

# Currents

## Would You Like to Be Part of the Action?

River Market Community Co-op is seeking nominations for its Board of Directors. Three vacant positions, each three years in length, will be filled by election preceding the annual meeting in September. At that meeting the Board of Directors will also present a bylaw amendment to expand the Board of Directors by two for a total of eleven members. If the bylaw amendment is approved at that time, the board will fill the newly created positions by appointment from the slate of candidates.

Candidates must be committed members and should have previous board or committee experience, understand financial issues, have good communication skills, and be able to meet the responsibilities of a board member. Board members meet once a month and communicate by e-mail and phone as needed. Board members also serve on one or two committees such as Membership, Education, Community Affairs, Finance and Executive Committee.

If you have experience in real estate, marketing, government or finance, your skills would compliment existing board members' expertise.

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, with an emphasis in supporting local growers and producers in true community spirit.

To learn more, please call Angela Anderson at 651-430-2421, or contact any current board member (contact information listed in sidebar on page two), the general manager or e-mail [info@rivermarket.coop](mailto:info@rivermarket.coop).

**Application deadline is Friday, June 15.**

## GET INVOLVED!

## Help the Environment—Let's Clean Up our Road and River

*Looking for a way to support your co-op and your community, beyond buying local? Here are some great options!*

*Mark Chapin, River Market Board of Directors Secretary*

**S**tewardship and improving our natural environment are core values in the mission of River Market Community Co-op. To this end, the River Market Board is interested in the co-op adopting a portion of State Highway 95 and a segment of the St. Croix River. We are looking for members who might be willing to serve as captains in leading this effort.

The Adopt a Highway program is sponsored by the Minnesota Department of Transportation (Mn/DOT) and requires the applying group to:

- Adopt a highway for a minimum of two years
- Select a segment of highway approximately two miles in length
- Pick up litter on both sides of the highway
- Pick up litter as often as needed, generally two to three times a year—spring through fall.

Mn/DOT will provide safety vests, trash bags and trash pick-up. Mn/DOT will also erect a 3- by 5-foot highway sign to recognize the group's efforts.

The Adopt-a-River program is similar but is



sponsored by the Minnesota Department of Natural Resources (DNR). We select a portion of a river to adopt and the DNR provides how-to assistance, free rubbish bags and gloves.

We are hoping to adopt a portion of State Highway 95 north of Stillwater and a stretch of the St. Croix river just outside River Market.

If you are interested in serving as a captain of the Adopt-a-Highway, please contact Kellie at 651-439-0366 or e-mail [kellie@rivermarket.coop](mailto:kellie@rivermarket.coop).

If you are interested in serving as a captain of the Adopt-a-River, please contact Mead at 651-439-0366 or e-mail [gm@rivermarket.coop](mailto:gm@rivermarket.coop).

# 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](mailto: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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### River Market Board of Directors

Angela Anderson  
651-259-5613, 651-430-2421  
[pulverfass1946@yahoo.com](mailto:pulverfass1946@yahoo.com)

Mark Chapin  
651-628-9437  
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Dana Jackson  
651-653-0618 651-430-0188  
[danaleep@msn.com](mailto:danaleep@msn.com)

Lisa Jamila  
715-294-2071  
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EvaLee Miller  
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Paul Teske  
651-351-7693  
[pwteske@earthlink.net](mailto:pwteske@earthlink.net)

Kathy Vadnais  
651-351-0172  
[kvadnais@usfamily.net](mailto:kvadnais@usfamily.net)

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.

# Making a Case for Cases

Alyssa Tuma, Front End Manager

As Front End manager I hear the question daily: “Why are you out of the Cascadian Farm frozen blueberries?!! They’re on special! We wanted to stock up!” The problem is, so did everyone else. Of course, we aren’t just talking about frozen fruit. Whenever a popular co-op staple is put on sale it runs the risk of being entirely wiped out by a sole customer, overjoyed that their beloved rice milk is nearly half price until May 1. Don’t get me wrong, we love to see our product flying off the shelf, but one shopper’s brimming cartful of canned kidney beans could mean the next guy goes home empty handed.

There is a fantastic solution to this problem. Special ordering a product means that our staff can get you your very own case of just about anything. This way you can be guaranteed the volume of items you’d like—be it 347 Clif Bars or a year’s supply of pasta sauce—and those of us who just want to pick up a couple things will find plenty on the shelf. Special ordering is easy. You can find the order forms in the black baskets at the customer service desk. Simply fill out the top portion and submit. Most cases arrive within a week. A staff member will notify you by either telephone or e-mail when your order is in. Common case questions, such as “How much comes in a case?” or “How much will the case cost?” are easily answered by one of

our department managers.

Virtually every item we sell can be special ordered as a case. We can also often special order items that are not carried in our store. Products on sale receive no further discount when purchased in this bulk format, but members receive 15% off regularly priced cases. Please note that if you’d like to order a case of a sale priced item, that order needs

to be placed by the 21st of the month that the item is on sale in order to get the special price.

Special ordering a case is a great way to stock up on your favorites without decimating the shelf supply. It’s also a means of getting your hands on items we don’t carry in the store. Hard-to-

find herbs or cereals we don’t have space to sell can be personally ordered for you. I also like cases because they contain the items in the boxes they came in. This way you don’t have to creatively bag jars upon jars of juice.

Embrace the power of case ordering! The next time you see a fellow customer looking forlornly at the empty space where the Annie’s macaroni was supposed to be, you can sleep easy knowing that you did not cause this sad state of affairs (you can also feel relieved that you will not suffer a similar fate). For you, dear shopper, planned ahead and ordered your own case.

**“Special ordering a case is a great way to stock up on your favorites without decimating the shelf supply. It’s also a means of getting your hands on items we don’t carry in the store.”**



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# Happy New Year!

Mead Stone, General Manager



**J**uly 1 marks the beginning of River Market's new fiscal year, so my title may not seem as far-fetched as you may have thought. Every year at this time I am

incredibly optimistic about our future. The budget work is done and I'm excited by the plans our wonderful staff have in store for you.

I'm also energized by your board of directors. They recently sent a member survey to you—that's the first time in years we've aggressively asked for member feedback and direction. By the time you read this, the survey results should be tabulated and we'll keep you informed right here, in *Currents*.

They're also organizing both highway and shoreline adoption, and are seeking member volunteers. They've adopted an education policy in conjunction with our River Market Loft meeting place. Their vision for River Market includes not only their own involvement, but also providing opportunities for the whole membership to get involved. Maybe you're even interested in running for the board, if you are up to the challenge and the hard work!

We're a small store and we rely on each and every one of you for our future. After all, we belong to you. We can't do it alone! We should be profitable again this year, but costs continue to go up. The county's business property tax hit our landlord hard and was passed on to us, to the tune of nearly \$24,000 more a year, a 42% increase. This is why we need a strong, vibrant customer base. Have you encouraged a friend or neighbor to visit River Market lately?

We've creatively cut costs. For example, we changed coffee bags, saving a dime each. More customers are using canvas bags, not only saving us money, but ultimately helping the world we live in. Remember the credit card issue? We changed companies and save a little over \$500 a month in charges. Still, credit card usage costs us over 1.3% of total sales or, put another way, about 33% more than our store's utility bills.

Credit cards won't go away (over 60% of our sales are paid for with a card), but please understand there is a very real hidden cost when they are used to pay for your groceries. I found myself enraged by a recent credit card commercial that implied how smoothly life moves when a Visa card is used—until a poor misguided soul uses cash. The whole

place comes to a standstill, the music and dancing stops until the cumbersome cash order is completed. Counter to this message, the truth is that credit cards are slower than cash for a cashier to tender.

I sometimes feel overloaded by such misinformation. It's important to keep common sense alive as we look at our frantic world. That's why it's so refreshing for me to have members to talk to. You're the reason we exist and you help me to keep things in perspective. We're a small store and we're defined as much by what we carry as what we don't. Shopping your co-op is really a commitment to a better way of life—for you and for the community.

## Cream of Salmon Soup

- 6 cups free range chicken broth
- 2 red potatoes, chopped into small cubes
- 1 cup chopped celery
- 1 medium onion, chopped
- 1 red pepper, chopped
- olive oil, enough to sauté vegetables
- 2 tablespoons parsley
- black pepper to taste
- 1 15-ounce can golden corn
- 1 pint heavy cream
- 1 teaspoon salt
- 2 Tablespoons cornstarch
- 1/2 pound smoked salmon (Star Prairie or wild keta from Alaska Wild Fish Company), broken up and bones removed

Sauté onion, celery and red pepper in olive oil. Add broth, potatoes, corn and spices; boil until potatoes are soft.

In separate bowl, mix cornstarch with ¼ cup of the cream (cold), and then add to boiling soup. When it thickens, turn down heat and add salmon and remaining cream.

**ON CONSIGNMENT:**  **is now accepting your slightly used gear for resale.**

**Bring in your bikes, kayaks, canoes, clothing, packs, sleeping bags, stoves, tents, camping equipment, climbing shoes, etc. In return you will have a little extra cash for your summer fun.**

**Check out our current list of consignment gear at [www.pjaschotterfitters.com](http://www.pjaschotterfitters.com).**

**Stop by 413 E Nelson, Stillwater.**

**Call 651.430.2286.**

# The Other Deli Triangle...

By Marilyn Carlson, Human Resources Manager

**T**his month, I'm happy to introduce you to the rest of the hardworking staff behind the deli counter.

"Timing was good," states **John Tapper**, River Market's new deli lead. Word of mouth coupled with a previously submitted application got John an interview when a deli position opened. Now, as department lead, he enjoys creatively working with flavorful, quality products. "Now, in my future I can see having a gourmet deli."



**John Tapper**

John brings solid basics and broad food experience from Le Cordon Bleu. He appreciates the non-corporate structure of River Market, and the resulting focus on production rather than useless procedures.

"I am super happy to be here," he states. "The deli can and will grow—people are now aware of trans fats," and he feels that this awareness will naturally draw them to River Market's healthy choices. He notices people going through aisles grabbing bananas, grapes and gourmet cheeses to balance the junk food they eat all week.

A Minnesota resident now for three years, John is also a sauté cook at Stone's Restaurant, just a few blocks down Main Street from the co-op. Outside of work, John likes to fish and kayak, or do anything outdoors. "I like to surround myself with nice people."

John places a very high value on food, or "real food" as he calls it; he has never been a

fan of fast food. "I like to do it up, and do it up right the first time...you spend more time doing it wrong," he concluded.

**Miriam "Mimy" Constantine** has been a deli worker for almost two years, starting in September of 2005. Mimy has a love for natural food, because then there's no worry. In fact, nutrition is her major at Century College, and she found working at River Market to be a "perfect fit."

"Plus," Mimy stated, "you don't find people like this at Cub...I absolutely love the people here." She says every day at River Market is a learning opportunity, not only in her department but also in other departments. "It is one of my favorite things...learning, and learning is fun."



**Mimy Constantine**

The flexible hours she has worked at River Market have allowed her to continue her studies, plus work another part time job, plus peer tutor at Century College. Mimy still is into her chemistry book in her spare time, but also climbs as a physical and mental stress reliever. She likes attending music festivals in Harmony Park.

River Market fits her values by its giving back to the community, educating, valuing open-mindedness and being environmentally conscious. "River Market has appreciative, peace-loving people," she concluded.



**Sarah Horning**

A former employee told **Sarah Horning** about a deli opening, and Sarah has now been with River Market for two years. The Stillwater Area High School student was not legally allowed to slice meat for the first year, but after she turned 18 years old, Sarah became a full-fledged deli worker.

She likes all of the customers and coworkers here. "They are respectable, nice and easy-going." She has learned a lot working here, in fact she stated, "I grew up and matured having a steady job." Sarah loves all of the people for their uniqueness. "There is such a wide array of people and ages."

Still busy with high school activities, Sarah is a tutor for Extra Innings in math and English, Chairman of the Prom Committee, and in Science Camp Club—a robot is in the making that can pop a balloon and pick up a can. Her future plans are to attend the University of Minnesota in the College of Liberal Arts.

Sarah has always been health-conscious and environmentally responsible, and enjoys informing customers about organic options. Sarah concludes, "It was great to recently be chosen Employee of the Quarter, and I am excited for Summer Tuesdays!"

Stop by the deli soon and say hello to John, Mimy and Sarah!

## FAIR TRADE THE CO-OP WAY:

# Equal Exchange, Family Farmers and River Market

Barth Anderson, Wedge Community Co-op

**E**qual Exchange, known for fairly traded coffee, tea and chocolate, has introduced a line of packaged snacks in partnership with grocery cooperatives across the country. These “domestic fair trade” products, including Organic Dried Cranberries, Roasted Pecans and Organic Tamari-Roasted Almonds, are sourced from family farmers and farmer cooperatives right here in the U.S.

“Our relationships with these producers are guided by our mission and 20 years experience as a Cooperative Fair Trade Organization,” said Erbin Crowell, Domestic Fair Trade Program Manager for Equal Exchange.

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**“Together, cooperatives are continuing to create a vision for a more just, sustainable and democratic food system around the world and here in our own backyard.”**

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For example, Equal Exchange’s roasted pecans are grown in southwest Georgia by the members of the Southern Alternatives Agricultural Co-op (SAAC), a cooperative of African-American farmers and workers. In a region devastated by unemployment, SAAC helps to market its members’ pecans and operates a shelling facility that provides jobs in the community.

How does fair trade work in a domestic setting like this one? “Fair trade is not just about price, but about building long-term partnerships,” said Crowell. “Before we even purchased any pecans, Equal Exchange worked with SAAC to upgrade their equipment, figure out fair pricing, and pre-paid about half of the contract so they had working capital for the season.” Equal Exchange also provided an additional fair trade development premium that the co-op can invest toward community needs.

Equal Exchange’s commitment to fair trade also emphasizes connecting consumers with the folks who grow their food. “The farmer’s



Photo: Erbin Crowell, Equal Exchange

## Pecan Grove, Southwest Georgia

identity didn’t vanish into the commodity system when she sold her pecans,” said Crowell. “Her pecans were shelled by her co-op which means that more of the money, resources and jobs stayed in her own community. Equal Exchange marketed the pecans, which means that more of the resources stayed in the co-op community, accountable to the fair trade mission. And they’re being sold in food co-ops, which means that consumers are learning more about where their food comes from and how fair trade relates to cooperative values. And through this whole chain, we never lose sight of the farmer who grew those pecans.”

On the back of each package is a code that consumers can type in at Equal Exchange’s website in order to learn more about the people who grew and processed their snacks.

Back in 1986, Equal Exchange set out to change the way people think about food and trade. Their goal was to provide a fair trade link between shoppers and farming cooperatives in the developing world. Among their first partners in this concept were grocery co-ops that shared their mission of building a more just, sustainable and democratic food system. The partnership was a natural, and, together, cooperatives laid the foundation for what fair trade has become in the U.S., and what it can be in the future.

Now, twenty years later, fair trade has entered the mainstream. While it wasn’t so long ago that the coffee industry dismissed more equitable relationships with small

farmers as unrealistic, today there are some 400 companies purchasing at least a small portion of their coffee under fair trade terms. And fair trade isn’t just for coffee anymore: products such as chocolate, tea, and bananas have become common not just on the shelves of food co-ops, but in the aisles of mainstream grocery stores. Now we can add American-grown pecans, almonds, and cranberries to the list.

Together, cooperatives are continuing to create a vision for a more just, sustainable and democratic food system around the world and here in our own backyard.

Look for Equal Exchange’s fairly traded packaged snacks, including Roasted Salted Pecans, Organic Dried Cranberries, and Organic Tamari-Roasted Almonds in River Market’s grocery department. For more information on Equal Exchange’s Domestic Fair Trade Program, visit [www.equalexchange.coop/dft](http://www.equalexchange.coop/dft).

Barth Anderson is Research and Development Coordinator at the Wedge Community Co-op in Minneapolis, MN. He can be contacted at [barth@wedge.coop](mailto:barth@wedge.coop). Erbin Crowell, Domestic Fair Trade Program Manager at Equal Exchange, can be contacted at [erbin@equalexchange.coop](mailto:erbin@equalexchange.coop).

Remember Father's Day June 17th

dad's little tiger

651.439.6450  
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# Specials & New Products

## NEW PRODUCTS

### Primo Naturale Snack Meats

Salami, peppered salami and pepperoni available in 10-ounce chubs. These great products are dry cured, and are nitrate and nitrite-free. Pair them with one of our gourmet cheeses!

### Scrub Your Butt Soap Company

Scrub Your Butt Soap Company body care products, locally-made in Rochester, MN. We feature their shower gels (prim and proper, stinky hippie and blind date) and ash washes (cardamom & bois de rose and lavender), as well as eye pillows and neck wraps made with lavender flowers.

## CHECK OUT OUR FRESH, LOCAL PRODUCE!



- cucumbers
- zucchini
- strawberries
- bouquets

### From La Finca CSA:

- varieties of bulk, bunched and head greens
- snap peas
- baby bok choy
- scallions
- kale
- radish
- kohlrabi
- varieties of broccoli
- broccoli raab
- cauliflower
- bouquets

### From Rising Sun Farm:

- kale varieties
- herbs
- varieties of peppers
- heirloom, cherry and slicer tomatoes
- eggplant
- leeks
- scallions
- collards
- green top beets

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## River Market Specials

### JUNE BAKERY SPECIALS

FRENCH MEADOW

#### Men's Bread

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LOOK FOR SPECIAL DAIRY MONTH PROMOTIONS THROUGHOUT JUNE!

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# News & Notes

## Easy, Light & Delicious Camp Meals Class

Learn how to make delicacies like Saganaga Spaghetti, Marvelous Minestrone and Blue-Ox Camp-cakes. It's really not hard to eat healthy in the woods! Come get acquainted with the many options that the co-op offers for breakfasts, lunches, dinners and snacks that are great on the trail.

Sharona Erickson will share her recipes and meal plan ideas. She has fed many a crew, out in the wild. We will prepare and sample some favorites—so come with an appetite!

Monday, June 18th, 7-8:30 p.m. in the River Market Loft. \$3 donation optional. Register at the customer service desk, or call the store at 651-439-0366. You can also contact Education Specialist Kellie Sletten at [kellie@rivermarket.coop](mailto:kellie@rivermarket.coop).

## Organic Biointensive Gardening Class

In this class, you will learn some of the basic 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: double-digging/deep soil preparation; off-set spacing of plants in growing bed; making and using compost; companion planting; growing carbon for sustainable soil fertility; growing calories for your diet; open pollinated seeds; and simple seed saving.

The classroom presentation will be followed by a double-digging, compost/fertilization application, and a transplanting demonstration at Meadowlark Community Garden. Saturday, July 28th, 9 a.m.-4 p.m. Taught by Allan LaValier, certified Grow Biointensive instructor. Fee: \$50, \$45 for co-op members. Contact Allan at 651-351-0539 or [firetrios@aol.com](mailto:firetrios@aol.com).

## Summer Tuesdays

Summer Tuesdays in the Park begin July 10. River Market will have a vendor booth, and there will be many features and activities to enjoy. Visit [www.summertuesdays.com](http://www.summertuesdays.com) for details and schedules.

## Warner Nature Center Programs

Warner Nature Center will be offering a wide variety of summer opportunities; below is a sampling, but a full list is accessible on their web site.

*Pre-payment and pre-registration are required for all programs (unless otherwise specified). If minimums are not achieved by the deadline, the class will be cancelled. Call 651-433-2427 between 8 and 4 weekdays. For summer camp information please see [www.warnernaturecenter.org](http://www.warnernaturecenter.org). Warner is located at 15375 Norell Ave. N., Marine on St. Croix.*

### 2007 BIOBLITZ

#### Friday, June 8–Saturday 9

Join us for this 24-hour biodiversity survey while we comb over 600 acres of varied natural communities at the Lee and Rose Warner Nature Center! No registration necessary.

### Father's Day Family Canoe

Saturday, June 16, 9:00–11:00 a.m.  
Registration deadline: June 13th. Spend time with your dad by paddling the beautiful waters of Lake Terrapin. Look for eagles soaring overhead! \$8 WNC Friends/SMM members; \$12 nonmembers.



## Warner Nature Center Program Fossil Dig

Over 65 million years ago, dinosaurs ruled the Badlands. Today, thousands of fossils are buried beneath the rocks, sand and mud just waiting to be unearthed. This August, Warner Nature Center's youth will make a week-long fossil dig excursion with the Marmath Research Foundation in southwestern North Dakota.

By day, they will hike through the badlands and hunt for dinosaur fossils and practice techniques for removing these treasures from the earth. By night, students will learn about paleontology (the study of forms of life existing in prehistoric or geologic times) and work in the lab, cleaning and preparing real dinosaur fossils for museum display. A T-Rex tooth, Triceratops horn, or mummified Hadrosaur skin...you never know what will be found.

Contact Warner Nature Center Programs for more information. (See details at left.)

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# Kids' Corner

Eli Rasmuson, Kid Demo Expert

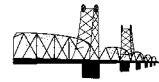
## Where's Eli?

Eli is spending another Saturday at the co-op, sampling foods like stuffed frozen pretzels, organic toaster pastries and Country Choice organic sandwich crèmes.

"The stuffed frozen pretzels are great. They come in all sorts of varieties. They hold off my brother and I after school and before soccer practice until dinner. The sandwich crèmes were a huge hit with young and old people. At home my grandma's favorite is the ginger lemon, but my personal favorite is the mint.

The toaster pastries got a mixed review. Some liked the cherry pomegranate, and some liked the chocolate. But we all agreed that they were good for both breakfast and as a dessert with ice cream on the top. Until next time, healthy eating!"

# Heartwarming Country Home in Town!



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# RIVER MARKET

Community Co-op

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