

Quirky, Exciting Jams By Jim & Hazy

by Natalie Miller Rotunda

How do you take *your* jam? Ready to spice it up a bit—maybe even a lot? Read on to learn how two local guys stepped outside the giant box of creativity to create a new realm of jams—and how the world of hotheads embraced their invention.

You might call what Jimmy Hofmann and Mark Hasbrouck did quirky. That's one way to describe the marriage between chile peppers and citrus fruits. Whatever you call it, it got its start this way.

According to Jimmy, it was about seven or eight years ago that he and Mark were doing a cooking show on public access TV. Around then, Mark bought a house, and it just so happened that a crop of grapevines came with the place. Jimmy relates that Mark's mom told him, "You'd better not waste those grapes!" And so he didn't. He made grape jelly, lots of it, bottled it and gave some away as gifts. Recipients loved the jelly.

Meanwhile, Jimmy bought a house of his own. It didn't come with grapevines, but it did have space for a garden. So—what else?—he started raising habanero peppers. "I was getting 62 to 100 per plant," he says. You don't get a yield like that and just let the peppers die on the vine, so to speak. Jimmy made them into jam. "They were super hot," he says, "but a lot of people liked them."

He decided to tone down the hot a couple notches and added Mark's grape jelly. Voila! A milder pepper jam with a flavor all its own was born.

The culinary ingenuity didn't stop there. Jimmy and Mark were up for trying new flavors, new marriages of peppers and fruit. "Habaneros are a citrus pepper," Jimmy says. The guys thought, What if we mixed them with citrus fruits? They tried pineapple, and lemon, and friends and family were scooping up the new jars as fast as the guys could produce them. By now, the duo knew they were onto something and took the next step.

"We began the long process of being certified," Jimmy says. "We had to find a kitchen and we found one in Waite Park, and we got certified."

They came up with new recipes and tweaked some 10 to 12 times to get them right where they wanted them. Eventually, they developed seven varieties having different peppers and distinct levels of heat and roasted them, adding pineapples, oranges, lemons, mangos, coconut, vanilla. It's the stuff their jams are made of.

Along the way, Jimmy became Jim, and Mark became Hazy.



What grows in Jimmy's garden?

Specialty peppers, and lots of them. They're hard to find, so Jimmy raises his own. "My garden is about 10' by 30'," he says. "I can get about 60 to 75 plants in there. If each plant produces 100, that's 7,500 peppers." He grows lemon peppers and white habanero—"about the size of a jellybean"—and Bhut Jolokia. You may know BJ by another name, ghost peppers. Each seed costs a buck and Jimmy starts the seeds in his basement in February. And the peppers keep producing.

Does he grow all the peppers they use in their jams? That's a no. "We could never grow enough habaneros for our use. We grow only the specialty peppers," he says.

For now, at least, Jimmy and Mark do all the cooking and processing themselves. Jimmy adds, "And I'm a one-man labeling machine!"

Introducing Jim & Hazy's system heat index Anyone who enjoys spicy foods usually knows how much heat they can eat. But there will be newbies to the world of spicy foods. To help customers find their comfort level among the

From the Editor

by Meredith Barth

Nothing says summer like dirt under your fingernails, the smell of a campfire, and... setting your tongue ablaze with the one and only habanero pepper? Well, if you ask the makers of Jim and Hazy's Tropical Habanero Jam, that's certainly what they would say, and I'm inclined to agree. You'll have to check out our feature story to learn more about how their one-of-a-kind jam is heating things up in central Minnesota.

As for the other telltale signs of the season, cold foods manager and camping enthusiast Will is delighted to share with us his best food finds for vacationing in the wilderness. Some that make roughing it sound pretty luxurious! And you might be surprised at a few of the other camp-friendly items he adds to the list. Who knew you could get both peanut butter and toothpaste in powder form? Best used separately, though, I suspect.

Tyler from the produce department talks soil and composting in this issue, while our resident herbalist, Michelle Patterson, introduces us to some of the medicinal herbs that are easy to grow in our own gardens. For this novice gardener, easy is good! I don't know if I'll be lucky enough to bring in a bountiful harvest as a first-timer, but after reading Kate's nostalgic reflections on canning, I do know what I'll do with it. Fortunately for me and others who were born without a green thumb, there is something innately satisfying about the work itself; but eating the fruits of my labor would certainly be a welcome reward.

Gardening success (or failure) aside, I know I'll still be relying on the Good Earth produce department to stock my kitchen with fresh foods. And Tyler explains in great detail all the reasons we each have to feel good about supporting our local economy and local growers through the Co-op.

It's summer in Minnesota, so I know you'll be making the most of every ray of sunshine. I hope you'll get the chance to enjoy it in your garden, around a campfire, or from the Good Earth picnic bench at the weekend cookouts. And wherever this summer takes you, don't forget the Tropical Habanero Jam!

In Health,
Meredith Barth
Newsletter Editor

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Memo From Melinda

by Melinda Asmus

In 2009, the General Assembly of the United Nations proclaimed 2012 to be the United Nations International Year of Co-operatives. The United Nations' goals for the International Year of Co-operatives are to:

- Increase public awareness about co-operatives and their contributions to socio-economic development and the achievement of the Millennium Development Goals.

- Promote the formation and growth of co-operatives.

- Encourage governments to establish policies, laws and regulations conducive to the formation, growth and stability of co-operatives.

On the closing of the International Year of Co-operatives 2012, the International Co-operative Alliance drafted a *Blueprint for a Co-operative Decade*. This marks the beginning of a worldwide campaign to catapult the co-operative model of business to a new level.

By the year 2020, the vision is for the co-operative form of business to become

- An acknowledged leader in economic, social, and environmental sustainability.

- A model preferred by people.
- The fastest growing sector of enterprise.

The Blueprint is a framework that will take the global co-operative movement through to the end of the decade, with a plan to see cooperatives grow as financially and environmentally sustainable businesses. This is in hopes of building a global strategy that positions co-operatives as the fastest growing business model by 2020.

In this decade of co-operative growth, let us envision what 2020 might bring if the co-operative business model does become the largest growing enterprise. Just think how much good could come from more businesses operating as co-operatives. A cooperative encourages trust and transparency, a feeling of community and ownership. By shopping at your community food co-op, you are involved in supporting the co-op movement—you are making a difference in our local and global economy.

For more information, visit www.ica.coop.

Thank you all for your support!

In Cooperation,

Melinda Asmus, General Manager

For deli menu listings, event announcements, new product updates and more, please “like” the Good Earth Food Co-op on Facebook.

If you've got a story idea, comments, or questions for the newsletter staff, or would like to contribute to The Good Earth Digest, email the editor at newsletter@integra.net.

Good Earth Food Co-op Monthly Board Meetings take place on the 3rd Thursday of each month at 6:30 pm in the new Community Room.

Members are welcome to attend! Additions to the agenda must be submitted in advance.

www.goodearthfoodcoop.coop

On the Good Earth Calendar

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International Day of the Co-op

July 6: 4:00 pm

Cost: FREE

There will be live music, delicious food to try and buy, children's activities and more! Call 320.253.9290 for more information.

La Leche League: Breastfeeding Support

Every 2nd Thursday: 10:15 am

Every 4th Monday: 6:30 pm

Cost: FREE

Call 320.252.8467 for more information.

Holistic Moms Network

Every 2nd Tuesday: 7:00 pm

Cost: FREE

Call 612.250.2969 for more information.

Free Thinkers

Every 1st Sunday: 10:00 am-12:00 pm

Celiac Support Group

Every 3rd Tuesday: 6:30 pm

Chive 'n Jive Whole Foods Cooking

Every 2nd Saturday: 9:30 am-11:00 am

For more details visit
GoodEarthFoodCoop.coop

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Staff Spotlight: Haley Hansen

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By Natalie Miller Rotunda

At the top of this year, Haley Hansen, a Twin Cities' area gal, moved to St. Cloud. You're about to learn of her culinary pursuits, a business idea or two she'd like to make real someday, and also you'll also learn that knowing her way around the kitchen isn't Haley's only creative talent.

Haley, do you hail from St. Cloud, originally? Do you have siblings?

No, I grew up in Roseville and lived in the Twin Cities for a while. I'm the oldest of seven and I have three brothers and three sisters. I moved here in January—and started working here in January—to be with my boyfriend. He's going to St. Cloud State.

Did you go to college?

I did. I went to St. Paul Community College and got my associates degree in arts, and I went to Minneapolis Community College and got my culinary degree.

How long have you been cooking?

I started cooking when I was a teenager. I did all the cooking in our family. Some of my favorites were pasta dishes and Mexican food and baking. I like to bake cakes, cupcakes, and breads.

What are your long-term plans in the culinary field?

I've been looking into becoming a personal chef. Everyone's tastes are so different and it's a way to get to know the people you work for. And I'd like to own a food truck, but all that's a long way down the road.

You're part of our deli staff and responsible for making such great-tasting foods. What are some of your duties?

I make entrees and soups; that's during the day. At night, I do the side salads and sand-



wiches for the cooler case located in the deli. For salads and sandwiches, we make whatever is in stock. We're given a lot of freedom here to make salads and sandwiches. The entrees and soups we follow a schedule [posted on the wall in the deli].

What is your schedule like?

Eight hour days, four, sometimes five, days a week.

You have to really like what you do to be here that many hours!

[Huge smile] I do!

What are some of your favorite foods, to make, and to eat?

I like making the North African lentils, and I really like eating the corn fritters. Once a month, we have them in the hot dish section of the deli. We also have them in the cooler

once a week. They really go fast!

What do you enjoy most about your job at GEFC?

I like the flexibility I have with cooking and coming up with new recipes, and I like the people I work with. I'm pretty happy here!

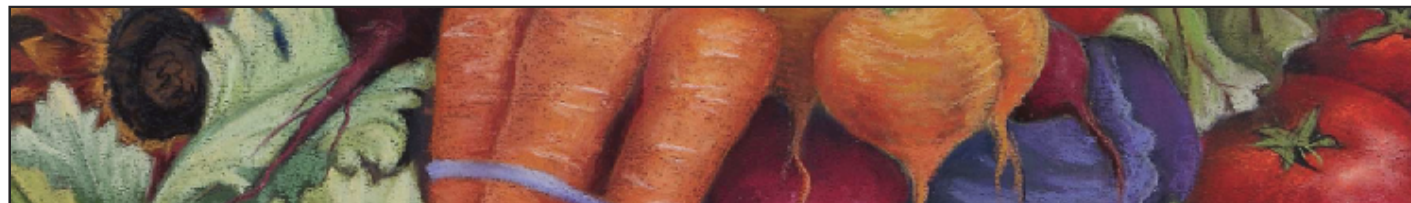
How did you learn about GEFC? Did you grow up around organic or sustainably-raised foods?

My boyfriend has been living here since last August, and we've been shopping here all this time. I found out about the Co-op online. When I got out on my own, I would go to the co-ops in the Twin Cities.

In your time away from work, what do you like to do?

I like to listen to music and garden. I grow a lot of herbs. I just have to do them in planters this year. I love basil and rosemary, especially. I cook and bake with them, too. I make fruit tarts and I'm learning how to do classical sauces using them. I also do a lot of embroidery. I do lots of flowers and food projects. I have all the food ones together in my kitchen, on the wall there. Sometimes, I give them [embroidered items] away as gifts.

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Composting, Organic Matters!

By Tyler Theissen, Produce Manager

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Soil is the key to farming. It is what plants rely on for the ability to support growth, hold water, and to store and release nutrients. Of course other factors come into play, but none are so dependent on our intervention as the soil itself.

Soil is (in very, very simple terms) comprised of two general classes of materials: Mineral and Organic. The mineral content in soil is a combination of sand, silt, and clay-sized particles, which determine the overall texture and type of soil. Organic material consists of living (think bacteria, fungus, worms, etc) and non-living (humus and decaying plant and animal) matter. An average area soil might consist of 96% mineral material, 3.8% humus, and .2% living

organisms.

In modern conventional Agriculture, soil is generally abused. Tilling, fertilizing, and herbicide/pesticide use all contribute to heavy, long-term losses in soil organic matter, hence the need for continuous irrigation, fertilization, and pathogen control. It is the loss of humus and soil biota that necessitates heavy use of resources including water, chemicals, and fossil fuels. So begins the cycle of poor soil management. Organic farming aims to mitigate these losses. Another reason to support organics!

So, why look at soil when we talk about compost? Composting is one of the better ways to increase the organic content in any

soil. Humus (finished compost) is the most powerful component in soil in terms of its ability to hold water, introduce and harbor beneficial microorganisms, and control the movement of nutrients. Due to the relative scarcity of organic material in most soils, even very small additions of fine compost can provide great benefits.

Composting at home can be overwhelming. There are redworms, heaps, tumblers, EM (effective micro-organisms) accelerated systems, all with unique advantages. We recommend thoroughly researching the options before taking the leap.

For the individual or small family, I can recommend starting small, simple, and convenient. An indoor bin with an accelerator like Bokashi or EM is quick, easy, and painless. Moving up, for 4-5 individuals, an outdoor compost tumbler can provide fast and easy compost with minimal care. For the large family or gardener, an indoor system such as redworm bins in conjunction with heaps outside will be necessary to see the full benefits.

Shop the Good Earth for finished redworm compost from Princeton MN, indoor bins, and various composting books and supplies. And as always, feel free to ask questions. We are here to help!

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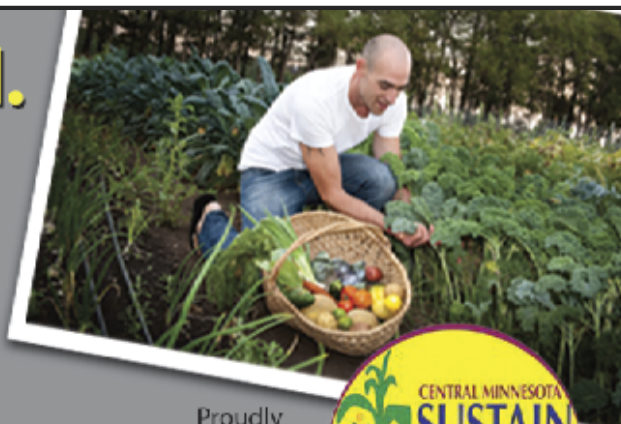
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If You Grow It, You'll Know It!

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by Michelle Patterson, herbalist

Certainly it makes sense to cultivate and grow the herbs that you may use on a daily basis in your kitchen. Everyone needs an herb pot with basil, rosemary, parsley, sage, etc. growing outside the back door. But when is it best to grow your own medicinal plants?

As an herbalist, I have to admit I am a failure at gardening. Hence, most of my remedies are wildcrafted vs. cultivated. I do, however have some herbal allies who “live” in my yard if they are not readily available in the wild. Another reason I may cultivate and grow nearby is to better familiarize myself with a plant and its growing patterns. I may bring one into my garden so I can watch it grow through the seasons and better be able to identify it when I do find it growing in the wild.

When considering which plants to bring home to grow in a garden, try to reproduce growing environments in which the plant would most likely thrive in its natural environment. If a plant generally chooses dry poor-quality soil, trying to grow it in rich fertile soil may change the basic constitution of the plant that gives it the qualities that we might look for in medicinal preparations.

Some suggestions for medicinal plants that you might consider growing in a garden:



Blue Vervain

Calendula (*Calendula officinalis*)

For skin soothing and healing, calendula is one of the universally accepted flowering herbs. This cheerful, golden flower is a champion in any skin care application. Calendula is cooling and drying, antiseptic, and anti-inflammatory. The flower petals can be dried or used fresh in teas or compresses for scrapes and minor cuts. A mild calendula

wash can be helpful for irritated eyes. Calendula flowers infused in oil makes a wonderfully soothing application for irritated skin. Thicken the oil with a little beeswax and you have a wonderful salve that is perfect for baby bottoms or any other red, inflamed tissue.



Butterfly Weed

Comfrey (*Symphytum officinale*)

Primarily used externally, comfrey is cooling and moistening, and also anti-inflammatory. It has been used throughout history for healing broken bones, bruises, and sprains. I don't use the fresh plant parts directly on skin as the hairs can be irritating. Making the leaves and tender stalks into infused oils and salves gives me year round soothing for bumps and bruises. Comfrey can be used to help heal clean wounds. Use it with caution, however, as comfrey is a strong cell-proliferant and has been known to heal wounds from the outside, trapping bacteria and resulting in infection. Comfrey and calendula together makes a wonderful soothing salve for all skin irritation. Comfrey will also proliferate itself abundantly so plant in an area where it can be easily contained.

St John's wort (*Hypericum perforatum*)

What is commonly found growing wild in neighboring states, St John's wort is nearly impossible to find growing locally. I'm told that it was virtually eradicated in Minnesota by the livestock industry due to the fact that it causes photo-sensitivity in cattle. Those who know the benefits of St. John's wort value the flowering tops at the peak of their bloom in mid June. Although St. John's wort has shown some promise in treating mild to moderate depression (mostly due to seasonal affective disorder) it is an incredibly effective remedy for nerve damage and inflam-

mation. Used both internally as a tincture and externally as an oil or salve, St John's wort is a specific for tingling, numbing nerve pain from nerve injury. Because it is also anti-viral, St John's wort can be beneficial in cases of shingles.

Lemon balm (*Melissa officinalis*)

This herb is used primarily for its effect on the nervous system. It is calming for infants of all ages. Lemon balm combines well with St. John's wort for anxiety that accompanies depression. It is also helpful for cardiovascular indications caused by stress, due to its action as a nervine. Lemon balm can be used fresh or dried and made into tea or tinctured.

Blue vervain (*Verbena hastata*)

For people with hard driving personalities, sometimes to a fault—their expectations of themselves and of others are often unattainable—this herb can be of benefit. Their intentions are genuine but they will point out the one flaw in an otherwise flawless situation. Blue vervain is a nervine for people who have nervous worry, depression, and anxiety. In women, this may be accompanied by dark brooding PMS symptoms with tension headaches and food cravings. Tension held in the nape of the neck is an indicator for blue vervain.



Lemon Balm

Butterfly weed/pleurisy root (*Asclepias tuberosa*)

This bright orange flower blooms towards the end of summer just when the monarch butterflies are emerging from their cocoons, hence the name butterfly weed. The tinctured roots of this plant are best known for assisting during respiratory illness and fever.

Local Food Feeds the Local Economy

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by Tyler Theissen, Produce Manager

It is high season in the world of produce. The long awaited warmth and rains have pushed seeds and shoots high out of the rich organic earth. Summer specialties, both locally grown and from afar, fill our days with good food and great relationships. Maybe you've tasted some local berries, early season tomatoes, or fresh sweet corn.

You may have noticed our team working with one of our ever-expanding group of local growers. Amidst the sometimes chaotic activity, we find a perfect opportunity to reflect on what it all means: What we have accomplished, our effect on others, and our goals for the future.

In 2012 our involvement in the local produce scene generated over \$50,000 in local, organically grown sales, with approximately \$32,000 in producer-direct purchasing. This was a landmark set of numbers for our produce department, as well as our producers. With your help we more than doubled our list of local suppliers and grew our local purchasing by 210%.

Studies show the implications of buying local: The average chain or franchise-owned business recirculates 13.7% of their revenue

into the local economy. Contrast that with the average locally owned business, which contributes 48% in its own community. When you look at buying locally, independently, organically grown foods from a local, independent business, the impact becomes significant. We have made it our goal to create a market for sustainable food, in terms of economic and environmental impact. Studies do not yet exist as to this sort of "idealized" food economy; we as a society are responsible for growing and nurturing it for the uncertain future ahead.

'When you look at buying locally, independently, organically grown foods from a local, independent business, the impact becomes significant.'

The effects of local spending encompass every aspect of our economic system. Your purchases at the Good Earth Food Coop on local produce largely stay within our community, in providing wages for our employees and fair pay for our suppliers. For every dollar spent on local produce, \$0.60 goes di-

rectly to the grower, \$0.12 pays our wages, \$0.06 is lost in quality control, and the remaining \$0.22 is contributed to operating our retail store. There are no mysteries in our local supply-chain. We buy and sell fresh, organic and sustainably grown foods, at prices that mean a good deal for everybody.

In the produce department, we aim for constant innovation and growth. We have formed relationships and strategies with our growers with the goal of year-round (or nearly-so) producer-direct purchasing. We are working with increasingly diverse suppliers, providing guidance and support for further growth and success. These are steps toward a truly sustainable agricultural system in central Minnesota. We hope that our customers see the benefit of supporting their community in these ways.

Being a small, independent business is not without challenges, and it is with help and hard work, integrity and honesty, and a good deal of luck that we are able to do the things we do.

As always, we thank you, our members, for your support. Working together, we can make this the best year yet!

Julian Bakery Breads

By Amanda Hegreberg, Grocery Manager

Here at the Good Earth, we get many requests for new products. One of the latest items brought in by popular demand is the Paleo Bread from Julian Bakery in California, inspired by the paleolithic diet. The Paleo bread was designed to fulfill the craving for bread while living a Paleo lifestyle free from processed foods and grains. The bread is gluten-free, grain-free, yeast-free, dairy-free, soy-free, low-calorie, high-protein, high-fiber, low-carbs, and starch-free.

You will find the coconut Paleo Bread in our freezer section. You may also notice the other Julian Bakery items; Zero Carb and Smart Carb bread. This bread is available for special orders, and there are other varieties (listed on the website www.julianbakery.com) as well as cookies that we are able to special order. I hope you enjoy the new breads!

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What's Up, Will?

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by Will Laakkonen, Cold Foods Manager/Media Manager



Will Laakkonen

Let me start this out by saying, I love camping. I know Minnesotans in general seem to love camping, but I really love camping. There's just something invigorating and a little bit magical about busting out of the house after a long winter and getting back into nature, without having to wear five layers of clothing to sustain life.

The smell of wood smoke and pine needles, the sight of lush green grasses, majestic bodies of water and our breathtaking MN landscapes. The hum of wildlife all around; birds chirping, twigs crunching under foot. The feel of rich soil on toes and sunshine on skin, all of these are reasons I adore camping. The taste of camping though, is a unique experience. I've had some pretty unexciting camping foods in the past. Luckily I've moved past this regrettably bland period in my life. I also love making lists. When I'm prepping for a camping adventure, food items easily consume about 60% of the list. And I've found that I can get everything I need right here at the Good Earth. The best part being that there's no need to spend a fortune to eat well in the woods. So what are some of the awesome items we keep in stock all year that are perfect culinary camping companions? I'm glad you asked!

The first department I usually go check out is the bulk foods department. Dried fruits always have a place in my camping pack. My personal favorites are the dried mangos and peaches. I also quite enjoy the Mixed Berry Chunks of Energy. There are 5 different flavors, all chock-full

of nuts, seeds, and protein. They fit nicely into a pack, so they're optimal to take with on a hiking or kayaking trip to keep your energy levels up. Our bulk granola and trail mixes are a great option, too.

The coffee department always lures me in too—I absolutely need to have a giant bag of coarsely ground coffee for the French press. Who doesn't love crawling out of the tent in the morning and starting a little fire? It's a simple, yet wonderful thing to sit around a campfire and greet the sun while planning the day with a strong cup of organic, fair-trade coffee clutched in hand. There are a ton of other great things from the bulk department that are pretty solid camping choices. Just take a look around.

If cooking over an open flame is what you're after, our meat department has some great options too. Check out Ferndale's Turkey Rachael sausages, stuffed with sauerkraut and a little Swiss cheese. These are awesome. Simply awesome. There's also La Pacos Alpaca jerky and sticks—great to keep in the cooler for a quick snack.

For the vegetarians, there's a great selection of "faux meats." I prefer the Field Roast products, specifically the Apple Sage Sausage. They taste pretty darn great, cook well on a stick, and the packaging allows for clean and easy storage. I should also mention the Primal Strips, a vegan jerky. This stuff has 10 grams of protein per 1 oz. serving!

The produce department usually fulfills a great portion of my list as well. Avocados are crucial. Must have avocados. I don't usually want to drag around a massive cooler, so the produce items that I get are fairly thought out. Eating fruits and veggies with high water content can help satisfy nutrient recommendations and keep you hydrated. If you don't drink the recommended amount of water in a day, fruits and veggies can provide you with supplemental fluid, keeping you nourished and healthy, making for an overall better camping experience. Being dehydrated, especially during strenuous activities in direct sunlight can take its toll, leaving you with fatigue, a headache, and extreme grouchiness.

According to the University of Kentucky the

following fresh fruits have a water content of 85 percent or higher: apricot, blueberry, orange, peach, pineapple, plum, and raspberry. Melons such as cantaloupe and watermelon have some of the highest water content, at more than 90 percent. Melons are good choices for snacking because they contain less sugar than many other fresh fruits and can be prepped in advance for your trip. For veggies: celery, cucumber, lettuce, tomato, and zucchini are good choices. Other nutrient-rich vegetables with high water content include broccoli, green cabbage, cauliflower, eggplant and spinach. Yeah, spinach!

The grocery department has powdered peanut butter! What?! I know, I know. It sounds crazy—but this stuff is great and travels well. Grab a few containers of coconut water too! We have six different brands to choose from. Coconut water contains naturally occurring electrolytes and one 11-oz serving has more potassium than a banana. Our kind and thoughtful grocery buyer also suggests I remind everyone about Clif Bars & Sturdiwheat pancake mix too. Just add water & ZING – you've got pancakes. Easy as, well... pancakes.

There's a ton of stuff to find here at the Good Earth for your outdoor adventures, and the list doesn't end with food-stuff. There are a bunch of things you may find you'll want from our supplement and body-care sections as well. Here's a quick break-down of some of those:

- Acure Dry Shampoo
- Eco-Dent powdered toothpaste (I love this stuff)
- Trace Minerals Electrolyte drops
- Trace Minerals Electrolyte packs with vitamin C
- Badger Balm brand sunblock
- Geranium & Citronella Oil (keeps bugs at bay)
- Bite Blocker Brand Bug Spray
- Purple Prairie Sun Stuff (for people and pets)
- Hyland's Homeopathic Poison Ivy/Oak Remedy (but I hope you won't need it!)

Be safe this summer, have fun, and keep the Good Earth in mind when you're planning your next trip!

Quirky, Exciting Jams By Jim & Hazy

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by Natalie Miller Rotunda

Continued from page 1

seven jams they offer, Jimmy and Mark communicate the heat grade right on the label in a couple ways: the thermometer and the number with corresponding name, as in:

- 1 Mild Tingle—molten lava is not your thing
- 3 White Thunder
- 4 Lemon Drop (much loved, according to Jimmy.)
- 5 Hot Bite
- 7 White Lightning
- 10 Flaming
- 13 Scorched—molten lava is your thing!

Scorched? Got that right! It uses ghost peppers. On the Scoville scale, ghost peppers come in at an astounding 1,001,304 Scoville heat units. “Hotheads love it hot!” Jimmy says. He’s heard that some people start acclimating from mild to hot.

Some like it mild, some like it hot—some like it even hotter Wilbur Scoville devised his useful scale a century ago for pepper lovers. Did you know that...

- Pimentos (they are a pepper!) have 100 to 500 Scovilles?
- Anaheims hold 500 to 2,500 units?
- Jalapenos deliver 2,500 to 8,000?
- Chipotles warm you with 5,000 to 10,000?
- Habaneros start at 100,000 Scovilles and top out around 350,000?
- And ghost peppers—you already know they break the sound barrier at a million-plus.

Try it this way. No, try it this way...

How to use Jim & Hazy’s Tropical Habanero Jams? “Our van says toast will be the last thing you put it on,” Jimmy says. “People do it, though! We put it on everything but cereal. But my grandma just put some on oatmeal, so we can’t say that anymore.”

Jimmy says, “We’re asking people to buy a jam and use it in new ways.” Hence, there’s just

one rule jam customers live by: Think fun when you buy a jar! Just about anything goes.

And their Facebook fans do just that! In fact, “We give people a free jar if they take a photo of the jar with how they used the jam and put it on Facebook.” You can join in the fun at Facebook.com/TropicalHabaneroJam

A few of Jimmy’s serving suggestions

- Spoon it on vanilla ice cream. “People think I’m crazy when I say put it on vanilla ice cream, and then they try it,” Jimmy says.
- Unbelievable on fish. “Some people won’t eat walleye without it,” says Jimmy.
- “Think outside the box,” Jimmy challenges. “You don’t have to put catsup and mustard on every hamburger. Put our jams on it. Rethink jam.”

By now, you may wonder which jam customers like best. Jimmy knows. “Our most popular is split between the #5 Hot Bite and the #3 White Thunder, which is the milder version of #7, White Lightning. I came up with the White Thunder recipe in my head, and we’ve never changed it.”

What’s the rest of the story on Jim & Hazy’s Tropical Habanero Jams? Stay

tuned. These guys aren’t done thinking outside that giant box. Such as? “Some seasonal stuff indigenous to Minnesota, raspberries and chokecherries. We would love to go nuts with more products,” Jimmy says, “but one step at a time. We’re in the first year of our brand.” And the brand has caught on! Those who know and love the jams really love the jams. “We have friends who use so much of the jams that we put them in big jars for them. And we sell 32 oz. jars to D B Searles and Nick’s Third Floor.”

The bottom line? Jimmy and Mark want to be unique, and offer new, awesome flavors you can’t find anywhere else. Excitingly quirky.

Board Member Elections

Members of the Co-op are invited to run for a board seat. Applications and nominations are due by **Friday, July 19.**

Join us for brunch every Sat. and Sun. in the deli!

We’re serving eggs, sausage or bacon, and warm cinnamon rolls, as well as potatoes, rice, beans, and more from 10:00 am until 2:00 pm. All brunch items are just \$7.99 per pound. The cinnamon rolls are so good, and go perfectly with a hot cup of fair-trade coffee!

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Preserving Summer in a Jar

by Kate Lechner, Meat Buyer

9



There used to be one reason to can: necessity. Now in our fast-paced lives, industrial food giants, reliance on convenience foods, and microwave ovens have unfortunately become the norm. For people of a self-reliant inclination, raising and preserving is a thrifty and crafty way to eat wholesome chemical-free food. There are a great many people who want to take back food and food making skills from the industry. With the recent rise in popularity, canning fits neatly into the modern renaissance of urban gardeners, organic, local food, and sustainable, heirloom agri-

culture. Even with the incredible surge of interest lately, preserving food cannot be considered new or trendy no matter how vigorously it's rubbed with organic herbs. For the rural farmer or the urban gardener, preserving food offers primal satisfaction with practical results.

Being raised by a loving family of gardeners, hunters, and farmers I developed a deep reverence for Earth and all its bounty. Growing up I watched the amazing women in my life plant, harvest, and preserve precious resources. My step-

mother intensely preserves whatever the gardens and orchards produce, then spends countless hours inventorying and organizing the jars, finally gifting them out like precious jewels on special occasions to friends and family.

Now as an adult, I also can a small variety of jams and jellies, trying new things each year. Canning makes me feel like my step-mother and grandmothers (and their wisdom) are near, keeping in mind the deep connection and respect for the process. Looking in our pantry brings me back to the gardens we've so carefully tended or the majestic forests we explored where we picked all those berries. The jars on my shelves represent a lot of things, but most of all an appreciation of time and making the best of it. Grandma always said "life is too short for old pickles." Canning can be like preserving summer in a jar to savor all year long. Preserving food for the long Minnesota winter ahead also makes me feel connected to the seasons, to my ancestors, and to the universe as a whole.

The same philosophies that bring us to canning also bring us to garden and to support local farmers. Preserving food is an extension of our values, the same values that bring us to shop at the Co-op. At the Good Earth you can find a variety of items to fulfill your canning needs, from pectin, jars, spices—including spice mixes just for canning, recipe books, and labels to bulk discounts on produce to fill your jars. I recommend picking up a good, fairly recent canning book for a variety of recipes and food safety tips.

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Member Spotlight: Brooke Walsh

by Natalie Miller Rotunda

but people don't think much about the workers' aspect. 10



Brooke, I know you live in Princeton with your husband and two sons. That's a lot to keep you busy right there, but you're also a photographer. What led you to become a photographer and to your birth and baby niche?

I used to be a journalist and got into photography through that. My first son was born in 2008, and that brought me to into birth photography. I really like photographing babies because I believe in peaceful parenting, and that children are born quite aware and experience emotions we experience as adults. By photographing it, I can show the wonder of it for parents and families. You just want to hold onto those moments. In this area, birth photography is not unusual, but it's really big in Texas, especially with those moms who do home births. I'm a founding member of Minnesota Birth Photography. I also do videos, as well, and that is my favorite thing.

Are you from St. Cloud?

I'm from San Diego. My husband is from the southeastern part of Minnesota. Right after we got married, he ran for county attorney there. Then we moved to the Twin Cities, and then up to Princeton after our first son was born. We like being close to Duluth. It kind of reminds me of home.

Have you always been an organic food supporter, growing up?

My mom was into alternative medicine, so I was definitely exposed to that, so we shopped at co-ops when I was young. I actually went to cooking camp through the YMCA and had that learning of where food comes from. I got more into organic food in college. Actually, to me, it is a human rights issue because the people working in the fields are exposed to the chemicals. The health aspect is important to me, of course,

What brought you to GEFC, and when?

I look for a co-op wherever I go, and I was very excited about this co-op, which has a lot of community elements with people who want to help, and that's so nice. It's so much more than food! We probably started coming to GEFC in 2008, but we haven't been members that long.

Do you grow some of your own food?

I must confess I'm terrible at growing my own food which is why I love the Co-op! My mother-in-law has a huge garden and grows food for all of us. We go down to help plant food and pick food. I do have a large dandelion farm here, though, in case anyone wants some.

What do you like best about GEFC?

I appreciate that the Co-op takes the time to curate their food and that what you're getting is good and flavorful and healthy. I like having access to quality food and the community elements. It was a matter of finding other types of people like me, other moms.

What are some of your favorite foods?

The first thing that comes to mind is not the healthiest option, but I really, really like the fig cookies and so do my kids and my mom. I really enjoy the local apples in the fall, ones from Minnesota are so much better. They are local and they are fresh and you can taste the summer that just happened. I love kale, everything about it. And snap peas. We are allergic to nightshades so that limits what we eat. So, how am I eating – to stay alive or to nourish my body? Don't I want food that was nourished?

What do you like to do when you're not working?

We have two boys who like adventure. They like to hike and camp and build things. This summer, we'll do a lot of biking. We like to be outside enjoying the world.

You're about to meet Brooke Walsh, wife, photographer, and mom to two small boys. She and her young family experience life in as many ways as they can fit into a 24-hour day. She also takes an active role in Holistic Moms Network and she's a big supporter of La Leche League—all while following her passion for maternity, birth, and newborn photography. Stop by www.peace-love-babies.com to see some of her work. If you see her eyeing the kale, stop and chat.

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Cookouts are going on now
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and bringing new ideas and
energy to events at the
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For more information
contact Gwen Feddema gwen-feddema@gmail.com

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September 14th at St. Augustine's
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cally Grown Grub. Social hour
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