

## Thirty Years! Time to Reminisce Again

Sharona Erickson, Cooperative Lead

Composing something newsletter-worthy to commemorate thirty years of our struggles and successes is all of a sudden a daunting task. I'm finding it much easier to wander around the house shining the leaves of my plants, admiring new growth and the bright pink cactus blossoms, pruning a bit and pondering when to take on the task of repotting my "little shop of horrors" plant (yes, I have one and it's bigger than I am! and darn intimidating when wrestling it into a bigger pot or a new location). And so it seems a fine analogy is emerging.

River Market, formerly Valley Co-op, now has thirty years worth of tangled, deep reaching roots. It's mind boggling to think of the huge number of members, shoppers and staff that have nurtured and guided with the best of their abilities and knowledge. Driven by a passion to create a place in which to procure healthy food choices, the co-ops along the way have employed common sense, calculated risk, trial and error, spunk and, at times, even some expertise. A group effort for sure—and always on the learning curve.

Plenty of you will recall fondly the era of the working member system. It was that "roll up your sleeves" energy and practicality that brought the co-op into existence. Members had the unique opportunity to work in the store for the benefit of earning a discount, while at the same time benefiting the store's bottom line.

Chatting about politics, kids, community and food while wrapping lettuce or cutting cheese was quality time. It was an era to



Sharona Erickson and Alichia Dwyer at the old store, circa 1982.

savor. But that was one of the branches that was pruned via the Minnesota tax law storm. The co-op recovered, reshuffled, did some hiring and kept growing!

Then came the Meadowlark Community Garden. Many co-op members are involved each summer at this beautiful acreage. What a great way to grow your own food, stay local and once again enjoy each others' company. Even though, technically, it is not a branch of the co-op, it feels like it. Its key creators are co-ops: Ann DeLaverne, former co-op membership and marketing coordinator; Allan LaValier, former co-op produce manager; and Meg Anderson and David Washburn, former Board of Directors members. It is a fabulous cooperative endeavor and our community is richer for it.

The living plant analogy wouldn't be complete without mentioning our most recent transplanting seven years ago.

### Meadowlark Community Garden Celebrates Our 10th Year!

Meadowlark is River Market's organic community garden. To reserve your plot for 2008 or to volunteer for garden related projects **contact Allan LaValier at [firetrios@aol.com](mailto:firetrios@aol.com) or 651-351-0539.**



# RIVER MARKET

Community Co-op

## Currents

Mead Stone  
General Manager  
Jenn Posterick  
Marketing and Membership Manager  
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or to inquire about membership  
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e-mail: info@rivermarket.coop  
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is located at 221 N. Main St.  
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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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CO-OPS, INC.**

# Welcome New Board Members

*Angela Anderson, River Market Board of Directors*



**Barb Miller**

The River Market Board of Directors appointed Barb Miller, at the November board meeting, to fill the board member position left vacant by Rita Rassmussen who resigned from the Board in August 2007. Barb Miller's appointment will be for one year and her seat will be up for re-election at the annual meeting in September 2008.

Barb and her family have been members of River Market Community Co-op since 1981. She is an attorney and has served on various committees and boards in the past, including at the Stevens Point Co-op in Wisconsin. She believes in healthy food choices; I quote, "Healthy food intake = healthy condition of body and mind."

We also want to welcome two new members to the Board of Directors, Jeanne Hamm and Bob Lockyear, who were elected by the membership at our annual meeting last September.

Jeanne Hamm, a corporate attorney, has been a member since 1987. She values River Market because it is community-based, carries organic and/or local products and likes the friendly, caring, professional staff.

Bob Lockyear, a local and regional planner, was for many years the Community Planning Director for Washington County. He has been a member since 1979 and served on the former Valley Co-op Board of Directors. He has a vested interest in good, sustainably grown food and values the co-op as a democratically operated enterprise.



**Jeanne Hamm**



**Bob Lockyear**

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# Cooperation Among Cooperatives: New Beef at River Market

Hill & Vale Farm has been sustainably growing Bubba's Natural Beef for Valley Natural Foods (River Market's sister co-op in Burnsville) since 2006.

Sustainable agriculture promotes conservation methods and improves management of a farm's eco-system. Bonnie and Joe Austin of Hill & Vale Farm are champions of sustainable agriculture.

The Austins buy calves from 34 other farms, ones they know well. This network helps Hill & Vale keep up with the direct market demand, and also supports other sustainable farms in southeastern Minnesota.

The Austins believe that working together helps the farmers, co-ops and customers stay connected to the local food system. Customers want to put a face to the food.

Joe Austin and his Border Collie, David, are the face of Bubba's Natural Beef.

Processed by experienced cutters at Valley Natural Foods, this local line of all-natural beef also sustains traditional methods of cutting, grinding and wrapping no longer found at conventional grocers.

Years before VNF boasted their current meat department, they relied on Lakewinds Natural Foods' meat department to support their needs. Now, they are passing along this spirit of cooperation by distributing Bubba's Natural Beef to Just Food Co-op in Northfield, and to River Market.

So now, River Market is proud to offer this fresh, butcher-cut natural beef to our customers! Look for specials on Bubba's beef throughout February.



## Thirty Years! Time to Reminisce Again

*continued from page 1*

We had restless-root syndrome up in that quiet neighborhood setting, and the huge pot of the empty Maple Island Farm building on Main Street seemed a good—if daring—fit. We challenged ourselves to view art fairs, Lumberjack Day masses and lift bridge traffic jams as stimulation for creative planning and problem solving. I'm convinced that co-ops thrive on challenge to keep learning and to foster change in their habits and choices, so as to better themselves, their community and the wider world. By planting ourselves in this more visible turf—Main Street—we've been better able to share our vision of green living, which of course includes eating!

One of the co-op's latest, most splendid new shoots is the education program organized by Kellie Sletten. Alongside the professionals who have led classes, we've also had eight of our own staff give their time and creativity to share something they know, from cheese-making to detoxing; that's impressive! It takes planning, handouts and guts to produce and give a class. So do check out the opportunities (most are even free) for learning and broadening your knowledge base in this casual small group format.

Thanks to a small, spirited, dedicated group who, thirty years

ago, also had guts to plant the seed, we are a part of an amazing, still growing, still branching out natural foods co-op.

We're well rooted, involved and appreciated as a member of our business community, as well as being rooted in the routine of so many your lives. I and many others are grateful for this. Lets keep trying to live green, effect change for the good and shoot for old growth forest status!

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# The Deceptively Raw Story

*Trista Boe, Produce/Bulk Manager*



As co-op shoppers, you are passionate about food choices and generally conscientious about what you put into your bodies. As a co-op department manager and buyer, it's my duty to provide you with the safest and best quality food available.

In light of the number of inquiries I've received about the recent government mandate requiring pasteurization of raw almonds, it is clear the issue is important to our shoppers and deserves discussion.

With USDA approval, the Almond Board of California (ABC) made the decision to mandate pasteurization (effective as of September 2007) after two instances of salmonella contamination were detected in 2001 and 2004, both of which involved conventional orchards. In the first occurrence approximately 100 people were affected in Canada. The second contamination affected 29 people in the United States and Canada, with one person losing their life to the infection.

Raw nuts are not inherently dangerous foods. Contamination can happen when fertilizer manure or wildlife scat comes in contact with the nuts either through direct contact, contaminated irrigation water or feedlot runoff. To harvest the nuts, trees are shaken to make the almonds fall to the ground for collection. In organic orchards, tree spacing is regulated allowing sunlight through the canopy, which sterilizes most bacteria.

Three forms of pasteurization have been approved. The cheapest, which will only

be available to conventional growers, is propylene oxide (PO) fumigation. Use of PO has been banned in Europe, Canada and Mexico and is considered a likely carcinogen—the EPA even listed it as such in 2000, but reclassified it in 2006.

The second and third options will require heating the almonds to 158 degrees, destroying the natural enzymes but not introducing harmful chemicals. Enzymes are unharmed up to 108 degrees, the temperature used to dry sprouted almonds after they begin the sprouting process.

While other methods are available that ensure safe almonds free of harmful microorganisms and maintain a live product, they were considered prohibitively expensive so were not approved.

Exempt are almonds used by Direct Verified Vendors, as long as they are cooked before being made available to the public as an ingredient in a finished product. In addition, unpasteurized almonds may be exported. However, both must be labeled as unpasteurized.

But the biggest issue at hand is not so much that of nutrient degradation through the pasteurization process, but the idea of truth in labeling, which is something that we at River Market take very seriously. We are committed to keeping information up to date and accurate when labeling the items we provide to you.

The new mandate does not require processors and growers to label the raw almonds as pasteurized, nor do they have to disclose the type of pasteurization method used. In fact, the only labeling requirement that has been imposed is the labeling of unpasteurized almonds available to Direct Verifiable Vendors. The deceptive nature of this decision could ultimately be harmful for those individuals who are sensitive to chemicals, but are unable to afford the more expensive

security that is granted by purchasing organic almonds.

In order for the mandate to be effective, all almond growers—organic and conventional—must comply with the new ruling, although small growers that sell less than 100 pounds per day (usually at farmers' markets) will be exempt as long as they inform the consumer that the nuts are unpasteurized. All raw almonds, whether in the shell or not, are affected by the mandate. And while only California-grown almonds are under the mandate, California is the number one producer of almonds and the only U.S. state to grow them, so the impact is far reaching.

Fortunately, we do our best at River Market to provide you with reliably organic, truly raw Italian almonds whenever possible. They are from International Harvest, who also provides us with many other wonderful high-quality organic products.

Many aspects of this situation could get a person's goat, but the two that most infringe on our rights are the loss of freedom of choice and the deceptive labeling. But this mandate was not a new development and was over a year in the making. The ABC followed all the appropriate steps to achieve USDA approval of the mandate and time was given for consumer feedback as required; the problem, though, was that no one gave it.

You can read this ruling online at [www.archives.gov/federal-register/public-inspection](http://www.archives.gov/federal-register/public-inspection). My advice to you as consumers is to own your food, become involved and voice your opinion by going to the Federal Register and making comments. Keep in mind though that radical and colorful language is not well received when dealing with the government. For my part I will try to keep you informed of new events that will affect the future of our food so that you have the opportunity to respond.

## News & Notes

Thank you to everyone who has made our “cause of the month” program a success! By piggybacking on the success of our collections for Sow the Seeds, we have teamed up with our shoppers to donate funds to Hope House and Turning Point. You can add to your purchase at the register or drop your spare change into the collection containers at the register. In addition, new members can now waive a take-home gift and instead have River Market donate \$10 to the current charity.

We replaced the tattered store sign by the Water Street entrance with a beautiful, weather proof sign to match the one above the Main Street door. If you happen to be driving over the bridge from Wisconsin, check out the beautiful sign! Thanks to our Main Street neighbor Happy Monday for designing the sign and organizing the installation.

And speaking of Main Street, work will soon begin to make our Main Street entrance handicapped-accessible. The simple construction will add a button for those who wish the door to open automatically. It will remain a manual door unless the button is pushed; this is due to restrictions caused by that entryway's limited size. We hope that those of you who expressed concerns over the added use of resources caused by electric doors will be relieved by this compromise. Thank you to all who donated to our door fund—you donated over \$2,400!

*On Saturday, March 15th we'll open our doors for the spring—and Easter—food fest.*

## Celebrate 30 years with us!

February 9-16, we'll be holding special in-store events to celebrate our 30th anniversary. The main bustle will be on Saturday the 9th, Thursday the 14th and Saturday the 16th, but specials, demos and drawings will abound all week.



### A taste of what's in store:

Pick up a little history with your groceries. On Saturday, February 9th from 1-3 p.m., stop by and chat with local historian Don Empson. Enjoy free samples and get a taste of the times. Empson is the author of several neighborhood histories of Stillwater, as well as *The Street Where You Live; A Guide to the Place Names of St. Paul*.

We'll be having an extra Member Thursday on our anniversary, February 14th. **Members will receive 5 percent off their entire purchase.** If you aren't a member, what a perfect day to become one! We invite everyone to join us that day for cake and other goodies.

*Stop by the store or visit our website at [www.rivermarket.coop](http://www.rivermarket.coop) for more information.*

## River Market Co-op Specials & New Products

### FEBRUARY SPECIALS

Look for sale prices on **BUBBA'S BEEF** throughout February.

“Old School” **BULK ITEMS** will be on sale—stop by for a delicious blast from the past

**NORDIC NATURALS COD LIVER OIL 15% OFF**

**ECLECTIC INSTITUTE LINE DRIVE 25% OFF**

Look for **EASTER SPECIALS** on **BEELER'S HAM** in March

As always, **FIND MEMBER SPECIALS** throughout the store.

## Yum Bars

Our own Sharona Erickson's delicious recipe now at your fingertips! Kids love this candy alternative.

### Ingredients

- 1 pound honey
- 1 large ice cream scoop almond butter
- 2 large ice cream scoops peanut butter
- 1 box Perkys puffed rice cereal
- 2 cups oats
- 2 cups of a combination of sunflower seeds and pecan pieces
- 1/3 cup malted barley
- 1/3 cup cocoa powder
- 1 cup semi-sweet chocolate chips
- dash of vanilla
- pinch of salt

### Directions

Combine all ingredients and press into deep cookie sheet or large baking dish. Chill, cut into squares.

## Spicy Banana Bars

This high-protein recipe harkens back to the first days of the co-op.

### Ingredients

- 1 cup stirred whole wheat pastry flour
- 1 cup stirred soy flour
- 1 cup nonfat instant dry milk
- ½ teaspoon salt
- 1 teaspoon baking powder
- 1 teaspoon ground cinnamon
- ½ cup chopped walnuts
- ¼ cup unsalted sunflower seeds
- ¼ cup unhulled sesame seeds (optional)
- 1 ½ cups mashed very ripe bananas
- 2 eggs
- ½ cup safflower or corn oil
- ½ cup buttermilk
- 1 cup packed brown sugar

### Directions

Mix flours, dry milk, salt, baking powder, cinnamon, nuts and seeds together. In separate large bowl, combine bananas, eggs, oil, buttermilk and sugar. Beat until well blended. Add dry ingredients and mix just until moistened. Grease 8 x 12-inch baking pan and pour in batter. Bake at 350 degrees for 35-45 minutes until cake shrinks slightly from edge of pan. Makes 20 bars. 5-6 grams of protein per bar!

## Upcoming Classes at the River Market Loft

### Cloth-Diapering 101

Disposable diapers are the third largest single consumer item in landfills; each baby diapered in disposables contributes about one ton of garbage! Please come learn the environmental and health benefits of cloth. Instructors Kristine Higginbotham and Alicia Engstrom will educate on different cloth-diapering methods, the green benefits of reusable diapers, and the modern choices on the market today. A free class!

Wednesday, February 6, 7:00-8:00 p.m.



### Going Vegan 101

River Market Chef John Tapper and vegan life-stylist Keegan Humphrey will open the kitchen to explore and taste what vegan means today: eating a solely herbivore diet, free of animal products and byproducts. They will cover many of the reasons why people transition from an omnivore diet to a vegan way of life, as well as demonstrations for preparing vegan cuisine with substitution ideas for meat, dairy (cheese, milk, cream) and eggs in baking. Come learn and taste the vegan world of healthy cuisine! This class will be held at the Stillwater High School.

This class is offered in partnership with Stillwater Community Education. Class registration is available through the Community Education bulletin (found in store), at the

Stillwater Community Education building 1875 South Greeley Street, Stillwater, MN, or online at [web.stillwater.k12.mn.us/csb/ce/pages/Register.html](http://web.stillwater.k12.mn.us/csb/ce/pages/Register.html). Class fee is \$25.00.

Tuesday, February 19, 7:00- 8:30 p.m.

### Introduction to Traditional Chinese Medicine: Part II, The Five Elements

Five Element Theory is a basic and practical way to understand the body and symptoms of illness in Chinese medicine. You will learn and understand how to support the five elements of your own body through understanding the symptoms of imbalance of your physical and emotional body. Practical self-help techniques will be introduced as well as nutritional aspects of healing an imbalanced system. It is not necessary to have taken *Intro to Traditional Chinese Medicine Part I* to take Part 2. A free class!

Monday, March 3, 7:00-8:30 p.m.

### Ecological Living: Part I of III Simply Sorting Out Carbon

We've come to understand greenhouse gasses and our role in producing them, and we are surrounded with advice on how we should reduce our greenhouse contributions. It is becoming hard to sort out what to do and where to start. Come to this class and learn how to frame and prioritize your choices so you can make your own strategic decisions toward "walking lighter" on our earth and reducing your carbon footprint. David Nelson, Sustainability Consultant, will teach us real-life approaches to reduce our individual "carbon footprint." A free class!

Thursday, March 20, 7:00-8:30 p.m.

### Ecological Living: Part II of III Improving Your Home's Ecological Impact

Learn the impact of housing on the natural environment and steps that you can take in-

home and collectively to improve our built environment. A hypothetical home model will be used to identify sustainable materials, energy conservation and efficiency, improved air quality, and renewable energy sources. Non-traditional building methods will also be addressed, such as straw bale construction. Use the model template to springboard your next home project into an efficient and environmentally sensitive design! A free class!


Wednesday, April 2, 7:00-9:00 p.m.

### Ecological Living: Part III of III A Convenient Truth

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. Location and show time to be announced. A free showing!

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](mailto:kellie@rivermarket.coop). All classes (except *Going Vegan 101*) 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](mailto:kellie@rivermarket.coop). Visit our website for class info and updates at [www.rivermarket.coop](http://www.rivermarket.coop).



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# Happy New Year

Mead Stone, General Manager

February marks 30 years of cooperative, local business for River Market (formerly known as Valley Co-op). Our mission is “to improve human health and the natural environment by providing the healthiest natural food and products in the St. Croix Valley.” That’s it! And I’d like to think we’re continuously doing this better and better.

A cooperative is a fairly unique form of business because its stockholders (you) are also its users and its controllers. You might own stock in a large American corporation, for example, and you might buy its products, but you probably don’t have much of a say in its operation. At River Market, you may vote for your board of directors (also members) and support those directors who mirror your needs. Ultimately, a co-op is here to meet the needs of its members. Half of our customers are members, and members account for 66 percent of our sales. In December you set a record for the most dollars of food purchased by members at River Market.

I’m reading *Deep Economy* by Bill McKibben. (Thanks to Charlie Johnson of Whistling Well Farms for lending it to me!) The book quickly makes a point that there is something amiss with a cultural philosophy which places emphasis almost entirely on “lowest cost,” a government structure of subsidies that supports the biggest and the “best” and pays little attention to smaller farmers who can produce as much or more per acre right here. The percentage of take home income we spend on food today is half of what we spent in 1970, allowing us to have cell phones, internet connections, cable TV, 4-wheel drive vehicles and a whole host of conveniences I wouldn’t have dreamt of or needed back in 1970.

So, Charlie, our main local apple supplier, lends me a book—suggests I read it. And each day a few hundred people



**The store was called Valley Co-op until its move to Main Street in 2000.**

buy some good, nutritious food at River Market. Maybe there’s a class scheduled for later on cloth-diapering or going vegan. Probably Sharona will be giving a personalized tour of our co-op to a new member. A couple will walk in for the first time, wondering how bulk food works and where the vitamins are. But they don’t ask for quinine water—like some of the summer folks always do. (We don’t carry it because it contains ingredients we don’t endorse.) Maybe Maren will explain a favorite recipe to one of the lunchtime businesspeople. And someone will buy stock in River Market, passing the 4,000-member milestone. These are little things, indeed, but the consequences are enormous.

You amaze me! You have many alternatives for food, but you chose River Market. Trying to serve your many needs is rewarding, but getting to know you is even better. By now, I’ve probably schmoozed most of you: “Do you need a basket?” “Another cart?” Rhetorical comments about the weather, Lumber Jack Days or the Vikings. No, scratch the Vikings—I have never subjected a member to that. Along with me are over 30 people dedicated to help you. Do you

*I just want to thank you, the owners of River Market, for your belief that, together, we are making an enormous difference.*

have a question, or need something? All you have to do is ask—and sometimes we’ll even beat you to the punch!

February 14th marks our 30th anniversary, and although competition never goes away and the challenges we deal with today are huge, I just want to thank you, the owners of River Market, for your belief that, together, we are making an enormous difference. Maybe it’s time to tell your friends about what we’re doing.

Recently I asked an employee if he thought what River Market does here is good. He replied, “I think what we do is a very good thing!” The grocery business is challenging, full of good competition; but it is a lot easier if you believe you are doing the right thing.



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