

What is Community Worth?

Mead Stone, General Manager

In February, River Market reached a significant milestone: our 30th anniversary! We were in the local papers, *Stillwater Living Magazine*, *The Pioneer Press*, *The Star Tribune* and *Currents*. We won a Milestone Award from the Greater Stillwater Chamber of Commerce. But any of you who were in our co-op on February 14th felt the sense of community we've been working on hard for 30 years. It was a hit with our members and a warming day for me. We spanned three decades when both our founding and current board presidents were together to share in the festivities. It was so wonderful that I think we ought to have another 30th anniversary next year! (You have no idea how long I've wanted to kick off an April issue of *Currents* like this.)

River Market reached another milestone in December, but this time financially. Our assets were more than twice our liabilities. Our net worth was \$280,317. As rocky as the past seven years have been, we have been steadily paying down our debt to the point that our long term debt through March was just under \$63,000 (one loan through Lake Elmo Bank). It wasn't long ago that River Market had over \$100,000 in member loans alone.

One of the ways we are trying to build up our cash is to reduce inventory of slow-moving items and expand or add higher movers. You've always seen product changes. It seems that just when I find something I really enjoy, it has a habit of disappearing! I loved the frozen Alexia Garlic Bread: just the right size, quick to make, and none of that "garlic-like" stuff many conventional loaves seem to have. Yeah, we don't carry it any more. Naturally, I asked Chuck what was up and he told me it came in a case of 24. We could barely get a dozen on the shelf at a time.

Have any of you had the opportunity to peek into our "spacious" storage freezer shared by frozen food, meat, bakery, deli and sushi? No one has ever gotten lost in our eight- by seven-foot freezer. The frozen garlic bread was a space issue and we didn't sell 24 loaves all that fast. Maybe I was the only buyer? Looks like I'll have to go back to making my own garlic bread at home.

But here's the deal: you are voting with your purchases! If there are two ketchups and one sells a case a week and the other sells one bottle a week, that slow selling ketchup might disappear



Current Board president Dana Jackson with River Market's first Board president Stan Berkner at the River Market 30th anniversary celebration.

from our shelves. We are here to provide members with products they want, but you can see when the votes of all the members are added up, sometimes your favorite salsa disappears. That's where special case orders can help! Maybe there's a member or two willing to split a case of frozen garlic bread with me?

In January, members accounted for 56 percent of all of our customers and for the first time over 70 percent of all of our sales. Three and a half years ago, it was only 58 percent. After two sluggish years, River Market's sales are again on an up-swing. We got a free freezer from a vendor, did some resets, added some new items and frozen sales are up over 25 percent starting in January.

continued on page 3

**RIVER
MARKET**
Community Co-op

Currents

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or to inquire about membership
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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 office space across Main Street. The Board of Directors welcome members at the meetings. Feel free to call or e-mail them to learn more about the board activities.



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Spring Cleaning

Kiva Sherr, HBC Manager

Spring has always been the traditional time for liver detoxification. The warmer weather itself inspires us to shed layers and renew and refresh our bodies. Burdock root and dandelion leaves become available in the produce aisle, perfect bitter ingredients for gentle liver detoxification. It is also a more appropriate time for a predominantly raw diet, as our bodies no longer have to work so hard to stay warm in the harsh cold. We intuitively begin to eat large salads full of fresh spring greens and herbs. We also become much more active outdoors, and our circulation and lymphatic systems become energized.

Cleansing can happen in many forms. We can start simply, such as with a liver detox tea or a milk thistle tincture. We can also incorporate more fresh vegetable juices and raw veggies into our daily regimen.

However, if more intensive cleansing is what you have in mind, there a few basic guidelines to follow.

Drink plenty of water—nothing is more important. Water helps your body flush out toxins.

Get plenty of fiber, at least 25grams/day. Fiber binds with toxins released by your



liver into your intestines. If there is no fiber to absorb the toxins, they can be reabsorbed into the bloodstream.

Support proper elimination. Cleanses vary as far as the intensity of colon detoxification. Speak with an HBC staff member to find out which product best suits your needs. Proper elimination is needed to remove waste from the body.

Re-colonize friendly bacteria. Probiotics are necessary for proper nutrient absorption, digestion, elimination and immunity. Re-colonizing the gut with friendly bacteria is very important.

Follow an appropriate diet. Eliminating major allergens such as wheat and dairy from our diets as well as cutting out refined sugars and alcohol. Add sprouted breads, unsweetened yogurt, and fermented foods such as kimchi, sauerkraut and kombucha!

Historic Stillwater & quaint Marine just minutes away from this 3.57 Acres. Choose to build on a high meadow viewing WI bluffs and dramatic vistas or create a secluded sanctuary within the woods and nature. Lush meadow has east facing walk out. View morning mist over the St. Croix! Unique landscape including berm from 1st Railroad into New Territory in 1884 adds history and fun landscape opportunities to this glorious lot.

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What is Community Worth?

continued from page 1



General Manager Mead Stone addresses the crowd at River Market's 30th anniversary celebration on February 14th.

We added Bubba's beef to our fresh meat and sales there are up 24 percent. General Merchandise is up 25 percent and health and body care products up 16 percent. Since we've cut our advertising budget, I figure these sales increases must be from word of mouth—the best advertising we can ever get and advertising you do for your co-op!

So what is River Market worth to you? I'm going to challenge members. A couple of years ago, I asked you to buy just one more item, and your response was great! Now I'd like to challenge each of you over the next three months to introduce just one friend, neighbor or acquaintance to River Market. And to sweeten the challenge, if any new member mentions by name, at the time they join, another member by name as the person who referred them to River Market, both of you will receive a wooden nickel worth \$3 at River Market. And that's no April foolin'!

Lu Shaughnessy and Bowzer

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Roasted Asparagus

Serves 4-6

Ingredients

- 2 lbs fresh asparagus, rinsed, ends snapped*
- ¼ to ½ cup olive oil
- Coarse salt
- Fresh ground pepper
- Zest of one lemon

Directions

- Preheat oven to 450°.
- Pour olive oil into a heavy-sided sheet pan.
- Add asparagus spears and toss to coat. Sprinkle with salt and pepper.
- Place pan on middle oven rack and roast for 5 minutes. Roll spears to reposition and roast an additional 5 minutes or until tender.
- Remove spears to serving platter. Toss with lemon zest, adding additional olive oil, salt and pepper to taste.

Other topping ideas:

- Butter, grated parmesan cheese
- Freshly grated nutmeg
- Hollandaise or béarnaise sauce, especially if spears are chilled
- Vinaigrette made with chopped fresh tarragon, chives, red wine vinegar, Dijon mustard and olive oil
- Soy sauce, toasted sesame seeds, chives and toasted sesame oil

*Prep tip:

To find the perfect spot to snap asparagus stalks, hold the spear with one thumb and forefinger at the base, and the other just below the "leaves." Gently bend the stalk until it snaps. Save the top and discard whatever breaks off at the base, as this part will be woody.

Robin Thomson, N.D.

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Spring Gardening at the Co-op

Trista Boe, Produce/Bulk Manager

This year, we are going to try a few new ideas for our spring gardening program at River Market. Hopefully they will allow us to better serve you while keeping costs to both you and the store to a minimum.

Due to our previous supplier's poor germination rates, our seeds this year will be from a wonderful local company called Seed Savers Exchange. Located in Decorah, Iowa and established in 1975, Seed Savers has led the heirloom preservation movement and currently safeguards over 25,000 endangered varieties of vegetables and flowers at their heritage farm. Although not all of their seeds are certified organic, they do not sell any GMO varieties.

To avoid out of stocks, River Market will also offer some of the more popular sellers from past years in bulk. These items will include sweet corn, green beans, peas, salad mix and potatoes. Organic options have been chosen whenever possible, as well as slow bolting varieties of spinach and lettuces to compensate for our warmer summers; hopefully, this will help extend your growing season for these cooler weather crops. Seeds are due to arrive in mid-April.

Seed Savers will also provide native and container varieties of vegetables for



those with limited space but a passion for home-grown produce.

We are also proud to welcome back Brian Carpenter and family with their Wiggle Worm Worm Castings, the all purpose organic fertilizer/topsoil. Their farm is located in Ellsworth, Wisc. and offers a wide range of products to feed you and the earth! Visit thecarpenter-scottage.com for more information.

In order to best accommodate everyone's individual needs, we are offering worm castings through pre-book only. The pre-book will run from March 30th through April 29th, with an early May delivery. In addition, we will also take orders for

live worms for your composting needs.

Due to overwhelming praise last year, once again our vegetable starter plants and most of our herb starters will be from Prairie Farm Garden. Steve Hearth, owner and operator of Prairie Farm, has assured me that most of the same varieties will return along with a few new ones as well.

Our annuals will be from Green Earth Growers in Prior Lake, Minn. In their fourth year of business, they are a young and budding company providing "Earth Friendly" quality heirloom plants, and use non-GMO seeds to start their seedlings. They have a fabulous variety of annuals and hanging baskets as well as a herbs that are not available from our other supplier.

Because we'll have so many plants this year, we will be unable to move them in and out of the building; weather permitting, they will arrive May 9th to protect against frost damage. Please be patient, we are all excited for spring to come!

Your feedback this growing year will be more important than ever, so that we can continue to improve our offerings from one year to the next. So please let us know how your garden grows. We'd love to hear your comments and see your garden photos!

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News & Notes

Volunteer Opportunity

The weather is finally warming up for our Adopt-A-Highway clean-up! If you'd like to join a great crew of road cleanin' folks, contact Kellie at River Market: 651-439-0366 or kellie@rivermarket.coop.

Seward Co-op CSA Fair

The seventh annual Seward Co-op Community Supported Agriculture (CSA) Fair will be held Saturday, April 19th from 11-3 in the Seward Co-op parking lot. The CSA Fair offers produce shoppers the unique opportunity to develop a personal connection with local growers. During the event, attendees can purchase a CSA membership, which helps cover farmers' annual operating expenses. In return CSA members get fresh, local produce, delivered to Seward Co-op and other Twin Cities locations each week during the growing season. Each grower offers a different membership package, depending on their farm's length of season, goods offered, labor costs and distribution locations.

For more information, including a list of participating CSAs, call Seward at 612-338-2465 or visit www.seward.coop.

New Board Member

River Market welcomes Karl Diekman to the Board of Directors. Karl has long been a regular shopper and is an active member of the local community. For a full list of current Board members, see page 2.

New Bags, Less Waste

As you've probably already noticed, we're phasing out plastic bags. That's because we'll soon be offering a new style of reusable bag for about a buck each! Each of these recyclable, reusable poly bags is designed to replace two paper bags or up to four plastic bags each time it is used. With an estimated lifespan of two or more years, each One Bag at a Time bag can replace up to 416 bags over its lifetime. Learn more at onebagatatime.com.



Co-op Month Window

Special thanks to Gail Graham, general manager at Mississippi Market, for lending us her wonderful co-op history collection, which River Market grocery department staff member—and window display whiz—Mike Tuma used to make a very special display in honor of our 30th anniversary in February. It added greatly to the feel around north Main Street during our festivities!

Adopt A Sheep, Build a Barn

Shepherd's Way Farms, owned by the Ohlsen Read family, has been making award-winning artisan cheeses in Nerstrand, Minn. since 1994.

In January 2005, their farm was the victim of two arson strikes in a single week. They lost thousands of dollars in winter feed and, tragically, more than 300 ewes and 260 lambs perished in the fire or as a result of smoke inhalation. Thanks to local support, the family has partially rebuilt their barn, but they need more help to finish the project and rebuild their herd, so they can meet the demand for their delicious products.

River Market will be taking collections at the register. New members have the option of waiving a take-home gift and having us donate \$10 on their behalf. For each \$100 raised, a lamb will be adopted by River Market on behalf of its shoppers.

Get more information and a link to Shepherd's Way Farms at rivermarket.coop.

Send in the Troops

Shoppers on March 1st may have been surprised to see the parking lot full of Hummers and the store full of National Guard troops. They were here learning about co-ops—specifically about starting a successful cooperative. They sought out this information so that they can more effectively help devastated communities around the world apply the cooperative model to their rebuilding efforts. Staff took the troops on a store tour and then spent time in the Loft meeting space discussing cooperative principles and River Market's history, and answering questions.

Milestone Award

River Market was honored by the Greater Stillwater Chamber of Commerce, receiving one of three Milestone awards given at the Chamber's annual member meeting on February 28th. The Milestone Award recognizes Chamber members who have reached a milestone in the community; River Market's 30th year of commitment to healthy living in the St. Croix Valley was at the heart of its nomination.

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Upcoming Classes at the River Market Loft

Ecological Living: Part III of III A Convenient Truth screening

Come see how Curitiba, Brazil transformed itself from a flood damaged, traffic choked, rubbish-strewn city into a modern metropolis with integrated transport, social enterprise, beautiful water parks and affordable green housing. Light refreshments and open discussion to follow the film. A free showing, please register due to limited seating. Thursday, April 10, 7-8:30 p.m.

Organic Biointensive Gardening

Come learn the basic technique of "Grow Biointensive" gardening and mini-farming and how it can be applied to your backyard and/or mini-farm. The essential points will be covered: double-digging/deep soil preparation, off-set spacing of plants, making/using compost, companion planting, high carbon seed crops for sustainable soil fertility calories, high calorie root crops, the whole system approach, the use of open pollinated seeds and simple seed saving. The River Market Loft classroom presentation will be followed by an on-site double digging, compost/fertilization application, and a transplanting demo at Meadowlark Community Garden. Payment due at registration. Scholarships available.

Class Fee: \$45.00 for members, \$50.00 for non-members. Saturday, April 19, 9 a.m.-4 p.m.

The New Whole Grains Class

Whole grains are back, and better than ever for summer salads and light meals. Meet Chef Robin Asbell, author of *The New Whole Grains Cookbook*, and learn about delicious, contemporary and healthy ways to cook grains. Newly available heirloom varieties and fresh preparations will excite your taste buds and inspire you to eat well. Did you know that the USDA raised the number of recommended servings of whole grains from one a day to three a day? Or that whole grains are as high in antioxidants as vegetables? Sample a variety of recipes:

African Millet Salad with Corn, Dumplings with Dim Sum Sauce, and more. The class is held in partnership with Stillwater Community Education. Class registration is available through the Community Education bulletin (found in store) or online registration at: web.stillwater.k12.mn.us/csb/ce/pages/Register.html. Please call Kellie with any questions at 651-439-0366.

Class fee: \$35.00. Tuesday, April 29, 6-9 pm

Robin Asbell will also be in-store for a book-signing Saturday, April 26, 12-2 p.m.

Making your own Kombucha

Live fermented foods are essential to good digestion and basic health. Come and learn about Kombucha: what it is, the benefits of it and how to make it at home. Take the mystery out of this amazing, energizing, health-saving drink! Some supplies will be available for purchase at the class: kombucha culture, gallon crocks, tea, etc. Instructors Brian and Lisa Roesler have been growing and eating nutrient dense foods as taught by the Weston A. Price Foundation and Nourishing Traditions by Sally Fallon.

A free class! Tuesday, May 13, 7-8 p.m

The Basics of Digestive Health

Learn how to get back on track after a round of antibiotics, a bout of stress or just simply eating a poor diet for years. Come learn the importance of probiotics, the role they play in our health and why they are essential for life. The instructor, Kellie Sletten, will address diet, digestive enzymes, fiber, anti-fungals, Vitamin D3, fish oil and much more. Payment due at registration.

Class Fee: \$10.00 for members, \$15.00 for non-members. Monday, May 19, 6:30-7:30 p.m.

Making Your Own Live Food

Learn how to make your own "live" cultured foods, and sample a wide range of home fermented creations. Khaiti Kahleck will teach you the

basics of lacto-fermentation and demonstrate how easy it is to put together kimchi. Go home with fun, easy to use recipes for concocting your own fermented foods! Payment due at registration.

Class Fee: \$10.00 for members, \$15.00 for non-members. Monday, May 19, 7:30-8:30 p.m.

Birch Bark Craft

Spend a Saturday afternoon at Firefly Farm with Charlie Mayo learning his "leather of the woods" craft. Charlie will provide a variety of techniques for working with birch bark. Beginning weavers will concentrate on a basic weave, wall baskets and breadbaskets. More advanced can move on to shoes and hats. This class is held in partnership with Firefly Farm. The classroom is on-site at Firefly Farm 11675 Keats Ave. North, Stillwater Township. Please call Sandra for directions and registration 651-351-9007.

Class Fee: \$25.00 for members, \$30.00 for non-members, \$35.00 for member adult and child, \$40.00 for non-member adult and child. Saturday, June 7, 10 a.m.-4 p.m.

Unless otherwise noted, please register for classes (including free classes) by phone 651-439-0366, in-store sign-up or by emailing kellie@rivermarket.coop. All classes (except where indicated) are held at the River Market Loft, at 218 N Main Street in Stillwater, across from the Main Street entrance to the store. This space is on the second floor and access currently requires use of a staircase.


If you are interested in teaching a class or would like email updates for future classes, please contact kellie@rivermarket.coop. Visit our website for class info and updates at www.rivermarket.coop.

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More About Powerkraut

The March/April issue of The Mix newsletter offered an informative interview with Adrienne Caldwell, owner of Powerkraut. Here, River Market Grocery Lead Khaiti Kahleck offers more insight into Powerkraut's operation and philosophy.

On a bitter cold January day, I ventured to Viroqua, Wisconsin to learn about Powerkraut from its creator, Adrienne Caldwell. She and her family live on a certified organic and biodynamic farm where they grow most of the vegetables used in their products, and also where all of the production takes place.

Powerkraut is a certified organic and local product line of fermented foods. The name came from a kindergartener who, after tasting Adrienne's sauerkraut, asked for more "yummy power-kraut"—and the name stuck.

Adrienne generously gave me a tour of her new commercial kitchen and curing rooms. In these curing rooms, Adrienne controls the temperature for her different batches of fermenting Powerkraut. She explained the many variables for a growing vegetable: hot or cool weather, dry or moist conditions, even solar and lunar cycles; all will affect the fermenting technique Adrienne may use. She keeps close watch on the large glass curing containers during fermentation, and ultimately determines their readiness by pH testing each one before packing the delicious products into pint jars for delivery.

In case what I've described sounds like a big time operation, let me assure you that Adrienne runs a very efficient but family-scale business. Her kitchen, which is certified organic and licensed, is a small custom addition to an existing building on the property.

The curing rooms are the size of large walk-in closets. All finish work was mindfully done to comply with organic

standards, utilizing eco-paints and floor sealants that are non-toxic. One part of the family's home contains a giant root cellar for storing the fall cabbage harvest. There I enjoyed the sight of boxes and boxes of beautiful green cabbage, all waiting their turn to be transformed into Powerkraut. Root cellaring enables Adrienne to bring local produce to us right on through the winter, just in a new form.

The health benefits of eating fermented foods are many and compelling.

You can easily make ferments at home.

River Market carries all four varieties of Powerkraut (classic, purple, ocean and kimchi). You will find them in the egg cooler near the deli department.

The health benefits of eating fermented foods are many and compelling. You can easily make ferments at home; check out the book *Wild Fermentation*, available at River Market. Most cultures eat something fermented with every meal to aid in the digestion of that meal. And they're simply delicious!

Another way to learn about fermented foods is through several upcoming classes at River Market: Making Your Own Kombucha, The Basics of Digestive Health and Making Your Own Live Foods (see page 6 for details).

You can also meet Adrienne at River Market and sample her products on Saturday, May 3rd from 2-6 p.m.

For a longer version of this article, visit www.rivermarket.coop.

River Market Co-op Specials & New Products

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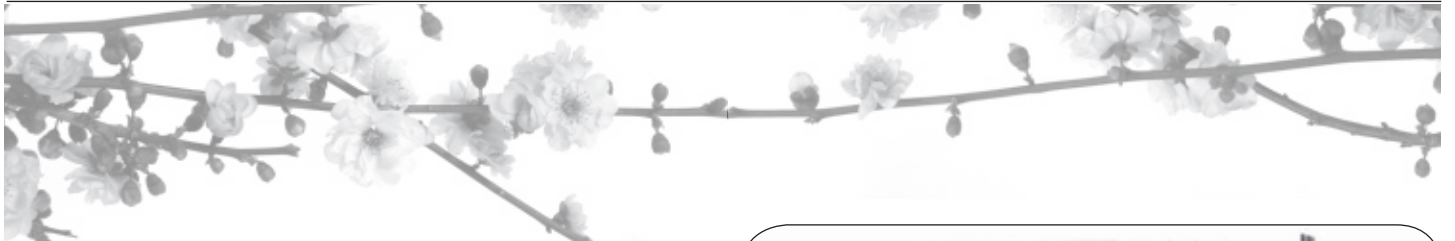
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