

SUMMER  
2011

QUARTERLY NEWSLETTER

# NORTHWIND NEWS

JULY SPECIALS

## Announcing... Member Appreciation Days!

Northwind Natural Foods Co-op is excited to announce our new monthly Member Appreciation Days. Here is how it works: each month come into the co-op on the designated Member Appreciation Day and receive a 10% discount on all of your purchases. It really is that easy! (Please be sure to remind the cashier that you are a co-op member.) The upcoming Member Appreciation Days for 2011 are:

- ★ Friday July 15th
- ★ Monday August 15th
- ★ Thursday September 15th
- ★ Saturday October 15th
- ★ Tuesday November 15th
- ★ Thursday December 15th

Mark your calendars, come to the co-op,  
and save!

**Bulk Quinoa**  
**\$2.99 per lb**

**Bubbies Saurkraut**  
**\$5.09**

**Applegate Organic**  
**Hot Dogs \$5.99**

**Ezekiel Hot Dog Buns**  
**2 for \$7 or \$3.50 each**

**Rice Dream Bars**  
**3 for \$3 or \$1 each**

**Rice Dream Pints**  
**2 for \$6 or \$3 each**

**Nut Thins Crackers**  
**\$2.39**

**Zevia Cola**  
**\$4.99 (six pack)**

Hours of Operation  
Mon - Wed 9 am - 6 pm  
Thur & Fri 9 am - 7 pm  
Sat 9 am - 6 pm

# LETTER FROM THE MANAGER...

Sometimes running the Co-op is easy - and at other times, not so much. There are times when everything goes smoothly - great sales, few out of stocks and a store full of happy customers. At other times it feels like an uphill battle.

These past two months have been challenging. The price of gas has impacted our little Co-op, (in more ways than one) and when the economy of the local area suffers, like it seems to have been doing - well, that's the time we need our members the most.



Some folks see our store as their main grocer and many more consider us a specialty store where they get one or two items not available elsewhere. We appreciate both types of shoppers - in fact we appreciate each and every shopper - but for our store to remain viable, thriving and in line with our mission - we need your support.

Shopping habits change with the seasons, the economy, personal tastes, competition, etc. We see that at the Co-op. For example during times of high gas prices we see the bulk items like beans, rice, oatmeal - for which our prices are far better than local grocers - sell very well as people try to stretch their budgets. Our spices - for which the prices can't be beat - sell great at times like these. Our special orders on bulk and grocery items also go up significantly - as people look for the best bargains. For those of you interested in ordering in larger quantity to get better pricing - we place our orders for most items on Wednesday and receive them on Friday. Same goes for

(Continued next page.)

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("Letter from the Manager" continued)

produce - if you're interested in a larger quantity of organic produce for canning, drying, freezing - I'd be happy to look for the best price and order a larger quantity.

I cannot predict with any great accuracy what will happen to pricing from our distributors and pricing overall, but my guess is that commodities will once again go up due to the high costs of fuel. Our main supplier has informed us of two price increases - one to be implemented 6/25/2011 and a second one sometime in late July. This is in addition to the increased fuel surcharge, which currently stands at \$40 per week. This is why we need you - now more than ever.

Let us know if there is an item you need that is out of stock. (It's usually a matter of budget when there is a out of stock longer than a week. We always fill customer requests first however and if you let us know you need it - it'll be on the next order.)

Let us know how we can best serve you. Bring a friend along next time you shop and introduce them to the Co-op. Don't forget about the working member discount - just six short hours per month gets you a 10% discount on most items in the store - a great way to stretch that dollar!

We realize that the Co-op is not always the most convenient place to shop, or the cheapest, and while we strive to be a one stop shop (we still have a ways to go) the one thing we can claim with certainty is we always put your family's health first and will not compromise that by lowering the quality of our products to offer cheaper prices. We will always seek to offer the highest quality products at the best prices we can get. To borrow a line from an old Bartles and James commercial "We thank you for your support."

-Eva Smith-Furgason

## Painting and Carpet Cleaning

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## BEEF AND PAC CHOI (SERVES 4)

BY ANDREA CORPOLONGO SMITH, WINTERGREEN FARM CSA

This recipe could just as easily be called chicken and kale or tofu and mizuna. Use any combination of protein and greens that you like, the results will be equally delicious. Serve with rice or Asian noodles.

- 1/4 cup soy sauce
  - 1 tsp honey
  - 1/2 tsp miso
  - 2 cloves (or more if you like) garlic, minced
  - Dried hot pepper flakes, to taste
  - 1/2 cup water
  - 1 Tbs plus 2 tsp corn starch
  - One pound beef in small cubes or thin slices
  - 2 tsp peanut or vegetable oil
  - One large head of pac choi
1. Combine the first six ingredients (everything through the water), stirring well to make sure that the miso is dissolved.
  2. Measure out 1/4 cup of the sauce you just created, save the rest. Add 1 Tbs cornstarch to the 1/4 cup of sauce. Stir until there are no cornstarch lumps and then pour it over the beef. Allow this to marinate, in the refrigerator, for at least 1/2 an hour.
  3. Heat the oil in a saute pan over medium/high heat. Add the beef and stir as it browns on all sides. The sauce will thicken and look sort of chunky, don't worry it becomes smooth.
  4. Once the meat has browned, turn the heat to low/medium and let it simmer until the meat is cooked. Cubes of meat will take a lot longer than thin slices. Stir this occasionally so that the sauce doesn't stick to the pan.
  5. Chop the pac choi into bite sized pieces, keeping the stems and leaves separate.
  6. Stir the remaining two teaspoons of cornstarch into the remaining sauce. Again making sure there are no lumps.
  7. When the beef is cooked to your liking, add the pac choi stems and remaining sauce. Allow this to simmer until the sauce thickens. It should only take a minute or two.
  8. Stir in the pac choi leaves. Continue stirring until they have just wilted.
  9. Serve with rice or Asian noodles.

*We are excited to be a drop-off location this year for the Wintergreen Farm CSA. Members can pick up their shares at the co-op every Tuesday (beginning June 21st) between 3 p.m. and 6 p.m. Also, look for produce from Wintergreen Farm in our produce cooler.*

# VOLUNTEER OPPORTUNITIES

The co-op has a couple of upcoming volunteer opportunities available to interested members. Member workers who volunteer six hours of their time each month receive a 10% discount every time they shop, not just on Member Appreciation Days. The six hours can be done by any adult in a membership household or split between several adults in the same household-- if you share a membership, you can share the work. Our co-op has a very small staff, so even a little help from our members really goes a long way.

**Newsletter Editor** - This is a great volunteer opportunity that is extremely flexible and allows you to “set your own hours” and easily fit your volunteer contribution into your schedule. Editing the newsletter is very easy and only requires a basic knowledge of word processing programs. This is a unique volunteer experience that can be as simple or as complex as you care to make it and it is a great way to learn more about various aspects of natural living. For more information email Eva Smith-Furgason at [evannfc@sbcglobal.net](mailto:evannfc@sbcglobal.net) or stop by the co-op and talk to Eva in person. Ideally this position would be filled ASAP since the next issue of the *Northwind News* is scheduled to come out in September.

**Painting Bee** - Join us on August 6th and 7th at the co-op for a painting bee. We will be prepping the upper walls on Saturday and painting them on Sunday. If you'd like to donate paintbrushes, tape, drop cloths or rollers - drop them off at the Co-op. If you'd like to donate your time - sign up at the store!

And there is always room for members to volunteer in many other capacities at the co-op. Our weekly order arrives Friday mornings, talk to Eva, Joan, or Wes about the best time to stop by and help unpack it. Are you a foodie? We'd love for an interested member to prepare and hand out samples of some of the yummy natural foods we carry -- Saturdays are a popular day with shoppers, but other times would be great too. There are thousands of jobs big and small around the co-op that could use a helping hand. Retired? The co-op could use you! Talk to Eva for ideas about how you could help or share your suggestions.

## *Healing Hands*

### **Therapeutic Massage & Bodywork**

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## The *Northwind News* is Getting Greener!

Beginning in 2012 Northwind Natural Foods Co-op will no longer be mailing out a paper copy of the newsletter. The newsletter will still be emailed quarterly to members who provide us with an email address and will also be available for download on our website ([www.northwindcoop.org](http://www.northwindcoop.org)). A physical copy will be available in the store for members who do not have access to the internet.

We apologize for any inconvenience this may cause to some members, but feel that it is a necessary step in our continued effort to reduce our environmental impact. The fall issue of the newsletter will still be mailed out to members who have not provided us with an email address, but as an added incentive to make the switch sooner we are running a special promotion:

Come into the co-op any day in July or August and provide the cashier with the email address(es) at which you would like to receive your newsletter and pick out a special prize.

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you know that the co-op  
accepts the EBT card?**

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sells Stevia sweetened  
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## Co-operative Principles

- ★Voluntary & Open Membership
- ★Democratic Member Control
- ★Member Economic Control
- ★Autonomy and Independence
- ★Education, Training, & Information
- ★Cooperation Among Co-operatives
- ★Concern for the Community

## Our 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.

**Did  
you know that none of  
the products we carry  
contain high fructose  
corn syrup?**

**Did  
you know that we do  
not stock products  
containing hydrogenated  
oils?**

**Korpela and Kauppi**  
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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](mailto: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 Megan Fuller. Article authors are credited next to their contributions. We welcome member submissions. We're always looking for new recipes and article ideas. If you'd like to contribute, email [outreach@northwindcoop.org](mailto:outreach@northwindcoop.org)

**NORTHWIND  
NATURAL FOODS  
COOPERATIVE**

116 South Suffolk Street  
Ironwood, MI 49938