & Bob Hamilton (Ely)
 Arnold & Alice Gries (Britt)
 Brian Thorbjornsen (Ely)
 Kathy Undeland (Aurora)
 Leanna Laine (Eveleth)
 Donald Conrad (Eveleth)
 Jane Stapleton (Hibbing)
 Sarah Flannigan (Virginia)
 Nancy Graham (Virginia)
 Bruce Rynee (Virginia)
 Jean Rosandich (Virginia)
 Steven & Margot Roberts (Ely)
 Barb & Leroy Hilde (Eveleth)
 Cameron Nicholas (Cook)
 David O'Donnell (Ely)
 Lyndah Korpela (Mountain Iron)
 Stephanie & Dan Marolt (Gilbert)
 Shirley Hyppa (Cook)
 Jay & Mary Jo Wiermaa (Tower)
 Florencia & Dan Sund (Babbitt)
 Kimberly Carlson (Eveleth)
 Connie Rasmussen (Aurora)
 Katie Bobich
 Norma Jean Jofs (Aurora)
 Jeanette Cox (Ely)
 Debbie Kangas (Aurora)
 Aurora Emmons (Britt)
 Daniel & Vickie Kotnik (Virginia)
 Jon Carlson (Virginia)
 May Anderson (Britt)
 Jodi Knaus (Gilbert)
 Consie Powell (Ely)
 Jennifer Jerulle (Side Lake)
 Christina Reaney (Mountain Iron)
 Wanita Munson (Angora)
 Lillian & Dylan Remington (Mountain Iron)
 Pam Lofquist (Tower)
 Robert & Nancy Leroux (Eveleth)
 Kenneth Hall (Tower)
 Barbara Barker (Virginia)
 David & Hana Kapsch (Babbitt)
 Andrew Heisel (Virginia)
 Robin Tesch (Virginia)
 Steve Smolich (Biwabik)
 Bob & Colleen Junnila (Tower)
 Tammy Hiam (Hoyt Lakes)
 Cat Linsley & Mario Cianflone (Virginia)
 Linda Wilder (Buhl)
 Valerie Schroeder (Embarrass)
 Connie Dorn (Virginia)
 Bonnie Mickelson (Virginia)
 Jacquelyn Lebeque (Virginia)
 Mary Ann Ruper (Chisholm)
 Sally & Karl Jonas (Mountain Iron)

Kim Mannila (Aurora)
 Nancy Coppola (Dallas)
 Alicia Carrillo (Chisholm)
 John Zelesnkon (Iron)
 Sandra & Dave Thoennes (Bigfork)
 Beth & Kurt Peterson (Eveleth)
 Mary & Craig Bronniche (Hibbing)
 Patti Luke (Aurora)
 Cari Meyer (Embarrass)
 Theresa Dow (Virginia)
 Michelle Larson (Virginia)
 Melanie Kiehm (Angora)
 Niki Lucente (Chisholm)
 Makayla Knauer (Mountain Iron)
 Melia Shikonya (Ely)
 Linda Hibbard (Mountain Iron)
 Kari Pechacek (Aurora)
 Todd Etter (Virginia)
 Erika Kneen (Cook)
 Stephanie Butcher (Buhl)
 Carly Gobats (Virginia)
 Clayton Gross (Virginia)
 Barbara Coburger
 Molly Parenteau (Zim)
 Jane George (Gilbert)
 Millie Modic (Hoyt Lakes)
 Donna Babich (Eveleth)
 Mary Babcock & Corrine Treakle (Aurora)
 David Wudinich (Virginia)
 Carol Koskiniemi (Gilbert)
 Michael Husak (Gilbert)
 Kristine & Karl Jonas (Tower)
 Marilyn Hovanec (Double Oak)
 Stacie Baribeau (Virginia)
 Lora & Devin Ceglar (Virginia)
 Katelyn Wilson (Eveleth)
 Sue & Gregg Kowal (Britt)
 Sten Rudstrom (Side Lake)
 Aaron Tronnes (Hibbing)
 Emily Saude (Bigfork)
 Terese Elhard (Tower)
 Susan Nehring (Punta Gorda)
 Nicholas Thompson & Rachael Meyer (Chisholm)
 Christie Sandnas (Virginia)
 Jenna Dickinson (Aurora)
 Elizabeth Purkat (Gilbert)
 Heather Durkin (Ely)
 Jill Perez (Chisholm)
 Monika Workman (Mountain Iron)
 Peter & Jocelyn Knoll (Biwabik)
 Carla Roy (Gilbert)
 Tom Maggio (Ely)
 Mary Barutta (Eveleth)
 Nicole Johnson (Tower)
 Rachel Rushing (Cook)
 Linda Vainik (Virginia)
 Gail Bergman (Britt)
 Janet Hougas (Virginia)
 Jefferson & Megan Reynolds (Hibbing)
 Rachel Doherty
 Pamela Holm
 Mariah & Josh Peterson (Gilbert)
 Tim & Sue Sipper
 Nick Ongaro

CLASS IN SESSION!

CO-OP 101

Tues., Sept. 12 • 5:30-6:30 PM

This is a free class. Please register in-store or over the phone to reserve your seat.

Wondering how to make the most of your new membership/ownership at Natural Harvest? Join our Bulk Buyer, Jen Donabauer, for this fast & fun informational session about all things co-op. Learn to shop the whole store, find our best deals, maximize your membership/ownership perks and enjoy free samples.

BASIC KNIFE SKILLS

Tues., Sept. 19 • 5:30-7:00 PM

The knife is the most important tool in your kitchen. Come learn how to chop, dice, mince, julienne and more! You'll learn to hold and wield your knife with confidence. Everyone is welcome, from novice cooks to seasoned professionals. Please bring your own knife, preferably a chef's knife, and a small cutting board. Food will be provided to chop and consume! About the instructor: Jenna Ballinger has lived in Virginia for two years. She previously lived in New York working for various companies as a Social Media Coordinator. Her love for cooking and farmers markets led her to where she is now, cooking in the Natural Harvest Deli. You may also see her doing an occasional cooking demo at the Virginia Market Square, stop by and say hi!

SUPERFOODS IN SEASON

Thurs, Sept. 28 • 5:30-7:00 PM

Celebrate the autumn harvest with Dr. Carrie Sell, chiropractor and owner of Ashawa Health in Cook. As the leaves begin to turn, we'll learn the many health benefits of eating locally and in season. You will have the opportunity to create savory nut butters, spiced apple cider and simple warming soups. Samples and beverages are generously provided by Natural Harvest!

BIO-FEEDBACK (ONE-ON-ONE SESSIONS)

Tues., Oct. 3 • 3:00-7:30 PM

Special \$15 fee for each individual 40-minute session. Only 6 time slots available.

Biofeedback is a treatment technique in which people are informed about their health by using signals from their own bodies. We already use "machines" to give us feedback from our body: like using a thermometer or stepping on a scale. With the power of Quantum Technology, you can receive analysis of nutritional deficiencies, allergies, food sensitivities, toxicities, emotional blockages, and much more! In just four minutes the EFX (biofeedback) device can test one's reaction to over 10,000 items, including bacteria, viruses, parasites, worms, vitamins, minerals, chemical toxins, and environmental pollutants. Tim Morgan and his wife acquired their EFX device over

ten years ago and in doing so became part of a worldwide network of fellow practitioners. They received extensive training in biofeedback therapy as well as the use of homeopathic remedies. They studied in Santa Monica, California; Venice, Florida; and Budapest, Hungary and have trained with naturopaths, chiropractors, massage therapists and medical doctors. A special discount will be available if you book an appointment for a full Biofeedback session that day.

FINNISH SQUEAKY CHEESE CLASS

Thurs., Oct. 5 • 5:30-7:30 PM

Diane Childs from our very own Iron Range has been making Juustoa, Finnish Squeaky Cheese, since 1981. With over 30 years experience and 1,000 cheeses under her belt, Diane has not only perfected the process, but shortened it as well – all without compromising the texture or flavor. In this class, you will learn how to make Juustoa from skim milk with Diane walking you through step by step from start to 'Finnish'. Be prepared to take a step back in time and experience the 'squeak' this cheese is so famous for!

DIY: SOLAR POWER

Thurs., Oct. 12 • 5:30-7:30 PM

Would you like to produce electricity from the sun, but don't know where to begin? Join Timberjay Publisher, Marshall Helmberger, for a primer on solar power. Marshall and his wife Jodi have lived "off-the-grid" at their rural Tower homestead for over 30 years, using photovoltaic panels for their electrical energy. The price of solar panels has plunged in recent years, which makes this a more affordable option. But whether or not solar panels make sense for you depends on a number of factors and Marshall will walk you through the various questions to ask before you make a final decision. He'll also give you practical advice on how to move forward with your own solar installation and answer any other off-the-grid questions you may have (time permitting).

THE ART OF HERBALISM: TOPICAL REMEDIES

Tues., Oct. 17 • 5:30-7:30 PM

Cost: \$20 for NH Owners; \$22 for General Public — includes cost of supplies.

Join Alli Austin, owner of Birch Botanicals, for a hands-on workshop where you will learn the art of creating topical herbal remedies that include: Infused Oils; Salves; Ointments; Liniments; and Herbal First Aid. Each student will take home an herbal recipe book along with their hand-made first aid salve!

NATURAL SOAP MAKING

Thurs., Oct. 26 • 4:00-8:00 PM

Cost: \$50 for NH Owners; \$53 for General Public — includes cost of supplies.

Join longtime soap maker, Brenna Kohlhas, for a hands on class about the art of making cold-processed soap using an oven cured technique. Essential oils will be added for scent along with organic herbs and botanicals for color. You will take home a 4-6 bar loaf of soap along with the skills for making soap at home. Safety precau-

Knowledge is power! Check out our class line up for fall — all classes are held in our new classroom. You can sign up and pay for all classes at Natural Harvest, either in-store or over the phone. A minimum of 6 participants must be registered with payment at least 48 hours in advance to hold the class. All Class fees: \$13 for owners; \$15 for the public (except where noted). Payment must be made at time of registration to hold a spot in the class.

We are always looking for instructors who are willing to share their passion and knowledge with the community. If you are interested in teaching a class, please call the store and ask for the Marketing Manager or contact us by email at info@naturalharvest.coop.

tions with the soap making materials will be covered extensively. Students must be 16 years or older and should wear closed-toed shoes and a long-sleeved shirt and/or apron to protect clothes. SAFETY GLASSES ARE A MUST! Cardboard molds will be available, but you can bring your own 1-2 lb. mold. (Pringle's cans, shampoo bottles with the top cut off and straight sided plastic boxes or silicone cake pans work great for soap molds.) No metal molds please. All other supplies will be provided.

SET FIRE TO YOUR METABOLISM

Thurs., Nov. 2 • 5:30-7:30 PM

Join registered licensed dietician, Molly Ongaro, for an informational session about how to increase your body's natural way of burning calories. With age, our bodies tend to slow down in calorie burning, leading to more fat storage. Not only that, but some of our muscles slowly turn to fat as well. With information about exercise, sleep, and diet that is backed by science, Molly will give you tips to help you feel better and live stronger. Whether you are 25 or 55, you will learn how to utilize energy in the most efficient way possible!

UNDERSTANDING & BALANCING HORMONES NATURALLY

Wed., Nov. 8 • 5:30-7:30 PM

This is a free class. Please register in-store or over the phone to reserve your seat.

This free class will offer women down-to-earth, practical and common sense approaches to keeping hormones in balance and achieving optimal health. It is of special interest to women 35 and older, women who have had a hysterectomy and women who have experienced female related cancers. This information will also help women with weak bones or bone loss. Gain insight on which hormones are right for you and how to deal with mood swings, hot flashes, night sweats and other distressing symptoms of menopause and premenopause. Marlyn Swanson, BSN, will explain the research of Harvard and U of MN trained John R. Lee, M.D., an internationally acknowledged pioneer and expert in the study and use of the hormone progesterone.

Produce Options for Busy Schedules

Ashley Phoenix, Produce Buyer

As our summer nears its end (sorry, it is true!), families are gearing up for back to school time. To make meals quick and easy with your busier schedule we have a few new options in our produce department. We now have vacuum sealed cooked butternut squash by Straight from the Root, and beets by Love Beets to cut down on your dinner prep. Just heat and eat! We also carry three



varieties of Elevate organic salads in our deli cooler as a quick, grab-and-go meal option.

Check out everything our produce department has to offer for packing your children's lunch boxes. From an assortment of fruit, to baby carrots and cherry tomatoes, we have many healthy choices for your children. And as always, our entire produce selection is organic and free from chemicals! 🌱

Alaffia Empowerment Project

Help Us Collect School Supplies for Students in Rural Africa

Our co-op wellness department carries the brand Alaffia because it does more than offer high quality natural beauty products. The company was founded in 2004 to alleviate poverty and empower communities in West Africa through the fair trade of shea butter and other indigenous resources. Their business model is designed so that proceeds from the sales of their products are returned to communities of Togo, West Africa, to fund community empowerment and gender equality projects. Natural Harvest is currently taking part in Alaffia's School Supply Project and we need your support. The future of African communities depends on the education and empowerment of young people. If African youth are helped with the dilemmas they face, such as harsh poverty and lack of infrastructure, they will be empowered to lead their communities in the future. In rural areas of Togo, less than 10% of high school-aged girls and only 16% of boys attend school (UNICEF). One of the several factors contributing to the high dropout rate is the cost of school supplies and tuition. By providing school supplies, we eliminate a barrier and empower students to pursue an education.



Please help us send basic school supplies to West Africa by donating the following items: Pencils, Pens (Ballpoint), Chalk (White), Protractors, Compasses (Metal), and Lined Paper.

Supplies can be dropped off in the collection box at customer service through September 30. 🌱



Easy Slow Cooker Chili

(Shared by Sandy Tardiff, Assistant GM & Grocery Manager)

Put this together in the morning, swapping ingredients as you see fit, and come home to a delicious hot meal at the end of the day! Serves 4-6 (*depending on sides, etc.)

- 2 15 oz. cans of beans — pinto, kidney, black, cannellini — different kinds, or the same (or 1/2 lb. dry beans, cooked to your taste)
- 1 10 oz. bag of frozen corn, thawed (1 to 2 cups)
- 1 10 oz. bag of frozen diced squash, thawed (1 to 2 cups)
- 1 28 oz. can of diced tomatoes (about 3 cups)
- 1 small can diced green chilies (or 1-2 spicy peppers of choice, minced)
- 1/2 onion, diced (sautéed or raw)
- 2 garlic cloves, minced (sautéed or raw)
- 1-1/2 Tablespoons of chili powder (Try Fiesta in our Bulk Section!)
- 2 teaspoons ground cumin
- 1 teaspoon paprika, smoked or regular
- 1 teaspoon dried oregano
- 1 teaspoon salt, or to taste
- One pound of cooked, ground meat could also be added.

Add all ingredients to your lightly greased slow cooker, and stir well to combine. Turn on to low and cook 8 - 10 hours. Adjust seasonings to taste and serve!

*Tasty sides include cornbread, chips and salsa, guacamole, cheese, sour cream, and cilantro.



“Change Within Reach” Round-up Report

Once again, your contributions have added up in a big way! We would like to extend a huge “THANK YOU” to everyone that continues to donate to the program. Your nickels and dimes are helping make our Iron Range Communities stronger.

A LOOK BACK

In April we collected over \$1,600 for the **RMHC Dustin Damm Memorial Fund**; in May, over \$1,900 was donated to Virginia’s **Bess Metsa Community Garden**; in June, more than \$1,400 was given to the **Gilbert Library Foundation**; in July, we raised over \$1,200 for the **St. Michael’s Foundation**; and as you read this, we are averaging over \$40 per day for **Range Respite**.

LOOKING AHEAD

In support of healthy living, our September recipient will be the **Mesabi Family YMCA Open Doors Program**. This program provides financial assistance to individuals and families who cannot afford to pay full price for Y memberships and programs.

This October, in recognition of Non-GMO month, we will continue to support and promote the right to know what’s in our food by rounding up for the **Iron Rangers for GMO Labeling**. Your donations will help the organization to further their educational outreach and continue their crusade in the fight for proper labeling of GMOs.

Your November donations will support the **Mesabi Symphony Orchestra**. Your contributions will assist in renting the musical rights to compositions by the great American composer, Leonard Bernstein.

Concerts are scheduled for April 21 & 22 in celebration of their 40th Anniversary, as well as, the 100th Anniversary of Leonard Bernstein’s birth. More information at: www.mesabisymphonyorchestra.org

If your 501(c)(3) non-profit organization would like to participate in the round-up program, stop in and pick up an application or print one from our website.

We are currently accepting applications for 2018. The application deadline is Sept. 30, 2017. All applications will be reviewed by a Natural Harvest staff committee. You will be notified by Oct. 31, 2017 if your organization has been selected for our program.



Vanilla Problems

Jen Donabauer, Bulk Buyer

Vanilla ice cream, vanilla latte, vanilla yogurt, vanilla granola – no matter what product you’re looking for, chances are you can find it in vanilla flavor! Vanilla is usually considered the most basic, boring, and plain flavor. It is known as flavor for those who are less adventurous or those who crave something simple. In reality, vanilla is anything but plain and simple! Vanilla is a labor intensive spice that is in high demand, and because of how and where it is grown, it is not so easy to meet that demand.

Vanilla beans come from vanilla orchids (*V. planifolia*), the majority of which come from the island of Madagascar. The fussy vanilla orchids grow best in tropical climates, and pollination is done by hand. That’s right, BY HAND. Vanilla farmers use little sticks to pollinate the plants themselves because there are no natural pollinators in Madagascar. After the seed-pods are produced and harvested, they need to go through several more processes. First, the pods need to be soaked in hot water. Then, they are wrapped in wool blankets for about two days, and after that they are put in a wooden box to sweat. Next, the beans will be laid out in the sun to dry, but only for about one hour per day. Adding additional pressure to the farmers, the beans begin to ferment as soon as they are harvested, so the farmers often have to scramble to find fair buyers for their beans. However, this can lead to other problems for the farmers.

Often the farmers are forced to sell their beans for much less than they are actually worth. Vanilla can make exporters and “middle men” quite a bit of money, but the farmers producing the vanilla often make very little profit. This is one of many reasons that it is important to seek out fair trade vanilla. Additional problems with vanilla cultivation include child labor, theft of crops, and climate change. Early this year, Cyclone Enawo devastated the vanilla crop in Madagascar, and this had come after two years of drought. An estimated 80-90% of Madagascar’s vanilla crop was destroyed. As you are probably aware, we have even seen the impact of this at Natural Harvest. Our vanilla has been out for quite some time, and I was very hesitant to bring it back. Due to all of the aforementioned factors, the price has increased dramatically. Singing Dog Vanilla is organic and fair trade, and though the price will go up, Natural Harvest will still cover your vanilla needs. ☺

SOURCES:

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Welcome to Wellness

Sarah DeBreto, Wellness Manager

First, I want to thank everyone who helped make our store move a success! Our new building is BEAUTIFUL and we couldn't have done it without you! And to all our new member-owners who have since joined with us, thank you for helping us be Stronger Together!!

My name is Sarah and I'm your Wellness Manager. I handle all of your supplement and body care needs. There are many products in the natural industry, and we work with multiple distributors and many direct vendors to keep our shelves stocked with a wellness assortment our

community can be proud of! I often special order wellness products we don't carry, for anyone, regardless if you're a member-owner of Natural Harvest or not. Special orders are another way for us to thank you for your patronage; they can be made in-store or over the phone.

I appreciate customer comments and suggestions that help our Wellness Department be more user-friendly! Visit us in the store, give us a call, or email us: info@naturalharvest.coop. I am here to help! 🐝

New Product Spotlight • Wellness Department

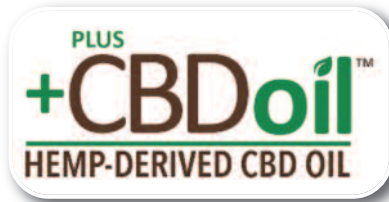
Sarah DeBreto, Wellness Manager

These are just a few of the new products and vendors you've seen around Natural Harvest Food Co-op. I'm so excited about these products because I believe they encompass what we're doing in the natural food and wellness industries – check them out!

PLUS CBD OIL

www.pluscbd.com

CBD or cannabidiol is a promising phytocannabinoid that is disrupting the medical marijuana community. The name phytocannabinoid comes from two terms, phyto meaning plant and cannabinoid meaning active constituents & a group of closely related compounds. What it does is give consumers the desired benefits of agricultural-derived hemp, cannabis's distant cousin. Unlike marijuana or cannabis, cannabidiol doesn't get you high. It is non-psychoactive, nutrient rich, eco-friendly and is good for the earth. CBD is proven effective at helping with anxiety and pain management, and its bringing balance to our health and the Human Condition. Learn more at www.cvsciences.com.



MY MAGIC MUD TOOTHPASTE & TOOTHPOWDER

www.mymagicmud.com

My Magic Mud Toothpaste and Toothpowder - www.mymagicmud.com
With activated coconut shell charcoal, organic coconut oil, volcanic ash calcium bentonite clay, and organic essential oils, My Magic Mud works to whiten and strengthen your teeth while reducing oral inflammation and sensitivity. Don't just take my word for it; ask anyone who's tried it. This toothpaste is crazy good!



BIRCH BOTANICALS

www.birchbotanicals.com

Birch Botanicals offers locally crafted, artisan made herbal remedies and organic skincare. Member-Owner & herbalist, Allison Austin of Virginia, takes us into the pure woods of northern Minnesota through her products, and shares with us the value of the birch tree – the Giving Tree. You may spot Allie at Natural Harvest on one of her many shopping trips, promoting her products in the wellness aisle or teaching classes about herbal remedies in our beautiful NEW classroom!



BAR BELL BEE RANCH

www.barbellbee.com

The favorite honey here at Natural Harvest is harvested locally by Bar Bell Bee Ranch in Squaw Lake, MN. I am excited to announce that this local supplier has recently made its way into our Wellness department with their beeswax! We now have their beeswax available for all your DIY crafting wants & needs! Beeswax can be used for many different projects, some of which include: making your own lip balm, moisturizers, candles, and itch relief remedies. It can even be used to unstick a drawer or as a natural lubricant for automobiles, etc.



100% Recycled Fiber

Share the Love by Spreading the Word!

Before recycling this copy of the Harvest Beet, please pass it along or share it with a friend or neighbor. It's a great way to introduce your friends, family and co-workers to your Co-op!

Our newsletter is printed on paper made with 100% post consumer recycled fiber.

Shop the Co-op!

Dear Member-Owners,

Your fellow member-owners and Co-op staff are counting on you! Protect your investment! Shop the Co-op! Each time you choose to shop with Natural Harvest you are ensuring that your very own grocery and wellness store continues to grow and prosper.

Thank you for choosing to support our community owned store. I hope that you will continue to shop with us for many years to come.

Sincerely,

Briana Sterle, NHFC Marketing Manager & NHFC Member-Owner

Thank You!

A huge "thank you" goes out to all of our volunteers that made our move possible! Our volunteers are awesome!

They helped put up the grocery shelves, moved products, moved equipment, took down the log railing to get our produce cooler out of the old building, cleaned, brought trucks and trailers for moving, brought their own cleaning equipment and cleaned, then helped put it all back together at the new store and kept us motivated!

We couldn't have done it without you! Thank you!!!

HELP US LOWER OUR CARBON FOOTPRINT!

Each quarter our number of member-owners increases which in turn increases the amount of paper copy newsletters that are printed. Please help us save some trees by electing to receive future newsletters electronically by email. Switching is easy, just fill out the form below and mail it back to us at 732 N. 4th St., Virginia, MN 55792. You can also request the switch by emailing info@naturalharvest.coop or by dropping the form in our store comment box. Please complete & return this form to receive future editions of the Harvest Beet by email:

Name: _____

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