

NORTHWIND NEWS

Fall 2010

Published Quarterly by Northwind Natural Foods Co-op for it's members



Events



Monday

1st Monday of the month

The Co-Op Board meets the first Monday of every month! All members are welcome!

Friday

Fresh produce arrives every Friday!

Sat, November 6th



General Membership Meeting and Potluck!

You're invited to the Annual General Membership Meeting, which is held each year to discuss the future of the Co-op, elect Board members, share ideas, see how the store is doing and meet other members.

When: Saturday November 6th, 2010
Where: 104 S. Lowell St (Gogebic Area Thrift Coffee Shop)

Bring a dish to share and we hope to see you there!



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HOURS OF OPERATION:

**MON-WED: 9AM-6PM
THURS-FRI: 9AM-7PM
SATURDAY: 9AM-6PM
SUNDAY: Closed**

WE ARE LOCATED AT:

**116 South Suffolk Street
Ironwood, MI 49938
(906) 932-3547**

Letter from the Manager

By: Eva Smith-Furgason



It's hard to believe that fall is upon us already and we will soon have snow blankets tucking our gardens in for the winter. For the Co-op, fall signals the end of the fiscal year, renewal of memberships, counting the inventory, getting holiday merchandise, our annual spice sale and more. For me - it means tracking down elusive suppliers of Torrone candy, beeswax candles, African baskets, and other holiday staples, all while running the busier than ever store. For me it is also a time of reflection on the past year - a time to set new goals for myself and the Co-op and evaluate our progress.



Robert Heinlein, a science fiction author, is quoted as saying "In the absence of clearly-defined goals, we become strangely loyal to performing daily trivia until ultimately we become enslaved by it."

One of my goals for the upcoming year is the modernization of the Co-op's current check out system with a Point of Sale, (POS) system. This system would keep much better track of members, our inventory, sales, promotions and our bottom line. It would give each customer an accurate, detailed receipt and it would speed things up at the

register. This all comes at a price, of course and while the final cost is large, the monthly layout is low.

I will be presenting this proposal for a vote at the General Membership Meeting but if anyone would like the details, please feel free to contact me at the store. For many of our members, with the end of summer, comes a bit of free time. Kids are back in school, the canning is done, gardening is winding down, and holiday preparations have not yet begun. This makes it a great time to volunteer!

There are many small projects at the Co-op just waiting for some industrious person to tackle them. We'd love to see you at the store - and any help - even an hour or two - are much appreciated. And remember - Volunteer Members who devote just 6 hours of time per month receive a 10% discount on their purchases.



On a different note, this newsletter is heavy with squash info and recipes - as it seems that a bumper crop is making prices very reasonable for these healthy, delicious veggies full of beta carotene. Enjoy the fall bounty and share your favorite squash recipes with the Co-op!

Some Words from the Treasurer

By: Dave Graczyk

The end of September, and we all know what that means--get out the warm clothes, winterize the house and vehicles, and cook some warming, sustainable food, found right here at Northwind Natural Foods Co-op, in Ironwood, Michigan.

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Nothing warms one up faster than organic cocoa on a cold winter night. Also, there are many hot cereals to choose from. Nutrition is the biggest factor in health, so why not go organic? With organic foods, one eliminates the pesticides and other not-healthy additives that take away from food's nutrition value. We all know winter can wreak havoc on our systems, so it's important to eat as healthy as possible.

Supplements can play an important role in health for those who may feel they don't get proper nutrition. Winter can stress the immune system, so it's important to boost the immune system as much as possible.

Echinacea, which is said to be one of the most widely used herbs in Native American medicine, helps with health by stimulating the body's immune system. Garlic also is said to boost immunity, as well as Elderberry, which was used in Roman times for treating the flu.

With some research and patience, one can find a wealth of information regarding health and the immune system on the internet, as

All of us here at Northwind wish you a healthy, happy, productive winter season.

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Vendor Spotlight: Lundberg Family

by Eva Smith-Furgason

In the ever changing world of the Natural and Organic Industry it's great to know that some things stay the same. Lundberg Family Farms was founded in 1937 by Albert and Francis Lundberg and it is now run by the third generation of the Lundberg Family.

Together with approximately 180 employees the Lundberg Family cultivates about 17,000 acres of rice of which 11,000 are certified organic and 6,000 are eco-farmed.* The Company opposes Genetically Modified seeds and goes above and beyond in their protection of the environment. Lundberg Family Farms has signed a pledge committing to continual improvement and transparency around practices in 11 actionable areas including:

1. Organic
2. Distribution
3. Energy
4. Climate change
5. Water
6. Packaging
7. Labor
8. Animal Care
9. Consumer Education
10. Governance



While for many companies the above would be a marketing ploy at best and lip service at worst- at Lundberg - it's a profitable way to run a family business and protect the earth for future generations. One of the most touching initiatives is the annual "Egg Aid". Each year volunteers and farm workers in preparation for spring planting and plowing, rescue thousands of Mallard Duck eggs which would otherwise be destroyed, from the Lundberg Family Farms fields. The eggs are then incubated, the hatched chicks banded and released. 95% of the rescued eggs hatch. Since this practice started in 1993 - over 24,000 chicks have been rescued. The company's commitment does not stop there. In addition to the egg rescue,



they encourage migrating fowl to settle in their fields and have "No Hunting" policies to protect the birds. The practice of incorporating the rice straw left over after harvest time instead of burning it, also benefits the water fowl, not to mention the effect it has on air quality in the area. The details of the farming practices of Lundberg Farms as well as a great short video about the duck egg rescue can be found on their extensive and highly informative web site. The Co-op is proud to carry Lundberg products, and happy in the knowledge that since every dollar we spend is a vote on the kind of world we want - a purchase of Lundberg bulk rice, rice

chips, rice cakes or rice syrup is a vote that supports wildlife, the environment and a truly conscientious company that produces a superior product while staying true to their values.

*for a detailed explanation of eco-farmed vs organic check out www.lundberg.com website.



Q: What can the Co-op do with \$2,735 ?

A: Buy about 80 cases of organic produce!*

The above figure is the year end estimate for what the Co-op paid out in Credit Card processing fees for fiscal year 2009/2010. Doesn't seem like a very good way to spend our money, does it?

Here are some quick facts.

Each time you use a credit card or debit card - the Co-op pays a fee to the processor.

The fee varies according to amount (under \$10 - it's a higher rate), whether the card was swiped or entered in (swiped cards are charged a lower fee), whether the card is debit or credit (credit cards are higher), whether the card has perks like milage or cash back (you guessed it - those are charged at a higher rate). There are other seemingly trivial reasons for additional charges, as well as monthly service fees, but the bottom line is we could be retaining a percentage of our income and improving the profitability of the store if more people pay by cash or check. Let's see if we can take a bite out of the credit card company profit and cut that about by 25% for next fiscal year!

Cash or check is where it's at!

***the Co-op could also buy 75 cases of organic pasta, or 750 tubes of toothpaste, or 320 bottles of NOW supplements, or 99 cases of organic bananas....you get the idea.**

Northwind Natural Foods Co-op Mission Statement

1. To provide a marketing and purchasing outlet for primarily natural, organic, unprocessed foods and related items at a minimum price, on a nonprofit basis.
2. To educate and promote to the community healthy lifestyles, wellness and a whole foods diet emphasizing natural, organic, and unprocessed foods.
3. To educate the community to the benefits and potentials of our cooperative and cooperatives in general and to cooperate with other cooperatives.

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Dave Graczyk - Treasurer

Co-Op Staff

Eva Smith-Furgason - Manager
Joan Nieminem - Head Stock Clerk
Wesley Walker - Cashier
Lori DeCarlo - Accountant

Special requests, questions and comments can be sent to Eva at evannfc@sbcglobal.net or ask at the checkout.

Northwind News is published quarterly by Northwind Natural Foods Co-op as a service to its members. This issue was edited by Inga Walker. Article authors are credited next to their contributors. We welcome member submissions. We're always looking for new recipes and article ideas. If you'd like to contribute, email outreach@northwindcoop.org

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The ABCs of Squash

By: Eva Smith Furgason



A

Acorn - this small to medium squash is shaped somewhat like an acorn, is green with occasional large yellow spot, the flesh is bright yellow to light orange. This is a great baking and stuffing squash. It has a sweet taste.



Bp



Bt

Buttercup - a dark green winter squash that has a distinctive light green circle at the bottom and belongs to the "turban" family of squashes due to it's appearance. It has a sweet bright orange flesh and a creamy texture with a hint of nutty flavor. Great as a base for fillings, soups or in muffins and breads. Can be used to replace sweet potatoes in recipes.



C



D

Butternut - this bell shaped beige winter squash has a hard skin, a firm orange flesh and a taste similar to pumpkin without the stringiness. It is great in soups, and can be cubed, pureed or grilled.

Carnival - similar in shape to an acorn squash, this winter variety has dappled orange spots amid light and dark green stripes. The thick skins contains sweet orange flesh with a taste somewhat like sweet potatoes and butternut squash.

Delicata - this oblong yellow with green stripes winter squash has a very sweet flavor, fairly thin skin and a good creamy texture. Simply sliced in half with the seeds removed, baked at 350 degrees for 45 minutes with a touch of butter - this squash doesn't need anything added to be satisfying.




K

Kuri - a bright orange to red winter squash has a chestnut like flavor and firm orange flesh. It is great for soups, casseroles, stuffing and as a base for fillings.



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Gluten Free is Easy

By: Wesley Walker

We're very excited at the Co-op to be offering a wide array of gluten free foods. Seems like every day someone new comes in asking for our gluten free items. They're usually very happy to be taking such easy steps to good health.

More doctors are starting to test for Celiac Disease or gluten intolerance, a disease that has been under-diagnosed for years. People with debilitating stomach pains, joint issues, and arthritis have been shuffled around by doctors for years only to finally discover a gluten allergy. Gluten is the basic protein in wheat, and can be also found in certain other grains. Wheat allergies and their horrible symptoms can be alleviated by the removal of gluten from the diet. Unfortunately, it's not as easy as giving up bread (which isn't easy anyway). Gluten has made its way into our food supply as a major player in a big way. Gluten is found in bread, pasta, cereal, licorice, beer, oats, barley and even in some envelopes. Some fast food companies inject gluten into chicken for added protein.

If you are suffering from a mysterious illness, have been bouncing around doctors with different diagnosis (lupus, arthritis, fibromyalgia, IBS) or just haven't been feeling your best, try taking a month off of gluten to see how you feel. Check labels when you buy your foods. Check for wheat, gluten, malted barley, MSG and even "natural flavors". Most importantly, look for a label that says "Gluten Free".

Today is a great time to be gluten free. The Co-op has tasty items guaranteed free of gluten: oatmeal, breads, pastas, cereal, beer, candy, cookies, and of course, meats, fruits and veggies.

Enjoy and be well.

Follow us on [Facebook!](#)

We currently have 69 "fans" on Facebook, and while we're not in it to win popularity contests, we think it's a great way to stay in touch with our members and keep them posted between newsletters. We currently don't have an outreach coordinator, so this is an easy fast way for the store staff to let our members know what's new, what's coming up and more. It's easy to find us just go to our website www.northwindcoop.org and follow the link!

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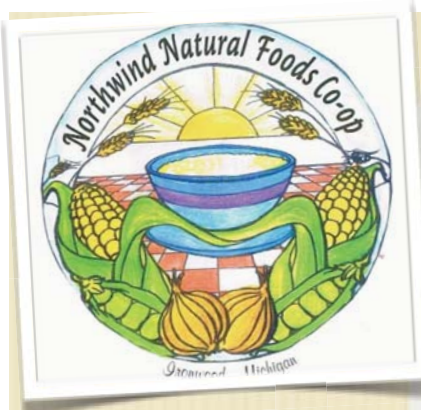
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This is a great warming stew that really shows off Butternut Squash and can be put together very quickly. It's thick and satisfying and other than the squash peeling - very simple to put together.

RECIPE CORNER

MORROCAN TAGINE

Ingredients

1 T olive oil or 2 T ghee (clarified butter)
2 chicken breasts (or one package of extra firm tofu frozen, thawed, drained and pressed)
1 onion sliced in half and then into thin slices
3 or more cloves of garlic chopped coarsly
3 carrots peeled and sliced (if organic, just slice)
1 small to medium butternut squash peeled and diced (this squash can be a chore to peel - have patience)
4 cups vegetable broth (or 2 T Better than Bouillon Reduced Sodium vegetable broth and 4 cups water)
1 can of garbanzo beans, drained
1 - 28oz can of Muir Glen diced fire roasted tomatoes (or similar)
2 T turbinado sugar
1/4 cup lemon juice + 1/2 t fresh lemon zest
1 t salt
2 t ground coriander
1 t paprika

Directions

1. In a shallow soup pot brown chicken breasts in 1 T olive oil, set aside and dice when cooled.
2. Add 1 more T of oil to the pot then add the onion and garlic and saute till onion is transparent.
3. Add chicken back in and add everything else.
4. Bring to simmer, and simmer till veggies are tender - about 30 minutes - and if it seems like there is not enough water add more 1 cup at a time.
5. Serve with **crusty bread and butter**. optional - a sprinkle of hot cayenne pepper - although this is best added to taste when the soup is served

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