

Local Food: The Future of Eating, or Just a Fad?

Dana Jackson, President,
River Market Board of Directors

River Market and the other Twin Cities Natural Food Co-ops have featured local food products since their founding and are committed to increasing their support of local growers and processors. Co-op customers have become familiar with the names and faces of families behind the labels on dairy products, breads, fruits and vegetables.

Now local food is a hot, trendy topic.

After several years of thorough coverage by alternative, environmental and progressive publications, *Time* Magazine's March feature story, "Eating Better than Organic," introduced the subject to the general supermarket crowd. This followed Michael Pollan's book, *The Omnivore's Dilemma* hanging out on the best seller list, the seepage of a new term, "locavore," into our national lexicon, and probably the expression, "local is the new organic," reaching the ears of *Time* editors.

Consumer demand for local food could allow communities to escape from the industrial, global food system. There are many good reasons for moving to community-based food systems that encourage more local producers who market to their neighbors. People like knowing where their food comes from and they appreciate the taste of fresh food. Farmers earn more for their products through direct sales instead of shipping to commodity markets. Selling closer to home means lower fuel costs for producers and

processors and fewer emissions of CO₂ into the atmosphere. More dollars stay in the area, benefiting the local economy.

Still, there are lots of questions. How do you define "local?" Is local food necessarily produced with sustainable methods? Do we have enough local supply to meet demand? And once we come to a general understanding of these basics, is the trend over?

River Market is committed to making "local" the future of eating for our

members, as much as is logistically and financially possible. We're not just riding a trend. For example, our produce manager meets with local growers every winter to discuss purchases for the next growing season. Our co-op has long been committed to local vendors and the local economy, and it is becoming ever more important.

River Market's stand for local foods will now be reinforced by The St. Croix Valley Buy Fresh, Buy Local Campaign, a new initiative of Land Stewardship Project in this region. Buy Fresh Buy Local (BFBL) campaigns are building the market for locally grown food in approximately forty other communities across the United States, making it easy for consumers to buy fresh, local food from farmers they can know and trust. The St. Croix River Valley BFBL campaign has access to a toolbox of thoroughly tested, professionally designed, low-cost materials that promote consumption of local foods. The

Local Food, to back page



Local Food: The Future of Eating, or Just a Fad?

A Discussion facilitated by Joci Tilsen.

- 7:00 p.m., Monday, April 16, River Market Loft (across street from co-op above Images of the Past)
- Sponsored by River Market and the St. Croix River Valley Buy Fresh, Buy Local Campaign.
- You must register at River Market by April 13 to be a part of this discussion. Space is limited to the first 25 who sign up at the co-op.
- Questions? Call Dana Jackson, 651-653-0618.

River Market Loft meeting space available for use

River Market is pleased to announce the availability of its meeting room for non-profit community use. The River Market Loft is across Main Street from the store, above Images of the Past and Present at 218 N Main Street. Details were being finalized when we went to press; please contact Jenn at 651-689-0125 or info@rivermarket.coop for details, including scheduling, rules and limitations, and fees (which are minimal!).

RIVER MARKET

Community Co-op

Currents

Mead Stone
General Manager

Jenn Posterick
Marketing and Membership Manager

For change of address
or to inquire about membership
Call 651-439-0366

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

For employment information call
651-439-0366 ext. 101

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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.



River Market Co-op is a member of TCNFC.

TWIN CITIES
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Three Top Bananas in the Deli

Marilynn Carlson, Human Resources Manager

Our wonderful deli is a growing strength, and as with any successful endeavor, it's driven by talented people. Here, we talk with those at the helm of this delicious corner of the co-op.

Gerald Green, Deli Manager, who began working in the River Market Deli in February 2006, says, "River Market gives me the opportunity to learn more about natural foods and to be a part of a business that sells healthy



Gerald Green

foods." Gerald came to River Market with many special talents. He has an extensive catering and cooking background. "Also, I make many of our homemade soups as well as some of our own specialty salads."

Continuing to improve the grab-n-go selection as well as the sliced meat and cheese selection are some of Gerald's priorities, so River Market customers can begin looking for new products in the deli case. Gerald is also improving the all-natural raw meat selection. Overall, Gerald will be introducing many new products in the coming months.

Gerald concluded his interview by saying, "As a graduate of UW River Falls in the field of Environmental Science, I can appreciate the connection our store has with sustainable and organic farming practices. As a resident of Stillwater, I really like that our store offers many local products."

Ola Schmelig, Bakery Lead, has been with River Market for nine years. Ola began working at the Valley Co-op on William Street when she arrived from Poland. Her friend suggested the co-op as a place to work. Valley Co-op at that time no longer had volunteers, so Ola was accepted as employee at the first

available job opening. "I basically did everything—from dairy to cashiering to bulk."

Ola helped move the store down to Main Street and became involved exclusively with the bakery. As Bakery Lead, she enjoys working with the vendors, the ordering, and finding new exciting pastries and goodies. Ola appreciates that the other bakers have "standards and really care about people's health." Ola is a reader and gardener and in the winter she can be found watching movies and knitting. She loves playing with her cat and sometimes will cat-sit. "I love traveling...recently I have been to Canada, Ireland and of course Poland." Ola represents a person who has always tried to eat in a healthy way. For her, she has been a vegetarian for 17 years. She respects the environment and animals.

She values the following Albert Einstein quote: "Nothing will benefit human health and increase chances for survival of life on earth as much as the evolution to a vegetarian diet."

Miller Rogers, Demo Lead, started as a volunteer for the co-op 28 years ago. He would work on whatever was needed for the co-op. Miller spent "bursts of time" on resets, moving refrigerators, etc. Miller also started delivering his product: cookies for the first 1-2 years, then on Williams Street, he added



Ola Schmelig

his salads, pizza and pocket breads.

As Demo Lead at River Market, Miller regularly considers cheeses and products that can be sampled out in the store. Special events appeal to him even though more planning is involved. Miller especially enjoyed the Anniversary Month...it was well organized, included the vendors, and many members and

customers attended. “I truly like the customers, the products, sharing recipes and finding new recipes,” he stated.

Outside of work, he repairs his cars, has building projects on his house and attends art shows. He has always been involved with co-op ventures, likes this type of business cycle, and even started an art gallery co-op in St. Paul. Miller values River Market’s buying locally and prefers food clean and unadulterated, sometimes organic. “I like feeding people good food even more than I like eating good food,” he concluded.



Miller Rogers

Join Us for Earth Day: April 21

Even though we try to live as though every day is earth day, we still enjoy celebrating it. On Saturday, April 21st visit River Market for an Earth Day celebration!

We’ll have information on a variety of topics, as well as drawings for eco-friendly household products. Come and learn more about brands available at River Market that embrace responsible living. It’s the perfect opportunity to arm yourself for spring cleaning that’s tough on grime and easy on you and the environment. And as always, enjoy food from our wonderful local vendors.

Kids ages 12 and under are invited to participate in an Earth Day themed coloring contest. All entries will receive a small prize, and a winner will

be selected in each age group. Pick up entries at the co-op, contest runs April 1-19.

As part of the celebration, Meadowlark Gardeners will offer a Seed Celebration at the store.

Children of any age (really!) may plant a few favorite seeds—we’ll provide the soil and containers—you track the sprouting process at home. They also plan to have a few unpainted bird houses and pre-cut kits for sale to finish at home.

Co-sponsored by River Market, Meadowlark Organic Community Garden begins their tenth season this year. Information and applications for plots will be available at their table.

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News & Notes

Look for Local

To help you identify local products in our store, we've begun labeling local products with the easy-to-find round green stickers. Look for them to appear more and more frequently around the store!



Door Fund Update

We're steadily increasing our funds for the installation of automatic doors on our Main Street entrance, but we're excited to get them in. If you wish to donate, please do so by simply putting money in the collection containers at the cash registers. Every penny helps, so even if you throw in your spare change you'll be helping defer costs for a store feature that will greatly assist our differently-abled customers.

Thanks for Celebrating with Us!

Thanks to everyone who joined us in February for our 29th Anniversary "Eat to Live" events. Vendors, local business people and shoppers alike shared information, food and a sense of celebration at how far we've come in nearly three decades of serving our customers.

...And More Thanks...

...for all of the clothing and food donations you dropped off throughout the winter months. We delivered carloads of your donations to Valley Outreach in Stillwater! While the clothing drive is over for now, we accept food donations on an ongoing basis.

Discover the Path to Healthy Living Promotion

Throughout April, register in the store to win a free Schwinn High Timber mountain bike, compliments of Hain-Celestial Group.

Bulk Much?

As part of our constant commitment to stock what our customers want, we are reexamining the bulk department's offerings. Trista, our Produce/Bulk

manager, asks that you please share your bulk department wish list, as well as what you do or don't like about what we carry, with her by either chatting with her next time you're in, or getting in touch with her by phone:

(651-439-0366) or email:
producemanager@rivermarket.coop

Co-op Members Apply for Ward 2 City Council Position

Four River Market Community Co-op members applied for the Ward 2 City Council seat that was vacated by Ken Harycki, who was elected mayor of Stillwater last fall.

On February 6 the mayor and the other three councilmen voted for the new council member. The co-op board's vice president, Kathleen Vadnais, was tied with Adam Nyberg, until he was selected on the seventh ballot. Other co-op members seeking the position were Tamara Curtiss, Bob Lockyear and Mike Russ.

Warner Nature Center Trailside Club

Warner's family programs are filled with fun and adventure for families with children ages 3 to 9. Programs include stories, puppet shows, crafts and hikes on our beautiful trails. At just \$12 per family, they are a great deal, too! Call Warner weekdays during business hours at 651-433-2427 for information and to register. Peepers and Creepers will be held on Friday April 20th, 6:30-8:30 p.m. The ponds are alive with the songs of frogs. Get acquainted with these early risers while enjoying a ribbiting puppet show and an evening serenade.

Ethics & Aesthetics of Eating

The Minnesota Institute for Sustainable Agriculture will be offering a conference on the topic, "What's for Dinner? The Ethics and Aesthetics of Eating" on Thursday, April 19th from 9 a.m.-2:30 p.m. at The Minnesota Landscape Arboretum's MacMillan Auditorium in Chaska. The keynote speaker will be Michael Pollan, noted author and journalist. Co-sponsored by the University of Minnesota's Program on Agricultural, Food and Environmental Ethics and the Minnesota Institute for Sustainable Agriculture (MISA). For information or to register, contact Arboretum Education at 952-443-1422 or email ArbEdu@umn.edu.

Organic Biointensive Gardening

This class will be taught by Allan LaValier on Saturday, April 21st from 9 a.m.-4 p.m. In this class you will learn some of the basic



A Walk Around the Block

Next time you're in the produce department, be sure to stop and enjoy the beautiful new art on display above the cases.

The ninth grade art students at St. Croix Preparatory Academy took a walk around one city block in Stillwater looking for common shapes and forms. As part of a photography unit, each student chose particular elements to photograph, and from the photographs then created monotypes, or monoprints.

Included with the art is one panel offering a complete description of this exciting project.

The staff and students at St. Croix Prep who worked on this project would like to thank the co-op for letting students share their work with you, and hope you enjoy "A Walk Around the Block" as much as they enjoyed creating it. And River Market is equally grateful to them for sharing it with us and our customers.

News & Notes

Eat Local

Have you seen the hottest trend in co-op wear? It's the new River Market eat local shirts, which feature super clever art designed by our own Kellie Sletten. If you don't have one, pick one up because the warmer it gets the faster they sell!



The classroom presentation will be followed by a double-digging, compost/fertilization application and transplant demonstration.

Recommended reading: The Sustainable Vegetable Garden by John Jeavons and Carol Cox. Cost is \$50, \$45 for co-op members. Contact Allan LaValier at 651-351-0539 or firetrios@aol.com.

New HBC Products for Spring

River Market now carries the Fiber 35 Diet. Offering Fit Smart Shake and bars, fiber chews, fruit and veggie fiber, sprinkle fiber and colon fit. We also offer the book at the heart of it all, The Fiber 35 Diet by Brenda Watson. This program offers a long-term method of eating for losing weight, and maintaining your healthy new weight long-term through high-quality fiber and nutrition.

We are also pleased to offer Alaffia fair trade shea butter products. This company is

dedicated to using sustainable, handcrafted, wild-harvested, unrefined ingredients. And, it provides fair wages and prices to cooperative members and farmers. In addition, it dedicates 10% of sales to Community Empowerment Projects, and uses glass and recyclable bottles and handcrafted recycled wood displays.

So stop by the HBC department to learn more about our exciting new products for spring.

Mark Your Calendar

- April 6, 13, 20, 27: Senior Tuesdays
- April 7: Wellness Wednesday
- April 29: Member Thursday
- May 3, 10th, 17th, 24th: Senior Tuesdays
- May 4: Wellness Wednesday
- May 26: Member Thursday

Correction

On the balance sheets printed in the last issue, total liabilities for 2005 should have been \$394,742 rather than \$94,742.

techniques of grow biointensive gardening and mini-farming and how it can be applied to your backyard garden and/or mini-farm. The eight essential points of this approach will be explained. They include: double-digging/deep soil preparation, making and using compost, growing carbon for sustainable soil fertility, the use of open pollinated seeds and simple seed saving.

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Trista Boe, Produce/Bulk Manager

In our ongoing endeavor to offer you the best possible bulk selection, we are proud to announce the addition of raw, or green, coffee beans.

Roasting your own coffee may sound like a tedious task, but it's far easier than you think; the whole process only takes 10-15 minutes. And for a little less than half the cost of brewing regular coffee at home, you will have the freshest cup on your block.

While the pros use sophisticated equipment that measures temperatures, at home we simplify it down to using either an ordinary air popper or a cast iron skillet. Use medium to medium-high heat, and if using a skillet, stir the beans to keep them from burning.

As the roast begins you will start to smell an aroma similar to wet hay. At this point the beans will change from green to light yellow in color.

In stage two of the roasting you will notice the beans beginning to turn a light brown, and the aroma will change to that of a fresh baked loaf of bread. Be patient, though; you're only halfway there.

Stage three is categorized by the audible first crack (the cracking noise comes from



the beans' expansion), and a heavenly aroma. The coffee will still be uneven in color. You will notice the chaff begin to visibly separate from the beans; the benefit to using the air-popper method is

that the chaff will be blown out and away from the coffee beans.

If you are looking for a darker roast be sure that heat is not lost at this point or the roasting process will stall. If you prefer a lighter roast you may end the process as soon as all the chaff has been released. From here it is up to you how dark you want the roast to become and it may take a little trial and error to achieve the perfect bean. If you hear a second audible crack don't be alarmed—you have now crossed the threshold to the world of the darker roasts. Just be careful not to overdo it or you will end up with charcoal. The coffee can be roasted ahead of time and then stored for use, or just roast as you go.

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Community Tales

Mead Stone, General Manager

In February, my neighbor brought over an ice candle. It was beautiful and a typical gesture of his generosity. He toured our house and we chatted for a while. I see him every once in a while in the neighborhood and we'll enjoy each other's company. We might talk about River Market's produce or "Why should we shop the co-op?" Truth is I see him more often in the co-op, almost every week. He absolutely loves downtown Stillwater!

I was talking to my acupuncturist during a session, encouraged by her growing business. I see it all over: employees, board members, consultants, shoppers and friends go to her. Her business card is hung at a local fitness club. She laughs and mentions how so much of the energy of her success seems to center around the co-op.

One night we had an accident, an employee cut her finger. It was late and there were only three employees and one customer in the store. One employee drove the injured person to the ER while the only remaining employee in the store phoned the necessary managers, including me. The lone customer shopping at the time said that if no one showed up right away, she would be happy to stay so that employee wouldn't be in the store alone. She was still shopping as I walked in behind the customer service and HR managers.

See a pattern here? We aren't "bowling alone!"

A city council position opens up and four members I immediately recognized by name applied for it. (My apologies if there were more!) The City of Stillwater provides us with a bike rack for the Water Street side of the store. River Market leases the parking lot (at an extremely reasonable rate) so you have easy parking and access to River Market. The City of Stillwater supports our presence downtown.

River Market is kid friendly. We have carts just their size. We even had a child who demos kid-friendly products on some Saturdays.

River Market is senior friendly, especially every Tuesday when they receive a 5% discount or, if they are members, a 10% discount on all of their purchases. One

hearty member walks to River Market, ties his dog up outside, and buys a few things from us. It doesn't matter how cold it is—he's here every Tuesday.

Just over twenty-nine years ago Dodo Schouweiler put an ad in the local paper asking if anyone in the Stillwater community was interested in joining together as a group to buy the groceries they wanted, but could not find in local, conventional stores. Over fifty people answered that ad, and the community that is River Market began.

River Market leases space across the street, in the area above Images of the Past. There is a meeting room up there that Marilyn, Roland and Chuck (in an employee contest judged by the board) named "The River Market Loft." We want to continue and to enrich this amazing sense of community around us. Our staff has health-related classes in the works. Chamber of Commerce committees have met there. A local theatre group used the space for last minute practices. Another member makes documentary movies...maybe we will have movie nights in our little room. The board would like to ask people in our community to come together and discuss some things like "Where will we get our food in 2050?" Maybe discuss what a "Buy Fresh, Buy Local" program in the St. Croix Valley might entail. Maybe talk about why we shop River Market, like my neighbor and I do.

I admire you, River Market's members. Every day I see proof that we hold many things in common, even as markedly distinct individuals. Some of you have never set foot in a box store, on principal. Others go the extra mile to shop as many independent businesses in the community as you possibly can. Others love downtown Stillwater. We love good food and people who know us. It's wonderful how much of the energy of this community of success centers around the co-op. It's wonderful to be a part of it. Thank you!

Spring Entertaining, Derby-Style

*Jenn Posterick,
Marketing & Membership Manager*

Whether you celebrate the first Saturday in May by watching the Kentucky Derby or if you've never seen a horse race, this traditional derby-day pie is sure to delight your taste buds! Serve with or without a mint julep.

Thoroughbred Pie

The original recipe for this is said to be a closely-held secret, but many have worked to recreate it. Also called eighth race pie, derby pie and run for the roses pie.

Ingredients:

- 1 cup sugar
- 1 cup light corn syrup
- 4 eggs
- 1/2 cup butter, melted
- 1 cup chopped pecans or walnuts
- 1 cup chocolate chips
- 1 teaspoon vanilla
- 2 tablespoons bourbon (optional)
- 1 9-inch pie shell, unbaked
- whipped cream

Combine sugar, corn syrup and eggs in mixing bowl and beat at low speed until well blended. Stir in remaining ingredients and pour into pie shell. Bake 45-50 minutes at 350° or until set. Serve topped with whipped cream.

Recipe from www.epicurean.com.



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Local Food, from page 1


key messages and graphic designs in the toolbox are based on extensive market research in diverse regions to appeal to a broad audience.

The goals of the St. Croix River Valley BFBL Campaign are to expand local markets for growers, increase the consumption of local organic and healthful food, diversify the economic base, and promote the protection of ecological and scenic resources in the St. Croix River Valley.

The St. Croix Valley BFBL Campaign is led by a steering committee that includes Land Stewardship Project's Dana Jackson, Joci Tilsen from the Minnesota Food Association, Jo

Williams from the Women's Environmental Institute, Richard Gauger from the West Wisconsin Land Trust, Ruth Hilfiger, horticulture educator with the University of Wisconsin Extension and David Nelson, independent organizational consultant. Supporters of the campaign include an expanding list of growers, farmers markets, restaurants, food co-ops, food processors and community organizations, and new participants are invited.


To learn more, discuss the issues and help River Market solidify our commitment to local food, you are invited to attend an informational discussion in April.



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