



Mississippi Market Member Newsletter  
June-July 2007 • Vol. 30 No. 4

## Pollan serves as a beacon in the dark age of food



By Liz McMann, Education/Special Projects Mgr.

I live in a natural foods bubble. My partner and I work at Mississippi Market. My friends are obsessed with high quality foods, cooking from scratch, or at least shop at their local co-op. I admit that most of my time is spent thinking about food, shopping for food, or eating food. So of course I was delighted to attend

the Minnesota Landscape Arboretum's program, "What's for Dinner? The Ethics and Aesthetics of Eating" in April.

This event featured Michael Pollan, Knight Professor of Journalism at U.C. Berkeley as the keynote speaker. Pollan is best known as the author of New York Times bestselling books "The Botany of Desire" and "The Omnivore's Dilemma". To hear such an icon of the sustainable foods and gardening community speak was an honor I will not forget. Ironically, it was at this event, seated amongst some of Minnesota's most dedicated farmers, chefs, and foodies that my safe bubble of healthy eating burst.

As Minneapolis chef and restaurateur Lucia Watson put it, "We are in a dark age of eating".

While this might sound fatalistic and downright depressing, the truth is that most Americans do not think much about the quality of the food they are eating. Most conventional packaged foods are packed so full of high fructose corn syrup and hydrogenated oils that they barely resemble the plants and animals from which they originated. And this food system is unlikely to change without consumers raising their voices.

I suspect that this landslide of unhealthy eating is in part due to the disconnection between farm and food. This is a shame not just for farmers, who are losing their way of life, but for consumers, too. Fortunately, having a connection to local farmers and supporting a local food economy goes a long way in the path to improving our food system.

Pollan pointed out dozens of reasons for supporting local food systems, some sentimental and some more concrete. I usually hear that eating local is best because the food is fresher and it uses less petroleum for transportation. But according to Pollan, supporting a local food system is much more complex than that.

Local foods encourage cooking- real cooking. I have yet to see a locally made Easy Mac microwavable pouch of pasta and cheese. So eating locally means starting with ingredients and actually cooking. Cooking has become more of a chore than a

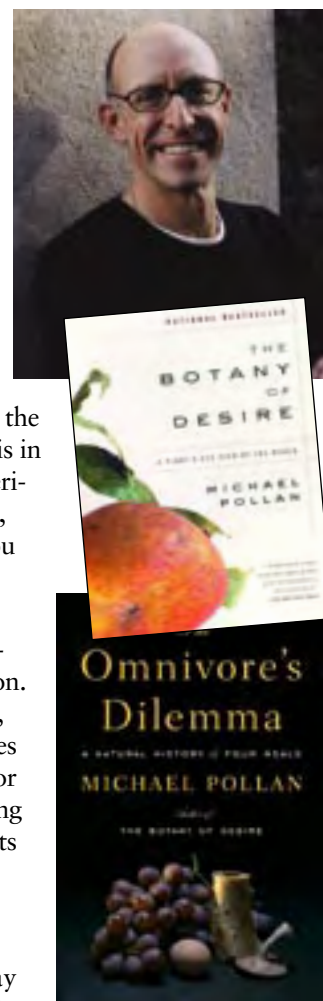
pleasure in our country, something to be avoided with convenience foods. But cooking is a part of culture- a tradition that will be lost if it is not passed down to younger generations.

Local foods encourage socializing. I'm not talking about fancy local cheese and wine tasting soirees. I'm talking about connecting with your community at the co-op or the farmer's market. It is in forums like these where we experience the town square of the past, where city meets country and you meet your neighbor.

Local foods encourage public health. We have all seen the danger of centralized food production. Whether it's pet food or spinach, when one farm/processor supplies food for a nation the potential for problems and difficulty containing problems expands. As Pollan puts it, centralized food production is like the church potluck potato salad outbreak, times a million.

Supporting local foods is one way that we can help move out of this "dark age of eating". The simple act of choosing what foods and farms to support with your grocery budget is a powerful tool. But right now we have an opportunity to affect the food system in another way- with the 2007 Farm Bill.

The Farm Bill is federal legislation that guides agriculture, conservation, food assistance and nutrition policies. This includes everything from what America grows to what is served in school lunches. Every five years Congress rewrites this massive bill, with input from farmers, businesses, concerned organizations, and lobbyists. This year, though, consumers are becoming more involved. Contacting your representatives takes a couple of minutes, but can have a big impact on food policies in our country. Please see our website ([www.msmarket.coop](http://www.msmarket.coop)) for Pollan's recommendations for the most important issues to raise with your legislators. Whether you vote with your fork or contact your representatives, there are



*Pollan...continued on page 6*

# THE GENERAL MANAGER'S REPORT



## Disappointing news: dream site for new store appears out of reach

By Gail Graham, General Manager

By now most of you already know our disappointing news--unfortunately our expansion dream site, the former Walgreen's building, appears to be out of reach. We've been working on this location for quite some time and it seemed to be a perfect fit for our expansion goals. We knew that it was never a sure thing, however, and are prepared to determine and pursue the next "perfect" plan.

Our agent is continuing to look for properties, we continue our conversations with St. Paul Academy to discuss our contingency plan—a lease extension, and our Board is assessing "what next" scenarios, including expanding our property search in the Randolph trade area.

Mississippi Market stands on a powerful vision of our mission to contrib-

ute to a high quality of life by providing access to products, people and information. We continue to work to create a sustainable food system by giving consumers choices and a greater voice in how food is produced and distributed.

We remain committed to serving our member-owners and the community with a vibrant neighborhood store for our shoppers and our staff in the Randolph area, and our more regional store in our Selby location. The work

we did on planning for the possibility of taking over the old Walgreens site was excellent, and will enlighten our development of other opportunities. As Mississippi Market board and management move into alternative scenarios, we commit to keeping the interests of our member-owners at the forefront. Please watch for updates, as well as opportunities to be involved. And we thank you so much for your continued support of Mississippi Market.

*"The work we did on planning...was excellent, and will enlighten our development of other opportunities."*

### EMPLOYEE PROFILE

## Carl Nelson

Carl Nelson moved to the Twin Cities after receiving his MA in International Relations and worked at the University of Minnesota as the Coordinator of Student Activities. In 1990 his family opened a video rental store on Selby, which they ran for 9 years.

Carl was Chair of the Selby-Dale area business association while Mississippi Market was getting city approval to build the Selby store. The association goal was to help develop the neighborhood by adding businesses, some to be run by local neighbors. When the Selby store opened in 1999, Carl took a part-time position as a reconciliation clerk.

Carl is active in the Summit Area Planning Council. He writes a monthly column called "Business Beat" for the Ramsey Hill Association Newsletter. He plays Santa for the association's party for children. He loves spending time with his 5 year old granddaughter, who he says often wins the card games they play. He also enjoys reading and has been a frequent visitor recently to Garrison Keillor's new bookstore in the Blair Arcade on Selby Avenue.



## BOARD MEETING DATES

**Tuesday June 19**

**6:30-9:00 p.m.**

**Tuesday July 17th**

**6:30-9:00 p.m.**

All meetings are held in the Selby Community Room .

# THE BOARD OF DIRECTORS REPORT

## Trends behind the bounty

By Nilgun Tuna, Board member

The weather is truly glorious, and many of us have pushed our luck by planting our tomatoes, peppers, eggplant and even melons several weeks early. Others have signed up for their favorite CSA, or are anticipating happy trips to the Farmers' Market. This is my favorite time at Mississippi Market, because now the round of oranges, apples and bananas gives way to strawberries and peaches. As we approach the bountiful season, it is a good time to consider the source of the bounty, and how it affects us as consumers.

For those interested in the food big picture, I have a great book to recommend, Michael Pollan's "The Omnivore's Dilemma". Pollan investigates and eats four types of meals available to the omnivore. He consumes an agribusiness fast food meal from McDonalds, an agribusiness organic meal from Whole Foods, a local organic meal from a "grass farmer", and a hunter gatherer meal he has personally hunted and gathered. Those who cried during Bambi may wish to skip this part.

With even Wal-Mart jumping into the organic food business, I was especially interested to read the section on large scale organic farming, and the pressure these businesses can exert on defining and monitoring what is "organic." Stores such as Walmart and Whole Foods have centralized distribution networks, as well as national and international sources. This has a direct effect on the safety, freshness, and carbon footprint of their products. Need I say more than "cat food imported from China"?

Reading this section made me particularly grateful for Mississippi Market. As a co-op, we are not focused on constantly improving our profit margin to impress stockholders. We make a reasonable profit as defined by national co-op organizations, but the co-op's primary goal is to provide safe, wholesome food for shoppers. While convenience items are there, we can also expend the effort to find local suppliers and support small farms. The co-op takes great pride in being over 20% locally sourced. Our local affiliated Twin Cities co-ops have talked about shared projects, such as a greenhouse, that will make it even more feasible and economical to source locally.

Pollan's fast food meal led him to investigate the cattle industry, following a cow from birth to slaughter. He also spent time with a farmer who grew corn. Strangely, I found the corn more troubling than the cows. Corn is among the most heavily subsidized crops, resulting in immense quantities of corn being grown. This is why high fructose corn syrup and corn fed cattle are so ubiquitous. Recent news reports indicate that this year, farmers have maximized the amount of corn they are planting, using every scrap of land, to profit from demand for bio-fuels. This makes me question the rationale of the bio-fuels industry. It is not helping the global warming situation, but is attracting major support at the expense of cleaner technologies. Is it because the corn is already there and needs a market? An article in the Guardian had this to say about a recent comprehensive survey of energy crops by the United Nations: "The global rush to switch

from oil to energy derived from plants will drive deforestation, push small farmers off the land and lead to serious food shortages and increased poverty unless carefully managed."

Recently, Pollan gave a talk in the Twin Cities and encouraged consumers to get involved with food policy, especially the Farm Bill. This is a complex piece of legislation, and most people have the impression that it is of interest only to farmers. In reality, if you eat food, the Farm Bill affects you. While I just saw an article that the Farm Bill was going to give WIC recipients an extra \$6 per month for fresh produce (!!!) and permit them to spend it at farmers' markets, in general, it supports conventional industrial agriculture at the expense of small farmers and organic growers. This means that industrial and processed foods are highly subsidized and cheap, while fresh and organic food is more expensive because it more closely reflects the true costs of production. Every co-op member's food budget directly reflects policies in the Farm Bill.

Co-ops have from their inception been about the politics of food. Of course, members are more concerned with finding asparagus for tonight's dinner than making a political statement each time they shop, but for those of you with an interest, read Pollan's book. Some will take the next step and become involved in food policy. We are fortunate that Amy Klobuchar and Norm Coleman, Senators from Minnesota, asked for, and received assignment to the Agriculture Committee, giving us a voice for our concerns. Let's take advantage of this.

**Our first member picnic of 2007 will take place on the evening of Wednesday, June 27 from 6:00 to 9:00 pm.** All members, staff and BOD and their families are welcome---it's a potluck affair with the co-op offering beverages---so bring an entree, salad, side dish, dessert or some nice bread to share with fellow members. Come join us to get an update on co-op plans or share the results of a great recipe. Go to [www.msmarket.coop](http://www.msmarket.coop) for additional details on this summer co-op classic!



## WANTED: Two Audit Committee Members

Must be financially literate & comfortable with balance sheets and income statements. Consider joining our audit committee as one of two members at large, joining the Board's finance committee to review our annual audit during one meeting in late August/early September. Interested? Please call 651-310-9475 or e-mail [board@msmarket.coop](mailto:board@msmarket.coop) for more information. Thanks!



# Community co-operator

## Mississippi Market to co-sponsor FMR's 4th annual River Challenge

*Canoeists and kayakers to head downstream August 4 & 5, 2007*

The Mississippi River Challenge is a one or two-day paddling adventure to raise funds for local non-profit Friends of the Mississippi River (FMR) and your co-op will again provide fresh fruit to hungry paddlers in need of a healthy lift!



The theme for the Challenge is "Paddle It. Protect It." and hundreds of paddlers (canoeists and kayakers) will take to the water after raising pledge funds to participate.

"The health of the river is linked to our personal health," said FMR's Whitney Clark, Executive Director. "The River provides drinking water to many Twin Cities residents, plus it's a recreational resource. We invite everyone to join the fun and get involved to help protect your River!"

Paddlers are supported by over 100 volunteers who assist on the water and at every stop. The event offers a rare opportunity to camp overnight in historic Fort Snelling, and negotiate the majestic St. Anthony and Ford Locks. This event is filled with interpretive stops highlighting the river's ecology, history and culture, taking paddlers through the heart of the Twin Cities from Coon Rapids Dam to Grey Cloud Island in Cottage Grove.

Participants in the 2007 Mississippi River Challenge need to pay a registration fee and collect \$200 or more in pledge funds to support the river conservation work of FMR before taking to the water. Last year's event included 306 participants, who raised \$92,000.

Friends of the Mississippi River is a non-profit organization, based in St. Paul, Minnesota, which works to protect and restore land, enhance water quality and engage people in the life of the river. Please visit the event website to see a complete list of generous sponsors who make this event possible. Visit the website at <http://www.mississippiriver-challenge.org> to register, sign up to volunteer, find out about paddling and fundraising workshops, check out the route, or get more information. You can also call Kay Yanisch, Event Manager, at 651-222-2193 x19.

## Saint Paul students explore more healthy food

*Local non-profit helps students make connections between our health and the food we eat*

*By Haruko Ruggiero, Midwest Food Connection instructor*

Midwest Food Connection (MFC) visits area grade schools to teach lessons about seasonal, natural foods and sustainable agriculture. Our spring lesson focus is on "Foods from Around the World" and students,

studying foods in the four-lesson-series, are refining their taste buds, their food questions, and their recognition of foods such as mangos,



millet, chickpeas and cilantro. Children show their enthusiasm for the program in various ways: asking for recipes at the close of a lesson, reporting with pride on a dish made at home the previous week, or developing thoughtful, marvelously articulate questions regarding diet and health of family members. We receive many requests from parents for lessons and the program continues to expand. So with the help of Mississippi Market and other regional co-ops, Midwest Food Connection has taught about healthy food choices in 1100 lessons at close to 60 area schools.

Kids get it, parents get it, and the community at large is embracing the growing involvement of Midwest Food Connection. Program educators have enjoyed a year in the classroom and in the community. At the State Fair last August, MFC did storytelling about organic farming. More recently at the Living Green Expo, Program Educator Haruko Ruggiero taught a lesson, Caring for Our Soil, geared towards elementary-aged-children.

Last fall and this spring, we made use of opportunities for organized farm visits – at farms such as Garden Farme and Common Harvest Farm – restoring the link between classroom and farm. Resulting from a newly formed collaboration with the Mill City Museum, this year trips were taken to the museum, enhancing our lesson on wheat with a visit that celebrates the milling history of our river setting, linking the classroom to a past that lives on in Minnesota. The Midwest Food Connection challenges itself to develop relevant branches of learning, linking education with a healthy regard for both our environment and our choices around food.

*The Midwest Food Connection receives funding from five area food co-ops. For more information, or to invite the program to your child's school, call (612) 871-3993, ext 425. This school year, on behalf of the Mississippi Market, MFC taught children at Horace Mann, Adams Spanish Immersion, Highland Catholic, Groveland Park, Webster, JJ Hill, Galtier, Capitol Hill, Museum Magnet, Linwood A+ and Expo for Excellence.*

# WFU Kamp Kenwood: Cooperating for Change

*Wisconsin Farmer's Union summer camps run from June through August*

Fair Trade coffee. Fresh local food. Friends, shared values, and the cooperative spirit. Sound like a walk down the aisle at your local food co-op? Probably does. It's also what you'll find during a co-op camp session at Kamp Kenwood.

Each summer, kids from the Midwest and beyond come to spend a few days in the pine woods on the shores of Lake Wissota near Chippewa Falls, Wisconsin for an experience of cooperation, fellowship and fun at Wisconsin Farmers Union's summer camp program.

While "Farmers" is the name, this camp isn't just for farm kids. While some campers come from farms and rural communities, others come from Minneapolis and Milwaukee, or from as far away as the states of New York and Missouri.

Since the 1930's, WFU's camp program has taught kids about the history and values of the cooperative movement, as well as the ways in which co-ops touch people and their communities today. Hands-on simulations make the learning fun; campers might be asked to develop a member equity drive for a 1950's era drive-in restaurant co-op, or make business decisions as members of a cocoa farmers' co-op in Ghana.

A cornerstone of the camp experience is the creation of the Co-op Store, which sells treats and camp souvenirs. In keeping with cooperative principles, the campers themselves run the business, sell shares, elect a board of directors, and receive a dividend based on their purchases. On the last day of camp, members select a charitable organization or camp improvement to benefit from any remaining profit.

Past camps have also featured workshops that ranged from leadership development to international trade simulations to environmental sustainability education. Guest speakers have included representatives from co-ops, credit unions and CSA (Community Supported Agriculture) farms, as well as returned Peace Corps volunteers.

Keep in mind this is still summer camp; not all the learning takes place indoors. Campers have time for sports and games, swimming in the lake, hiking in the woods, or just hanging out with friends. Art, music, and drama teams meet each afternoon to prepare for the Evening Program, which features skits, songs and cooperative adventure theme games. Past evening themes have included Pirate Night, Highland Games Night and Pioneer Night. Each evening closes with a dance (folk or modern) or a campfire.

All around the country are local co-op managers, employees and board members who first learned about cooperatives when they attended Farmers Union Camp as kids. We can begin to develop tomorrow's cooperative leaders today.

## 2007 CAMP DATES

**Ages 8-12 Cost: \$70**

Junior 1 Camp – June 19-22

Junior 2 Camp – August 12-15

**Ages 12-14 Cost: \$75**

Junior High 1 Camp – June 11-15

Junior High 2 Camp – August 6-10

**Ages 14-18 Cost: \$80**

Senior Camp – June 24-28

Non-members add \$30 per family for WFU membership. Ask about our Intergenerational Family Camp for all ages, June 22-23. To register or for more information, contact Cathy at 1-800-272-5531 or [cstatz@wisconsinfarmersunion.com](mailto:cstatz@wisconsinfarmersunion.com), or online at [www.kampkenwood.com](http://www.kampkenwood.com). Registration continues until sessions fill; space is limited. The camp program is sponsored in part by a cooperative education grant from the CHS Foundation and by local co-ops and credit unions.



## *Friends of the Mississippi River (FMR) to receive member's June/July eco donation*



Since April 1, 2006 co-op shoppers who bring their own canvas totes or bags have earned a five cent credit per bag, and so far most people have elected to give the stamps to the designated beneficiary organization (rather than redeem stacks of ten stamps for .50 cash). We've just wrapped up a 60 day period during which Transit for Liveable Communities (TLC) received the proceeds of our members' eco-consciousness.

If you are still waiting to make the switch to becoming plastic/paperless, then why not consider buying a few sturdy Mississippi Market organic canvas totes? We've priced them at close to cost in order to promote their use!

Our friends at FMR are beneficiary organization for June/July 9 (see also story on page 4 regarding FMR's Mississippi River Challenge)

## Barb Tholin and Charlie Wunsch moving on

*Selby Store Manager and Marketing-Member Services Director leaving co-op*



Barb Tholin, who has worked at the co-op since the days on St. Clair (1988) will be moving to the Grand Traverse area of Michigan's Lower Peninsula later this summer. This will be a new phase for Barb, her husband Charlie, and son, Ellis---but they are looking forward to getting more involved in the fruit farm where Charlie grew up.

After driving back to visit the family farm a few times a year for a decade or so it now seems the natural thing for the family to do. Charlie has been looking forward to this move for a long time: "We'll miss the co-op and all of its terrific staff and members, but there is a thriving natural foods co-op where we are going and a chance for us to get back into farming. We are incredibly excited about this move!"

Barb's tenure was the longest of any co-op staff member at the time of their announcement; she had served for 14 years as a Produce Manager, and various times as a Meat Buyer. For the last three years Barb has served as the Selby Store Manager. Charlie's service at the co-op was by comparison brief--just over three years heading up the Marketing and Member Services efforts and writing and editing this newsletter. Barb and Charlie will be working through the first week of July; if you see them in the aisles of either store, please wish them good luck in this new phase of their lives!

## Pollan...continued from cover

plenty of opportunities to create change in our food systems. Michael Pollan spoke of a growing movement toward a new culture of food. Nowhere is that more evident than in the community of natural foods co-ops. Contact your representatives to voice your concerns for the Farm Bill. Both of our U.S. Senators, Amy Klobuchar (D) and Norm Coleman (R) sit on the Agriculture, Nutrition, and Forestry Committee. While no Twin Cities representatives are on the House Agriculture Committee, you may also contact your House representatives, as all members of congress will vote on the final bill. Find your senators at [www.senate.gov](http://www.senate.gov): Senator Coleman (202)224-5641; Senator Klobu-

## affinityGROUPS

### June & July 2007

The Mississippi Market Board's Membership Committee sponsors affinity groups as a benefit to co-op members. The co-op offers bulletin boards, newsletter and web site as tools to promote each group's formation. To learn more about starting a group: call Charlie in Member Services at 651-310-9465 or e-mail him at [cwunsch@msmarket.coop](mailto:cwunsch@msmarket.coop).

### Contact information and description for upcoming affinity group meetings:

**Discovering Raw Foods.** Share raw foods recipes and learn more about raw foods nutrition with other shoppers and members; outside experts and group speakers welcome! Initial classes and meetings will focus on growing sprouts.

Please RSVP.

Thursday, June 7, 2007, 7:00-8:00 pm

Thursday, July 5, 2007, 7:00-8:00 pm

**Contacts:** Rich or Melanie at 651-649-0660.

**Introduction to Oriental Medicine.** Learn more about acupuncture, Chinese herbal medicine, Chinese nutritional therapy, shiatsu and massage with John Walters, L. Ac. Initial meetings will offer an overview of Oriental Medicine and an introduction to services provided at HealthPoint Oriental Medicine Clinic.

Tuesday- June 26, 2007, 7:00 – 8:30 pm

Wednesday- July 18, 2007, 7:00-8:30 pm

**Contact:** John Walters at 651-698-1404, or [jwalters@healthpointclinic.org](mailto:jwalters@healthpointclinic.org)

**Note: all affinity group meetings take place in the Selby Community Room, on the second floor of our Selby store at 622 Selby Avenue.**

char (202)224-3244. Find your representatives at [www.house.gov](http://www.house.gov). this massive bill, with input from farmers, businesses, concerned organizations, and lobbyists. This year, though, consumers are becoming more involved. Contacting your representatives takes a couple of minutes, but can have a big impact on food policies in our country. Please see our website ([www.msmarket.coop](http://www.msmarket.coop)) for Pollan's recommendations for the most important issues to raise with your legislators.

Whether you vote with your fork or contact your representatives, there are plenty of opportunities to create change in our food systems. Michael Pollan spoke of a growing movement toward a new culture of food. No- where is that more evident than in the community of natural foods co-ops.





## Artisan Cheesemaking Farm Tour in Northfield

*Shepherd's Way Farms to host Sustainable Farming Association of MN event*

NORTHFIELD, Minn. Artisan cheesemaking is the focus of an upcoming farm tour sponsored by the Sustainable Farming Association of Minnesota (SFA of MN). The event will be held at Shepherd's Way Farms near Northfield, MN on Friday, June 22nd from 1:00 – 4:00 p.m. There is no charge, however, RSVP is required. For more information or to RSVP, please contact the SFA of MN at [communications@sfa-mn.org](mailto:communications@sfa-mn.org) or (320) 226-6318.

Shepherd's Way Farms is a sheep dairy, owned and operated by Steven Read and Jodi Ohlsen Read. The couple will lead a tour of the farm's milking facilities, versatile cheesemaking room, and aging room, all of which are housed in a remodeled 1940s era barn. Ohlsen Read is an award winning artisan cheesemaker, having received multiple American Cheese Society awards for several Shepherd's Way cheeses. She will lead a discussion about how and why they make various cheeses, followed by a question and answer session.



This Artisan Cheesemaking Farm Tour is part of an initiative to increase cheesemaking skills and grow a network of beginning artisan cheesemakers in Minnesota. The initiative is led by the SFA of MN and funded by the Minnesota legislature through the Minnesota Dairy Initiative. To learn more about artisan cheesemaking, visit [www.sfa-mn.org](http://www.sfa-mn.org) for a page of resources, and an interactive discussion forum on artisan cheesemaking, moderated by Jodi Ohlsen-Read.

The SFA of MN is an agricultural non-profit organization whose mission is to support the development and enhancement of sustainable farming systems through farmer-to-farmer networking, innovation, demonstration, and education.

*Note: our markets are proud to work with Shepherd's Way. Stop in at either store's cheese sections to explore all the savory choices from these leading local artisan cheesemakers!*

## Morning at PastureLand

We get up to milk the cows early, usually it's pitch black out. There are mornings with a full moon out and you can see so well you don't need headlights to ride out to pas-



ture where the cows have rested overnight. Other mornings it's very black, but the stars fill the sky as far as you can see; then there are mornings the bugs are so thick that we should wear goggles. The dogs come along to help bring in the cows. When we get near the barn the cows chew their cud and wait their turn to come in to the milking parlor. They have their own pecking order, and the bossy ones are always in first. Once in the stalls they are content. They stand still, content to let us do the work of milking. When we are finished they head out for new pastures. Often they will stop for a drink of water along the way, and maybe eat a bit of hay.

When finished with morning chores we head in for breakfast. Fresh cold milk on cereal, this is the thing we'd miss most if we ever stopped dairying. We drink about a gallon a day. It's thick and tastes wonderful after the work outside.

PastureLand Cooperative is a five farm southern Minnesota cooperative of organic grass-based dairy farms. Certified organic and sustainable by MOSES and Food Alliance, we are proud to be part of Mississippi Market's celebration of June Dairy Month.

*These shortbread cookies are the unofficial cookie of PastureLand's summer chores. Easy to make, and easier to eat.*

### **PastureLand Cooperative Summer Lemon/Poppyseed Shortbread**

- 1/2 c. PastureLand salted butter
- 1/2 c. PastureLand unsalted butter
- 1/2 c. organic granulated sugar
- 2 1/4 c. all purpose, organic flour
- 2 T. freshly squeezed lemon juice
- 1 rind from organic lemon, grated and finely chopped
- 2 T. poppyseeds

Preheat oven to 325 degrees. Combine butter with sugar and beat well. Add the lemon rind and juice and combine well. In a separate bowl, combine the flour and poppyseeds. Fold the flour mixture into the butter mixture and combine until flour has been completely incorporated and poppyseeds have been evenly distributed in dough (dough will be stiff and you may need to mix with hands at the end). Roll dough on silicone mat or between two sheets of parchment paper to 1/4 inch thickness, and if using parchment, remove top sheet. Round should be 10-12 inches across. Cut into shapes, or score round into evenly sized wedges and prick cookies with a fork. Bake until golden, approximately 20-25 minutes. Cool on a rack and dust with granulated sugar.

# Slice of the season



By *Rebecca Schauer*  
Registered Dietitian

## Preserving summer's bounty will reduce your CO2 footprint



In the height of summer, with a bounty of fresh fruits and vegetables, the furthest thing from our minds is what we will be eating in six months. But if we want to lower food miles and reduce our carbon footprints,

then here in Minnesota, summer is the time we must stock our pantries and freezers to eat locally all year long. Several studies have documented that sourcing food locally reduces transport-related carbon dioxide emissions. And by preserving food at home and choosing bulk items at the grocery store, we help reduce energy inputs from production and processing. Also, we can't forget that some fresh produce loses much of its nutritional value within 48 hours of harvesting, so there are nutritional bonuses for choosing foods that have traveled shorter distances.

In these next few months, why not try a little canning, drying, or freezing? Come January, not only will the Earth thank you, but so will your taste buds. And there's one more bonus – you'll have a connection to your food. Last winter, each time I enjoyed frozen strawberries and blueberries, I couldn't help but think of those perfect June and July mornings with family, at my favorite local berry farm. Mmm...life tastes good when we take a little time to savor it.

Did you know there's a National Center for Home Food Preservation? It's a great place to get all your questions answered on preserving food at home. <http://www.uga.edu/nchfp/>. You may also want to try <http://www.canningpantry.com/index.html> for helpful information, as well as supplies. Finally, for even more info, links, and recipes try <http://www.seasonalchef.com> and this University of Nebraska Extension site <http://lanaster.unl.edu/food/foodpres.htm>

### Spicy Frozen Cucumbers

4 cups sliced pickling cucumbers  
2 large onions  
1 tablespoon salt  
1 cup sugar  
1/2 cup cider vinegar  
1/2 teaspoon ground turmeric  
1 tablespoon whole white mustard seeds

Wash and thinly slice the cucumbers, unpeeled. Peel the onions and slice thin. Combine the cucumbers, onions, and salt in a glass or ceramic bowl. Let them stand 2-4 hours to extract the moisture. Rinse and drain the vegetables well, blotting them with paper towels to absorb all the moisture. Combine the remaining ingredients and mix well until the sugar dissolves completely, about 10 minutes. Pour the cucumber mixture into clean freezer containers, leaving 1 inch of headspace for expansion. Cap and seal. These will keep up to 1 year in the freezer. To use, thaw about 4 hours in the refrigerator. Serve chilled.

From *"The Big Book of Preserving the Harvest"*, by Carol Costenbader.

### Essence of dried tomatoes

1 cup dried tomatoes, moderately packed  
2 cloves garlic, peeled  
2 teaspoons capers, drained  
1 tablespoon fresh basil, coarsely chopped, (or 1-1/2 teaspoon dried)  
2 tablespoons olive oil  
1 tablespoon red wine vinegar.

Place tomatoes, garlic, capers and basil in bowl of food processor. Process just until mixture is chopped, NOT pureed. Add oil and vinegar and pulse food processor just until mixture is combined. Place in covered jar and store in refrigerator.

Some suggestions for using dried tomato essence:

- Sandwich spread
- Mock pizza (English muffins & cheese)
- Tomato-based pasta sauce
- Dips and salad dressings
- Stuffing for deviled eggs
- With pesto—toss with pasta
- Spread on cream cheese and crackers
- Add to tuna, chicken, potato, pasta or veggie salads

### Pasta pizzazz:

Add a handful of tomato halves, some chopped anchovies, minced garlic and parsley, and a drizzle of olive oil to hot cooked pasta. Toss well and serve.

Add dried tomato bits and pieces to quiche, stir-fry, meatloaf, casseroles, stews, rice or risotto, scrambled eggs or omelets, or quick or yeast breads.

### Rosy salad dressing

Puree tomato halves with fresh garlic, dry mustard and freshly ground pepper. Mix with mayonnaise and thin with milk. Drizzle over crisp greens.

### Tomato potatoes

For scalloped potatoes with a difference, arrange tomato halves between layers of sliced potatoes before baking.

### Uses for dried tomatoes

Dehydrated tomatoes can be used "as-is" or rehydrated. They may be used whole (halves), or minced into bits, sliced into slivers, chopped into chunks, or pureed into pulp.



# Get ready for summer

*Pull your own fresh mozzarella!*



Nothing says summer like fresh mozzarella, tomato, and basil salad, and this June your co-op has a way to make healthy eating more fun for all. Get ready for the season by learning to make your own mozzarella- it's easier than you think! Our cheese experts will demonstrate the process and you will have a chance to make your own mozzarella to take home and set the splendid table your family and friends have come to expect.

**Choose from three Saturday sessions:**

**June 16, 23, or 30 • 1:00-2:30pm**

Selby Community Room (upstairs at the Selby/Dale location at 622 Selby Avenue) Registration required; cost is \$14 for co-op members/ \$16 for non-members

*Please register and make your payment with Mississippi Market's Customer Service desk at the Selby/Dale store or by calling 651-310-9499. Space is limited, so register early.*

## Product samplings set for June

### **SELBY STORE**

**Wednesday, June 13, 2pm - 8pm**

Flower Essence Services • floral essences

**Saturday, June 16, 11am - 1pm**

Bryn Mawr Soap Company • local handmade soaps

**Sunday, June 24, 11am - 2pm**

HappyBaby organic baby food • **NEW!**

### **RANDOLPH STORE**

**Saturday, June 16, 2pm-4pm**

Bryn Mawr Soap Company • local handmade soaps

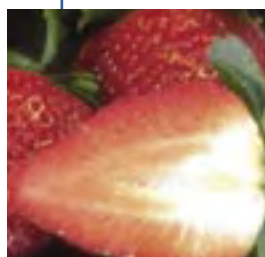
**Saturday, June 23, 1pm-4pm**

HappyBaby organic baby food • **NEW!**

Also look for vendor demos throughout the summer by Thousand Hills Cattle company, Izzy's Ice Cream and Cedar Summit Dairy, see [www.msmarket.coop](http://www.msmarket.coop) for a regularly updated sampling list.

## Joe's & Nick's PICKS

*Our Produce Managers' list of fresh arrivals for June and July*



**Watch for June arrivals of seasonal fruits and vegetables from these sources:**

**Fresh Local Strawberries**—various MN, WI start mid-June, (short season)

**Organic Romaine, Green & Redleaf lettuce**—Featherstone (MN) all summer

**Organic Snow peas & Snap peas**—various local (best eaten same day) all summer



**And for July the wagons of nature's fresh bounty will keep rollin' on in!**



**Red Haven Peaches**—(smaller, juicy, flavorful) S. Illinois (season lasts 2-4 weeks)

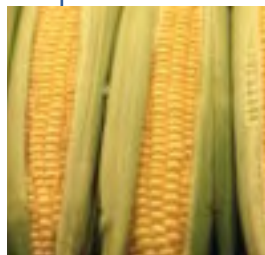
**Organic Cherry Tomatoes**—local (Featherstone, BC Gardens, Avalanche) mid-month

**Organic Muskmelons**—WheatsField Farm mid- to late month

**Organic Tomatoes**—local (Gardens of Eagan), later in the month

**Organic Sweet Corn**—local (Gardens of Eagan, very last of the month)

**Sweet Cherries** from Door County, WI—Barnard Farm, WI



**Use this local tip sheet to eat healthy, fresh and local all summer long!**

## Food shelves thank co-op staff, shoppers for their great generosity!

Each of the five Saint Paul food shelves which received an equal share of the proceeds of our March food drive have sent thank you notes to the co-op. Here are few samples of their gracious expressions of gratitude:

*"Thank you, Mississippi Market and your enthusiastic, dedicated staff, for your fantastic food drive and for including Neighborhood House this year as a beneficiary."*

**-Andrea Bond, neighbor, member and Neighborhood House Board member.**

And this letter from the Food Rescue Manager for Second Harvest Heartland (Twelve Baskets):

*Dear Mississippi Market Patrons,  
Thank you so much for contributing to the March Campaign's annual food and fund drive. Second Harvest Heartland received wonderful produce and organic meat to distribute to our agencies, and more than \$1000.00 in cash donations. Not only were the donations wholesome and nourishing; they also emphasize the importance of nutrition and healthy eating. So thanks again and please know that your support and thoughts are what will help to end hunger in Minnesota.*

**Sincerely, Kate Mudge**

## Renewable Energy and Sustainable Living Fair

**June 15-17, 2007**

**ReNew the Earth Institute**

**7558 Deer Road  
Custer, WI**



The 18th Annual Renewable Energy and Sustainable Living Fair is the world's largest renewable energy educational event of its kind and features hundreds of workshops, speakers and exhibits all emphasizing clean energy & sustainable living---a great getaway for the whole family! Mass transit and/or rideshare to the Fair is available.

Special sets of workshops for children, educators, renters, and women are offered as well as a Clean Energy Car Show, where you can learn how to reduce your reliance on foreign fuel. **For directions and a full schedule of events for the 2007 Fair go to: [www.themrea.org](http://www.themrea.org) or call: 715-592-6595.**

## This Year's First Co-op Potluck Picnic Set for Evening of June 27

**WHERE:** Newell Park • SE corner of Pierce Butler Route and Fairview Ave.

**WHEN:** Wednesday, June 27 from 5:30 to 8:00 pm  
(shelter provided in case of rain)

**WHAT:** Community picnic to welcome summer's arrival & enjoy great food outdoors!

The Board's Membership Committee is again hosting an early summer picnic for members to gather as a group and share great food. This year we are encouraging people to prepare and bring dishes that use locally grown ingredients. Newell Park is a beautifully treed (mature oaks) space with shelters, a fire ring if you wish to grill food (bring charcoal), bathrooms, and ample parking. Newell is a family friendly park with playgrounds adjacent to the picnic shelters, so bring the kids! The park is alcohol free; however, the co-op will supply enough beverages for all attending. Please bring a salad, entree or dessert to share, and your own dishes, napkins and utensils. If you're worried that you won't know anyone, leave time to arrive by 5:30 and socialize! An added bonus is the chance to consult with board members regarding the co-op's future.

As always, there's an ulterior motive to scheduling this early season get-together: as good Minnesotans, we each must confirm that our hot dish or seven layer salad still "has what it takes" to get us through the coming potluck season! Hope to see you there. If you have questions, call Charlie in Member Services at 651-310-9465.





# COMMUNITY BUSINESSES COMMUNITY

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## member specials

**Present this coupon to receive up to \$10  
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off your first \$100.00)**

Actual Discount Given: \_\_\_\_\_

\* For Current Members Only

\*\* Not applicable to milk, eggs,  
butter or special orders

\*\*\* Valid Through July 31, 2007  
UPC 1999



YOU MUST PRESENT THIS COUPON TO RECEIVE A DISCOUNT

## YOU ASKED FOR IT! Classes coming soon...

Members expressed overwhelming interest in community and educational events at the last member forum in February. Beginning in August, Mississippi Market will offer lectures and classes at our Selby-Dale store. Topics will focus on natural and artisan foods, healthy lifestyles, and some cooking. Look for details on classes in the July/August issue of the Mix and on our website!



## Board of Directors

651.310.9475

board@msmarket.coop

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## Market Medley

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# June Member \$pecials

Bob's Red Mill Muesli, 18 oz. ....	\$2.99	(regular \$ 4.29)
Newman's Organic Pretzels, all varieties .....	\$ 1.99	(regular \$ 2.59)
Food Merchant's Organic Polenta, 18 oz. varieties .....	\$ 2.39	(regular \$ 3.19)
Mount Hagen Organic Instant Coffee .....	\$ 6.39	(regular \$ 8.59)
Debole's Rice Pasta , 8 oz. penne or spiral .....	\$ 1.49	(regular \$ 2.19)
Real Salt 9 oz shaker .....	\$ 2.69	(regular \$ 3.39)
Garden Of Eatin' 16 oz. Organic Tortilla Chips .....	\$ 3.29	(regular \$ 3.99)
Newman's O's Cookies, all varieties .....	\$ 3.29	(regular \$ 3.99)
Annie Chun's Noodle & Sauce boxed meals (select varieties) ....	\$2.59	(regular \$ 3.19)
Bob's Red Mill 26 oz Pancake Mix (10 grain, Buckwheat, or Buttermilk). ....	\$ 2.49	(regular \$ 3.39)



## Moving soon?

Please e-mail your name, member # and new address to [cwunsch@msmarket.coop](mailto:cwunsch@msmarket.coop).



NATURAL FOODS CO-OP

1810 Randolph Ave., Saint Paul, MN 55105

651.690.0507 • 8:30 a.m. – 9:00 p.m.

622 Selby Ave., Saint Paul, MN 55104

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