

The Good Earth Digest

FOOD CO-OP



Summer 2017

Meet Our Growers and Makers

by Natalie M. Rotunda

You may be surprised to learn just how “local” the foods you buy at the Co-op really are. In this article, we’ll introduce you to several farmers and growers, and to two Good Earth staffers whose one-person dream businesses are supported by the Co-op by buying their products and giving them free use of our commercial kitchen.

Fox Family Farms, Browerville



Laurence Fox, a Wisconsin boy, bought his first two sows when he was 14 years old. He’s been a hog farmer ever since.

Fast-forward to 2006. That’s when Laurence moved his family and their farming operation to Minnesota. Kate Lechner, former meat manager, toured the farm in 2014, the year the Good Earth started carrying Laurence’s pork.

Even knowing beforehand that Fox Farm was a “leader in sustainable agriculture,” Kate was pleasantly surprised to see how Laurence’s passion for the land looked, up close. The fact that he “takes exceptional care of his family, his farm, and those beautiful pigs!” was immediately obvious to her. She saw healthy, happy pigs that lived and played outdoors, and slept on bedding of non-GMO cornstalks inside hoop buildings.

Laurence uses zero animal byproducts, zero unwanted ingredients like MSG, zero antibiotics. His pork is minimally processed in the farm’s State of Minnesota-inspected plant. He wastes nothing. For example, blood, bones, and manure are composted and fertilize his

non-GMO crops that feed the pigs.

Kate’s impression of Laurence and his operation? “Seeing how well these pigs lived made me feel good about my place in the food chain and the importance of the energetic connection with what sustains us.” Little wonder they’re recognized for superior pork quality.

Kadejan, Glenwood



In 1989, Kadejan processed meats for area farmers and another bird, pheasants, for a nearby hunting preserve. In 2007, they built a new processing facility, and two years later, converted the old facility into a hatchery.

Like Fox Family Farms, the Kadejan family does everything on their land—from hatching chicks to growing their own non-GMO feed. And twice weekly, they process chickens, carefully and humanely handled by family and other friendly human hands in their own USDA-certified plant.

Their birds eat well, they drink fresh well water, and they’re never vaccinated or fed antibiotics. In place of those practices, they’re given organic oregano to protect against illness. They soak up sunshine, roaming at will in a clean, spacious environment. You know you eat healthy, because Kadejan’s chickens eat healthy.

For several decades, Kadejan has chosen not to follow the industry norm of immersing their birds into a bath of water and chemicals. Instead, they air-

Manager’s Note

by Amanda Hegreberg

You might ask yourself how the Good Earth is doing now that a large competitor has moved into town. The truth is that we are surviving. I would like to be able to tell you that we are thriving, but I can’t. The Co-op needs your support now more than ever.

We have seen a decline in sales, customer count, and basket size (the amount each customer purchases) since the new competitor has opened its doors. Nationally, co-ops see a decline in sales of 20% or more when this particular grocery franchise opens nearby. Most of the co-ops that experience this decline have seen it persist for 6 months to 1 year.

I asked myself, “What does one percent look like for the Good Earth?” and after some quick calculations found that the answer is \$34,000. I will let you do the math to figure out what 20% for 6 months looks like for us.

That number may seem overwhelming, but *with your support*, we can make it through.

When I spoke with other co-op managers and industry consultants about our new situation, I was given some tools to help: reduce expenses, cut back on advertising, and get your member-owners involved.

My task to you, the Good Earth membership, is to keep supporting us, to be intentional in that support, so we can continue to serve you.

Many of you have been with the Good Earth since it’s beginning days 45 years ago at the Newman Center. I have been with you for the last ten years. I was here through a period of growth that took us

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Get Involved

Want to get more involved with the Co-op, meet new people, and bring new ideas and energy to Co-op events? Have ideas about what the Co-op could do to better serve its member-owners?

Contact the board to find out how you can contribute!

Have a story idea, comment, or question for the newsletter staff? To contribute, email us at newsletter@integra.net.



For daily menu updates,
like
the Good Earth Food Co-op
on Facebook!

Board Members & Management



Katrina Dolezal-Mersinger



Matt Parks
Vice President



Bobbie Hentges
President



Adam Konczewski



Sara Mruz



Steve Janasie

Jennifer Larson-Grinsell



Amanda Hegreberg
General Manager
amanda.hegreberg@goodearthfoodcoop.coop

Contact the Board

board.directors@goodearthcoop.coop

ShopSuperSunday
and enjoy a cup of
organic, fair-trade
coffee on us!

On the Good Earth Calendar

Summer Cook Out
Every Friday: 11:00 am - 2:00 pm

Family Fun Night
Every 3rd Saturday: 5:45 pm - 7:00 pm

Good Earth Movie Night
Every 4th Friday: 6:30 pm

Meet Your Board of Directors
Every 1st Sunday: 12:00 pm - 2:00 pm

Owner Tour
Every 1st Saturday: 10:30 am
Ask staff how to sign up.

Board Game Night
Every 1st Thursday: 6:00 pm - 8:00 pm

International Day of the Co-op
July 8: 4:00 pm - 7:00 pm

Annual Member Meeting
September 16

Fall Potluck
October 29: 12:30 pm



Please Note

Advertisements and articles do not imply endorsement of any belief, idea, or service by the Board, management, or staff of the Good Earth Food Co-op.

Staff Spotlight: Dawn Johnson

by Donniel Robinson

Dawn Johnson is the Produce Manager for Good Earth Food Co-op. She is passionate about the fresh, beautiful produce the Co-op sells, as well as the community she and her team serve. Dawn has a lot of great stories about her journey to GEFC and how it has impacted her family.

Where did you grow up and how long have you been in St. Cloud?

Dawn grew up in Wadena Minnesota, which is a “little, little town, about an hour and a half North on highway 10.” She moved to St Cloud in 2005 and started working at the Good Earth Food Co-op in 2010. She moved back to Wadena for a short period of time to care for parent’s home (they live in Arizona most of the year), but returned to St. Cloud and the Co-op in 2016.

Dawn has worked at the Good Earth for about 6 years in all.

Did you grow up in a house that focused on organics and healthy eating?

Dawn learned about organics and healthy eating on her own. Dawn’s mom was a home economics teacher, her dad was a science teacher, and her uncle was a caterer. But organics and clean eating were not a focus in her childhood home.

Dawn laughs about questioning her mom on the food choices from their past. “Mom, you were a home ec. teacher. Why did you allow me to eat the way I did?” But it was really her daughter’s



lactose intolerance that started Dawn’s food journey and made her more aware of how food effects the body.

How did you start working for the Good Earth Food Co-op?

Dawn was not entirely satisfied with her job working for a large coffee shop chain. She had visited the Co-op as a customer and said it seemed like a “different kind of place, like the people had a different way of looking at things, more like the way I looked at things.” But ultimately, Dawn becoming an employee was “a fluke that turned out to be very cool.” She was in the right place at the right time.

Dawn had originally applied for a job in the Good Earth deli, but the position had already been filled. Instead, the store manager offered her a job in the produce department. She has been “a produce person ever since.”

Dawn had worked with food in the

past but says, “it wasn’t until I started working here that I realized it was kind of meant for me.”

How did you become educated and knowledgeable on all the produce?

Dawn says she learned about the different kinds of produce “slowly!” She started out by tasting different foods and taking the time to learn about each one. She remembers thinking “people eat dandelions?!” It was a big learning curve that required Dawn’s ongoing interest and dedication.

Now, as the department manager, she encourages staff to taste different foods to help them learn about the produce they are working with and selling.

How do you choose produce?

Dawn says she was fortunate to inherit a lot of established food producers. The Co-op works with more than ten local food producers throughout the year. It is important to Dawn that the producers can continue to make a living while providing fresh, local, organic foods to the community.

Dawn works with 3 distributors from the Twin Cities to provide foods that are not available locally. Since the Good Earth Food Co-op stocks produce that is 99% organic and approximately 90% locally grown (Minnesota and neighboring states) most foods are available only seasonally.

Do you have a favorite food from the Good Earth Food Co-op?

Cabbage tops Dawn’s list of favorites. She eats it almost every day both in savory and sweet recipes, raw and cooked. Her daughter’s favorites are fruits and veggies: cucumbers, tomatoes, mandarin oranges, and bananas.

What do you do in your spare time?

Dawn doesn’t have much spare time. She works with a local farmer’s market in Alexandria in addition to her role at the Good Earth Food Co-op. These two jobs keep her very busy.

The time she does have is spent with her 10-year-old daughter biking, playing video games and gardening.

Dawn is also an avid reader.

A green sign for Beaver Island Brewing Co. featuring a beaver logo and taproom hours. The sign includes the address 216 6th Ave S, St Cloud, MN 56301 and the website beaverislandbrew.com.

BEAVER ISLAND BREWING CO.
SAINT CLOUD, MINN.

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THURS. - FRI.
4PM - 10PM
SAT. 2- 10PM
SUN. 11AM - 2PM

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Good Earth Board Meetings

Member-owners are invited to attend every third Thursday of the month at 6:30 pm in the Good Earth Community Room!

Additions to the agenda must be submitted in advance.



Board Game Night
With the Board of Directors!
Every 1st Thursday of the month in the Community Room!

From 6:00 to 8:00 pm.
Bring a game or just come and play!
The Co-op will provide popcorn and beverages.

Everyone is welcome!
Stop in for Game Night every 1st Thursday. It's a great way to socialize!

THE Good Earth
SUMMER COOK OUT!

Every Friday from 11:30 to 2:00 pm

From the Board of Directors

As spring changes from the gray of winter to the green of summer, the board is also going through some big changes.

In the last newsletter we told you that our new board was learning quickly and that is still true. We were working on finding the answer to the question, "What will keep the Good Earth relevant for the next 40 years?"

While that question remains significant, we are finding, more and more, that we need to focus on the question, "What will keep the Good Earth open for the next 5 years?"

We have learned a lot about how conventional grocers and the supernaturals, like Whole Foods and Fresh Thyme, do business. They are corporately owned and can assume major losses to draw business. Recent increased competition in the St. Cloud area has had an effect on sales at the Co-op. We are facing an extremely challenging future.

With the necessary purchase of the new produce coolers and the recent downturn in sales, we have almost drained our cash reserves. Our General Manager, Amanda, has found many ways to reduce expenses and improve productivity. Those actions alone may not be enough to keep the Co-op solvent in the months and years to come.

A common way for co-ops to raise capital is to offer loans and preferred non-voting stock in which member-owners can invest. It is most often called a Capital Campaign, and we have launched a big one. If successful this campaign will allow us to, not only survive, but grow and continue to offer unique goods and services that focus on products that meet our member's values. The Good Earth's success depends on you!

You have probably received a letter with the details of our Capital Campaign. If you have not received a call to see if you are interested, you will soon. If you didn't receive a letter, brochures are available at the Co-op or you can call the Co-op any time for more information. Please consider any investment that you can afford.

After nearly 15 years of dedicated service on the board, Katrina

Dolezal-Mersinger will not be returning to the board when her term is up in September. She has served as President for the last 2.5 years and Vice-President for several years before that. We will miss her vast institutional knowledge, common-sense leadership, and effective mentorship. Most of all, we will miss Katrina, and we sincerely thank her for all she has sacrificed to lead the Co-op over the years.

The board has planned well for this transition of leadership. Katrina stepped down as President in March, and Bobbie Hentges was elected to serve until the next annual election. Transitioning now allows new leadership to have six months of mentoring before Katrina's departure.

Our board currently has seven members of the seven to nine our bylaws require of us. This fall, we will have three open seats on the Board of Directors. With the change of leadership, a relatively young board, and the competitive challenges the Co-op is facing, we need to have a full board.

Please consider offering your talents, time, and passion to serve and help save the Co-op.

Remember that, as with any democracy, member participation is necessary in order for the Co-op to thrive.

Details about board applications and nominations can be found on page 9 of this newsletter.

THE Good Earth
Board Member Meet and Greet!

Every Super Sunday!

12pm to 2pm

Artist's Spotlight

by Tamara V., Community Outreach Coordinator



Usually we highlight a local adult artist in the spotlight. This time the Community Outreach team wanted to give kids a shot to show off. We selected eleven children, ages 12 and under to showcase their work in our deli.

We asked the kids to create in honor of Earth Day. The kids' interpretation of the theme resulted in many beautiful pieces of artwork.

Jessi, 7, drew a picture of two owls working together to clean the earth.

Alya, 8, drew the seasons of the Garden of Eden as well as Earth's patterned hills.

Keaton, 6, drew the heavens and the earth.

Josie, 9, drew the Earth surrounded by a ring of friends holding hands.

Allison, 11, drew a piece called "mysterious girl," depicting "a girl who has a lot going on in her life and she's very confused."

Jackson, 8, made a Co-op comic about a volunteer learning to use The Force (a la Star Wars) and having many mishaps.

Maxwell, 6, created an abstract piece using bright colors to catch people's eyes.

Oliver, 3, painted a simple watercolor painting with his preschool teacher.

Olivia, 9, painted a sunset as well as a nature scene.

Matilda, 3, painted an abstract piece on a paper plate.

Olivia M, 5, painted a robot that is helping save the world.

Look for more opportunities for kids, like our pumpkin decorating contest and Family Fun Night every 3rd Saturday!

Summertime is Ice Cream Time

by Kelsey K., Grocery and Cold Foods Manager

Here at the Good Earth Food Co-op we meet the needs of all our customers, including those with dietary restrictions. We gladly offer a wide variety of gluten-free, dairy-free, vegan, and organic frozen dessert options in pints, quarts and individual treats, to complement our selection of traditional ice creams.

In the mood for something sweet—*right now?* Try our single serving **Three Twins Organic Ice Cream Sandwiches and Sundae Cones**. There's nothing like enjoying a cold treat in the hot sun on one of our picnic tables out front!

Locally produced **Johnny Pops** made with fresh fruit and cream are available seasonally, so enjoy them before they're gone. **Luna & Larry's Organic Coconut Bliss** now offers a vegan and gluten-free organic hempseed chocolate chip cookie ice cream sandwich, available in chocolate or vanilla. My personal favorite is the **So Delicious Vanilla Ice Cream Sandwich**. My family and I cannot even tell the dairy-free difference.



The Co-op has been a long time supporter of **Alden's Organic ice cream**, a favorite among our staff. Alden's partners with over 30 organic family farms to ensure they know where every drop of milk and cream comes from. Alden's is also free from GMOs, carrageenan, high fructose corn syrup, growth hormones and more, providing us with a great tasting, pure ice cream.

Want to go home and enjoy a cone at your own patio table? We carry **Let's Do Organic cake cones** that are gluten-free and dairy-free, as well as organic **Three Twin's sugar cones**. Or maybe filling your bowl with a homemade ice cream sundae sounds better? Take home a pint or quart and top it off with organic **Santa Cruz Chocolate Syrup**, available next to the cones.

However you choose to enjoy the summer, the Good Earth Food Co-op has a variety of options to satisfy your sweet tooth.



50¢ off

Any 1 frozen Ice Cream item!

Limit one coupon per customer per item.

Trend

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5 TOP TRAVEL TRENDS





Natural Health with Dr. Lee: Tick Season is Here

by Lee Aberle, ND, IFMCP



This year is promising to be a record breaking year for Lyme disease and tick borne infections. Children are the fastest growing at-risk group considering outdoor activities, snuggling with family pets, and the possibility of maternal transmission.

It is possible for a tick borne infection to remain dormant for years or immediately manifest into the classic bulls eye rash and joint symptoms.

One of my goals when I meet with patients is to go back through their life and track their symptoms back to the beginning. Many times, knowing the initial symptoms and how a symptom picture began can lead to better treatment.

Many of my patients with tick borne disease can trace symptoms back to childhood. I wonder how many lives would be healthier if disease patterns were discovered earlier in life.

Tick borne disease in children can present with subtle symptoms. Because of the nature of such odd and subtle symptoms, it is understandable that the underlying concerns are missed by health care professionals without advanced training.

Parents are their children's first physicians and are thus most likely to put together these unusual and changing patterns.

One consideration is that the child may have challenging symptoms from birth. Consider children that are not sick, but

neither are they well.

It may be that the child is a constant complainer. Don't ignore that pattern. They might be complaining for good reasons.

According to Dr Charles Ray Jones (pediatric Lyme expert):

90% have hypotonia (low muscle tone)

80% are irritable or have other mood issues

80% have cognitive problems and learning disabilities

72% experience fatigue or lack of stamina

A key area of Tick Borne disease symptoms is neurological. Sometimes the child will have such unique ways that the family will consider neurological deficits as 'what makes my child special'.

Some children experience movements that are slow, involuntary, convoluted, and writhing. These movements may be of the fingers, hands, toes, and feet, and in some cases, arms, legs, neck, and tongue. Tics are another possible observable movement. Neuropathy may be harder to observe so watch for decreased sensation of fingers or toes.

There may be developmental delays in speech or movement or learning disabilities. Also watch for poor reading or writing skills including dyslexia. Some children have slow sensory processing speeds. Parents may note a child takes longer than his or her peers to make sense of information.

Another area to give attention: mental and emotional. I would encourage parents to pay special attention if the child has a poor reaction to treatments.

Your child may experience mild symptoms like mood swings or anxiety. Those may not clue you in to Tick Borne disease, but I hope you remember ADD, ADHD, phobias, panic attacks, anger rages, aggressive behaviors, OCD, paranoia, and depression with suicidal ideation/attempt are symptoms that could respond to proper infection

treatment.

I have already given a laundry list of symptoms, but there are more you need to consider. Sensitivity to sound observed by your child covering their ears as if noises are too loud. Digestive symptoms like colic, gastrointestinal reflux, nausea with or without vomiting, abdominal pain, decreased appetite, diarrhea or constipation. Also consider failure to thrive, headaches, sleep disturbance, increased nightmares,

Sometimes your child questions every situation, has difficulty participating in a group, or a has a new onset of decline in schoolwork, reluctance to play, bedwetting regression, new onset asthma, frequent urination, or a tremor. In addition heat or cold intolerance, weepiness, joint pain, and general body pains are possible. Parents have reported children saying 'my bones hurt' or 'my brain feels like it is burning'.

However, do not assume that any one of these symptoms in isolation means your child has Lyme disease or other tick borne infections. Rather, if your child fits a pattern of any of these symptoms and, more importantly, does not respond to the traditional therapies be sure to consider tick borne disease and have your doctor do a thorough assessment.

As an informed parent, you can advocate to ensure your child's needs are addressed.

The Good Earth
Member Owner Tour!
We would like to welcome all of our Member-Owners to participate in our monthly Member-Owner Tour!
First Saturday of every month at 10:30am.

Whether you're new to the Co-op or a seasoned shopper, there's always exciting new information and products to learn about on the tour.

- Learn about Co-op roots and Principles.
- Find out how to get involved with the community.
- Discover our fabulous departments.

Sign up is required and space is limited to 10.
You can sign up below our Comment Board Near the Deli entrance.

The Inner Workings of a Board Meeting Revealed

by Natalie M. Rotunda

What are you doing the evening of the third Thursday next month? The Good Earth board meets then—and every third Thursday. As a member-owner, you have a standing invitation to drop by and take in these proceedings. Meetings begin promptly at 6:30 p.m. in our Community Room.

It's not often that member-owners come to board meetings. I was royally welcomed by new president and vice-president Bobbie Hentges and Sara Mruz, board member Steve Janasie, as well as General Manager Amanda Hegreberg, and manager of six departments Kelsey Kapsch. Soon, Matt Parks, Adam Konczewski, and Jen Larson-Grinsell arrived. Laptop lids were flipped open, and the president brought the meeting to order.

It was a friendly, comfortable place to be. Copies of the evening's agenda are available to anyone wanting one. Items are broken into time bites, ranging from 5 minutes to 45 minutes or longer for projects the board is working on and other topics.

First item of business, a round of introductions. Next up: me.

Though I attended the meeting to gather information for this article, I had asked to address the board with the idea to capitalize on the Co-op's 45th anniversary. I offered suggestions to make the balance of this anniversary

year a fun one for member-owners who would have extra reasons to shop here more frequently. Everyone listened attentively, but my face gave me away. It was a bright shade of red, broadcasting the fact that I no longer do much public speaking.

Next: the subject of thriving.

An agenda item discussed broadly and at length concerned the upcoming Capital Campaign. By the time you read this, you'll have received a letter inviting your help. Steve pointed out that co-ops, nationwide, send appeals to member-owners regularly for campaigns such as this one. Our last one was nearly 20 years ago! So, it's time that we fund things like a better point of sale system (that's the cash registers) and a better approach for maximizing our floor space. Both were identified as important to the Co-op's future viability.

A lengthy discussion followed, and they even took my questions.

Another board project is refining our five-page mission into a concise and memorable statement. Researching examples from other co-op websites was a homework task assigned at the last meeting, and everyone took turns discussing what they had found.

At 8:45 p.m., Amanda, Kelsey, and I were asked to leave for the balance of the meeting.

Takeaways

Steve Janasie offered this visual of board members' roles: We're "the mouthpiece for member-owners." They're that, and more, in this writer's opinion. They're the heart of the Co-op, deeply involved in growing a lively and thriving community of health-minded shoppers.

Policy Governance®, first developed by John Carver, is our board's form of government. Its goals are to facilitate visioning, goal setting, and how we impact the St. Cloud community. Policies are changeable, but only after discussion and approval by a majority of board members.

FYI Responsibility for day-to-day operation of the Co-op belongs to our general manager, not the board.

Addressing the board is a simple process: Ten days prior to the meeting, either contact Amanda, or email the board at board.directors@goodearthfoodcoop.coop.

Non-elected member-owners are welcome to join board committees. Again, contact Amanda or the board if that interests you.

Last thoughts

Seeing our board at work on our behalf—they're our mouthpiece, remember!—was time well-spent. They click, they make things happen—and bantering is allowed. Our Co-op is in good hands!

Naturopathic and Functional Medicine

Clinical Nutrition
Lyme Disease
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Health Coaching
Massage Therapy
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Midwifery
Homeopathy
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Alexandria MN 56308
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Your symptoms tell your story. We listen.

Meet Our Growers and Makers

by Natalie M. Rotunda

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chill them, which results in significantly tastier, healthier chicken that's easier to cook. Pick up a pack today—you'll taste the difference.

Prairie Drifter, Litchfield



Before Nick and Joan started their CSA in Litchfield, they had taught environmental education in the US and South America.

Growing up, they helped their grandparents on their farms. That hands-on experience of working the soil to produce healthy foods has long been a part of who they are.

Joan, Nick, and Prairie Drifter's vision has everything to do with how they feed their family, their shareholders, and Good Earth shoppers, with the best possible veggies, herbs, and starter plants grown sustainably and organically. They're also committed to improving the habitat of pollinators who choose their land to live on.

Breezy Hill Orchard, Maple Lake



Patrick Lynch grows six varieties of apples, two or three varieties of pears, and raspberries on his fruit oasis. The 50-plus acres have enjoyed a long

history, first as a dairy farm, now an orchard.

When parents Bob and Jane owned the land, they introduced organic farming methods. Against the advice of many, they took a giant leap of faith by converting the acreage into an orchard.

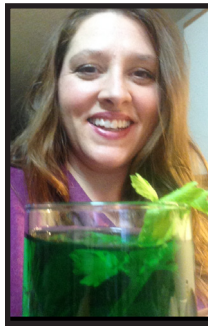
With their retirement, Patrick became owner. In 2002, wholeheartedly embracing organic farming, he completed the process for organic certification. He's a recognized organic orchardist and mentors other orchard owners.

Patrick's background in environmental sciences led him to work with Minnesota entomologists who contributed a

sizeable body of research now tapped into by organic farmers.

Juicy, sweet, firm, crisp, tart apples, these are the Snow Sweet, Honeycrisp, Sweet Sixteen and State Fair apples Good Earth Produce Manager, Dawn, purchases from Organic Breezy Hill. Connel Reds and Keepsakes are known for their ability to keep in your fridge through much of the winter.

Fountain of Juice, St. Cloud



Good Earth staffer Laure Akre was inspired by a course at her church where they read, "I Dare You to Change." It's all about how to help people, and the concept led to serious thinking about what she could do for others.

"Growing up, I had a lot of health problems," she says. With a keen awareness of healthy food choices, Laura would help others enjoy better health.

Her ultimate goal was to serve fresh smoothies and juices, year-round, from a brick-and-mortar building. At the time, that wasn't financially realistic. But what about a mobile juice truck? That was doable. She found a truck that fit all of her needs.

With the Small Business Center's help, Laura launched her business three years ago. She obtained certification through the city, and she was ready to roll. "In our second year, we tripled the number of people who wanted us at their events," she says.

Late spring, summer, and fall are busy times for Laura, as she sells fresh juices and smoothies to nutritionally thirsty festival-goers. Fountain of Juice—it's a clever name that conveys the youthful look and feel people get from enjoying her healthy beverages.

Part of Laura's dream—to sell her freshly made beverages from a brick-and-mortar store—has come true, now that they're available almost daily in the Good Earth Deli.

Come in early enough in the morning and you'll see Laura behind the deli counter and hear the whir of her juicer making the day's fresh juices.

Backwards Bread Co., St. Cloud



Another Co-op staffer, Travis Harjes, bakes his sourdough (read: fermented) breads in the Good Earth deli kitchen several days a week. They disappear quickly!

In his "journey with food," Travis has consistently noticed that less-processed foods are better for our health. Bake breads as simply as possible, focus on nutrition without sacrificing flavor—with this precept, he anchored into the ancient process of long ferment breads.

Travis's young company is breaking into new markets. This season, Common Grounds Garden CSA, run by the sisters at St. Ben's will offer his long ferment breads as a bread share.

This year, Travis's growth plans include purchasing a larger oven and a commercial bread slicer, and working on private label white and wheat sliced sandwich breads that the Good Earth will sell on the Co-op Basics line. He's also working on a brioche for a Litchfield restaurant.

And all these plans gelling at a time when he and partner Liz became parents of a little gal they call June.

These are the down to earth, real life folks you support when you shop the Co-op. Space doesn't permit us to introduce you to all of our local growers and makers, yet they all have at least two things in common: they're passionate about producing healthy foods that appeal to our shopper-values, and they're all Principal 6 (P6, for short) producers.

To qualify for P6, a producer must have two of these criteria: small, local, or a cooperative.

The P6 cooperative trade movement is only open to co-ops like ours, so you won't find it—or any of these fabulous local folks and their exceptional products—at grocery stores. One of many reasons to shop your values and vote with your dollar at the Good Earth.

THE CO-OP NEEDS YOU NOW MORE THAN EVER!

*Are you passionate about the Good Earth Food Co-op and all it represents?
Do you want to make sure it remains a viable member of our community
for years to come?*

Become a member of the Good Earth Food Co-op Board of Directors

- Join a dynamic team that represents the Co-op's member-owners
- Become more involved with the Co-op and its mission
- Have a positive impact on the future of the Co-op
- Learn more about cooperatives and how they fit into the world in which we live

If you would like to contribute to the future of the co-op, please consider applying for a position on the Good Earth Food Co-op Board of Directors. If you know someone else who fits this description, nominate him or her for a Board position.

How to Apply or Nominate Someone:

1. Get an application or nomination form from one of the friendly staff members at the front of the store, or download the form from our website (www.goodearthcoop.com).
2. Return the completed form to the front of the store or via email to sjanasie@gmail.com or SMRUZ@csbsju.edu along with a photo and a letter of recommendation.
3. **The deadline for applications and nominations is Friday, July 12th 2015.**

Manager's Note

Continued from page 1

from a hole-in-the-wall deli buried in the back of the store to the expansion into our beautiful, spacious deli seating area, a brand new kitchen, popular salad and entrée bars, hot sandwiches to complement our long-famous soups, and an always-booked community room. I want us to continue to grow. All we need to accomplish that is your continued support.

We are a co-operative, and this sets us apart from a corporate franchise. Being a co-op means more than just membership. It means information and education, giving back to our community. It means ownership—everyone has a say, and that means you! It means co-operation—supporting local growers and makers as highlighted in the feature story of this issue. It means community—a place to gather, learn and grow together.

Spending as little as \$10 more per week would make such a big difference to your Co-op.

Telling your family and friends about the Co-op, explaining why it matters where you spend your grocery dollars and what supporting the Good Earth helps to create in our local community is another way to support us.

Watch for more opportunities to support the Co-op that will be coming your way. Together, we will be here to celebrate another 45 years.



Why does Identity Theft continue to be the #1 and fastest growing crime in America?

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For more information, contact your local agent:

David Kleinsmith
785-969-5152

davidkleinsmith@yahoo.com

(We provide protection for families, employees of companies, and small businesses).



Member-Owner Spotlight: David Kleinsmith

by Donniel Robinson

David Kleinsmith has great interest in clean eating and living a healthy lifestyle. In his frequent travels, he has shopped at food co-ops around the country. One of the first things he does in a new city is to find a local food co-op. But David had never been a member-owner of a co-op until moving to St. Cloud and joining the Good Earth Food Co-op.

One of the first things David did after moving to Minnesota was to Google “health co-op.” The Good Earth was at the top of the list, and David had found his co-op. After visiting the store and finding out how affordable the membership would be he said, “sign me up!” David has been a member for 4 years.

Why Minnesota?

David enjoyed a career in private education in Topeka, Kansas in an administrative role for a boys boarding school. He wore many hats in his role there, including working with the school’s registration, boarding, and even filling the role of photographer.

After 27 years, David found himself ready to retire but without sufficient healthcare and retirement benefits. “I needed to make a change.” By coincidence or good fortune, a relative contacted David and invited him to move to Minnesota and start a business. David did just that.

Four years ago, he opened LegalShield/IDShield locally. Services include pre-paid legal services and protection against identify theft. Starting his own business has allowed David to have better healthcare coverage and more time to plan for his retirement.

Best part of Good Earth Food Co-op membership?

David is a committed supporter of the Co-op and names many reasons he enjoys membership. He likens it to having another family and makes an effort to meet staff and greet them by name.

He loves that members are listened to and that their opinions matter. He gave the example of mentioning that it would be nice to have more meatless options on Fridays. The next time he came in staff pointed out cold tuna cakes and offered to make a hot tuna melt sandwich, if he preferred. The



discount programs and access to locally grown foods are other reason David regularly visits the Good Earth.

Shop much?

Lots! When David arrived in St. Cloud, he lived in walking distance of the Co-op and came to the store frequently. David still visits 3-4 times per week, even though he is currently living in Cold Spring. He is frequently in town to help his elderly mother for appointments and for doing business, and this has kept his visits frequent.

Favorite Co-op Items?

David has a few favorites. He likes the *Fountain of Juice* fresh fruit and vegetable juices, the Reuben sandwiches, the salad bar, and the “phenomenal” sausage from the meat department. He also likes the soup mix from the bulk section and the many options for whole

coffee beans. He grinds his own at home.

Ways we support each other?

David is a new advertiser in the Good Earth Food Co-op newsletter. He is a regular reader of the newsletter and thought his business, which includes LegalShield and IDShield, could bring value to Co-op shoppers. “LegalShield is a pre-paid legal service for individuals, families, and businesses. IDShield is a comprehensive identity theft protection service that monitors the information that matters, [and] offers unlimited consultation on how to protect your information.”

David believes in network marketing and in small businesses mutually supporting each other. He said he would rather give his ad dollars to a local small business than a large chain store.

What else?

David is planning to provide two educational workshops at the Co-op. The topic will be identity theft, which is a growing problem. More information will be available once his plans are finalized. For more information about LegalShield and IDShield check out David’s Website: davidkleinsmith.com.

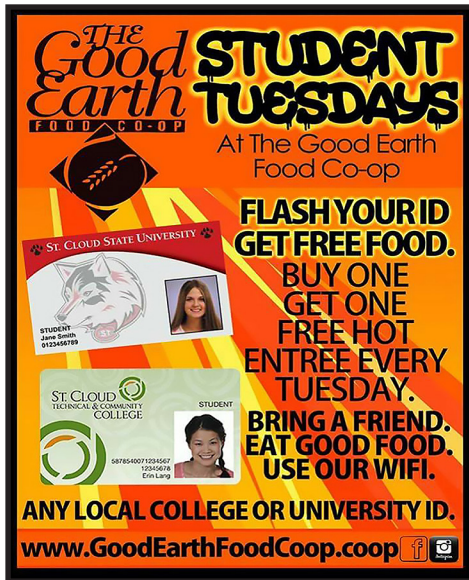
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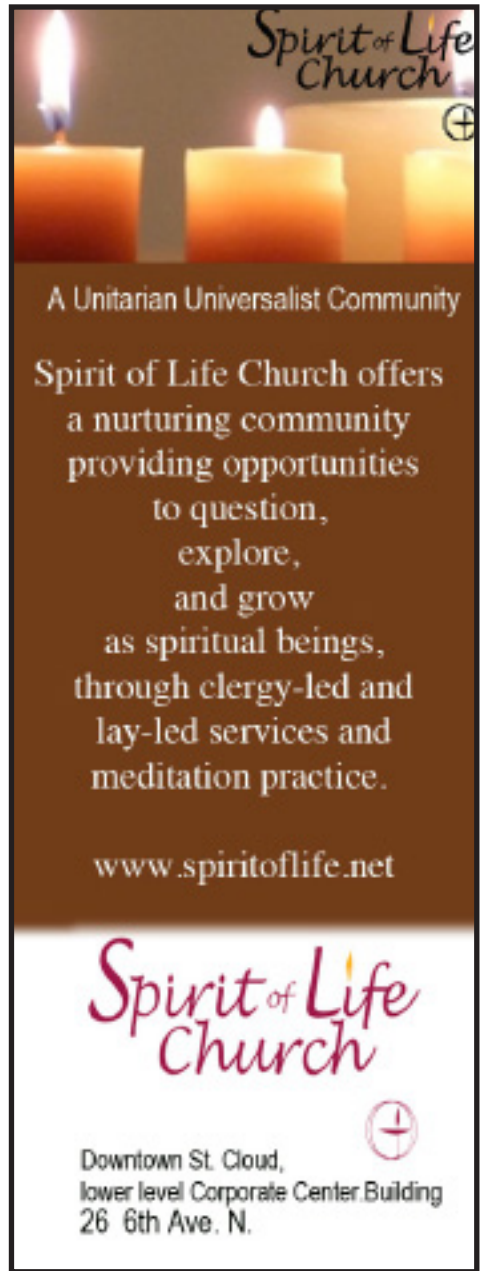


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For more information or to apply for membership, please visit GoodEarthFoodCoop.coop or see one of our friendly staff members.

Centennial Plaza
 2010 Veterans Drive
 Saint Cloud, MN 56303
 Tel: (320) 253-9290
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info@goodearthfoodcoop.coop

STORE HOURS

Sunday - Saturday
 8:00 am - 8:00 pm