

LIVING NATURALLY

a community newsletter

SUMMER 2019





LIVING NATURALLY SUMMER 2019

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Keep up to date with what's
happening at the co-op
[@valleynaturalfoods](https://www.valleynaturalfoods.com)



Sign up for our e-newsletter at
our website,
valleynaturalfoods.com to
receive the latest deals and news
from Valley Natural Foods.

Store Hours

8 a.m.–9 p.m. Daily

Drive-Thru Hours

6 a.m.–8 p.m. Daily

CO-OP HAPPENINGS

CALL FOR BOARD CANDIDATES

Share your talents and serve our cooperative community as a member of Valley Natural Foods' Board of Directors. Applications are available on our website and due by July 19, 2019. More information can be found on page 4.



JUNE COMMUNITY DINNER

Join us on Thursday, June 13, for our quarterly Community Dinner at the co-op! We will be serving a \$3 burrito bowl from 5–7 p.m. Gluten-free and vegan options will also be available.

CO-OP FARM TOUR

On Saturday, July 13, from 10 a.m.–4 p.m. Explore your local farms as they open their doors for a day full of fun, learning and discovery, brought to you by your Twin Cities-area food co-ops, including Valley Natural Foods.



ANNUAL MEETING AND FESTIVAL

Join us on Saturday, Sept. 21, from 11–11:30 a.m. for our member-owner Annual Meeting, followed by our Celebrate Local Festival from 11:30 a.m.–3 p.m. We will have local food, music and more!

HOLIDAY HOURS

Independence Day: 8 a.m.–4 p.m.
Labor Day: 8 a.m.–9 p.m.



Letter from the CEO

Nick Seeberger

We are in the midst of celebrating the season of warmth and plenty at Valley Natural Foods. Our Produce department is beginning its crescendo towards shelves overflowing with the bounty of Minnesota and Wisconsin producers. In the Meat & Seafood department, the butchers are busy perfecting our sausage recipes for the summer BBQ. In Wellness, sunblock and mosquito repellent are always in stock, ready for the rush for products that happens whenever the forecast calls for a beautiful weekend. All over the store you will find staff working hard to ensure that our customers have the best food on their plates and in their bellies this summer.

One example of putting our best foot forward is La Riojana Olive Oil, available in our grocery aisles. La Riojana Olive Oil comes from a co-op of farmers in Argentina and is brought directly to our store through an arrangement with National Co-op Grocers and our peer co-op grocery stores across the United States. It's a great story about the impact we can have in the world when we make intentional decisions about how we spend our grocery dollars.

If you take pride in your co-op and the impact we collectively have in our community and the world, I encourage you to show that pride by purchasing a Valley Natural Foods branded canvas bag or mug. We focus our marketing efforts on building relationships in the community, whether it is through our



Community Dinners, sponsoring countless community and school events in the area, or our monthly Register Round-ups for local nonprofits. We count on word-of-mouth support from you—our member-owners and customers—to tell friends and neighbors why you shop the co-op. A branded bag or mug is practical and serves as a conversation starter, so show your co-op pride today!

For those of you who are ready to take your commitment to the co-op to the next level, I encourage you to consider running for the Valley Natural Foods Board of Directors. Our board sets the direction for co-op and ensures we are operating to the benefit of our owners. Board members also become involved in a larger network of passionate cooperators from across the country through trainings and events. If you are looking for a way to make a positive impact in our community, consider running for the board of directors.

I hope your summer is full of the activities you enjoy and that Valley Natural Foods nourishes you and your family all season long!

A handwritten signature in black ink that reads "Nick Seeberger". The signature is fluid and cursive.

Nick Seeberger
CEO, VNF



RUN FOR YOUR CO-OP BOARD

CALL FOR CANDIDATES

Share your talents and serve our cooperative community as a member of Valley Natural Foods' Board of Directors.

Applications are available on our website and due by July 19, 2019. For more information or to apply, visit: valleynaturalfoods.com/board-candidate-application/



UPCOMING BOARD MEETINGS

Monday, June 24, 6–8:30 p.m.
Monday, July 29, 6–8:30 p.m.

LETTER FROM THE BOARD

MARK MOSINIAK, BOARD VICE PRESIDENT



Have you ever considered serving on the board of directors at Valley Natural Foods? Now is the time to act, as we are currently looking for applicants. You'll want to act fast—applications are due July 19, 2019.

Why should you volunteer your time? Member-owners choose to volunteer for a variety of reasons. For some, it offers the chance to give something back to the community or make an impact in areas where their passions lie. For others, it provides an opportunity to develop new skills or build on

existing experiences. Some people choose to serve in hopes it will boost their career. Regardless of the motivation, working alongside people who feel as strongly as you do about supporting our co-op can create a positive impact on the day-to-day lives of others in our community. By investing your time and energy into serving on Valley Natural Foods' Board of Directors, you can make a difference in the health of our community and the strength of our co-op.

I started volunteering at Valley Natural Foods 10 years ago because I felt strongly that my unique skills could benefit the co-op by helping us grow our business and impacting our community in a positive manner. I'll be the first to admit that one reason I volunteer is because it feels good to know my efforts matter. I work alongside a team that is dedicated to exploring ideas to guide our co-op's plans for the future and ensuring sound management of our resources, as well as acting as trustees on behalf of member-owners.

Serving on the board provides the unique opportunity to bring people together from across our community to work toward a common goal. If you're interested in serving on the board, or simply want to learn more about the work the board does, please reach out to us at board@valleynaturalfoods.com. We also encourage anyone interested in serving on the board to attend an upcoming board meeting (see dates in left column) to see our board governance model in practice and determine if the experience is what they expect. If this opportunity is right for you, we hope you apply.

Mark Mosiniak
Board Vice President, VNF

COMMUNITY OUTREACH

Giving back through Register Round-Up

When you shop at Valley Natural Foods, you will hear an invitation at the end of your transaction: “Would you like to round up?” Customers are invited to round up their purchase as part of our Register Round-up program. That spare change then goes to local community organizations. As a cooperative, we give back to our community as part of the co-op principle: Concern for the Community. So, when you round up, you are sharing your change with local community projects that improve the health and food security of others.



JUNE

DISTRICT 196 FOUNDATION

The District 196 Foundation raises funds and develops partnerships in support of district-wide academic priorities. Round-up funds will support their mission of ensuring that students have consistent access to food throughout the school year. District 196 Foundation partners with Sheridan Story to provide children in need with food over the weekend so that they come to school on Monday ready to learn.

www.district196foundation.org



JULY

360 COMMUNITIES

360 Communities is a food shelf and resource center serving Dakota County. They provide hope and support to people by engaging communities to prevent violence, ensure school success and promote long-term self-sufficiency. They also have two domestic violence shelters and are a “Super Shelf” model food shelf, which offers fresh produce and healthy foods. The funds raised through the Register Round-Up will help provide healthy food for those in need.

www.360communities.org/



AUGUST

MAIN STREET PROJECT

For more than a decade, Main Street Project has been working to create pathways out of poverty for the growing numbers of rural Latino immigrants relegated to working in low-wage farm jobs with no benefits. Their Agripreneur training program provides education and training opportunities to empower dozens of Latino immigrant farmers in Minnesota to become owners of their own flocks, earn revenue and obtain access to safe, healthy food. Register Round-Up funds will be used to cover the expenses associated with raising chickens to help trainees get started—ordering chicks, buying feed and bedding, along with processing and storage costs.

www.mainstreetproject.org

LA RIOJANA

DEMONSTRATES THE POWER OF COOPERATION AND FAIR TRADE

BY TOM VOGEL, MARKETING MANAGER

Images provided by La Riojana

Situated in the village of Tilimuqui, one of Argentina's premier wine regions, sits a school that offers free education specializing in agriculture to children ages 13–18. Not far from the school is a water facility that provides clean drinking water for the residents of Tilimuqui. Both projects are the result of La Riojana Cooperative and their involvement with the fair-trade movement.

Located in La Rioja province in northwest Argentina, La Riojana Cooperative was first established in 1940 by Italian immigrants. In addition to wine, La Riojana also produces its own range of fair trade and fair-trade organic extra-virgin olive oil. These come from selected olives grown in the Antinaco Valleys–Los Colorados, one of the most important olive-producing regions in South America. In addition to being fair-trade certified, all the olive oil produced by La Riojana is extra-virgin olive oil that is entirely first cold pressed, which preserves the nutrients.



Since its founding, generations of families have been members of the cooperative. La Riojana currently has more than 500 members, more than 80 percent of whom are small-scale producers, living in different regions of La Rioja and Mendoza provinces. Most of their producers have fewer than three hectares each.

FAIR TRADE: A MEANS OF LOOKING FORWARD

La Riojana received fair-trade certification for their olive oil in 2015, making them the first fair-trade-certified olive oil producer in Argentina, and the first in Latin America. They were also the first winery in Argentina to receive fair trade certification.

Fair trade is an arrangement designed to help producers in developing countries achieve better trading conditions. Members of the fair-trade movement advocate the payment of higher prices to exporters, as well as improved social and environmental standards. The Fairtrade Premium is a sum of money paid on top of the agreed fair-trade price for investment in social, environmental or economic development projects. All projects are approved democratically by the cooperative's members and employees.



Walter Carol, La Riojana's Export Director, sees fair trade as a means of looking forward. "It tells us that we are able to make a change," Carol said. "It tells us that we can achieve the impossible. Fair trade is the moral urge to work, to consider others and share the fruits of labor in a fairer way."

"FAIR TRADE IS THE MORAL URGE TO WORK, TO CONSIDER OTHERS AND SHARE THE FRUITS OF LABOR IN A FAIRER WAY."

La Rioja province is agriculturally rich, but there are many remote, rural communities within the province with basic needs, such as access to regular clean drinking water, better education, and healthcare. La Rioja has invested their Fairtrade Premium in several projects, including the water facility and the school (which is one of the single largest fair-trade-funded projects in the world), as well as community improvements, healthcare, production advancements and training.

Their next major project is the construction of a new health center, which will provide access to better healthcare for the wider local community. To date, La Rioja has invested more than \$3 million of Fairtrade Premium in 36 different projects to benefit their members, their workers and their families, and local communities.

THE STORY BEHIND THE LABELS

The impacts have been profound. The school in Tilimuqui has provided a catalyst for local development. It has increased employment in the local area with the creation of more than 50 jobs, prompted the local government to donate land to the school for experimental and practical farming, and is responsible for the creation of future generations of skilled agriculturalists who can continue the work of their parents and introduce new economical, greener farming methods.

Prior to the construction of the water facility, 30 percent of the houses in Tilimuqui had no access to drinking water, and the schools frequently had to close due to lack of water. Now, thanks to a new well, reservoir and water tank, residents of Tilimuqui have clean drinking water. It has attracted new residents to Tilimuqui, and villagers who had moved away are now returning. Villagers are growing their own flowers and crops, and there are no more school closures due to the lack of water.

"The success of Fairtrade lies in the fact that a growing number of people are interested in the story behind the labels," said Carol. "A growing number of people understand that there are real people behind a product, who allow themselves to look forward when they vote the projects for their own forgotten communities."

"IN ONLY 10 YEARS, FAIR TRADE HAS HAD A POWERFUL IMPACT ON REAL PEOPLE, ON THEIR FATES, ON ENTIRE COMMUNITIES" La Rioja is a compelling example of the power of cooperatives and fair trade. By receiving a fair price on their products, La Rioja can not only pay their workers a living wage, but they are also able to reinvest in their local infrastructure and provide better living conditions in their community.

"In only 10 years, fair trade has had a powerful impact on real people, on their fates, on entire communities," Carol said. "It has been a lighthouse that has lighted a new path."



One taste and you'll agree - co-ops do it better

The family farmers of La Rioja cooperative, the first producer of Fair Trade organic olive oil in Latin America are proud to offer this fine product exclusively to co-op shoppers. Enjoy the spicy and sweet flavor of this blend of organic olives in your next meal.

Cooperating for a better world

Visit www.strongertogether.coop to learn more!

RIOJANA
Fair Trade Organic Olive Oil

SUMMER GRILL

BY TOM VOGEL, MARKETING MANAGER



MEET OUR MEAT & SEAFOOD MANAGER

We welcome Jacob Schloner, Valley Natural Food's new Meat & Seafood Manager. As a self-taught chef with more than 25 years of experience, Jacob has dedicated his career to focusing on fresh ingredients and clean flavors.

"As a member-owner of Valley Natural foods, I have admired the ethical standards we have stood for in the industry and in the community," Jacob said. "I saw an amazing potential as an employee to become a bigger part of bringing real food to the people in our community and do something I truly believe in."

Jacob said he is most excited to work with the local producers from whom VNF sources and develop new experiences for our customers and owners, noting that he is especially excited about the Meat & Seafood department's sapphire salmon.

Throughout his career, Jacob has developed a broad perspective on international and regional cuisine. He has worked with various local natural foods startups, as well as several co-op farmers and ranchers in Iowa and Minnesota. His personal goals of food sourcing and production have heavily influenced him professionally, as he strives to source products in which he believes to serve his customers and his family.

"With this opportunity, I look forward to offering the best local products, distinct flavors and responsible sustainment choices for everyone," Jacob said.

LIVING AT THE CO-OP

Our Meat & Seafood department offers a wide assortment of tasty options for the grill. We prioritize sourcing from small, local producers and/or sustainable farming and fishing practices. Our beef comes from grass-fed cows and our poultry is from free-range birds. Here are some great grilling suggestions from Jacob, our Meat & Seafood Manager.

CEDAR PLANKED SALMON*

Available in garlic and chive, honey sriracha, and tequila lime.

GOURMET BURGERS*

Brisket belly burger—Made from 80% beef brisket and 20% pork belly, seasoned with garlic and black pepper.

Bacon cheddar burger—An 85/15 ground beef mix with cooked bacon, diced onions and cheddar cheese.

Hickory smoke burger—An 85/15 ground beef mix with natural hickory flavor, diced onions and seasonings.



HOUSEMADE SAUSAGES*

Chicken, feta & spinach—a light sausage made with feta cheese, spinach, chicken, thyme and garlic.

Traditional bratwurst—a traditional Bavarian course sausage of pork and beef made with coriander, nutmeg, ginger and black pepper.

Wild rice bratwurst—Our traditional bratwurst with a healthy addition of wildrice.

Spanish merguez—This non-pork sausage is made from lamb and beef; it's moderately spicy and features fresh cilantro, paprika and fennel.

* Flavors may rotate throughout the summer.

MEET OUR LOCAL PRODUCERS



BLOOMING PRAIRIE BEEF | BLOOMING PRAIRIE, MINN.

Blooming Prairie Natural Beef is committed to providing consumers with high-quality, all-natural beef products. Their beef is free of growth hormones, antibiotics, and steroids. Their cattle are pasture raised and grain finished. They are also 100-percent-Minnesota born and raised from local family farms, most of which are within 20 miles of Blooming Prairie. Blooming Prairie's beef is processed at Geneva Meats in Geneva, Minn. They are locally owned and USDA federally inspected daily.



KADEJAN CHICKEN | GLENWOOD, MINN.

Kadejan was founded in 1989, when Pete Thorfinnson began raising chickens for local farmers and pheasants from a hunting preserve. He soon began working with Twin Cities chefs who appreciated his practice of allowing the birds to be free range. Since then, Kadejan has continued to grow, building a new processing facility in 2007 and converting their old plant into a hatchery for their growers. The hatchery is a family endeavor, with all hands pitching in to ensure the quality in handling and delivery of chickens to local growers. The hatchery has also enabled Kadejan to shorten the delivery distance for birds, reducing stress for the chicks and adding another touch to what makes their chicken unique.

PRODUCER SPOTLIGHT



DEL PACIFICO SEAFOODS | HERMOSA BEACH, CALIF.

Purchasing sustainable seafood is a way to replenish our oceans and manage our resources into the future. Del Pacifico Seafoods is a socially and environmentally responsible wholesaler that supplies Valley Natural Foods with the finest quality seafood. They strive to have the lowest impact to the environment in the industry. All seafood products are processed, frozen and shipped within a few hours from capture. Their fish meets rigorous international standards, and their shrimp is fair-trade certified. Del Pacifico also is committed to protecting our oceans by reducing the effect of destructive fishing practices. They work in close collaboration with artisan fishermen groups, and they donate to projects that support environmentally responsible fishing.

NEW ENGLAND-STYLE STEAMED MUSSELS



CHICKEN SOUVLAKI



NEW ENGLAND-STYLE STEAMED MUSSELS

Ingredients

2 lbs. fresh PEI mussels
4 Tbsp. butter
1 ½ tsp. garlic, minced
1 tsp. fresh rosemary, minced
1 pinch saffron
½ cup white wine or light beer
½ cup water
½ cup tomato, diced
½ tsp. kosher salt
¼ tsp. cracked black pepper
¼ cup fresh parsley, chopped

Instructions

Place mussels in a large bowl, cover with water and let soak 5 minutes. Agitate to clean, inspect mussels and remove beards. Change water and repeat.

In a large sauté pan, melt 2 Tbsp. butter at medium heat, add garlic, rosemary and saffron. Add mussels and turn heat to high. Add beer or wine, cook 3 minutes.

Add water, tomato, salt and pepper, stir, cover with lid, and steam 5 minutes. Remove lid and cook additional 2 minutes. Add remaining butter and melt completely.

Season to taste. Top with chopped parsley and serve with crusty French bread.

Serves 6 as an appetizer.

CHICKEN SOUVLAKI

Ingredients

1 lb. trimmed chicken breast, cut into 1 ½" pieces
¼ cup olive oil
2 Tbsp. water
1 Tbsp. lemon juice
1 Tbsp. red wine vinegar
2 tsp. oregano, dried
1 tsp. thyme, dried
1 tsp. kosher salt
1 tsp. cracked black pepper
1 Tbsp. garlic, minced
4 large skewers
Assorted vegetables of your choice, such as onions, bell peppers, summer squash, zucchini, cherry tomatoes or mushrooms, cut into 1 ½" pieces

Grilled skewered meat is a summertime staple in Mediterranean countries and in eastern European cultures. This version, featuring classic Greek flavors, such as oregano and lemon, highlights the tastes of summer with fresh vegetables.

Instructions

Mix all ingredients in bowl, cover and marinate for 4 hours, or overnight. Skewer all items, alternating ingredients. Pour remaining marinade over skewers. Heat grill to medium, cook skewers to desired doneness (minimum 160 degrees for chicken). Serve with traditional sides, such as hummus, pitas or Greek salad.

Serves 2–4.



SAVE THE DATE

SATURDAY, JULY 13
10 A.M.–4 P.M.



EAT LOCAL
**CO-OP
 FARM
 TOUR**

Explore your local farms as they open their doors for a day full of fun, learning and discovery, brought to you by your Twin Cities-area food co-ops, including Valley Natural Foods. This year, more than 25 urban and rural farms are offering exciting activities, such as tractor rides, farming demonstrations, blueberry-picking contests, farm animal feeding, and pick-your-own flower bouquets. It's a free, self-guided event, so there is no need to sign up.

PARTICIPATING FARMS

- Amador Hill Farm
- Ames Farm
- Big River Farms
- Blackbrook Farm
- Bull Brook Keep
- Ferndale Market
- Graise Farm LLC
- Hoch Orchard and Gardens
- Hope Creamery
- Little Big Sky Farm
- Mighty Axe Hops
- Mississippi Mushrooms LLC
- Riverbend Farm Pluck Flower Farm
- Shepherd's Way Farms
- Spark-Y: Youth Action Labs
- Star Prairie Trout Farm
- Superior Fresh
- Sweet 16 Farm
- TC Farm
- The Beez Kneez LLC
- Thousand Hills Lifetime Grazed
- Turnip Rock Farm and Cosmic Wheel Creamery
- Twin Organics
- Whistling Well Farm
- White Pine Berry Farm

For more information, visit www.coopfarmtour.com.



CLASSES AND EVENTS



JUNE

ADULT/KIDS CLASS: LOVE YOUR BODY—FOOD IS FUEL

WEDNESDAY, JUNE 12 | 6–8 p.m.

Instructor: Jackie Mart
\$5 Member-Owner | \$7 Non-Member-Owner
This class is suitable for children ages 6–12. Space is limited to six adult/kid teams. One registration equals one adult/kid “team.”



\$3 COMMUNITY DINNER

THURSDAY, JUNE 13 | 5–7 p.m.

Join us for our quarterly Community Dinner at the co-op! We will be serving a \$3 burrito bowl from 5–7 p.m. Gluten-free and vegan options will also be available.

KIDS’ CLASS: SENSATIONAL SUSHI

WEDNESDAY, JUNE 19 | 6–7 p.m.

Instructor: Jackie Mart
\$3 Member-Owner | \$5 Non-Member-Owner
This class is suitable for children ages 6–12 years old. Space is limited to six attendees.

A DELIGHTFULLY RAW SUMMER MEAL

THURSDAY, JUNE 20 | 6–8 p.m.

Instructor: AmyLeo Barankovich
\$5 Member-Owner | \$7 Non-Member-Owner

SECRETS TO SLEEP

TUESDAY, JUNE 25 | 6:30–7:45 p.m.

Instructor: Lori Kearney
\$5 Member-Owner | \$7 Non-Member-Owner

DINING WITH GEORGIA

WEDNESDAY, JUNE 26 | 6–8 p.m.

Instructor: Loris Sofia Gregory
\$5 Member-Owner | \$7 Non-Member-Owner

JULY

KIDS’ CLASS: CHILL-OUT SUMMER TREATS

WEDNESDAY, JULY 10 | 6–7 p.m.

Instructor: Jackie Mart
\$3 Member-Owner | \$5 Non-Member-Owner
This class is suitable for children ages 6–12 years old. Space is limited to six attendees.

KIDS’ BYTES: THE VERY HUNGRY CATERPILLAR

FRIDAY, JULY 12 | 6:30–8:30 p.m.

Instructor: Andrew Akhaphong
\$3 Member-Owner | \$5 Non-Member-Owner
This class is suitable for children ages 4–7 years old. Space is limited to 12 attendees.

SALAD DAYS AND GRANITA MAGIC

WEDNESDAY, JULY 17 | 6–8 p.m.

Instructor: Loris Sofia Gregory
\$5 Member-Owner | \$7 Non-Member-Owner

DRESSING YOUR SUMMER VEGGIES

THURSDAY, JULY 18 | 6–8 p.m.

Instructor: AmyLeo Barankovich
\$5 Member-Owner | \$7 Non-Member-Owner

KICK YOUR SUGAR HABIT

TUESDAY, JULY 23 | 6:30–7:45 p.m.

Instructor: Lori Kearney
\$5 Member-Owner | \$7 Non-Member-Owner

MAKE & TAKE: DIY SUMMER ESSENTIALS

WEDNESDAY, JULY 24 | 6–7 p.m.

Instructor: Jackie Mart
\$5 Member-Owner | \$7 Non-Member-Owner

AUGUST

STRESS BUSTERS

TUESDAY, AUG. 6 | 6:30–7:45 p.m.

Instructor: Lori Kearney

\$5 Member-Owner | \$7 Non-Member-Owner

KIDS' CLASS: FUN WITH FRUIT

WEDNESDAY, AUG. 14 | 6–7 p.m.

Instructor: Jackie Mart

\$3 Member-Owner | \$5 Non-Member-Owner

This class is suitable for children ages 6–12 years old. Space is limited to six attendees.

SUMMERTIME BLISSFUL BEVERAGES

THURSDAY, AUG. 15 | 6–8 p.m.

Instructor: AmyLeo Barankovich

\$5 Member-Owner | \$7 Non-Member-Owner

LATE-SUMMER GARDEN HARVEST

WEDNESDAY, AUG. 21 | 6–8 p.m.

Instructor: Loris Sofia Gregory

\$5 Member-Owner | \$7 Non-Member-Owner

VACATION MODE: STAYING HEALTHY WHILE TRAVELING

WEDNESDAY, AUG. 28 | 6–7 p.m.

Instructor: Jackie Mart

\$5 Member-Owner | \$7 Non-Member-Owner

Registration and full class descriptions can be found online at www.valleynaturalfoods.com/events-classes/. Space is limited to 15 attendees unless otherwise stated.

MEMBER-OWNER ANNUAL MEETING

Saturday, Sept. 21, 2019

11–11:30 a.m.

All are welcome to attend, however only Valley Natural Foods member-owners are eligible to vote.

Member-owners: update your account information to stay informed on co-op news, events and more. To update your account, stop by Customer Service or go to: www.valleynaturalfoods.com/update-member-owner-account-information/

CELEBRATE LOCAL FESTIVAL

Saturday, Sept. 21, 2019

11:30 a.m.–3 p.m.

Following the Annual Meeting we will serve a \$3 Community Dinner, which is open to the public. Also enjoy special deals, free samples from local vendors, kids activities, live music and more!





13750 Co. Rd. 11,
Burnsville, MN 55337



Valley Natural Foods Co-op works in partnership with the South Metro community to support health and well-being through education and expertise in local, sustainable food and wellness services.

— Valley Natural Foods Mission Statement