

# RIVER MARKET

Community Co-op

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

# Currents

October–November 2011

## This is Bigger than All of Us

by Chris Kohtz, River Market  
Board Member & Owner

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

**H**ow far the modern co-operative movement has come: from the most unassuming beginnings almost 170 years ago when striking weavers in Rochdale, England, losing their jobs and homes due to the fast-changing mechanization of the early industrial revolution (eerily similar to the news of today’s economy) took control of their food supply from the company store to be able to afford to feed themselves and their community. Now to the coming 2012, which the United Nations General Assembly has declared as the **International Year of Cooperatives**, highlighting the countless contributions of cooperatives to socio-economic development around the world. (<http://social.un.org/coopsyear>) From humble beginnings rooted in the social welfare of a few, to an unstoppable global movement rooted in the social good of society on a planetary scale.

The National Cooperative Business Association has created a fact sheet (excerpted below) illuminating just how far the co-operative movement has come in the US alone. A cooperative is a member-owned and controlled business that operates for the mutual benefit of its



members. As a member owner, you should be proud of where your investment has gotten us. The facts:

- Cooperatives operate across all sectors of the U.S. economy and include agriculture, food distribution and retailing (River Market!), childcare, credit unions, purchasing, housing, healthcare, energy and telecommunications.
- Cooperatives promote the fullest possible participation in the economic and social development of all people, including women, youth, older persons, persons with disabilities and indigenous peoples.
- Cooperatives are a major economic force in developed countries and a powerful business model in developing ones. Worldwide, over 800 million people are members of cooperatives. The economic activity of the largest 300 cooperatives in the world equals the 10th largest national economy.
- Americans hold over 350 million co-op memberships.

- U.S. cooperatives generate 2 million jobs and make a substantial contribution to the U.S. economy with annual sales of \$652 billion and possessing assets of \$3 trillion.
- The majority of our country’s 2 million farmers are members of the nearly 3,000 farmer-owned cooperatives. They provide over 250 thousand jobs and annual wages of over \$8 billion.
- Over 7,500 credit unions provide financial services to 91 million U.S. consumers.
- More than 900 rural electric co-ops deliver electricity to more than 42 million people in 47 states. This makes up 42 percent of the nation’s electric distribution lines and covers 75 percent of our country’s land mass.
- Approximately 233 million people are served by insurance companies owned by or closely affiliated with co-ops.

*Year of Cooperation, to page 8*

### IMPORTANT DATES

#### October:

**Co-op Month**

**Month-Long Bulk Sale**

**22 ..... Gift Fair**

#### November

**24 ..... Thanksgiving (Store Closed)**

**25 ..... General Merchandise Sale begins**

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## Currents

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Andre Bessette  
Marketing and Membership  
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For change of address  
or to inquire about membership  
Call 651-689-0125

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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. Meetings 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](mailto:MattLudt@Minnesota-Trial-Lawyer.com)

EvaLee Miller, Vice President  
651-439-0241 • 651-491-2289 cell  
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## THE WHAT, HOW AND WHY

# A Story of a Community Co-op

By Mead Stone, General Manager and Owner



enjoys coming to work, and when kids laugh in the aisles.

That's it, that's my story.

Recently the board has been asking "What's River Market's story?" We have histories, both oral and written; we have long time employees, owners, former volunteer workers, long time vendors, and all kinds of other sources for a story. One of the directors suggested we start our story from the emotion, from the feeling, the "why". Another director said a story should be clear, articulate, and compelling. In conjunction with this we watched Simon Sinek describe his three golden circles. The outer ring is the "What" and that's what we are bombarded with everyday in our lives, in almost every advertisement, newspaper, traffic sign, and Post-it note. The center circle is the "How"—as in "how did we run a co-op successfully all these years", "How does our deli make such dang good sandwiches?" and "How is our produce so fresh?" But these "What's" and "How's" don't address the central ring, the "Why" of River Market Community Co-op.

The notion of a "Why" can be pretty daunting, indeed. But if I start from a genuine feeling, the "why" gets easier for

me. The things that make me feel good. When you tell me you enjoy shopping at River Market and I imagine all of the "whats and hows" that went into that, that provided a great shopping experience. And how can a vendor enjoy delivering product to us? Don't they enjoy coming to a store where we enjoy seeing them, honor their products, and actually have fun with them? (How radical is that?)

Which brings me to our great River

**Recently the board has been asking 'What's River Market's story?' We have histories, both oral and written; we have long time employees, owners, former volunteer workers, long time vendors, and all kinds of other sources for a story.**

Market staff: we work hard and we work tirelessly alongside one another and have a heck of a good time doing it. Ask the deli about August's sandwich-mania or produce about selling 25% more produce this year than we did last year! I think of everything a business

does to accomplish the work that needs to be done and the culture, great attitude and morale—but those are "whats and hows". Why do we do it? For my part, it makes me feel good.

We've been a continuous, cooperative grocery business for soon to be 34 years. I have seen four generations of owners shopping in a single day. And the laughing and squealing; the pushing of small carts—how could kids not make me feel good? Children have, thanks to their parents, experienced a co-op and maybe in the years to come, wherever these kids wind up, they will continue to shop and support their co-op and that makes me feel good. Maybe their future co-op will even be River Market?

# Hunger in America

When the words “hunger” and “starvation” are mentioned, most of us tend to think of developing countries. And for good reason. According to the World Food Programme, of the nearly billion people in the world going to bed hungry tonight, 98 percent of them live in developing countries. But the problem of hunger is closely tied to poverty, and there is no shortage of examples in America. Hunger in America is a growing problem.

In 2010, 49 million Americans (including 16 million children) were not able to get enough food on a regular basis, according to the USDA’s 2010 report, *Household Food Security in the United States*. That translates into food insecurity for about one in six people—and about one in four children—at least some of the time. (A food secure household is one in which the family has access at all times to enough food for an active, healthy life for all household members.) This is the highest recorded level of food insecurity since 1995, when the first national food security survey was conducted.

The problem of hunger is especially critical for children. Children who go hungry are less healthy and more susceptible to learning difficulties and behavioral and emotional problems than children who are getting enough to eat.

Single working mothers are bearing a larger hunger load than average. Many of them work in low-paying jobs and are forced to choose between food, rent, gas for the car, health care, or clothing for their children. “Millions of American women who face this predicament will feed their children and go without meals themselves,” concludes the USDA.

America’s seniors are making difficult choices, too, often between food, medicine, and utilities. In 2009, 7.8



percent of seniors living alone were food insecure. And a recent report by Meals on Wheels (a free food-delivery service for seniors) estimates that as many as 8.8 million seniors are now facing the prospect of not getting enough food to eat. Hunger rates have more than doubled in recent years for poor seniors, and the problem is not improving for this group, the fastest growing population sector.

In fact, things are not improving for any group, though in the U.S. the number of people who went hungry last year did not grow which federal officials attribute to an increase in food aid (and which will decrease if food aid

budgets are cut as part of deficit reduction measures). In their Hunger Study 2010, Feeding America reported they are now providing food to 37 million Americans, an increase of 46 percent over 2006, when they were feeding 25 million Americans. (One in eight Americans now relies on Feeding America for food.) As poverty grows, so does food insecurity. In poor areas, many people don’t have the money to buy food or the land to grow their own

food and for those on the very edge of sustenance if disaster strikes—in the form of a hurricane or drought or an economic crash—there are little to no reserves to fall back on.

Experts agree that America can produce enough food to feed its citizens. In fact, there’s enough food in the world to feed everyone. According to World Hunger Education Service, world agriculture produces 17 percent more calories per person today than it did 30 years ago, even though the population has increased 70 percent.

What’s being done to address hunger in America and how can you help? Here is some of the work taking place:

**Community food aid.** Community kitchens, food pantries, and emergency food assistance programs are providing food for the hungry. You can donate money or food directly to these programs or give through food drives. You might also look for opportunities to help through your local schools, churches, and food co-op.

**Education to help establish food security.** Some programs are teaching people about nutrition, how to garden

**In Stillwater, River Market has been working with Our Community Kitchen, which we featured in the last newsletter. The newest project with them is a family pizza night, kicking off October 1st.**

## Roasted Squash Soup

- 1 qt. veggie stock
- 2 garlic cloves
- 2 buttercup squash (or your favorite local squash!)
- 1 T fresh sage
- 1 yellow onion
- dash of oregano & marjoram
- 2 T olive oil
- salt & pepper to taste

Slice squash in half, scoop out seeds, place on pan with cut side up. Roast in oven at 400 degrees for an hour or until very tender. Saute onion and garlic until brown. Add stock and herbs, simmer 10 minutes. Blend squash and stock mix until smooth. Return everything to stock pot and simmer, add salt & pepper to taste. Finish with fresh sage.

### Lisa M. Chase, PhD, LICSW

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**Psychotherapist** 651-278-5370

Stillwater  
Minneapolis

Lisa Chase Site: Psychology Today

## THURSDAY IS TACO DAY IN THE DELI!

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### Amy Olson, LAc

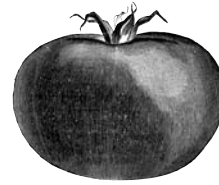
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Stillwater MN • 651.430.0018

# River Market News

### Bulk Sale

During October, all items in the bulk department are 10% off! According to surveys, our members consider bulk to be one of the major assets of the store. The vast selection of beans, grains, flours, mixes, spices, herbs and teas are among the largest around. Use this sale to stock up, and to experiment with products you've never tried.



### Salsa Contest Winner

Congratulations to our Salsa Contest winner Jamie Fagrelus, and our Big Tomato Weigh-Off winner Kathy St. Peter!

### VOLUNTEERS NEEDED!

We often get asked if we know of volunteer opportunities, and here is a great chance to help out. Our Community Kitchen and River Market can use help with the Family Pizza Night, Saturday nights beginning October 1 and going through November 5. If you could help on one or all of those nights, it would be greatly appreciated. Please email Andre at [info@rivermarket.coop](mailto:info@rivermarket.coop) for more information, and thank you!

### River Market Gift Fair

On Saturday October 22, meet local vendors and crafters. Extra discounts on gift and body care items!

### Rounding Up at the Register

Remember, you can now "round up" your total and donate the change to Our Community Kitchen.

*Hunger, from page 3*

and farm, breed animals, and put up food safely. These inspire self-reliance while offering training in specific skills. Others are spreading the word about hunger in America by sponsoring hunger awareness events and providing service opportunities. Check out volunteer opportunities in your area.

**Governmental level.** Those working to combat hunger in America point to the need for solid economic solutions to combat poverty, support for local agriculture, respect for environmental resources, and careful management of food systems. Contact your state and federal representatives and share your support for ending hunger in America.

In Stillwater, River Market has been working with Our Community Kitchen, which we featured in the last newsletter. The newest project with them is a family pizza night, kicking off October 1st. Six Saturday nights in a row there will be a cooking class, followed by pizza and a movie. For every family that signs up and pays for the six nights, a family can come eat for free. For more information please visit [www.livinghealthywc.org](http://www.livinghealthywc.org).

# RIVER MARKET

Community Co-op

## Welcome New Members (July & August)

Ann M. Bielenberg	Kenneth Reuter
Maggie & Lee Stoerzinger	Jim Cooper & Cheryl Riley
Clayton Hamilton	William & Mary Ann Peltier-Rigney
June & Ray Kolodzieski	Kelly McShane
Paula & Jean Vandale	Susan & John Carr
Dar Peer	Heather Kittelsen
Mallory Kroschel	Sean Shevik
Patricia & Ronald Parish	Sam & Marso Leon
Dana Wilde & Rich Sauerer	Terri & Herb Holman
Richard Ulrick	Jen Olson & Todd Smith
Tammie & John Polley	Patrick & Kate Sande
Tom & Naomi Liester	Merilee & John Read
Laura & Richard Francis	Randy Ewald & Terri Pena
Scott & Jan Strandemo	Alson Toavs & Wendy Halverson
Alexandra & William Bartolic	Jacquelin & Paolo Tagliaferri
Alan & Marcia Jones	Ann Marie & Prince Hanrahan
John & Bonnie Wedel	Carol & Brad Reuter
Bruce Knott & Stephen Oxborough	Katie & David Haslam
Lynn Jewell & Miles Marcuson	

## Turkey Talk

**T**he week before Thanksgiving, we will be celebrating the holiday Monday through Friday, November 14–18. There will be samples in the store in each day, as well as drawings for great prizes like a free turkey and a lovely produce basket.

We will be closed Thanksgiving Day, and will have normal hours the rest of the week.

### Talking Turkey

Turkeys available for pre-book this year:

**Kadejan free-range turkeys:** Kadejan is family owned and operated, and supports and encourages the small family farm. They are located in Glenwood, Minnesota, approximately two hours northwest of the Twin Cities.

**Schultz cage-free organic turkeys:** The Schultz family has been producing fresh, wholesome delicious food in Owatonna, MN for five generations. Schultz Organic Farm has a long and loyal relationship with local co-ops.

**Ferndale free-range turkeys:** Ferndale's turkeys spend plenty of time outside,



and are moved onto fresh pasture each week. They can often be seen in the grass right in front of the Ferndale Market in Cannon Falls, MN.

### Side Dishes and Pie

Thanksgiving side dish items will be available through special order in the deli.

The following types of pie will also be available: Apple, Pumpkin, Pecan, Pan of Apple Crisp (special order only), and Tofu Pumpkin Pie (special order only).

Thank you to all our owners, vendors, Board Members, musicians and speaker for making the annual meeting a fun success!

## Back again this year:

Andes Gifts & Lost  
Horizons hats,  
scarves, & mittens!

New colors &  
designs, plus  
old favorites!

## General Merchandise SALE!

Starting November 25, take 10%  
off all General Merchandise.  
Get started on your shopping  
with our unique holiday gifts!



October  
is Co-op  
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.

### Movie Night Monday

Monday, Oct. 3, 7-8:30 p.m.

Join us to watch *Vanishing of the Bees*, award-winning documentary which examines the alarming disappearance of honeybees and the greater meaning it holds about the relationship between mankind and mother earth. For more information, go to [www.vanishingbees.com](http://www.vanishingbees.com), 87 min. Free! Registration required.

### Tai Chi for Beginners

Tuesday, Oct. 4, 11, 18 and  
Wednesday, Oct. 26, 7-8 p.m.

This four-week class will teach the basics of breath and posture for the first twenty four movements of Tai Chi Chuan Yang style. Lessons will include both demonstration and practice. The instructor will discuss both the healing proponents and minor self-defense applications

for this style. Wear comfortable, loose clothing. Presented by Kevin Finney, Tai Chi/Kung Fu instructor. The class fee is \$60 for members and \$80 for non-members for the whole series (four classes).

### The Frustrations of Gluten Sensitive and Celiac Patients

Wednesday, Oct. 5, 7-8 p.m.

This workshop will explain the latest scientific information regarding the newest testing for gluten sensitivity and villous atrophy. It will explain why the old testing standards may not be sensitive enough to identify partial villous atrophy and gluten sensitivity. We will discuss how to identify if your immune system is reacting to hidden gluten in your diet and if it is causing continued villous atrophy. Finally we will discuss the relationship between the gut immune system and the direct relationship to the function of our brain. Presented by Dr. Daryl L. Cooper, D.C. of Hudson Spine and Wellness Institute.

### Preserving the Harvest—Apple Sauce

Thursday, Oct. 6, 6:30-8:30 p.m.



Join Sara Morrison, owner of The Backyard Grocery who has a certificate in Acidified Canned Foods Training from the University of Wisconsin Extension in this hands-on class on canning apples. Sara will discuss different aspects of canning equipment and supplies, as well as safe canning methods and storage of canned goods. Participants will leave with knowledge of how to properly can apples, and a half-pint jar of preserved autumn apples 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.

### Fluff the Girls

Saturday, Oct. 8, 11 a.m.–12 p.m.

Learn what you can do to assist your body in keeping breast tissue clean and healthy. This informative class will show you how 'Fluffing the Girls' helps our lymph fluid move through the breast tissue. By keeping the fluid moving we help the breasts eliminate toxins that can accumulate into lumps. Learn about early detection through Thermography. Presented by Valerie Zumbusch, Certified Thermographer.

### Preserving the Harvest — The Joy of Sauerkraut

Thursday, Oct. 13, 7-8:30 p.m.

Fermentation is the oldest method of preserving foods, and with the fall harvest still going strong, 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 produce a delightfully sour and nutritious staple that our grandmothers and grandfathers relied on through the winter. 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 sauerkraut. 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.

### Solar Energy Made Simple

Thursday, Oct., 20, 6-7:30 p.m.

Tired of being confused about green energy? Learn the basics of solar and wind energy without the fluff. Find out about effective energy solutions for your home, cabin, RV and boat. Discover practical ways to tear up massive electrical bills and loosen the bonds of energy dependence. Foster a safer environment without endangering your pocketbook. This class is the first step on your journey to a smarter, more independent

lifestyle. Presented by Joaquin Thomas from GoSolar!, the green energy store. The class fee is \$15 for members and \$20 for non-members.



### Pies Made Easy

Saturday, Oct. 22, 11 a.m.–1 p.m.

Fall is here and the holidays are just around the corner. This year, indulge your senses with unique and tantalizing new pie recipes that will please any plate. Learn how to take the stress out of traditional pie crust recipes and discover new techniques for making flavorful decadent fillings like the crowd pleasing chocolate peanut butter custard. Pies don't have to take hours of laboring in the kitchen, cut your prep time in half with the delightfully fresh no-bake blueberry chamomile. Join us for fun and revive your enthusiasm for all things pie. Presented by Amery Junker, River Market Deli employee and soon-to-be graduate of the Art Institute International of Minnesota. At Our Community Kitchen, 214 North Third Street (Ascension Episcopal Church), Stillwater. Call 651-439-2609 for directions. The class fee is \$15 for members and \$20 for non-members.

### Board of Directors Meeting

Tuesday, Oct. 25 and Nov. 22, 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](mailto:info@rivermarket.coop) if you are planning to attend.



**Peace Coffee: Cupping & Home Brewing Class**

Saturday, Oct. 29, 11 a.m.–12 p.m.

Hone your skills with an informal cupping of several different Peace Coffee origins (and a few surprises) and learn about different home brewing methods. We will focus the class on our Snow Shoe Brew, our Winter coffee. Free class! Registration required.

**A HEALTHY HOLIDAY SEASON: PART 1, Preventing Stress: Enter the Season Gracefully**

Tuesday, Nov. 1, 7-8:30 p.m.

The holiday season is fast approaching. Come find out how the ancient traditions of

acupuncture and whole food nutrition can keep you relaxed and energized through the busiest time of the year. Enjoy lively discussions about important topics like stress, sugar, and cravings. Practice effective breathing, relaxation techniques, and simple exercises to keep your energy (qi) strong and flowing. This free class is presented by Jesse Katzman, L.Ac. and Lisa Freitag, H.C. of Stillwater Acupuncture & Nutrition.



**Movie Night Monday**

Monday, Nov. 7, 7-8:30 p.m.

If you're frustrated with the school food environment in your community, come see the movie *Two Angry Moms*, a documentary film that asks the question: What happens when fed-up moms try to change school food? Filmmaker Amy Kalafa crosses the country in search of alternatives to the toxic food environment found in

many of our nation's schools. For more information about the movie and the movement, go to [www.angrymoms.org](http://www.angrymoms.org). 86 min. Free! Registration required.

**Managing Insulin Resistance and Blood Sugar**

Thursday, Nov. 10, 6-8 p.m.

Are you diabetic, pre-diabetic, or concerned about your blood sugar? If so, you know high glucose levels can damage your health. If you haven't been successful in managing your blood sugar, are you ready for a new approach? Learn nutritional strategies that are based on cutting-edge research and clinically proven. You will be surprised how well you can eat. Leave this class knowing how to take control of your blood sugar. 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.

**Tapas Night**

Saturday, Nov. 11, 11 a.m.–1 p.m.

Come and enjoy an evening out to learn about the tradition of Spanish tapas. Explore the history of Spain and the Basque region and see how it has influenced the cuisine. Through demonstration and hands on cooking in the kitchen you will taste authentic ingredients, prepare unique dishes like: papas bravas, champinones rellenos, montaditos, and discuss how to find the perfect wine. Discover how this delicious custom can make entertaining fun and simple. Presented by Amery Junker, River Market Deli employee and soon-to-be graduate of the Art Institute International of Minnesota. At Our Community Kitchen, 214 North Third Street (Ascension Episcopal Church), Stillwater. Call 651-439-2609 for directions. The class fee is \$15 for members and \$20 for non-members.

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# RIVER MARKET

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*Year of Cooperation, from page 1*

- Food co-ops have been innovators in the areas of unit pricing, consumer protection, organic and bulk foods and nutritional labeling.
- More than 50,000 families in the U.S. use cooperative day care centers, giving co-ops a crucial role in the care of our children.

Meanwhile, back here at home in the St. Croix Valley, this international proclamation beckons us to think globally, but act locally. Where it all began, and begins again, every day. For example:

When you shopped at River Market this past year, you supported more than 150 LOCAL vendors, and by extension strengthened their families and their (our!) communities. And together, we pumped more than \$4 million back into our economy.

Who knew that your modest membership contribution and shopping (occasionally-weekly-daily!?) at River Market over the years would lead to an unstoppable movement on a global scale? Co-operatives: this really IS bigger than all of us, yet without you, it wouldn't happen at all. Thank you for being an owner-member of River Market Community Co-Op.

## Member Survey #18 Recap

You voted on a new member special, and the winner was the bulk department! That fits in perfectly with our annual October Bulk Sale. Everything in the department is 10% all month.

## This Issue's Survey Topic #19

Each year we try to increase attendance at River Market's Annual Meeting. What do you recommend we do to get even more member-owners to next year's meeting?

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Please return this survey to any River Market cashier with your member number and receive \$1 off your order. Expires 10/31/2011 limit one survey for each member number.

PLU: 222

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