

Wholesome Balanced Healthy Living

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VENDOR SPOTLIGHT - Redhead Creamery (Brooten MN)



There's an all-too-common story of the younger generation not being able to join their parents on the dairy farm because it's typically too costly to scale to the point of sustaining two (or more) families. This was, in fact, the story of my dad, Jerry, of Jer-Lindy Farms. So when I (Alise Sjostrom) returned home at the tender age of 16 from a 4-H youth trip to Wisconsin announcing that not only did I plan to stay on the farm but that I wanted to expand into cheese making, my parents, while encouraging, weren't quite sure if this dream would become reality. Little did my parents know that they would one day become partners with my future husband and I in the Redhead Creamery.

Encouraged to learn everything I could, I developed my own college curriculum at the University of Minnesota revolving around cheese and dairy food quality and trained at the Vermont Institute for Artisan Cheese. My passion and dream of cheese making continued to grow and I 'lovingly' became known as "Cheese Alise" to many of my friends and family.

Soon after graduation I took a job in the retail grocery world to better my understanding of the entire 'food-chain' of cheese. For the next 5 years my husband, Lucas Sjostrom, (who thankfully shares my love of the dairy industry) and I lived and worked in Vermont and Wisconsin, which are cheese havens! We even traveled to Switzerland and Brazil during high school and college to gain more insight. Many wonderful cheesemaker/owners took me under their wing through those years and helped build my knowledge and understanding of the cheese making tradition.

By 2012, more than a decade after I announced my future cheese plans to my parents, Lucas and I started making plans to head back home to my family farm in Minnesota and start our own family. Now, the real work was about to begin.

The plans for my dream cheese facility were completed but this required moving existing farm structures, building a pipeline under the existing milk parlor so milk could flow directly to the cheese room, a new septic system, and oh yeah... the enormous cost of building a whole new cheese plant and storage caves. But thanks to many people, including complete strangers through our Kickstarter campaign, we raised more than \$41,000, which was used as seed money to secure the loans and grants to fully fund the facility.

Finally, construction on Redhead Creamery began. But between permit issues, weather delays, subcontractor work schedules, a malfunctioning cheese vat, and bad batches of test cheese it seemed that my dream may never come to fruition! Finally, milk flowed into the cheese room from the milk parlor for the first time in the fall of 2014 and our first batch of cheddar went into the caves that Halloween day.

Today, we make cheese 2-3 days a week and have expanded to include an onsite Cheese Shop. We also give tours on Fridays and Saturdays for those interested in learning more about where food comes from and how cheese is made. So in the end, I believe this is really just the beginning of our cheese love story. All of us at Redhead Creamery are thankful for our journey thus far and continue to grow and love what we do each and every day.



Alise, living the dream...
making cheese!



Cheesy Recipes

CHEDDAR CHEESE SOUFFLÉ

From Redhead Creamery

4–6 servings

Ingredients

2 teaspoons unsalted butter, softened
 6 large eggs
 1/2 cup heavy cream
 1/3 cup grated Parmesan
 1 teaspoon whole grain mustard
 1 teaspoon freshly ground pepper
 1/2 teaspoon salt
 1/2 pound of Lucky Linda Clothbound Cheddar Cheese, cut into 1/2 inch cubes
 11 ounces cream cheese, cut into globby 1 inch cubes
 Freshly ground pepper to taste

Instructions

Preheat oven to 375°F.

Use the butter to grease a 5-cup souffle dish.

Put the eggs, cream, Parmesan, mustard, pepper and salt into a food processor or blender.

With the motor running, add the cheddar, piece by piece.

With the motor still running, add the cream cheese, piece by piece.

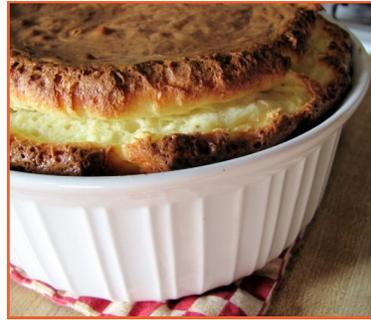
When all the cheese is added, process or blend the mixture for 30 seconds. It will be very thick.

Half pour, half scrape the mixture into the prepared dish and bake it for 50 to 60 minutes. Don't peek at it before the 50 minutes are up— unless, of course, you have a glass oven door.

Serve immediately!

Tips: 1. Put the dish in the fridge after buttering it up — to keep the butter cool and prevent the batter from sticking to the pan.

2. Run your finger along the top edge of the dish after the batter has been poured to encourage the souffle to rise upward, instead of up and out.



Creamy Broccoli & Cheddar Soup

From The Kitchen of Kathy Anderson

Cooks Country/America's Test Kitchen

Serves 8

Ingredients

3 T. unsalted butter
 1 large onion, chopped
 2 cloves garlic, chopped
 1 ½ # broccoli, stems peeled and sliced in ½" pieces; florets chopped into ½" pieces
 4 cups low sodium chicken broth
 1 cup heavy cream
 ¼ t. ground nutmeg
 3 cups shredded cheddar, extra for garnish if desired.
 Salt
 Cayenne

Instructions

Melt butter in large pot over medium heat. Add onion and cook until soft, about 5 minutes. Add garlic and cook until fragrant, about 1 minute. Add broccoli stems and cook until bright green and just beginning to soften, about 5 minutes. Stir in broth, increase heat to medium-high and simmer until stems are tender, about 5 minutes. Add florets, cream and nutmeg and simmer until florets are tender, about 5 minutes.

Puree soup in two batches in blender until smooth. Return to pot and bring to simmer over medium heat. Stir in cheddar until melted, season with salt and cayenne pepper. Serve garnished with extra cheese. (Can be refrigerated for up to 3 days. Reheat over medium heat until hot, but do not boil or cheese will separate.)



Power of Garlic



By Meggann Carlson

Garlic, endearingly nicknamed the “stinky rose” thanks to its undeniably pungent fragrance, has been prized for centuries throughout the world for its medicinal qualities. It is an excellent source of manganese, essential enzymes and antioxidants that help the body with the healthy formation of bones and connective tissues, bone metabolism, calcium absorption, and proper thyroid function. Garlic also contains valuable amounts of vitamin B6, vitamin C, calcium, phosphorus, and selenium. The health benefits of garlic, confirmed by numerous studies, impact nearly every area

of the body, from removing heavy metals (such as lead and mercury) and slowing the aging process to preventing the common cold, cardiovascular problems, infections from bacterial, viral and parasite sources, and cancer growth. Garlic’s benefits are greatest when eaten freshly crushed. Heating or other processing of garlic such as drying does reduce its effectiveness. Fresh garlic bulbs should be firm and stored uncovered in a cool, dark place away from heat and sunlight.

Balsamic Vinaigrette

1/2 c extra virgin olive oil

1/4 c balsamic vinegar

4 cloves crushed garlic

1 T Dijon mustard

1 T honey

1/2 t salt

1/2 t black pepper

Combine ingredients in mason jar, tighten lid and shake to combine. Pour over fresh greens, sliced tomatoes or grilled chicken.



Healthy Alternatives At The Meeker County Fair

By: Julie Holmgren

We Made History!

For the first time in the history of the Natural Food Co-op we had a food sales booth at the Meeker County Fair. With the help of Jill Rogness, who made our beautiful, fun signs and Kathy Anderson and her gorgeous flower bouquets our booth looked spectacular and welcoming.

We were open all 4 days and received several comments about how happy people were to see us there with our healthy and tasty fair food choices. Some of the favorites were the apple feta red quinoa salad, Caprese’ salad on a stick, frozen grapes on a stick and topping the list, was Grape Memory Kombucha on tap. As a matter of fact, it was so popular that we now carry it in the store!

We can’t tell you how proud we were of our co-op community and the way so many volunteers pitched in to make this grand effort a success. Thank you everyone and we plan to be back next year even bigger and better!



October is National Co-op Month!



- There are more than 40,000 cooperative businesses in the United States with 350 million members (many people belong to more than one co-op). These cooperatives generate \$514 billion in revenue and more than \$25 billion in wages, according to a study conducted by the University of Wisconsin Center for Cooperatives, with support from USDA Rural Development (<http://reic.uwcc.wisc.edu/default.htm>).
- Cooperatives represent a strong business model and greatly contribute to both the national and local economies.
- Studies show that consumers want to do business with companies that share their values, making today's environment ideal for cooperatives and their commitment to the communities in which their members live and work.
- Co-ops don't have to answer to outside shareholders; they care about meeting their members' needs.
- Co-ops represent democracy in action, with control exercised by a board of directors elected from the ranks of members; the board hires and directs management and is ultimately responsible to the members;
- Cooperatives generate jobs in their communities, keep profits local and pay local taxes to help support community services. Cooperatives often take part in community improvement programs, ensuring that everyone has an opportunity to benefit from the cooperative experience.

October is National NON-GMO Month

From <https://livingnongmo.org/>

What Are GMOs?

Genetically modified organisms (GMOs) are living organisms whose genetic material has been artificially manipulated in a laboratory through genetic engineering. This relatively new science creates unstable combinations of plant, animal, bacteria and viral genes that do not occur in nature or through traditional crossbreeding methods. To give you an idea of just how weird this can get, in 1991 a variety of tomato was engineered with genes from arctic flounder to make it frost-tolerant. Fortunately that product was never brought to market, but it is a good illustration of how unnatural GMOs are.

Almost all commercial GMOs are engineered to withstand direct application of herbicide and/or to produce an insecticide. Despite biotech industry promises, none of the GMO traits currently on the market offer increased yield, drought tolerance, enhanced nutrition, or any other consumer benefits.

How Do GMOs Impact the Environment?

Over 80% of all GMOs grown worldwide are engineered for herbicide tolerance. As a result, use of toxic herbicides like Roundup has increased 15 times since GMOs were introduced. GMO crops are also responsible for the emergence of "super weeds" and "super bugs," which can only be killed with ever more toxic poisons like 2,4-D (a major ingredient in Agent Orange). GMOs are a direct extension of chemical agriculture and are developed and sold by the world's biggest chemical companies. The long-term impacts of GMOs are unknown, and once released into the environment these novel organisms cannot be recalled.

How Can I Avoid GMOs?

Because GMOs can be found in as much as 80% of conventional processed food in the United States, it can seem an overwhelming task to avoid GMOs. Planting an organic garden is a great way to be sure of what you're eating. At the store, choose food and products that are Non-GMO Project Verified. Download the Non-GMO Project Shopping Guide app for your phone so you can scan products to see whether or not they have been verified. When Non-GMO Project Verified options are not available, choose Certified Organic products, or low GMO risk alternatives.

Wild Jerusalem Artichoke – The Nutritious Gourmet Sunflower



by Robyn Richardson

Jerusalem artichoke (*Helianthus tuberosus*), or sunchoke, is a perennial and species of the Sunflower family. Native to North America, American Indians cultivated them in their gardens and called them sun roots. In 1605, the French explorer, Samuel de Champlain, came across them in their gardens in Cape Cod. He thought they tasted like artichokes; a name he carried back to France. It is not clear how the plant's part of the name "Jerusalem" came about. One explanation is that the Puritans who adopted Jerusalem artichoke as one of their staple foods named it so because they believed they were creating the "New Jerusalem" in America's wilderness.

Growing anywhere from 4 to 10 ft tall, the celebrated tubers grow from the rhizome and are deliciously edible. Jerusalem artichoke produces beautiful yellow flowers and edible tubers that look like Irish potatoes. The tuber's taste is a cross between an artichoke heart and the best potato you've ever had. When preparing, the skins do not need to be removed. Slice thinly or grate in salads or dips. Add to soups, stews, casseroles, vegetable dishes, and stir fry's. Roast or fry using walnut oil, butter, garlic, sea salt, black pepper and parsley. Do not overcook.

The nutritional benefits of Jerusalem artichoke are many. Just one cup provides 643 mg of potassium and 28% of the recommended daily allowance of iron. The tubers are high in B vitamins, including thiamine (B1) and the essential amino acids taurine, methionine, homocysteine and cysteine. The sulfur containing amino acids are essential for connective tissue flexibility and detoxification of the liver. Thiamine assists in the production of hydrochloric acid which is necessary for the proper breakdown and assimilation of food.

Jerusalem artichokes are low on the glycemic index (value 11) and provide a slow and stable rise and fall in blood glucose levels. They are also low in sodium and contain small amounts of antioxidant vitamins, such as vitamin C, vitamin A, vitamin E.

The tubers also contain a high amount of inulin, a non-digestible dietary fiber with strong prebiotic properties making it a superstar for intestinal health. Inulin contains fructans, which stimulate the growth of bifidobacteria in the gut and help to inhibit the growth of harmful bacteria.

According to a study, there is evidence that byproducts created during the fermentation process of dietary fiber inulin reduce the risk for colon cancer. The high level of non-digestible inulin also creates bulk in the colon and increases water content in the stool helping to keep your bowels regular.

To harvest, identify the plant in the summer and return in the fall to avoid harvesting toxic plants. After the first frost, use a hand trowel to locate the shallow roots. Follow to the end and find the tuber. The longer they are underground, the sweeter the taste. Harvest through winter provided the ground is not frozen. Be careful not to take the entire root so the plant survives. If you want to grow your own, find a few out in the wild and bring them home. They should be spaced 12 to 15 inches apart with rows being 2 to 4 feet apart in well-drained soil. Jerusalem artichokes are drought tolerant and prone to spread.

Disclaimer: Before you start eating wild plants, be sure that you've positively identified them as edible. Never gather plants near roads, parking lots, or from managed gardens and yards that have been chemically sprayed. 100 feet away is best. This article is not intended to treat, diagnose or cure any disease. Please consult your health care provider before starting a new diet or therapy.

References:

Inulin-type fructans and reduction in colon cancer risk: review of experimental and human data, <https://www.ncbi.nlm.nih.gov/pubmed/15877900>, Br J Nutr. 2005 Apr;93 Suppl 1:S73-90.

Jerusalem-artichokes, raw Nutrition Facts & Calories. (n.d.). Retrieved September 22, 2017, from <http://nutritiondata.self.com/facts/vegetables-and-vegetable-products/2456/2>

Jerusalem Artichoke, Retrieved August 20, 2018, from https://en.wikipedia.org/wiki/Jerusalem_artichoke

Board Member Candidates 2018-2021

Arlene Groskreutz has been a member of the Natural Food Co-op since 1977, and in her words, "loving every minute of it!" During that time she has been an avid volunteer, has trained volunteers, has "filled in" as Manager on three occasions, has been on the Board of Directors several times, and is currently the president.

Arlene worked as a nurse at the Hutchinson Community Hospital for 35 years at which time she was then forced to retire because of many chemical sensitivities. She stated, "the Natural Food Co-op has always been extremely important to me, especially after I began developing numerous sensitivities to foods, chemicals and inhalants."

Arlene desires to see the Co-op continue to thrive and grow while at the same time offer great products at the lowest possible prices. She envisions the Co-op to someday expand to include a deli or dining area using foods produced by local growers which would also be available at the Co-op. To that end, Arlene would use her past years of experience to be involved in strategic planning for the future.

Darin Mahlow owns and manages his own business, Mahlow Properties. He has been a Co-op member since 2001, and is currently on the Natural Food Co-op's Board of Directors and is chairman of the Facility and Equipment Committee.

Darin would like to be involved in the growth and expansion of the Co-op. He would like to see an increase in members, customers, quality food selections, as well as store expansion. Darin says, "I want our Co-op, the Natural Food Co-op, to be the best Co-op out there!"

Paul White has been supplying the Co-op with raw honey for twenty years. He is concerned about healthy food alternatives available in our community, so is interested in the continuing success of the Co-op. In response to the notice in our last Newsletter, seeking a member with financial background to bring strength to the Board, Paul submitted the following resume.

Beside his interest in natural foods, Paul has sixteen years experience as a Financial Advisor for Thrivent Financial. His skills include Financial Analysis, Legal Expertise, Strategic Planning, Oral and Written Communication Skills, Organizational Growth, Managing a Business and experience with Community Groups.

Paul is a member of the Litchfield Chamber of Commerce, is president of the Litchfield Rotary Club. He is a Board member of Meeker Area Ministries and a past president of Zion Lutheran Church. He is also a Board member of the Meeker County Public Transit, and a Community Board member of Ecumen.

Paul is a volunteer with Habitat for Humanity and Thrivent Builds Worldwide, traveling to Guatemala to build homes five times since 2007. He is also a 25 year volunteer at the Forest City Stockade. In 2011 he was named Thrivent Financial Volunteer of the Year.

Sundee Kuechle became a member of NFC in 2017 after moving to the area in August of 2015 with her family. When she isn't attending one of her five children's sporting or fine arts activities, she is an interpreter and substitute teacher for the DC school district, the President of the Dassel EDA, Marketing and Event Manager for Millner Heritage Winery and a birth doula for area families. She and her husband Adam opened Söl in Dassel in March of 2017, and although the store has closed, one of Sundee's greatest joys while serving the community was her work with Red Rooster Foods to introduce a natural and organic food offering.

In June of 2017, she and a handful of other business leaders in the area started a group called Roots of Wellness that holds free monthly public meetings with a variety of topics related to holistic living.

Sundee is excited for the opportunity to sit on the NFC Board as another outlet to serve her community at large. The NFC was one of the first places she felt at home upon relocation from the Cities and hopes to gain closer interpersonal connections with other board members, increase her knowledge of the industry and how it relates to the community, and to be a part of an exciting time of growth in the life of the Co-op.

Sundee is running to fill a vacancy left from the 2017 year.



SEPTEMBER

CBD Oil:

The hottest new trend in the herbal world is CBD Oil. Come learn its history and uses from things like sleep issues to chronic pain.

**Monday September 17th
6:15-7:15**

Cold & Flu Prep:

Come to learn 4 basic home remedies for the colds and flu. How to's in making Elderberry Tincture, Garlic Infused Honey, Fire Cider and Herbal Vicks Salve

**Saturday September 29th
1:30-3:00**

OCTOBER

Momma Herbal Care:

Come for this 2 hour long DIY presentation on how to create amazing products for yourself or the momma in your life during and after baby.

**October 20th
1:30-3:30**

Folk Astrology:

Come learn the basics of folk astrology as we read and interpret your rising, sun and moon signs.

**October 29th
6:15-7:15**

Check the Co-op for changes and pricing information on classes

* New classes may be added, check back often!*

BALLOT

There is 4 board positions available and your vote is important to the Natural Food Co-op!

Arlene Groskruetz

Sundee Kuechle

Darin Mahlow

Paul White

Please cut out and bring your ballot to the co-op before October 31st

You can also mail your ballot to the co-op:
Natural Food Co-op
230 N Sibley Ave
Litchfield MN 55355

Postmark deadline for mail is October 31st 2018



Please join us for our
18th Annual

MEMBER & CUSTOMER APPRECIATION

October 10th & 11th

9:00 am-7:00 pm

Members Receive
10% OFF*
Drawings &
Giveaways



*Some exclusions may apply

Customers Receive
5% OFF*
Food Samples

Sign-up for a
NFC membership
and receive a insulated
NFC cooler bag &
reusable water bottle

Natural Food
CO-OP

230 N Sibley Ave Litchfield MN 320-693-7539

Harvest Madness 
Come to downtown
Litchfield on
Thursday, October 11th
for a little Hometown
hospitality!
There will be activities
for everyone from
4-8 p.m.



www.naturalfood-coop.com

We're on the Web!

Phone: 320-693-7539
E-mail: nfm@hutchel.net
Hours: M-F 9:00-7:00 PM
Sat 9:00-3:00pm
Sun Closed

Litchfield MN 55355

230 N Sibley Ave

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