



THE BRIDGE

BUILDING CONNECTIONS BETWEEN
SPIRAL NATURAL FOODS CO-OP AND MEMBERS SINCE 1979

Connect with us

On Facebook:
SpiralNaturalFoods 

On Twitter:
@SpiralCoop 

JUNE/JULY 2017

BI-MONTHLY NEWSLETTER

IN THIS ISSUE

PAGE 1	A MOMENT WITH MATT NEWS FROM THE GM
PAGE 2	BULK BUYING 101- HOW TO SHOP FOR BULK FOODS ON A BUDGET: QUINOA RECIPE- MUSHROOM QUINOA VEGGIE BURGERS

PAGE 3	BOARD UPDATE UPCOMING EVENTS WELCOME NEW SPIRAL OWNERS
PAGE 4	RECIPE- RHUBABARITA RECIPE- SWEET POTATO BRUSSELS SPROUT HASH RECIPE- COWBOY CAVIAR



A MOMENT WITH MATT NEWS FROM THE GM

Hello Spiral Shoppers,

I'm here to ask you an important question: Do you own a business? If you answered no but are an owner of Spiral Natural Foods, you do, in fact own part of this business. Here at the Co-op, our members will now be called "owners" because that's what you actually are. Anyone today may be a member of numerous stores and shops. Some memberships get you a nickel off a donut, and others make you pay again and again or you can't shop in the store.

Owners vote for the board of directors, have the option to run for the board, and get the sale price on owner specials at participating co-ops throughout the surrounding area (e.g., Mississippi Market, Valley Natural Foods and River Market).

Plus, as Spiral Natural Foods continues to grow, we will be able to implement patronage refund program that will allow you to receive a refund of a portion of the money you spend at the store. So the more you shop at the co-op, the more your investment pays for itself!

I'm an owner at another co-op, so can I join at Spiral Natural Foods?

If you're an owner at another co-op in the area, chances are good that we have reciprocity with that co-op. Let us know where else you are a member, and we'll let you know if you are able to take advantage of owner-specific sale items in our store. Or you can always transfer your owner share from another co-op to join Spiral Natural Foods. It's also great to show your appreciation for individual co-ops by owning shares in more than one.

Why does it matter whether I'm an owner of the Co-op?

If you aren't an owner already, we're asking you to become one by making a one-time investment to support our local, community-owned business. We're also asking you to shop here to support your investment and the investments of other owners like you; people who care about the community, believe in supporting local farmers and producers, and appreciate having knowledgeable staff to assist them with a friendly smile and a helping hand.

Okay, so how do I become an owner of the Co-op?

You become an owner by filling out the owner's application and paying the \$100 one-time fee. Your purchase buys shares of the business which pays for operating expenses and builds equity in Spiral Natural Foods.

What do I get as an owner?

Owners receive special pricing on a variety of items throughout the store (look for "owner special" sale tags), 5% off one purchase each month, 10% off case orders, discounts on classes and events the Co-op might hold, and owner only sale notifications via email. Owners also get one share that allows them to vote. Together all owners have a vote in how business at the Co-op is actually run.

The staff and board here at Spiral Natural Foods greatly appreciate your continued support. Part of why we continue to ask shoppers to become owners is to better meet all our customers' needs. Many customers request more deli and produce options, but our current space limits our ability to carry more fresh produce or deli items unless we purchase larger refrigerator cases and change the floor plan. Most business consultants identify that a business is ready and able to grow by its ability to attract new owners, so we are asking existing and potential owners to support the business and build it along with us.

Please let me know of any concerns or questions you have as we transition to the new title of co-op "owner", and thank you for your continued support of Spiral Natural Foods!

In cooperation,
Matt Malecha
General Manager
gm@spiralnaturalfoods.coop

Bulk Buying 101- How to Shop for Bulk Foods on a Budget: Quinoa

Fawn Carlson, Marketing Coordinator

Buying in bulk can be intimidating if you've never done it before, but the staff here at Spiral Natural Foods feels it is one of the cornerstones of the co-op shopping experience. This is a continuation of an ongoing series highlighting our bulk items, how to buy them, and how to use them.

Quinoa is a seed and then some. This easy-to-prepare food contains protein, iron, and fiber, making it more nutritious than pasta or rice. It is a complete protein, too, so it's a great option for vegetarians. Spiral Natural Foods carries both white and red varieties. The white tends to cook up fluffier, while the red is a bit crunchier, but they taste very similar. White quinoa is typically cheaper (\$3.79 in our bulk aisle), and since it's texture is similar to rice, it's a little more versatile.

Quinoa can be the base for hot and cold salads, casseroles, and soups. It is a popular addition to vegetarian dishes because of its relatively high protein content. It can be a simple side dish, or even be added to baked goods or cereals.

One pound of quinoa is approximately two cups dry, which makes about six cups when cooked. At just one half cup per serving size, one pound of this "superfood" yields twelve servings, or six really filling servings -that's lunch and dinner for the whole family!

To prepare quinoa, rinse it just like you rinse rice. Quinoa has a natural coating (saponin) that tastes bitter or soapy unless the grain is rinsed. Cooking quinoa is also similar to cooking rice. Add stock, broth, or water to cook in a 2:1 ratio, two cups of liquid per cup of grain, in a saucepan over medium heat. Bring to a boil, then reduce the heat and cover the saucepan. Simmer on low for about 15 to 20 minutes, until most of the liquid has been absorbed and the white curly "sprout" (the germ of the seed) is visible. Allow the quinoa to stand for five minutes. Add to a recipe or fluff with a fork and enjoy!



Mushroom Quinoa Veggie Burger

Fawn Carlson, Marketing Coordinator

Ingredients for 4 burgers:

- 1 small sweet potato, cooked and mashed
- 5 tablespoons olive oil
- Kosher salt
- Freshly ground pepper
- 1 portobello mushroom
- 1/2 small zucchini
- 1 small shallot, finely chopped
- 1/4 teaspoon crushed red pepper flakes
- 1 cup cooked quinoa (about 1/2 cup uncooked)
- 3/4 cup dried breadcrumbs
- 1 1/2 teaspoons fresh lemon juice
- 4 buns, split, toasted
- Guacamole, tomato chutney, and sprouts (for serving; optional)

Instructions:

Remove stem from mushroom; discard. Pulse cap in a food processor until finely chopped. Coarsely grate zucchini on the large holes of a box grater; gather up in a kitchen towel and squeeze out excess liquid.

Heat one tablespoon of the oil in a medium skillet over low heat. Cook shallot and red pepper flakes, stirring often, until shallot is soft, about 2 minutes. Add mushroom and zucchini and cook, stirring occasionally, until vegetables begin to release their liquid but have not taken on any color, about 2 minutes. Transfer to a large bowl; mix in quinoa and season with salt and pepper. Let cool.

Add breadcrumbs, lemon juice, and about 1/4 cup reserved mashed sweet potato to quinoa mixture and mix well. Taste and adjust seasonings by adding salt and pepper if needed. If mixture is too loose, add more sweet potato to bind.

Divide mixture into 4 portions and form into patties, pressing them firmly together with your hands. Heat 2 tablespoons of the oil in a medium skillet over medium heat and cook first 2 patties until golden brown, about 2 minutes per side; season with salt and pepper. Repeat with remaining oil and patties.

Build burgers with patties, toasted buns, guacamole, tomato chutney, and sprouts.

Call for recipes: If you have a recipe you would like to share with Spiral Natural Foods' owners in the next newsletter, please contact us at marketing@spiralnaturalfoods.coop

Board Update

Lynn Gannon, Board Secretary

Spiral Board Needs You!

Do you believe Spiral Natural Foods is a vital asset to Hastings? Do you want to be an integral part of Spiral’s leadership, helping to provide oversight and stewardship for our co-op? Are you willing to commit to attending monthly board meetings, providing your thoughts, lending your time and skills to support on-going board initiatives, serving as a representative to other owners and attracting new co-op owners from the Hastings community? If you answered yes to these questions, Spiral’s board of directors needs you!

Here’s how to serve as a Spiral Board Member:

Send an email to board@spiralnaturalfoods.coop to let us know of your interest, or just find out more about the time commitment involved.

Ask a Spiral staff member to give you a board application. Applications and notices of your intent to submit your name for election to the board of directors must be received by the board no later than August 15, 2017. Elections will be held at the annual meeting on October 10, 2017.

Read board meeting minutes to find out what goes on at the monthly board meetings. Meeting minutes are posted in the store and available online by clicking on the “Board of Directors” link on the right side of the home screen at www.spiralnaturalfoods.coop.

The success of our co-op depends on the time invested by engaged, active leaders like you. Please volunteer to join us on this rewarding and meaningful endeavor!

Updates and Revisions to Spiral Articles of Incorporation and Bylaws

Over the last two months, the board of directors has been working to revise and update our articles of incorporation and bylaws to bring them into compliance with current Minnesota law and ensure that they meet the Co-op’s needs for future growth and sustainability. Two informational meetings are scheduled for all Spiral owners (members) to meet with board members and discuss details of the proposed revisions:

July 11, 2017 at 6:00 pm – Health Solutions Center, 117 3rd Street W., Hastings

August 8, 2017 at 6:00 pm – Health Solutions Center, 117 3rd Street W., Hastings

Feedback from Spiral owners will be considered and may be incorporated into the final proposed changes, which will be submitted for a vote of acceptance by Spiral owners (members) at the October 10, 2017 annual meeting.

BOARD MEMBERS

SUE TAYLOR– PRESIDENT

ALEX MOHRBACHER– VICE PRESIDENT

ED SCHIEFELBEIN– PAST PRESIDENT

STACEY CLARK– POLICY MONITORING COORDINATOR

LYNN GANNON– SECRETARY

CAROL MORGAN– TREASURER

BETTY SCHIEFELBEIN– ADMINISTRATIVE ASSISTANT

Upcoming Events

6/10/17- Demo Day

Time: 11 am-1 pm

Sample treats, meet vendors, chat with board members

7/8/17- Demo Day

Time: 11 am-1 pm

Sample treats, meet vendors, chat with board members

7/11/17- Informational Meeting

Location: Health Solutions Center

Time: 6-8 pm

Informational session regarding changes to articles and bylaws

7/23/17- Rivertown Days Parade

Spiral Natural Foods will be marching in the parade. Come march with us! Contact us at marketing@spiralnaturalfoods.coop for details.

8/8/17- Informational Meeting

Location: Health Solutions Center

Time: 6-8 pm

Informational session regarding changes to articles and bylaws

10/10/17- Annual Owner Meeting Location: Health Solutions Center

Time: 6-8 pm

Meet the board, vote for new board members, pot luck style dinner, more details TBA

Owner Group on Facebook

Search “Spiral Member Forum” on Facebook. All member/owners in good standing are welcome to join!

June Meat Sale

During the entire month of June, stop in for amazing deals on selected meats. Fire up your grills!

Welcome New Spiral Owners!

Joe Balsanek

Philip & Analisa Kramer

Lori Arndt

Emily Estenson

Teresa Gardell

Darla Houliston

Sarah & Aaron McPherson

Maureen & David Peterson

Rochelle & Vijay Sitaram

Fawn Carlson

Heather Most

Carrie & Mike Williams

Jean Koecher

Jean & Fred Lauder

Jeanne Larson

Rachael & Joe Tix

Tim & Debra Figge

Dennis Borowick

Rhubarbarita

Lynn Gannon, Board Secretary
adapted from www.SplendidTable.org

Ingredients:

Fresh organic rhubarb, cut into rough chunks
Sugar
Lime juice
Tequila

Instructions:

To make the drink syrup:

Place rhubarb chunks in a saucepan and cover with water, keeping track of how much water you put in the saucepan. Add in about half as much sugar as water, so you have 2 parts water to 1 part sugar. Bring the mixture to a boil, then turn the heat down to a simmer, cooking the mixture until the rhubarb falls apart into threads. Cool for a few minutes, then pour the mixture through a fine strainer or a cheese cloth into a bowl. Mash or squeeze the pulp until all liquid has been removed. Discard solids. Store the syrup in the fridge until happy hour.

To make a Rhubarbarita:

Put crushed ice in a tumbler. Add in 2 parts syrup to 1 part fresh lime juice and as much tequila as you want. Taste and adjust sweetness. Tastes great as a non-alcoholic drink by using sparkling water for all/part of the lime juice and skipping the tequila.

Sweet Potato and Brussels Sprout Hash

Sue Taylor, Board President

Ingredients:

1/2 pound bacon, chopped
1 sweet potato, chopped
1 onion sliced or chopped
1/2 pound brussels sprouts, quartered
Salt and pepper, to taste

Instructions:

Cook bacon until done, then remove bacon and all but 2-3 tablespoons of grease from the pan. Add onion, sweet potato and brussels sprouts to the grease in the pan. Stir to coat evenly. Cook for 20 minutes, stirring occasionally. When vegetables are tender, add bacon back to the pan and cook 5 minutes more. Add salt and pepper to taste.
Optional: serve with eggs.

Cowboy Caviar

Summer Lidtke, Grocery Coordinator

This is a popular request for picnics and parties from my friends and family for picnics and parties. Simple to prepare and so colorful! It is excellent served with tortilla chips (We recommend Whole Grain Milling) or on top of a green salad.

Ingredients:

1 16 oz. can beans (black, garbanzo, pinto, kidney, or combo- I usually double the recipe and use two varieties)
2 medium jalapenos, very finely diced— remove seeds and ribs if desired
1 red pepper, finely diced
1 bunch scallions or ramps, finely diced
2 cloves garlic, finely diced
2 tablespoons apple cider vinegar (may substitute rice or other vinegar)
2 tablespoons olive oil (may substitute sunflower or other oil)
Salt and pepper, to taste

Instructions:

Gently mix all ingredients together and refrigerate. Best served after chilling for about 24 hours. Taste and adjust with more oil, vinegar, salt or pepper as desired. Have fun experimenting with substitutions or fresh vegetable additions based on the season. Enjoy!

