

# RIVER MARKET

Community Co-op

[www.rivermarket.coop](http://www.rivermarket.coop)

# Currents

August–September 2011

## Our Community Kitchen

**W**hen it's time to get down to business in your family where does that happen? In the kitchen, with food! Stillwater has a new community kitchen, called Our Community Kitchen and everyone gets a seat at the table, a turn at the mixing bowl and a full stomach.

The Land Stewardship Project (LSP) and the Statewide Health Improvement Program (SHIP) worked collaboratively to create projects that will improve the overall health of our communities. A focus was placed on increasing the consumption of fruits and vegetables, a proven way to reduce obesity and other diet related diseases. The partnership identified several projects to address these issues, one of which included a community kitchen. The kitchen would be a place to educate about healthy foods, create community through diversity, and celebrate that community through food. This idea came to life when Ascension Episcopal Church offered their kitchen to the program.

Our Community Kitchen belongs to all of us, is housed at the Ascension Episcopal Church (215 North Fourth Street) and serves delicious, local, seasonal breakfast fare every Tuesday and Thursday morning from 7:00–10:00 a.m. until school begins. The breakfast portion of Our Community Kitchen is based on the philosophy that those who can, pay for those who are less fortunate. The volunteer crew has developed a rotating menu that includes such items as fresh fruit, steel-cut oats, whole-wheat biscuit and egg sandwiches,



French toast and breakfast frittatas.

In an effort to combine as many community aspects as possible, Our Community Kitchen is reaching out to local farmers, growers and producers to source as much locally produced food as possible. In this way the bounty of The Valley further enriches our community by supporting those individuals who work to feed us.

Along with the breakfast program, River Market Community Co-op will be offering hands-on preservation classes in the kitchen throughout the harvest season. Sign up through the Co-op and don't delay, space is limited! Getting involved in our local food system, through eating together, cooking together, and preserving food together makes us stronger and richer as a community.

The vision for Our Community Kitchen includes future collaborations with local

community gardens to "grow a row" to help supply the kitchen with produce, cooking classes for healthy meals on a budget, seasonal menu preparation, as well as creating and filming instructional cooking videos.

Our Community Kitchen is for all of us, to gather, learn and grow together. So, grab the kids and come on over for breakfast, your community is calling!

### IMPORTANT DATES

#### August:

**Saturdays ..... Meet with GM  
20 ..... Big Tomato Fest**

#### September

**5 ..... Labor Day, close at 6 p.m.  
15 ..... Annual Meeting  
30 ..... Highway Cleanup**

# RIVER MARKET

Community Co-op  
www.rivermarket.coop

## Currents

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General Manager  
gm@rivermarket.coop

Andre Bessette  
Marketing and Membership  
info@rivermarket.coop

For change of address  
or to inquire about membership  
Call 651-689-0125

e-mail: info@rivermarket.coop  
River Market Community Co-op  
221 N. Main St.  
Stillwater, MN 55082

For employment information visit our  
website or check postings on our entry  
doors. Equal Opportunity Employer

All River Market Members are welcome  
to attend monthly board meetings. Meet-  
ings are generally held the fourth Tuesday  
of each month from 6:30–8:30 p.m.  
in the River Market Loft space across  
Main Street. The Board of Directors  
welcome members at the meetings.

### River Market Board of Directors

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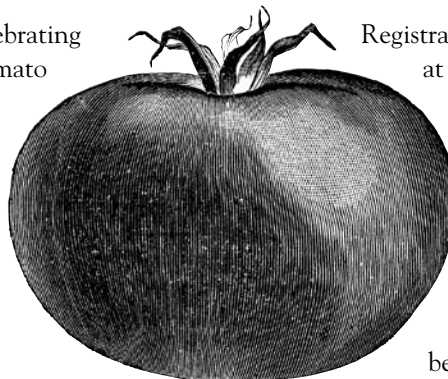
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SATURDAY, AUGUST 20

# The Big Tomato Fest

**W**e will be celebrating all things tomato in our Big Tomato Fest. The two featured events will be our first Big Tomato Weigh-Off, as well as our annual Salsa Contest. There will also be other fun family activities both inside and outside the store.



Registration forms are available at the customer service desk at the store, and must be returned by August 15 to be eligible. There is no fee to participate.

Don't hesitate to enter—this isn't the best growing season for tomatoes so even a smaller one could win!

**The Weigh Off** is divided into three categories: Children (age 3–15), Professional, and Home Gardener. Professional is anyone who receives payment for produce grown or services performed related to gardening or landscaping. Home Gardener is of course everyone else. Prizes will be awarded in all categories.

**The Salsa Contest** will be held on August 20 as well, at 2:00 p.m. There is just one general category, and everyone is welcome to enter. Entries must be at the store by 1:30 p.m. to allow enough time to get set-up. Prizes will be awarded to the top three winning salsas, with a \$50 River Market gift card as the first place prize.

THURSDAY, SEPTEMBER 15

# Annual Meeting 2011

**R**iver Market Community Coop's **Annual Celebration & Meeting** is Thursday, September 15 at the Historic Courthouse at the corner of Third & Pine streets in Stillwater.

Join us at 6:00 p.m. for music, food and an opportunity to mingle with other member-owners like you! Vendors will be sampling products and Music St Croix will playing live music to make this a truly festive evening.

The River Market Board of directors is pleased to introduce Jay Walljasper, author of *All That We Share: A Field Guide To The Commons*, as

our guest speaker this year. His book is a wake-up call that will inspire you to see the world in a new way. It is filled with practical solutions for today's economic, political and cultural issues and is for anyone seeking new ways of thinking about our shared values. All that we share is all we need to change the world.

Save the date and we'll see you there!

**Lisa M. Chase, PhD, LICSW**

**Psychotherapist**

**651-278-5370**

**Stillwater  
Minneapolis**

Lisa Chase Site: Psychology Today

# What's So Special at River Market?

By Mead Stone, General Manager and Owner



A year ago, I asked owners for three things: vote, attend the annual meeting, and use your co-op more frequently. Well, the same goes for this year—except the annual meeting date has changed to Thursday, September 15, at 6:00 p.m. at the historic Washington County Courthouse. Life is simple!

When I wrote last year's article, I set a goal for my family's River Market purchases to increase by 10%. When the dust settled and the fiscal year ended this past June 30, our co-op purchases had increased by more than 25%! That's what setting a goal can do. Perhaps you can challenge yourselves to buy that one more thing or maybe it's time you introduced a good friend to River Market.

But today I want to take a little time to discuss the various ways we can save money at the Co-op. Recently, our main supplier, United Natural Foods International (UNFI) announced cost increases on over 14,000 items! So, here comes the wave of inflation—who said the recession was over, more than a year ago? I think it is more important than ever to know where to look at River Market for the best deals.

Our main low price vehicles are our Co+op Deals flyers. There are two each month, most of them running two weeks. These are deals negotiated nation-wide for us by the National Cooperative Grocer's Association (NCGA). These deals are as good as or better than any of our competition's prices, so if you haven't looked at these flyers recently, please do so. The old CAP program (that ended last September) had deals lasting an entire month. The newer Co+op Deals program runs twice as often with fewer items, but over the course of a month there are more items in total. So, the old CAP might

have had 65 items all month, while the newer Co+op Deals might have 40 items the first half of the month and 45 items the second half for a total of 85 total items for the entire month. The reduced advertised time means you need to get your special orders for Co+op Deals in a timely basis. Once the deal period ends River Market can't get the product at the deal price and we are unable to give you that special price after the promotion is over.

This brings me to a second area of owner savings: Special Orders. As an owner, you can special order a full case of regularly priced product (forms are at the front of the store) and receive 15% off that regular price. The special order discount only applies to a full case. I think that's an awesome deal for you and certainly one of the best among Twin City's' area co-ops. If the product is on sale on the Co+op Deals promotions, we cannot discount that item further, but you can still stock up. Special ordering Co+op deals help ensure we keep stock on the shelf for other customers.

We recently changed our shelf signage, but the usual deals are still found here: member specials, buyer specials, Co+op Deals, and "While Supplies Last".

Member specials are specials only owners get and, generally, we aim to pick staple items a lot of you need. Buyers and Co+op specials are deals for everyone and are items that have a lower cost than usual.

Then we have Seniors' Day every Tuesday, when owner seniors (over 60) get 10% off and non-owner seniors get 5% off. That's a heck of a deal, every week!

Again, for owners, *Currents* has a monthly coupon for 5% off and at times we have a 10% off "bonus" coupon—during Lumber

Jack Days, for example. (The Lumberjack Days coupon turned our worst week of the year into . . . a low-average week.) With our new POS system, you do not need to clip the coupon—the system will remember if you've already used it this month.

Interestingly enough, for our kind of produce, meat, and deli products we can be very competitive in our pricing compared to the bigger, conventional grocery stores. I'm obviously biased but I think our produce is second to none.

Also, no one else in our area even carries 'Down in the Valley' meats! And, finally, when is the last time you compared our sandwich prices to those prices of any downtown restaurant?

UNFI, typically, lowers the cost of goods to the larger stores, so we will often be higher priced on many of our grocery items. But, larger stores cannot source produce out from

small farms precisely because they are so big. So to help bring more fresh and local items to your attention, we self-publish a "Fresh and Local" flyer that runs parallel to the Co+op Deals flyers. Each issue adds about five to eight items that are too local or too perishable to be in the national, NCGA Co+op Deals flyer.

This fiscal year we'll also be highlighting items in every department, chosen by that department's staff to promote. We call these items the "One Big Thing" and we're hoping to have a lot of fun with them!

Last, but not least, please consider buying in bulk! I simply love the idea of buying only what you need and not making your home a warehouse for major corporations.

**As an owner, you can special order a full case of regularly priced product (forms are at the front of the store) and receive 15% off that regular price ... I think that's an awesome deal for you and certainly one of the best among Twin City's' area co-ops.**

# River Market News

## Meet With Your GM

In August, River Market's General Manager Mead Stone will be available from 11 a.m. until noon each Saturday (except during The Big Tomato Fest on August 20) for anyone wanting to talk about our co-op. The topics for August are re-location, and owners' rights and responsibilities. Any other subjects are welcome as well!

## Summer Events

River Market is again a proud sponsor of Summer Tuesdays, happening every Tuesday evening through Aug. 16.

We also have a booth at the Stillwater Farmers' Market again this year. We are selling local cheeses and cured meats, and will be there through the end of September. The Farmers' Market is held every Saturday from 7:30 a.m.–noon in the parking lot across Pine Street from the historic courthouse.

## Highway Cleanup

Friday September 30 , 1:30–3:00 p.m.

Join us at the store at 1:15 p.m. if you are interested in helping.

## Rounding Up

Soon, you will be able to round up your total at the register to the nearest dollar, giving the difference to the Community Kitchen mentioned in this *Currents*.

## Labor Day Hours

On Labor Day, Monday September 5 we will be closing at 6:00 p.m.

## WIC

WIC is coming to River Market, and as a result you will see a small selection of conventional products.

## International Year of Cooperatives

*“Cooperatives are a reminder to the international community that it is possible to pursue both economic viability and social responsibility.”—United Nations Secretary-General Ban Ki-moon*

The United Nations General Assembly has declared 2012 as the International Year of Cooperatives, highlighting the contribution of cooperatives to socio-economic development, in particular recognizing their impact on poverty reduction, employment generation and social integration.

## Eat Local, America!: Celebrate Local Foods with River Market

It's the height of the local growing season, and River Market is ready to celebrate the freshest, best, and most delicious local products with you. Together with co-ops around the country, we're hosting "Eat Local, America!," inviting local residents to enjoy more local foods from August 20 to September 24.

We're kicking Eat Local, America off with our Big Tomato Fest on August 20, and ending it with our Harvest Fest on September 24. As part of the Harvest Fest, we are having a local food contest – create a hot dish or entrée using 100% local food. Obviously some small exceptions will be made for ingredients like salt, and please no salads, that's too easy! The judging will start at 1:00 p.m., so please have your dishes here



by 12:45 p.m. Fabulous, locally themed prizes will be awarded.

At River Market we define local food as food from the five-state area of Minnesota, Wisconsin, Iowa and the Dakotas. During Eat Local, America! and throughout the year, we call attention to local food on our shelves with local stickers and shelf signs.

Eat Local, America! is a great way to explore and enjoy the bounty of local foods grown

in the region and support the growers and producers who make this fresh, delicious food possible. Eat Local, America! participants are encouraged to set a goal for themselves. With all the local food choices available, one meal a week made with local ingredients may just be too easy! Find a local in-season substitute for your breakfast banana, or re-do a family favorite recipe with local foods. The point is to recognize and celebrate the joys of fresh-picked flavors while supporting local foods and farms. To learn more about the challenge nationwide, visit [www.eatlocalamerica.coop](http://www.eatlocalamerica.coop).

## Why Eat Local?

At River Market, we cultivate relationships with local growers and producers in order to support local farmers and provide the freshest, highest

quality products for our shoppers. Together, we create viable market opportunities for local products, while giving co-op shoppers a convenient and close connection to fresh, delicious food of the highest quality.

Each region has a unique variety of products available during the peak harvest season. Eating local foods celebrates the diversity of communities and supports local food producers like Kadejan, featured on page 5.

Local food benefits co-op shoppers, growers, communities and the environment. Local foods are fresher, taste better, and typically retain more nutrients by traveling faster from field to plate instead of spending days or weeks in shipping.

*Eat Local to page 8*

# RIVER MARKET

Community Co-op

## Welcome New Members (May & June)

- |                               |                                 |
|-------------------------------|---------------------------------|
| Kristine Smith & Lon Naylor   | Angie & Gary Hong               |
| Laurence & Alice Agnew        | Jessica & Erwin Venegas         |
| Erin & Matthew Stonehouse     | Martha Harding & Gary Noren     |
| Margaret Umbehoeker           | Steven & Kate Hearth            |
| Kim & John Gaultieri          | Debra & Ron Becker              |
| Greg & Pam Pearson            | Nicole & David Then             |
| Kathy & Joe Weyer             | Hanah & Sebastian Keane-Rudolph |
| Roger Kuehn & Siona Sireno    | Brooke & Jacob Beck             |
| Elizabeth & Zis Weisberg      | John & Judy Jourdan             |
| Dawn Andersen & Phil Sullivan | Justin Kunkel-Smith             |
| Laurie & Mark Windisch        | Kirstjien & Josh Pratt          |
| Kat & Phil Brandsey           | Katie & Tom Klug                |
| Heather & Justin Passofaro    | Brynn Baillargeon               |
| Tucker & Emily Hall           | Kathy Sedro & Bill Hanggi       |
| Joanne Haus                   | Pamela Schmidt                  |

# Kadejan Chicken & Turkey

**P**ete Thorfinnson started Kadejan in 1989 as a custom processor for local farmers. While delivering pheasants to chefs at fine restaurants in the Twin Cities, Pete was asked if he could provide free-range hens. After looking into exactly what a free-range hen was, he discovered they were exactly what he had been processing all summer.



Kadejan is still owned and operated by Pete and his family. They are a small operation, employing between 18–30 people depending on the season. Located about three hours from Stillwater in Glenwood, MN, we are proud to have Kadejan as one of our local providers of meat raised without artificial ingredients, antibiotics or growth stimulants.

Chicken brats are one of their most recent offerings. These delicious, lean sausages are the perfect summer food. Try the buffalo blue flavor!

### Kadejan Specials

August—Chicken Patties 30¢ off / lb  
Sept.—Chicken Drumsticks 30¢ off / lb

Acupuncture and  
Traditional Chinese  
Herbal Medicine

*Amy Olson, LAc*  
Licensed Acupuncturist

333 N Main Street Suite 203  
Stillwater MN • 651.430.0018

## MEMBER SPECIALS

ORGANIC BANANAS  
89¢/lb

1,000 HILLS FRESH GROUND BEEF  
\$6.49 ea.

NEW FRENCH MULTIGRAIN BREAD  
\$4.49 ea.

BULK EGGS  
\$2.99/doz.

CRYSTAL BALL MILK  
\$3.49 1/2 gallon

ORGANIC VALLEY MILK  
\$5.99/gallon

**Two special sandwiches, only available in August!**

Local Veggie Sandwich  
\$4.99

Bison & Cheddar  
\$5.99

Limited time only, try them both while you can!

## Where are the member coupons?

As we mentioned in the last newsletter, you no longer need to bring your monthly 5% off coupon in with you. Our system will track when you use it and only allow one use per member number each month.

# Upcoming Classes at River Market

## CLASS INFORMATION

The classes are held at the Loft, unless otherwise specified. The Loft is located at 218 North Main Street, on the second floor above Images of the Past and Present, directly across Main St. from River Market. Entrance is located on the south side of the building. The Loft has a room capacity of 21 people. Parking is not allowed in the space next to the building; please use street parking or the River Market parking lot. Please pre-register in-store at River Market, phone (651) 439-0366 or email Ola at education@rivermarket.coop. The class fee is \$10 for River Market Co-op members, \$15 for non-members, unless otherwise specified. Payment due at registration. We accept all major credit cards. If you need to cancel, please notify us at least 3 days in advance for a full refund.

### Preserving the Harvest—The Perfectly Preserved Peach

Thursday, August 4,  
6:30–8:30 p.m.

The Colorado peaches are in, and what better way to take advantage of seasonal pricing and peak flavor by canning them? Join Sara Morrison, owner of The Backyard Grocery who has a certificate in Acidified Canned Foods Training from the University of Wisconsin Extension, for a preservation lesson focused on the sweet and precious peach. Aspects of equipment and supplies, safe canning methods and storage of canned goods will be discussed in this hands-on class. Participants will leave with knowledge of properly canned peaches, no matter the recipe, and

## Meet Sara Morrison

Meet Sara Morrison, owner of The Backyard Grocery, beginning farmer and local foods advocate. Sara started her own vegetable garden shortly after moving back to Minnesota and suffered through all the typical mistakes. She read countless books, researched plants, soil and insects and started a business a few years later. Her current business, now in its third year, The Backyard Grocery, is a vegetable garden consultation service



helping people learn to grow the most local food possible...right in their own backyard. Last year Sara and her mother, Lois, started a

farming enterprise on Lois land in Grantsburg, WI. They focus on heirloom varieties of vegetables that Sara preserves and sells at market.

Along with a monthly schedule of various continuing education opportunities, Sara holds a certificate in Acidified Canned Foods, is a graduate of The Land Stewardship Project's Farm Beginnings Program, and a member of the Bayport Farmer's Market Board of Directors.

a half-pint jar of properly preserved peaches to take home. At "Our Community Kitchen", 214 North Third Street (Ascension Episcopal Church), Stillwater, call 651-439-2609 for directions. The class fee is \$30 for members and \$35 for non-members.

### Preserving the Harvest—Totally Tomatoes!

Saturday, August 20, 3–5 p.m.

The much anticipated tomato season is upon us and it is time to take advantage of the season. Sara Morrison, owner of The Backyard Grocery who has a certificate in Acidified Canned Foods Training from the University of Wisconsin Extension, will walk you through a preservation lesson focused on the versatile and bountiful tomato. Aspects of equipment and supplies, safe canning methods and storage of canned goods will be discussed in this hands-on class. Participants will leave with knowledge of properly canned tomatoes, no matter the recipe, and a pint jar of totally tasty tomatoes to take home. At "Our

Community Kitchen", 214 North Third Street (Ascension Episcopal Church), Stillwater, call 651-439-2609 for directions. The class fee is \$30 for members and \$35 for non-members.

### Board of Directors Meeting

Tuesday, August 23 and  
September 27, 6–9 p.m.

Board of Directors' meetings are held the fourth Tuesday of each month and member-owners are welcome to attend. Call 651-689-0125 or email info@rivermarket.coop if you are planning to attend.

### Preserving the Harvest—In a Pickle Jar

Thursday, September 1,  
7–8:30 p.m.

Do you love the crunch of a delightful dill pickle? Learn how to can your own pickles with Sara Morrison, owner of The Backyard Grocery who has a certificate in Acidified Canned Foods Training from the University of Wisconsin Extension. The class discussion will include equipment, supplies,

safe canning methods and storage of canned goods. Participants will leave with knowledge of properly canned cucumbers, and a half-pint jar of perfect pickles to take home. At "Our Community Kitchen", 214 North Third Street (Ascension Episcopal Church), Stillwater, call 651-439-2609 for directions. The class fee is \$30 for members and \$35 for non-members.

### Preserving the Harvest—In a Pickle Barrel

Thursday, September 8,  
7–8:30 p.m.

Fermentation is the oldest method of preserving foods, and with the late summer harvest in full swing, it is time to experiment with natural fermentation. Sara Morrison, owner of The Backyard Grocery, will show you a simple method of preserving cucumbers in a salty brine without vinegar using natural yeasts. Each participant will leave with an understanding of basic fermentation principles and a half-pint jar of fermented cucumbers. At "Our Community Kitchen", 214 North

Third Street (Ascension Episcopal Church), Stillwater, call 651-439-2609 for directions. The class fee is \$20 for members and \$25 for non-members.

### **Belly Dance for Everybody**

**Saturday, September 10,  
11 a.m.–12:30 p.m.**

People of all ages and sizes are welcome to experience a joyful dance that promotes flexibility, strength, self-expression, self-awareness, and connection to the world around them! In this class, you'll have the chance to explore a broadened vocabulary of movement expression and a variety of dance steps common to belly dance, moving on the beat and in various directions. In the style of learning Jen presents, you are encouraged to play, like you did when you were learning new skills as a kid—without the self-critique or worry of if you're doing it "right".

### **The Food Connection to ADD/ADHD**

**Wednesday, September 14,  
6–8 p.m.**

Inattentiveness, difficulty concentrating and managing time, inability to start or finish projects, and other symptoms of ADD affect increasing numbers of children and adults. Fortunately, nutrition can help rebalance brain chemistry. Learn how even small dietary changes can improve focus and follow-through. This course qualifies for 2.4 continuing education credits for registered nurses. RNs are responsible for determining whether this course meets their needs. Presented by Nutritional Weight and Wellness.

The class fee is \$25 for River Market owners and \$30 for non-owners.

### **Preserving the Harvest—Kimchi**

**Thursday, September 22,  
7–8:30 p.m.**

Fermentation is the oldest method of preserving foods, and with the early fall harvest in full swing, it is time to experiment with natural fermentation and take advantage of the great seasonal pricing! A simple, but ancient process to preserve vegetables using natural yeasts will yield a traditional Korean "pickle" that complements everything from a grilled cheese sandwich to bean burritos, and is a nutritional powerhouse to boot! Join Sara Morrison, owner of The Backyard Grocery, in an adventure into naturally fermented foods. Each participant will leave with an understanding of basic fermentation principles and a half-pint jar of kimchi. At "Our Community Kitchen", 214 North Third Street (Ascension Episcopal Church),

Stillwater, call 651-439-2609 for directions. The class fee is \$20 for members and \$25 for non-members.

### **New Member-Owner Orientation Tour**

**Thursday, September 29,  
6:30–7:30 p.m.**

If you are a new member-owner and would like to find out what River Market has to offer, come join us on this tour around the store. Lots of great information, answers to your questions, and you'll be able to sample some of the products we carry. You'll also get a free shopping bag and \$1 off coupon! Presented by Ola Schmelig. Free! Registration required!



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for the  
memories**

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# WHERE IN THE WORLD WILL YOU FIND YOURSELF?

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Stillwater, MN

221 North Main Street, Suite 1  
Stillwater, MN 55082  
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651-439-0366 • Mon.-Fri 8-9;  
Sat. 9-8; Sun. 9-7

rade 45 mark

GEAR AND  
APPAREL

229 S MAIN ST  
STILLWATER MN  
651 430 3609  
45-DEGREES.COM



*Eat Local, from page 4*

In addition, eating local helps preserve and even stimulate the local economy, as dollars spent on local foods support regional farmers and producers. By keeping their wages in the community, much of the income they earn and the taxes they pay go right back into the local economy.

Locally owned by members of the community, River Market keeps its investment dollars in the vicinity by supporting local farmers, food artisans, and other local businesses, and providing jobs for people in the St. Croix River Valley.

### **National Challenge Underway**

We're joining other natural food co-ops coast-to-coast in the fourth year of Eat Local, America! All participating co-ops are members of National Cooperative Grocers Association (NCGA) —a business services cooperative representing 120 retail food co-ops nationwide.

Read more about local food and farms and learn why supporting them is important at [www.eatlocalamerica.coop](http://www.eatlocalamerica.coop), and find great recipes and information about in-season produce at [www.strongertogether.coop](http://www.strongertogether.coop).

### **Member Survey #17 Recap**

Last time we asked if you feel part of a larger community, here at River Market. The responses were diverse and fascinating, thank you! Many of you do feel a community presence here, and you also gave us ideas of ways to expand it. Your input is never limited to these surveys – if you have something to say on these topics or any other, please let us know. You own River Market Community Co-op.

### **This Issue's Survey Topic #18**

It's time once again to vote on the next member special, so please tell us what product you would like and the product receiving the most votes will be placed on special for members only!

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Please return this survey to any River Market cashier with your member number and receive \$1 off your order. Expires 8/31/2011 limit one survey for each member number.

PLU: 222

Member Number: \_\_\_\_\_