

# RIVER MARKET

Community Co-op

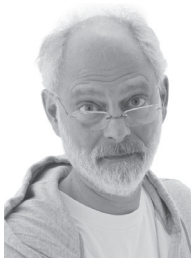
[www.rivermarket.coop](http://www.rivermarket.coop)

# Currents

June–July 2011

## Five Co-ops, Cooperating

By Mead Stone,  
General Manager & Owner



A variety of circumstances has put me in a handful of great co-ops recently. In January there was a National Cooperative Grocers Association (NCGA)

Central Corridor meeting in Austin Texas at the fantastic Wheatsville Co-op. This was where I observed first hand Open Book Management (OBM). Each department at that co-op met weekly in what they called “Casts”. I observed and participated in the Deli and Grocery Cast meetings as well as the big Cast for the total store. Anyone on staff can attend

any cast. At each meeting staff (generally not the managers of the departments) own specific lines on a big white board like sales, labor, how many customer problems we solved last week, or the number of ‘out of stock’ products. Wheatsville had one goal as a total co-op and that was Margin Minus Labor (the money made selling a can of peas minus the cost of ordering and stocking that can). If Wheatsville hit their Margin Minus Labor goal, the staff got very good bonuses. What really struck me about open book management was how engaged everyone in the co-op was in the business aspect of their co-op.

April found me in San Diego at another NCGA meeting – this time with all three NCGA corridors represented. There we visited the Ocean Beach People’s Organic

Food Market, a completely vegetarian co-op. Staff were friendly, knowledgeable, and helpful. They even took me up on the roof of the building to see over 100 solar panels they’d installed. The co-op was open and well lit and simply beautiful. The second floor was more like a walk-around balcony, every location with the ability to look down on the sales floor of the co-op. That upstairs area held a huge office area and a wonderful café. The weather was great in San Diego . . . for two days and then it rained. April is the cruelest month.

The San Diego meeting also had three more sessions on Open Book Management that I attended. I caught the bug for sure. To accommodate OBM, River Market further reduced the backroom back

*Cooperating, to page 3*

## Recycle Used Inkjet Cartridges and Support the Raptor Center

By Ola Grabeus-Schmelig  
Education/Sustainability Coordinator &  
River Market Owner

Did you know that nearly one million cartridges are disposed of each day in the United States? Current estimates reveal that approximately 30% of ink cartridges are being recycled. While that is a good start, about 70% are still going into landfills, and it can take as long as 450 years for a cartridge to decompose in a landfill. You can change that by joining forces with The Raptor Center today by donating your used cartridges. You will be helping

to improve the environment, and your cartridge contributions will help support The Raptor Center’s treatment of sick and injured raptors, educational and research activities.

You can pick up your postage-paid mailer(s) at River Market Customer Service desk, or contact The Raptor Center donor hotline at 612-624-6945 or e-mail them at [trcink@umn.edu](mailto:trcink@umn.edu) to request more mailers.

Unfortunately, not all inkjet cartridges qualify for recycling, and qualifying cartridges are occasionally subject to

change. So, before mailing or donating your cartridges, we request that you visit [www.theraptorcenter.org](http://www.theraptorcenter.org).

### IMPORTANT DATES

#### June:

- 10 - Highway Cleanup**
- 21 - 24 - Lumberjack Days**
- 25 - Gluten Free Day**

#### July

- 4 - Store Closing at 6 pm**
- 30 - Farm Tours**

# RIVER MARKET

Community Co-op  
www.rivermarket.coop

## Currents

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Andre Bessette  
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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

Matthew E. Ludt, President  
612-964-2259  
MattLudt@Minnesota-Trial-Lawyer.com

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651-439-0241 • 651-491-2289 cell  
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## 2011 Eat Local Farm Tour: Experience the Story Behind Your Meal

**D**o you want an alternative to that long, expensive, painstakingly-planned trip this year? How about an inexpensive educational day trip, focused on knowing the story behind your food? Maybe one the whole family can enjoy? If you answered “yes” to all these questions, then the Twin Cities’ co-ops first ever 2011 Eat Local Farm Tour is something you should consider.

For one day only, on Saturday, July 30th, co-ops and local farmers invite you to experience first-hand what is involved in a local, sustainable farming business. You will have the unique, free opportunity to tour Minnesota farms, and meet directly with local producers in hopes of fostering a stronger connection with where your food comes from.

The 2011 Eat Local Farm Tour will kickoff the Twin Cities’ co-ops Eat Local America! Initiative presented by the National Cooperative Grocers Association (NCGA). The tours are sponsored by nine of the Twin Cities area co-ops: Eastside, Lakewinds, Linden Hills, Mississippi Market, River Market, Seward, St. Peter, Valley Natural Foods and The Wedge.

“The Twin Cities’ food co-ops have led the way in connecting consumers with fresh, local foods,” says Liz McMann, Consumer Affairs Manager at Mississippi Market. “We also provide our customers with information about our growers, makers and farmers. Now we want to deepen that farm to table tie by giving our co-op member-owners and shoppers the opportunity to meet with and tour the operations of their favorite meat, vegetable and/or dairy producer(s).”

The 2011 Eat Local Farm Tour highlights around 12-15 Minnesota farms in four geographic regions within a 100 mile radius, north, west, southeast, and southwest of the Twin Cities. All



tours will be self-guided, meaning tour goers must provide their own means of transportation, whether by car or bicycle. This gives you the convenience, creativity, and freedom to design your own road trip and visit the farms that you are most interested in. The only cost will be time and gas!

The hours of tour operation on Saturday, July 30th will differ from farm to farm. Starting June 20th, look for a free, detailed guidebook complete with maps, hours, and tour activities at any of the participating co-op locations. In the mean time, tour information and maps will be available on River Market’s website beginning June 1st so you can start planning your trip early! The guidebook will also outline suggested tour routes that would make fun, easy day trips within each geographic region.

Cedar Summit Dairy Farm in New Prague, MN will be featured on the southwest leg of the tour. Tour goers will be able to meet owner Dave Minar along with visiting the creamery and production facility, including viewing cows, pigs, and chickens at pasture.

“Our population today is far removed from agriculture,” says Minar. “We need to educate our next generation on the importance of sustainable local land

*Cooperating, from 1*

stock area to make space for large white boards to keep track of key department indicators and to hold department meetings. The large board for the total store is on the back of our garage door. Wellness and General Merchandise were the groundbreaking department, starting months ago. Let's hear it for Kiva, Marianne, Keegan, and Jenny! All departments and the total store will be holding weekly meetings no later than the end of July.

Sharona and I drove to Hastings at the end of April. The Spiral Co-op is on a bit of a roll from the last time I visited two years ago. The walls have been painted, inventory levels improved, and ownership has grown to about five times what it was then. Spiral is a small co-op with six dedicated employees – we met four of the

six on our visit. Sharona had a wealth of great ideas for a smaller co-op based on her experience. Spiral has lost their lease at their current location and will be moving to a new location fairly soon. It was like the trauma of change injected Spiral with new energy and life—at least that's what I saw! We wish Beard Webster and his staff the very best!

One Saturday morning at the end of April it was raining like crazy and I drove to the Eastside Co-op on Central Avenue in Northeast Minneapolis. That's where we bring our #5 plastics for recycling. Originally, we mailed them to Preserve where they turned our plastics into plates and cups and other useful things. Mailing the #5's cost us hundreds of dollars a month. Working with the City of Minneapolis and the recycler,

Republic Services, Eastside has a fairly comprehensive recycling program that they are kind enough to allow us to participate in. Co-ops cooperating!

Regarding my pledge to increase my personal spending at the co-op by 10%, I reached that goal in early May! I'll give you a final result in the August / September Currents.

Finally, check out our new LED lighting in our dairy and freezer doors recently installed by Summit Eco. The product is more visible, less harsh glare, and a substantial energy savings!

## Two New Sandwiches in the Deli!

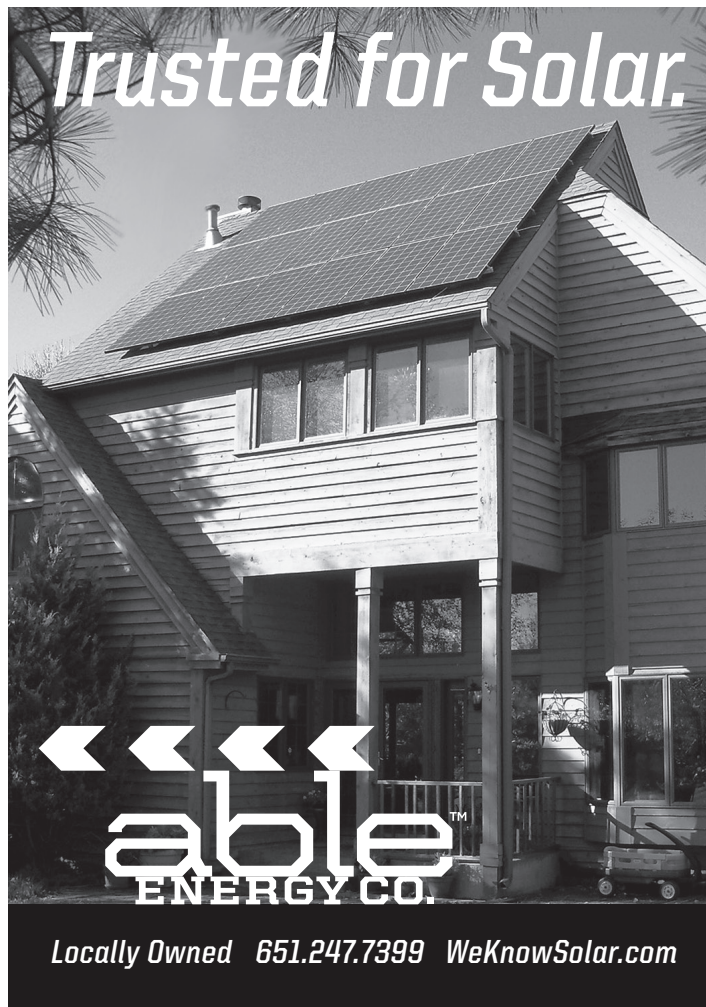
**Try our Tuna Salad Wrap and our Grilled Veggie Pita! Perfect food for a picnic down by the river or on our new patio behind the store!**

## Local Produce is Here!

**Every day new local items are being delivered to our produce department - often by the farmers who grew it! Take advantage of the freshest, largest selection of local produce in the St. Croix Valley!**



*Trusted for Solar.*

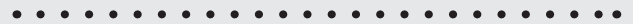


**able**  
ENERGY CO.

Locally Owned 651.247.7399 WeKnowSolar.com

# Annual Meeting & Celebration!

**When:** Tuesday, September 15 @ 6 pm  
**Where:** Historic Courthouse, Stillwater  
**Who:** All River Market owners invited!



Our speaker this year will be writer and speaker Jay Walljasper. Music St. Croix will provide the musical entertainment, and there will be food from the River Market Deli.

## Lumberjack Days Coupon & Info

We know it's a hassle to come downtown during Lumberjack Days, so please use this Members-Only coupon as an incentive! There's no need to bring the actual coupon

in with you, our system will track it and only allow one use per member number  
 We will be closing at 6 pm Thursday - Friday during Lumberjack Days..

**10% OFF**

Limit 1 per member number

Valid 7/21/11 – 7/24/11

PLU:605

Member #: \_\_\_\_\_

**LUMBERJACK  
DAYS COUPON**



## Lisa M. Chase, PhD, LICSW

Psychotherapist

651-278-5370

Stillwater  
Minneapolis

Lisa Chase Site: Psychology Today

Acupuncture and  
Traditional Chinese  
Herbal Medicine

*Amy Olson, LAc*  
Licensed Acupuncturist

333 N Main Street Suite 203  
Stillwater MN • 651.430.0018

# RIVER MARKET

Community Co-op

## Welcome New Members (March & April)

- |                                     |                                   |
|-------------------------------------|-----------------------------------|
| Dana & Quentin Gabor                | Lisa Winkler & Dirk Korth         |
| Adrienne Gaskell & Nicolas Garcia   | Chandra & Clear Dayland           |
| Andrea & Mike Dronen                | Marcy & Lou Karakas               |
| Sandra Johnson                      | Val Waters                        |
| Tony & Fae Lewis                    | Erika & Tyler Schultz             |
| Buck Duncan & Kathryn Evans         | Kari & Dave Kahl                  |
| Lee & Anne Miller                   | Susan & Tony Hoffman              |
| Mary & Kelli Lechman                | Rodney & Mandy Marquardt          |
| Heather & Brian DeCurtins           | Matthew Williams & Jason Huenecke |
| Josh Strand & Lacey Johnson         | Zsuzsa & Larry Larson             |
| Janet Kilkelly                      | Janet & Randall Knoll             |
| Sue & Todd Peterson                 | Jessica & Craig Porter            |
| Pat & Carol Morrissey               | Klare & Kevin Harvey              |
| Kelly & Bernie Shingledecker-Larson | Ginny & Bill Buell                |
| Victory Red Oak & Pegi Lee          | Adam & Jenny Maki                 |
| Mary & Dave Del Toro                |                                   |

## Summer in the Deli

Finally the weather is nice enough to enjoy eating outdoors again, and we have the perfect place to do it – our new patio behind the store. The concrete slab has been transformed with a beautiful wood railing built by Sig Nordskog and comfortable picnic tables and benches.

There are new and updated products inside as well. The deli has added smaller prepared salads, great for a light and healthy lunch. New sandwiches, available only for a limited time are coming, one for June and a different one in July. Our sushi has made a few changes, replacing the plastic bottom packaging with a plant-based container made from bulrush. Also the number of pieces of sushi in each container has increased from eight to nine, while adding four new choices:

Hawaii Roll, Black Pepper Roll, Teriyaki Roll and Fajita Roll.

The River Market Deli is known for sourcing many great local products, one of the newest of which is Quark. Quark is a unique type of fresh cheese, similar in some ways to both cream cheese and cottage cheese. Popular in Europe, it is still quite rare in the United States, so carrying a local one is special! It has a wide variety of uses – on sandwiches, in salads, or even simply spread on toast with some fresh cucumber slices on top. If you love cheese and are in the mood for something new, grab a container of Quark!

Next time you're in the deli, drop your business card in the jar for a chance to win a free sandwich!

## Featured Vendor: Down in the Valley

Formerly known as "Bubba's", Down in the Valley is one of our main meat suppliers. The meat comes from two small-family farms, both located in southeastern Minnesota. The animals are raised without additional antibiotics or hormones and are raised humanely, with access to fresh air, clean pastures and hands-on care. Together with Hidden Stream Farm they also provide certified humanely raised pork.

The Down in the Valley label is part of the meat department at Valley Natural

Foods, one of our fellow Twin Cities area co-ops located in Burnsville, Minnesota.

We carry Down in the Valley ground beef, steaks, roasts, ribs, pork tenderloin, country ribs and turkey tenderloin.

### JUNE SPECIAL:

**Ground beef**  
\$4.49 / lb

### JULY SPECIALS:

Watch for a different Down in the Valley special each week in July!

**Keep your Currents intact, you no longer need to bring these coupons in with you!**



**June**  
OWNER COUPON

One coupon per owner number per month  
**5% DISCOUNT**

Owner number \_\_\_\_\_ Valid 5/1/11  
Date used \_\_\_\_\_ to 5/30/11  
Cashier's Initials \_\_\_\_\_ PLU 85

You don't need to clip these out, our system can process them without the paper coupon!



**July**  
OWNER COUPON

One coupon per owner number per month  
**5% DISCOUNT**

Owner number \_\_\_\_\_ Valid 6/1/11  
Date used \_\_\_\_\_ to 6/31/11  
Cashier's Initials \_\_\_\_\_ PLU 85

# 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](mailto: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.

### In Your Own Backyard: Spring Weeds as Medicine

Saturday, June 4th,  
10-12pm

Stop plucking up those weeds and tossing them - use them as medicine! Join us while we explore the amazingness that is Plantain, Dandelion, & other spring weeds we see popping up this time of year. You will learn how to infuse an oil, make an herbal vinegar and prepare



a medicinal tincture. We will talk about proper identification and you will take home recipes using several commonly found spring medicine plants. Presented by **Melanie Timpano** of Big River Farm.

### Introduction to Ayurveda: Natural Health and Self-Healing

Saturday, June 4th,  
1-3pm

Ayurveda, an ancient medical practice originating in India, is a holistic and individualized system of disease prevention, detoxification, and wellness. Ayurvedic therapies treat the mind, body and spirit and include herbal remedies, body therapies, dietary guidelines, meditation, Yoga, and other gentle and natural methods for health and healing. Come explore how you can incorporate these time-tested therapies into your life for health, harmony, and balance. Presented by **Suzanne Howard**, Certified Ayurvedic Practitioner.

### Build your Own Rain Barrel Workshop

Saturday, June 11th,  
11am-1pm

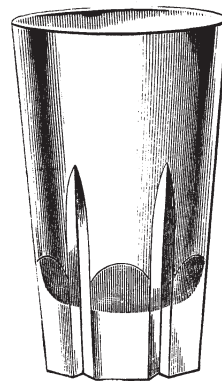
Collecting rainwater in a rain barrel is a great way to help protect the environment and save money. In this workshop, you will learn about water conservation and water quality benefits of rain barrels and be guided through the assembly of your own plastic or oak rain barrel. The workshop fee includes the cost for one rain barrel kit. Presented by

**Connie Taillon**, of Cedar Hill Natives Nursery. Reconditioned Plastic Barrel Kit: \$65, Oak Barrel Kit: \$125. The participants will need to specify which barrel they would like to preorder.

### Cold Brewed Coffee with Peace Coffee: Tips & Recipes for a New, Tasty Brew Method

Saturday, June 18th,  
11-12pm

Using the Toddy Cold Brew System, you'll learn how to make cold brew coffee and have the opportunity to sample cold brew. Cold brewed coffee makes a strong, flavorful concentrate - good for hot or cold coffee drinks - and convenient for occasions when you need a large quantity of coffee - family visiting this summer? Try a few yummy coffee recipes including a delectable Maple Latte. Presented by **Jody Treter** from Peace Coffee.



### In Your Own Backyard: Preparing and Using St. Johnswort Medicinally

Saturday, June 25th,  
11am - 12:30pm

St. Johnswort is a lovely plant offering up healing in many forms - let us gather together and discuss how St. Johnswort may be useful to you and yours. From being an effective mild sunscreen to relaxing sore muscles, this plant is packed with goodness. You will learn how to prepare an infused oil (that can be used as is or made into a salve later) as well as how to prepare a medicinal tincture of St. Johnswort. We will also discuss proper identification and using herbs safely. Presented by **Melanie Timpano** of Big River Farm.

### Board of Directors Meeting

Tuesday, June 28th and July 26th,  
6-9pm

Board of Directors meetings are held every last Tuesday of each month and member-owners are welcome to attend. Call 651-689-0125 or email [info@rivermarket.coop](mailto:info@rivermarket.coop) if you are planning to attend.

## Hesitating whether you should take a class at River Market? Here are some comments from people who have taken a class:

*"Very informative-great lecture, kept attention!"*

### Gardening with Sara Morrison

*"This class was wonderful! Very informative and took the mystery out of making your own products!"*

### Make your Own Non-Toxic Cleaning Supplies

*"Great interaction between presenters and participants. I will be looking for another class from her."*

### English Tea with Kitty Farrell

*"So much fun! So informative and interactive!"*

### Essential Oils

# River Market News

## Gluten Free Day

Saturday, June 25  
Noon – 4 pm

Have you cut gluten out of your diet, or know someone who has? This is a great opportunity to learn more about gluten free products available at River Market.

## Highway Cleanup

Friday, June 10  
1 pm – 3 pm

Come pitch in to help clean River Market's adopted stretch of Highway 95, just north of the store!

## Fire Muster,

Sunday June 26

For the second year, River Market is proud to help sponsor a unique, family event right downtown in Lowell Park. A collection of old fire trucks will make their way from Lily Lake down to the park. Once there they will pump water, spraying it high into the air and back into the river. Last year was a huge success, kids and adults both had a blast watching these classic trucks in action!



Fire trucks at Lily Lake park during the Fire Muster

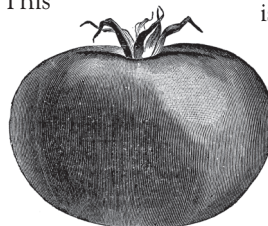
## Fourth of July

On Monday, July 4th we will be closing early at 6 pm in observance of Independence Day..

## Stillwater Vegetable Garden Tour 2011

Sunday, July 31st, 11am-3pm

It's not too late to submit your vegetable garden! Email Ola at education@rivermarket.coop if you'd like to show your garden. We'll feature four, or more, private vegetable gardens of Stillwater and Bayport to show you that urban gardening is fun and easy to do. This self-guided tour will begin at 11am and you can start at any garden. The garden owners will be home to show you their gardens and talk to you if you have any questions. The map of the tour will be available at River Market the week before the tour.



## Big Tomato Fest

Saturday, August 20

The Big Tomato Festival will feature The Big Tomato Weigh-Off as well as our annual salsa contest. Details about the salsa contest will be in our next newsletter, but you need to get growing now to be ready for the Weigh-Off!

There will be three categories: Children (age 3 – 15), Professional, and Home Gardener. The Professional category is for anyone who receives payment for produce grown or services performed related to gardening or landscaping. Home Gardener is everyone else!

To be eligible, tomatoes can be any color but they must be considered an Heirloom variety. Only one tomato may be entered per person, and they must have grown the tomato themselves, using sustainable methods.

There is no entry fee, but you must register by August 15. Registration forms and more details about the contest and rules are all available on our website.

**Happy growing!**

**Blueberry and peach pre-books are coming soon! Reserve yours early, these delicious seasonal fruits go fast.**

**Look for the blueberry sign-up book in June, and the peach book in April.**

An open letter to our customers



Dear friends:

In recent weeks we have heard comments that because we stock some of the most exciting brands to keep you warm we had somehow conspired to have winter last longer than normal. Adding to that was the fact this was the first winter we rented snowshoes through our *GO from 45 Degrees* program. And while many of you took advantage of this and our cold weather gear selection we remain firm in our claim that we have no direct control on the weather and subsequent snowfall.

Never the less, the fact remains that we all endured an unusually full dose of what winter had to offer. That being said, we feel we must do our part to renew your faith in the regional weather pattern. To that end we have set to work preparing a selection of great warm weather gear to help you with the transition. All the brands you love, plus some new kids on the block. So hurry down to the shop and expose that inner sun child (and those pasty white legs) with gear for the season ahead.

All the best,  
45 Degrees Staff

209 S MAIN STREET 430.3609

# RIVER MARKET

Community Co-op

221 North Main Street, Suite 1  
Stillwater, MN 55082  
e-mail: [info@rivermarket.coop](mailto:info@rivermarket.coop)  
651-439-0366 • Mon.-Fri 8-9;  
Sat. 9-8; Sun. 9-7

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Eat Local, from page 2

local food system. Local food doesn't have to travel far, helping us conserve our resources. Moreover, it is about getting to meet the farmer and seeing what his operation is all about. It helps build trust and a positive relationship, which is key to selling any product."

Many local farms have committed to participating in this year's tour.

The north loop will include Eichten's Hidden Acres in Center City, MN (bison & cheese), Big River Farm (vegetable) in Marine on St Croix, MN, and the Women's Environmental Institute (vegetable) in North Branch, MN. The southeast loop will consist of Ferndale Market in Cannon Falls, MN (turkeys), Thousand Hills in Cannon Falls, MN (beef) Shepherd's Way in Nerstand, MN (cheese) and Gardens of Eagan in Farmington, MN (vegetable). The southwest part of the tour will be rounded out by Cedar Summit in New Prague, MN (dairy), East Henderson Farm (vegetable) in Henderson, MN and Living Land Farm (vegetable) in St. Peter, MN. Also, Riverbend Farm (vegetable), located northwest of the Twin Cities, will be part of the tour.

## Member Survey #16 Recap

Last time we asked what deli offerings you would like to see. Some of the more frequent responses were more gluten free items, more half sandwiches, and lots of positive reinforcement for what we're doing. All of your suggestions are carefully read and considered.

## This Issue's Survey Topic #17

Do you feel part of a larger community at River Market? \_\_\_\_\_

What could we do to improve our sense of community?  
\_\_\_\_\_

Please return this survey to any River Market cashier with your member number and receive \$1 off your order. Expires 6/30/2011 limit one survey for each member number.

PLU: 222

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