

We Take a Hard Look at Pricing

Mead Stone, General Manager & Trista Boe, Produce/Bulk Manager

Local season has hit our produce department again this summer! If you shop River Market regularly, you've enjoyed the week by week local additions; that first Rising Sun Farm lettuce is a treat.

But aren't co-ops notoriously high priced? During these hard times, can you afford to shop at the co-op? I asked Trista, River Market's produce manager, to check out where produce prices stood against two local competitors: Kowalski's and Cub Foods. We took our top 36 organic items by sales and movement and compared prices; we used our local organic price where indicated. The table below shows you the results. Bold price indicates best price.

I'll start with the usual disclaimer: we are human! Mistakes can and do happen, sometimes items are mis-tagged and other times we might not have found an item that was available. Where products by the pound and each conflicted, I indicated no best price. That said, River Market had the best price on 16 items. Kowalski's had 10 best prices and Cub Foods had 13 best prices. Kowalski's did not carry seven of our top 36 items. Cub did not carry 13. Finally, there is no mention made of member specials (I gave Cub credit for its 99¢ banana price, even though our member price was 69¢), senior Tuesdays, Member Thursdays and so on.

Are you surprised? Last year's member survey put produce as the number one area of the store our members shop. But price isn't everything. Trista added comments on each of our competitors.

Trista's comments:

Kowalski's. I was disappointed with the produce department arrangement. The organic items were spread around a little and were not given the recognition they need to sell in place of conventional produce. For the most part all of the produce I saw was good quality except for the bunched spinach. The bag avocados were a little on the ripe side and the bulk spring mix was a little wilted. Other than that the greens were green and the apples

River Market Produce Top Items by Sales and Movement, Survey Taken 04.25.08

ITEM	RIVER MARKET	KOWALSKI'S	CUB
Banana	.99/lb	1.09/lb	.99/lb
Broccoli	2.99/lb	4.49/each	3.99/each
Red Pepper	Local 6.99/lb	n/a	n/a
Avocado	1.29/each	5.99/2 lb bag	4.98/2 lb bag
Celery	1.99/each	3.49/each	2.99/each
Cucumber	Local 3.29/lb	2.99/lb	5.99/2 count
Red Leaf Lettuce	2.69/each	2.99/each	n/a
Romaine Lettuce	2.69/each	2.99/each	n/a
Green Leaf Lettuce	2.69/each	2.99/each	2.48/each
Romaine Heart	3.69/each	3.99/each	3.29/each
Braeburn Apple, Bulk	2.59/lb	1.99/lb	1.99/lb
Roma Tomato	2.89/lb	n/a	4.99/2 lbs
Bunch Spinach	2.49/each	2.49/each	n/a
Yam	1.99/lb	2.49/lb	1.99/lb
Carrot, Bulk	1.49/lb	1.49/lb	n/a
Green Bean	4.99/lb	n/a	n/a
Lemon	2.49/lb	2.99/lb	4.99/2 lb bag
Green Pepper	5.99/lb	1.99/each	n/a
Ginger Root	8.99/lb	n/a	n/a
Pink Lady Apple, Bulk	2.69/lb	3.49/lb	2.59/lb
Green Onion, Bunch	1.29/each	.99/each	n/a
Baby Peeled Carrot, 1 lb Bag	1.99/each	2.29/each	2 for 3.00
Kale Curly	2.99/each	2.99/ea	n/a
Russet Potato, Bulk	1.29/lb	n/a	n/a
Cilantro	1.59/each	2.49/each	n/a
Zucchini	2.29/lb	2.49/lb	3.99/2 count
Carrot, 2 lb Bag	1.99/each	2.49/each	1.89/each
Carrot, 5 lb Bag	4.99/each	5.49/each	4.49/each
Asparagus	5.99/lb	5.99/lb	5.99/lb
Cherry Tomato, Pint	3.99/each	3.99/each	3.99/each
Ataulfo Mango	1.49/each	n/a	1.99/each
Russet Potato, 5 lb Bag	3.99/each	no shelf tag	4.49/each
Red Potato, 5 lb Bag	4.99/each	5.99/each	6.49/each
Yukon potato, 5 lb Bag	4.99/each	n/a	6.49/each
Navel Orange, 5 lb Bag	5.99/each	5.99/each	4.99/each
Bulk Spring Mix	8.99/lb	7.99/lb	n/a

RIVER MARKET

Community Co-op

Currents

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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
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Equal Opportunity Employer

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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
NATURAL FOOD
CO-OPS, INC.

Paying the High Cost of Global Economics

Kiva Sherr, HBC Manager

Lately it has felt like we as a nation are reaching a crisis point. Everywhere you turn, someone is discussing high gas prices, global warming, food shortages, and imported goods tainted with lead and other toxins. It is inevitable that these issues would somehow affect the natural products industry. The way that we as a store, and more specifically, me as a Health and Body Care Manager are most immediately affected is this: price changes.

Vendors are raising their prices at a distressing rate. The most straightforward cause is fuel surcharges and freight costs. The other issues are more difficult to pin down—causes such as raw ingredient shortage and more scrupulous manufacturing processes.

For example, many vitamins in their raw state are manufactured overseas in China. After the events of this past year, U.S. vitamin companies are demanding stricter testing guidelines and better manufacturing processes, or are switching to European and U.S. sources. These changes are for the greater good of our planet and our bodies. Some companies are switching to organically grown ingredients, removing parabens and other chemicals. Some companies are transitioning away from soy-based proteins and fillers.

As we demand higher quality, more

environmentally responsible, fair trade products on our shelves, we cannot expect the prices to stay the same as they have always been. They will inevitably increase. This means that we are paying the “true cost” of the product. As the cost of raising hormone-free, organic cattle goes up, so will the cost of whey protein powder, for example. We have been paying lower prices than we maybe should have for a while; it is only now that we realize the power we have with each dollar we spend.

We can support some amazing companies such as Pangea Organics, which uses a zero waste process with 100% post-consumer paper and biodegradable packaging! Mychelle Dermaceuticals, which supports the “Campaign to Label Genetically Engineered Foods” and signed the “Compact for Safe Cosmetics.” These prices are more expensive in the short-term, but in the long-term, we are making a statement with our dollars.

As far as the ever-increasing fuel surcharges and freight costs, we, like our vendors, try to raise prices only when absolutely necessary. Unfortunately, these surcharges will continue to go up as the cost of fuel increases. This is something we have no control over in the immediate future. Maybe we can eventually affect change in this area too by purchasing products that support a more sustainable future.

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We Take a Hard Look at Pricing

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were bright so I couldn't complain. As far as grading goes on a scale of 1-10 (worst to best) I would give them a 9 for quality, for variety I would give them a 5.5. In addition to the seven items (from our top seller list) that they lacked, many staple items also weren't present. They were having an organic produce sale offering 20 percent off from the 14-24th of April. It would be interesting to see if the prices stayed in the same range for the rest of the month.

Cub Foods. The Cub Organics program seems to be winding down. Every time I go, there seems to be less organic produce available. This time I was hard pressed to find anything green and leafy and in that area there was only a lonely head of green leaf lettuce, with a tag stating it was on sale at \$2.48 until September 9. I will give them credit: at least it was still green.

Cub seems to have scaled back to the less perishable items such as carrots and apples. Of our top sellers they were missing 13 items, all of which we have had no shortages of in the last two weeks, with the exception of green beans. Everything but the lettuce and broccoli were well stocked, the Roma tomatoes were packaged in four-packs (about 2 pounds) and not the greatest quality, bananas were overripe, and many items were without shelf tags or were priced wrong. I was going to buy some raspberries since they looked like such a good price at \$4.99 each on the shelf but rang up at \$6.99 at the register. All in all Cub becomes a bigger disappointment every time I go on a visit. On a scale of 1-10 they are overall a 4. They can get us on pricing but we are very competitive. And, we are in-stock on your favorite produce items!

River Market offers you the best local and organic produce in the St. Croix River Valley, and we do it with commitment and fresh excitement. We're proud of the work our staff, farmers, and suppliers have done for you.

Lu Shaughnessy and Bowzer

We help buyers and sellers find each other

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Be Part of the Action

River Market Community Co-op is seeking nominations for its Board of Directors. Five vacant positions, each three years in length, will be filled by election preceding the annual meeting in September.

We are looking for passionate people who have experience that would enrich the Board and benefit the co-op. Board members meet once a month and communicate by e-mail and phone as needed. Board members also serve on a committee of their choice such as Membership, Education, Community Affairs, Finance and Executive Committee.

We invite you to apply and contribute your experience and skills to our continued growth and success as a downtown Stillwater and St. Croix Valley business, which has an emphasis on supporting local growers and producers in true community spirit.

To learn more, please call Karl Diekman or Kathy Vadnais or any current board member (contact information listed in sidebar on page two), the general manager (651-439-0366) or e-mail info@rivermarket.coop.

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Broccoli Olive Salad with Mustard Vinaigrette



Salad ingredients:

- 8 cups broccoli florets
- 1 package (pint) grape tomatoes
- 6 ounces black olives, pitted and chopped
- ½ cup mustard vinaigrette (recipe below)
- 2 hard boiled eggs, sliced
- fresh ground black pepper to taste

Salad Preparation:

Blanch broccoli in boiling water until tender; chill. Add olives, tomatoes and toss with mustard vinaigrette. Top with egg slices and season with black pepper.

Mustard Vinaigrette ingredients:

- 2 tablespoons Dijon mustard
- 1 teaspoon thyme
- 1 teaspoon minced parsley
- ½ teaspoon black pepper
- 2 teaspoons dry mustard
- 4 tablespoons cranberry balsamic vinegar
- 1 ½ cups garlic olive oil

Whisk ingredients together. Refrigerate until used.

Look for Rush Hour Recipes around the store. They are beautiful recipe cards featuring easy, delicious recipes that even include a shopping list!

Great Greens: Spring Produce Notes

Trista Boe, Produce/Bulk Manager

Just a heads up from the produce department about the summer produce season.

Again this year, Rising Sun and Wisconsin Growers will supply us with the majority of our local produce. You can look forward to Roger Browne's beautiful greens alongside WI Growers' Amish-grown specialties.

We are also introducing new local producers: Sylvan Hills, Burning River Farm, Winding Road and Turtle Creek. All of these will be using River Market as a drop point for their CSAs. All use organic practices, but only Sylvan Hills is USDA certified. In addition, Sylvan Hills is contracted to grow a few items (such as celery and specialty carrots) for River Market.

Please note that CSA drops will be on Monday, Tuesday and Thursday—check with your CSA for days and dates it delivers. Due to the number of CSAs and subscribers this year, we will apply a strict 24-hour policy for all pick-ups. If you have not picked up your box it will be donated.

When picking up your box, be sure to mark your name off your CSA's list and make sure that you take your box from the shelf marked with your CSA's name. If it goes well this program will continue for years to come.

Watch for the July Colorado peach pre-book. As soon as we learn the amount available and an estimated delivery date, a large sign and all the information you need will be posted in the produce department.

This year we will also welcome back the Big Tomato Festival on August 16, so start perfecting your salsa recipes. Entry forms and rules will be available in late July.

Finally, I want to apologize for the late seed arrival this year. I had high hopes that we would be able to use a new vendor that was a lot closer to home. Our initial order was misplaced and to assure a quick replacement I reordered from Seeds of Change. Next year we will use them as our primary seed supplier, and try an additional vendor on a limited basis.

**LUMBERJACK DAYS IS
Wed. July 23–Sun. July 27**

To help our members negotiate the buzz of Lumberjack Days, we're offering **EXTRA MEMBER SAVINGS OPPORTUNITIES!**

Shop Sunday July 20 through Tuesday July 22 and receive **5% OFF YOUR TOTAL PURCHASE.**

MEMBER THURSDAY IS JULY 31,
the week after Lumberjack Days.

**LUMBERJACK DAYS STORE
HOURS: 9 AM – 6 PM**

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News & Notes

Free Blood Pressure Screening

Dr. Nancy Swenson will be at the June 4th Wellness Wednesday from 10am-noon, offering free blood pressure screenings. Everyone is welcome to stop in.

Boom Site Cleanup

Join us on Sunday June 22, 11-2 to work together to clean up our beloved and beautiful Boom Site! Sign up by Customer Service. Contact Front End Manager Maren Harvieux with questions at 651-439-0366 or frontend@rivermarket.coop. Not only will you walk away from this volunteer event with a good feeling, we'll also offer participants a wooden nickel worth \$3 off your next purchase at River Market. Beverages will be provided. Bring a picnic lunch and stay to enjoy the beautiful scenery! Garbage bags, buckets, shovels and rakes are appreciated, and gloves are recommended.

Creating The Carbon Free Home

You probably know that the energy used in your home produces more pollution than your car, but what can you do to reduce your reliance on fossil fuels? Maybe you daydream of starting from scratch, building a new, super efficient, off-grid house—but in reality you've got a roof (and a mortgage) over your head already. How can you turn your existing home into an environmental asset that saves you money on utilities?



On Tuesday, June 24 from 5:30-6:30 p.m., Linden Hills Co-op & Natural Home will host a book talk and signing with Stephen Hren, co-author of *The Carbon-Free Home: 36 Remodeling Projects to Help Kick the Fossil Fuel Habit*. Meant as a guide for renovating existing homes, *The Carbon-Free Home* gives you the hands-on knowledge necessary to kick the fossil-fuel habit, with projects small and large listed by skill, time, cost, and energy saved. Hren and his spouse and co-author, Rebekah, turned their 1930s urban house into a fossil-fuel free oasis and want to help others do the same. The talk and book signing will take place at the Linden Hills Park building.

This event is free; preregistration is recommended; please call 612-279-2450 or email allie@lindenhills.coop to register. Copies of *The Carbon-Free Home*, published by Chelsea Green Publishing Company, will be available for sale at the event and at Linden Hills Natural Home, before and after the author's appearance.

Herd About the Sheep?

As of early May, River Market shoppers had donated enough to the Shepherd's Way Adopt-A-Sheep program to adopt 8 sheep on behalf of River Market! Check out the display at the front of the store to learn more about them.



Got Local? St. Croix River Valley

What: Farmer-Buyer Connection workshop in the St. Croix River Valley

When: Thursday, June 26 1-3:30 p.m.

Where: Phipps Center for the Arts, Hudson, WI

Farmers—Do you want to expand your market into restaurants, cafes, food services, institutions and distributors?

Buyers—Are you interested in making new connections to purchase local products from farmers, producers and distributors?

Renewing the Countryside, Land Stewardship Project and its St. Croix Valley Buy Fresh Buy Local Chapter, River Market, The St. Croix River Scenic Byway and Minnesota Grown are hosting a Farmer/Buyer Connection workshop.

The workshop will provide information to assist farmers and food buyers in the St. Croix Valley to connect and explore best practices in working together. The workshop will include a "speed dating" inspired networking opportunity—a chance to forge new relationships for the 2008 growing season and beyond!

If you are a farmer interested in getting your product into a restaurant, grocery store or institution (school, hospital, etc.) or a food buyer for a restaurant, caterer, market or institution, register online at www.gotlocalhudson.eventbrite.com or call 612.871.1541 or 1.866.378.0587.

This will be a great opportunity for restaurants and farmers to gear up to participate in the September 11, 2008 Dine Fresh Dine Local St. Croix River Valley event. More info on this event is at www.dinefreshdinelocal.com.

Join Adopt-A-Highway!

Help us clean River Market's portion of Highway 95 on the morning of Sunday, June 29. To sign up, please call Kellie at River Market 651-439-0366 or email kellie@rivermarket.coop.

Upcoming Classes at the River Market Loft

Birch Bark Craft

Spend a Saturday afternoon at Firefly Farm with Charlie Mayo learning his “leather of the woods” craft. Charlie will teach 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, MN. 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.

“Moving” Into Summer

Unmotivated? Feeling a little sluggish? Find inspiration and renewed interest from Dr. Swenson, Chiropractor and Personal Trainer, as she reveals the face of fitness. Besides a healthy, youthful appearance and great mental clarity, exercise provides many physiological and psychological benefits for the body and mind. Learn and understand easy exercises to reap the rewards—without having to run that marathon! She will share her experience and knowledge, tailored to your current program or just light a fire to get you movin’ this summer!

Class Fee: \$10 for members, \$15 for non-members, payment due at registration. Wednesday, June 11th, 6:30–7:30 p.m.

Delicious and Easy Camp Meals!

It’s really not hard to eat HEALTHY in the woods! Come get acquainted with the many fun and easy options River Market offers for breakfast, lunch, dinner, and snacks on the trail. Sharon Erickson will share her recipes and affordable meal plan ideas like: Curry Potato Soup, Scrumptious Chili, and Best-Ever-Burritos! We will prepare and sample some favorites, so come with an appetite!

Class Fee: \$10 for members, \$15 for non-members, payment due at registration. Thursday, June 26th, 7–8 p.m.

Stretch Your Dollar at the Co-op!

Come and learn the secrets to stretching your dollar at the co-op! Discover the multi-faceted approach to saving for a variety of household types: single, family, senior citizen, etc. Maren and Ola will talk about a variety of ways to get discounts, coupons, budget-cutting tips, using membership benefits, and much more! The class is taught by River Market staff Maren Harvieux, front-end manager, and Ola Grabeus-Schmelig, cashier. Please pre-register.

A Free Class! Tuesday, July 1st, 7–8 p.m.

Why Fair Trade?

If you woke up, got dressed, had coffee with sugar, ate a banana and left for work this morning, you had potential to make a global difference, even before noon. Jenn Posterick will discuss how purchasing food, clothing and other items under Fair Trade regulation can make the poor richer, human rights basic and life fair on the other side of the globe. She will bring her travel experiences to a lecture format to reveal the relationships and impact we can have with Fair Trade, indigenous peoples from around the world and our local buying power. Please bring your questions to learn first-hand how you can make a global change. Fair Trade refreshments will be served. Please pre-register.

A Free Class! Monday, July 14th, 7–8 p.m.

Rain Barrels for Your Garden

Make a rain barrel to conserve water for use in your garden. Your plants will benefit from the warm, nutrient rich water. Come away from this class with your very own rain barrel, and some great ideas for its use. Families are welcome! This class is held in partnership at Firefly Farm. The classroom is on-site at Firefly Farm

11675 Keats Ave. North, Stillwater Township, MN. Call Sandra for directions and registration 651-351-9007.

Class Fee: \$30/barrel for members, \$35/barrel for non-members. Saturday, August 2, 10–11 a.m.

Grow Your Own Organic Fruit— The Natural Way

Backyard fruit growing can eliminate a substantial portion of your family’s fruit budget and give you a fresh supply of healthy fruit, free of chemical residues...even in Minnesota! Topics include: grafting, planning, spacing requirements, site selection, soil preparation, pruning, biological disease control, dealing with insect pests and rodents, harvesting and storing. Fruits covered: apples, pears, plums, cherries, grapes, apricots, mulberries, small and native fruits. Presenter Frank Foltz has been growing organic fruit for 20 years in Isanti County, MN as proprietor and operator of Northwind Nursery and Orchards. This class is held in partnership at Firefly Farm. The classroom is on-site at Firefly Farm 11675 Keats Ave. North, Stillwater Township, MN. Please call Sandra for directions and registration 651-351-9007. Cost includes extensive fruit growing handouts.

Class Fee: \$25 for members, \$30 for non-members. Sunday, August 3rd, 1–4 p.m.

Except where indicated, please pre-register in-store, email kellie@rivermarket.coop or phone 651-439-0366. All classes, unless otherwise indicated, are held at the River Market Loft, at 218 N. Main Street in Stillwater, across from the Main Street entrance to the store. If you are interested in teaching a class or would like email updates for future classes, please contact kellie@rivermarket.coop.

Shop Better, Shop Fair Trade

River Market is always on the lookout for ways to help shoppers buy better products. So in addition to ramping up our local and eco-friendly offerings in the general merchandise department, we’re also making an effort to start introducing even more fair trade products.

Check out the endcap display at the front of the store for an ever-expanding selection of new products that look great, work great and are great for the world!

Product lines include Ecolution, Hope for Women, Blue Hill jewelry, A Greater Gift, Ananse Village, St. Croix Valley

Naturals and Ecojot—and so many others! Peruse the display every time you’re in for new items, and feel free to ask questions and make suggestions.

Still not entirely sure what “fair trade” means? Sign up for the “Why Fair Trade?” class being offered at the River Market Loft on Monday, July 14th (see details above).

Wrestling with the “Recession” Word: Shop to Save at Your Co-op

Mead Stone, General Manager

One Saturday I got a strong message when our bulk wheat cost and the costs of two other related items more than doubled. Stunned, I put the new prices into our POS (cash register) system. Since July 1, 2007, our freight costs to bring product to the co-op are up almost 30 percent. Utilities are up over 10 percent. I'd like to write about the obvious here—how to save money shopping River Market. We've given classes on it, I've written about saving money before, but here's a 60-second refresher. Hold on!

Our CAP (Co-op Advantage Program) flyer has the most competitive natural food pricing around. Sometimes we promote or get a temporary lower cost on certain products, pricing which we pass along in the form of orange-signed Buyers Specials. Member specials are indicated by lime green signs. Tip: we price local produce at a lower margin than non-local produce, so look for the round green “local” symbol.

Then there are the “days.” Senior Tuesday is the time to shop if you're 60 or over—senior members save 10 percent every Tuesday. Wellness Wednesdays are the first Wednesday of each month—save 10 percent on everything down the Water Street aisle. Member Thursdays are the last Thursday of every month for a 5 percent savings, no limit on your purchases.

There are the “months”: bulk foods are 10 percent off in October and produce is discounted in January.

Members can save 15 percent (or the CAP price—whichever is lower) when you special order a case of product at

a time. No double-dipping allowed on special orders: if you pick up a special order on one of our special “days” it needs to be rung up separately, without additional discounts. Forms are at the service desk, but soon you will be able to print the special order form from our website and fill it out right at home. Not only do case purchases save money, they can also save you time and hassle.

Ever eat out and pay \$9.00 for a burger? Our deli's most expensive sandwich is \$7.99 (unless you add more good ingredients) and it's actually good for you. Our demo programs let you sample produce, cheeses, fresh produce—all kinds of things—before you have to pay for something you might not have tasted before. That \$8.00 chunk of cheese is a financial risk, but not if you get a chance to enjoy it first.

For more savings, check out the discontinued rack (back by the milk) for close-outs; these are sometimes marked down.

In perishable areas like produce, bakery, meat, and deli, look for mark down stickers of 10 percent, 25 percent, and sometimes 50 percent off close dated or distressed product. It isn't pretty, but it is a sustainable practice.

Read labels, see what exactly you're paying for. Ask Sharona for a personalized tour of your co-op.

Okay, that was 120 seconds, but I think you get the message. Look on page one of this issue for a recent produce price survey as well as some specials I think you'll appreciate!

River Market Co-op Specials & New Products

JUNE MEMBER SPECIALS

ALL BULK DR. BRONNER'S
PRODUCTS **10% OFF**

DELI CATERING TRAYS **10% OFF**
Perfect for graduation events!

ORGANIC VALLEY CHEESES:
RICOTTA 15 OZ CONTAINER
\$5.19 regularly \$6.89;
STRINGLES **\$4.79** pkg regularly \$5.29

BLUE DIAMOND NUT THINS &
ALMOND BREEZE **\$1.99**
regularly \$2.55–\$2.85

ORGANIC RAW ALMONDS
SAVE 50¢/LB

FRESH BROCCOLI
SAVE 50¢/LB

JULY MEMBER SPECIALS

LILY OF THE DESERT ALOE VERA
JUICE GALLONS **\$19.99**
regularly \$23.59

ALBA BOTANICA LAVENDER
SUNSCREEN SPF 30 **\$8.99**
regularly \$9.99

APPLES **SAVE 50¢/POUND**

BULK WATER **19¢/GALLON**

SPECIALS: ALL SHOPPERS

JUNE MOM'S BEST CEREALS
\$2.99/EACH

BEGINNING IN JULY—
NEW IN THE DELI: KIDS' SIZE
HALF SANDWICHES: PBJ \$1.99,
GRILLED CHEESE OR
TURKEY & CHEESE \$2.49.


Look for specials on **ORGANIC AND**
LOCAL PRODUCE IN JUNE & JULY.

Find specials on meat from
PASTURES A PLENTY AND
BUBBA'S ALL SUMMER.

FOR CAMPERS: BULK DRIED
VEGETABLES AND SOUP MIXES
25% OFF ALL SUMMER.

THIS SUMMER WE'LL BEGIN
OFFERING **100% LOCAL**
SANDWICH OPTIONS
in the deli!

KENT'S Quality·Selection·Display Gardens
Perennials & Wild Bird Store
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 www.kentsplants.com
 7 miles East of Taylor's Falls/St Croix Falls on Hwy 8
 Hwy 8 & 65, St. Croix Falls, WI 54024 (715)483-1775


 **WELLNESS & LONGEVITY CENTER**
 Dr. Sandra Spore, DC, DABCI
 Plan to attend a **FREE Wellness Class**
Are YOU at Risk for Heart Disease or Stroke?
 Thursday, June 12 at Noon
ADD/ADHD, Asthma & Allergies:
The New Childhood Epidemics
 Thursday, July 10 at Noon
 ~ Effective Alternative Medicine Treatments ~
 Call **651-439-1013** for location & reservations


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