

LIVING NATURALLY

a community newsletter



**MEMBER-OWNER
APPRECIATION
MONTH**

**BARE HONEY
& THEIR
SOLAR BEES**

**WINTER WELLNESS
CARE**



Valley NATURAL
FOODS

WINTER 2022



LIVING NATURALLY WINTER 2022

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Store Hours
8 a.m. – 9 p.m. Daily

Drive-Thru Window Hours
7 a.m. – 7 p.m. Daily

Get the latest deals and news
from the co-op by signing
up for our e-newsletter
at: valleynaturalfoods.com



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CEO UPDATE Nick Seeberger

Happy New Year! At Valley Natural Foods we want to express our gratitude to you for choosing to support small farmers, vendors and businesses through your shopping at our co-op. We work with several local farms and small, independent vendors to bring you great tasting food that's also good for you and good for the environment. Check out a cool story about local honey producer Bare Honey on page eight to better understand the impact your support of local food has on co-ops and our community. Throughout all of February, we'll be celebrating our member-owners with special deals and giveaways. Learn more on page six. We look forward to seeing you in the co-op throughout February!

I personally enjoy trying new foods and recipes in the New Year. One of my favorite features of the store is our seafood case which offers incredibly high-quality fresh and saltwater fish. In my household we love experimenting with recipes for a whole-roasted trout or salmon fillets. My personal favorite is breaded and baked (or fried) cod for fish tacos. Perhaps you are interested in joining the growing ranks of dedicated vegans. We can readily meet your needs with top-notch produce and a wide variety of substitute vegan products. Check out page 14 for vegan info.

Whether you are preparing to host for a big football party or attending a potluck, we have a couple of game day sweet and savory palate pleasing recipes for you. Or try something fun that my family enjoys called "dip dinners," where we create our own custom dips, and hearty snacks for the dunking.



Whatever you plan for your big game day event, let Valley Natural Foods be your one-stop locale for healthful game day ingredients or pre-prepped deli foods.

Our co-op continues to operate with a focus on the health and well-being of our customers and staff. Staff continue to wear masks to help prevent the spread of COVID. Unvaccinated customers are expected to wear masks as well. Thank you to everyone for doing your part to keep our community safe. Best wishes for health and well-being in 2022 from all of us at the co-op to you and your family.

We hope you all have a great 2022!

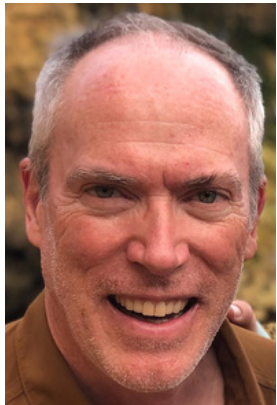
Nick Seeberger



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

LETTER from the board



Bryan Root

What really sets Valley Natural Foods apart from all the other food stores in our neighborhood? Community. VNF is all about building community starting with us, the members of the co-op, and by extension the dozens of local farmers and small businesses that supply the products we buy. With every purchase at the co-op we also have the opportunity to strengthen where we live with the "Register Round-up" benefitting local organizations like The Open Door Pantry in Eagan (theopendoorpantry.org), and many others in our community. More than one in ten children are food insecure in Dakota County¹ and our co-op is helping reduce hunger with Register Round-up funds and also by partnering with Open Door to assemble sack lunches for children.

My wife and I became member-owners of Valley Natural Foods in early 2000 because we wanted access to healthy organic food, sourced nearby from a strong and successful co-op. And when one of our children developed an intolerance to dairy and gluten, VNF became a lifeline for us.

¹ www.co.dakota.mn.us/Government/publiccommittees/CHA/Documents/Nutrition.pdf
² www.seattletimes.com/life/wellness/is-your-organic-food-really-organic/

Nowadays it seems like all the big chain stores in the area sell "organic" foods, however research has shown that there is a decent chance that the "organic" produce imported into the U.S. is fumigated upon entry for pest control.² The research also recommends that we buy as much of our food from local producers. When we buy locally sourced food at the co-op, we know the farmers and producers have a vested interest in making sure our food is safe and healthy.

Ultimately it is membership that builds the strong foundation for Valley Natural Foods. There are many benefits from membership in addition to being a part of this great community. My wife and I take advantage of the once-a-month 5% member discount on our groceries and we always watch for the daily member-only discounts on items. When you become a member, you also become a shareholder in the co-op – an owner! As an owner you have a voice in the direction of the co-op!

Becoming a member-owner is easy, anyone at the front desk can help you, and you can get to know Beatrice, or Ray (I've seen women propose marriage to Ray!), or Aimee, or any of the other great people there. You can also become a member on-line at the VNF website. And then, the next time you come in, you will hear "welcome back!" from the team members and you will know you are home.

Bryan Root

Have an idea or questions for the VNF Board? Send us an email at board@valleynaturalfoods.com



The Open Door offers healthy sack lunches (assembled by VNF staff) to distance learning students who don't have access to school lunches. Looking for ways to support the Open Door? Please visit: theopendoorpantry.org

COMMUNITY IMPACT

REGISTER ROUND-UP

A LOOK BACK AT SHOPPER CONTRIBUTION TOTALS FROM OUR PREVIOUS QUARTER

December
November
October



\$4,313

The Open Door is a hunger relief organization dedicated to ending local hunger through access to healthy food. As the largest food shelf in Dakota County, The Open Door serves roughly 14,000 Dakota County residents each month through a combination of innovative programs.



\$3,883

Crescent Cove is the only respite and hospice home for kids in the Midwest. Crescent Cove offers care and support to children and young adults with a shortened life-expectancy, and to their families who love them.



\$3,845

The Valley Natural Foods Cooperative Community Fund (CCF) is sponsored by Twin Pines Cooperative Foundation. October Register Round-Up contributions went directly to our CCF. Once a year, interest earned on the CCF is donated to a local non-profit organization.



Food Donations
995 lbs.

Food donations were collected throughout the months of October, November and December for 360 Communities Food Shelves.

THANK YOU VNF SHOPPERS, FOR YOUR CONTINUED SUPPORT AND GENEROSITY!



STICK

With Your Co-op

Thank you for investing in and sticking with Valley Natural Foods so that we can in turn, bless the community which we live to serve.



**FEBRUARY IS
MEMBER-OWNER
APPRECIATION
MONTH!**

SPECIAL DEALS & GIVEAWAYS

Follow us on social media and subscribe to our newsletter to be the first to know about special deals and giveaways during February!

MEMBER MONDAYS

Every Monday in February, Member-Owners get a free 16 oz. cup of self-serve drip coffee!

NOT A MEMBER? BECOME ONE!

It's not too late to join. Sign-up in January or February and enjoy all the Member-Owner Month perks in February.

WE



YOU TOO, MEMBER-OWNERS!

I love being able to count on VNF for healthy, nutrient dense foods that many times are sourced locally! —Stephanie C.



VNF is a values-based organization. It shows in the products we carry, producers we support, and quality the staff who make it all work. —Deb P.

As a health and wellness coach I know I can shop and refer clients to Valley Natural Foods with confidence for high-quality local items. The house brand thick bacon and Ferndale turkey are staples in our house, along with the Salad Girl dressings and variety of produce. Your selection of supplements are wonderful, and friendly staff keep us coming back. Each time there is a new product being featured that quickly becomes a favorite. —Kristen M.



Quality foods, pleasant environment, and helpful, knowledgeable employees. —Michael B.

I love the feeling when you walk into the store and it feels like a personal more family-like shopping experience. I love the variety of freshly made soups that are at the deli every day. I love that I can walk there from my home and in the summertime sit outside and have a smoothie. Or in the winter sit by the fireplace. I love that I am a part owner of such a wonderful personal operation. And I love the friendliness of all the staff. I love the concept of rounding up to share benefits with our community. —Jeanne S.



The food is always fresh and the staff is always friendly! Plus I love picking up a fresh bakery treat and coffee as a treat! I know they will always be delicious. —Natalie O.

Where I can find the good stuff! —Brent M.



CO-OP EMPLOYMENT

IF YOU LIKE SHOPPING AT VNF,
YOU'LL WORKING HERE!

- Discount on store purchases
- Increased discount for staff member-owners!
- Minimum starting wage increased to \$14/hr.
- PTO for full & part-time positions
- Health & dental benefits for full time employees
- 401K
- Flexible schedules



SCAN THE QR CODE



TO VIEW OPENINGS

valleynaturalfoods.com/careers

Bare Honey & Their SOLAR BEES



Last September, Valley Natural Foods staff went on a learning excursion to a solar farm in Shafer, MN where Bare Honey beekeepers tend to their "solar bees."

We donned protective suits and leaned in close as Bare Honey's founder, Dustin Vanasse pried open some sticky hive lids. We took turns holding active honeycomb frames, which audibly hummed with insect energy as we passed them around. Meanwhile, we hung on every word as Dustin detailed his knowledge and passion for beekeeping. This hands-on moment was exciting, vitalizing! What an appreciation we all can have for the time, toil and TLC that's poured so abundantly into one simple jar of honey.

Knowledge is "power" especially when learning about fascinating, innovative multi uses of land space with renewable energy, restored native landscapes and bee hives all in one place!

So many fascinating things to see here...

Solar panel arrays generating renewable energy. A landscape brimming with native pollinator-friendly plants. Bare Honey hives buzzing with "solar bees." Panels plants and bees all sharing space on the same land, work synergistically in a cutting-edge practice called Agrivoltaics.



SOLAR GROWN HONEY™

When you purchase Bare Honey Solar Grown Honey, you are helping to support a sweet future for generations to come! Scan the code to learn all the buzz about Bare Honey's Solar-Based Beekeeping™



barehoney.com/pages/solar-bees



LONDON FOG TEA with Lavender Honey

- Earl Grey Tea
- Your choice of milk
- Bare Honey Lavender Blossom Honey



Steep your favorite Earl Grey tea as the directions instruct. Heat up the milk in a saucepan, whisking until foamy, or use a frother if you have one. Sweeten steeped tea with 1/2-1 Tbsp. of honey. Top with foamy or frothed hot milk and enjoy!



WINTER Wellness Care

Naturally Sweet Skin with a DIY Honey Facial

Reprinted by permission from www.grocery.coop. Find Recipes, plus information about your food and where it comes from at grocery.coop.

Is your skin in need of some sweet relief, but so is your budget? Get a healthy, honeyed glow with just a few basic ingredients from your kitchen! Many high-end skin care products contain ingredients derived from nature: extracts from fruits, plant oils, and honey, for example. Why not put together your own easy, enjoyable and chemical-free DIY facial?

For fresh, clean, moisturized skin your go-to ingredient is honey. Not only is honey a natural humectant, (meaning it attracts moisture) but it has proven antibacterial, antiseptic action. Applied to your skin, honey gently disinfects blemishes and kills bacteria while protecting your skin and sealing in moisture. Compare this to conventional skin care ingredients used against blemishes that often contain alcohol and harsh acids which can leave skin dry and irritated. No contest!

Honey Facial Recipes

Here are some recipes for homemade honey facials for a variety of skin types. For maximum benefit, choose raw honey that has not been pasteurized, to ensure vitamin and enzyme content is as high as possible. All recipes assume a base of 2 tablespoons honey at room temperature—enough for one facial.

For normal skin

Mix in 1 teaspoon of fresh lemon juice. Lemon juice contains naturally occurring alpha-hydroxy acids (AHAs) that gently exfoliate dead skin cells and work to even out skin tone.

For oily/acne-prone skin

Mix in 1/2 teaspoon of cinnamon. The addition of cinnamon, a noted antibacterial, doubles the blemish-busting strength of this facial. Not appropriate for people with sensitive skin.

For dry skin

Mix in 1 teaspoon mashed avocado and/or 1 teaspoon plain yogurt. Rich plant-based fat from the avocado moisturizes while lactic acid from the yogurt stimulates collagen production and exfoliates dead skin.

For sensitive skin

Mix in 1 teaspoon aloe vera gel. You can find aloe gel in the supplement section of your local co-op or natural food store, or buy a healthy aloe plant and snap off a leaf and scoop out the gel whenever you need it. Once you have chosen your formula*, mix ingredients well and apply to clean, damp skin, avoiding eye area. Leave treatment on for 10-15 minutes and rinse well with warm water until no honey remains. Discard remaining honey mixture and enjoy your beautiful, replenished skin!

*Important: always do a test-patch with new facial products on the tender skin of your inner forearm before applying to your face to check for negative reactions. If you have an allergy to bees, pollen, or honey seek a professional's advice before trying this at home.



Care

Visit our wellness department and browse our shelves to find quality honey-based products to address health and skincare needs!



Beekeepers Naturals

Natural Remedies

Mickelberry Gardens



Raw Honey Tonics & Remedies



Manuka Health New Zealand

Raw Manuka Honey



Humble

Deodorants with Beeswax



Pacha Soap Co.



Sweet Honey Almond with Beekeeper-Direct Honey Froth Bomb

New Product Highlight



Bug & Mini Co Ruby Red Fire Cider

Bug & Mini Co., local makers of their delicious organic elderberry syrup, have a new product on our shelves! Bug & Mini Co.'s version of organic "Fire Cider" is a ruby red wellness tonic that is specifically designed to be a versatile, all season immune support supplement. You can drink it as a shot by itself, mixed into a beverage, or even added to food.



A BIG SCORE ON GAME DAY

Vital Vittles

Sweet and savory, with a little spice, these perfect-for-potluck recipes will be a hit at any game day gathering! Whether you're in charge of desserts or an appetizer, these recipes are sure to please any palate, featuring flavorful honey in the ingredients.

Honey Fruit Pizza



For the Cookie Crust Layer:

Any sugar cookie dough will work, so use your favorite sugar cookie recipe to make the dough, roll it out into a 12" circle and bake at 350 for 25-30 minutes or until golden at the edges.

For the Cream Cheese Layer:

- 8 oz. whipped cream cheese
- 1/3 cup Bare Honey Vanilla Bean spreadable honey

Warm up honey in the microwave for about 15 seconds or less (don't let it get hot) for easy blending. In a medium bowl, mix cream cheese and warmed honey together until smooth. Spread onto cooled sugar cookie evenly with some edges to show some of the crust.

For the Fruit Layer:

Top with your favorite sliced fresh fruits. We love using strawberries, raspberries, grapes, kiwi, banana, pineapple blueberries and tangerine segments. Chill until ready to serve. Cut pizza into individual wedges.

Crispy Honey Hot Wings

Reprinted by permission from www.grocery.coop. Find Recipes, plus information about your food and where it comes from at grocery.coop.

Ingredients

- 4 lbs. chicken wings (whole or cut in flats and drumettes)
- 1/2 cup soy sauce
- Vegetable oil for pan
- 1/4 cup honey
- 1 tablespoon black peppercorns, coarsely ground or Sriracha

Preparation

1. Place the wings in a bowl and drizzle with soy sauce; toss to coat. Cover and refrigerate for at least 2 hours or overnight.
2. Preheat the oven to 250°F. Lightly oil two sheet pans with rims. Spread the wings on the sheet pans, meaty-side down.
3. Bake for 15 minutes, then take out each pan, and turn the wings with tongs. Bake for 15 minutes longer (or 10 minutes, if your wings are small). Increase the heat to 450°F. and bake for 10 minutes, until the wings are crisped.
4. While the wings are in the oven, stir black pepper or Sriracha into the honey. When the wings are done, drizzle with honey mixture and toss to coat.

Tips & Notes

Because co-ops sells free-range chicken, the wings may be smaller than ones from a conventional farm. If your wings are small, bake for 5 minutes less at 250°F.

VNF Cooking Tip

For extra spice, make this recipe with Bare Honey's delicious Hot & Spicy Honey



EATING Vegan

Reprinted by permission from www.grocery.coop. Find Recipes, plus information about your food and where it comes from at grocery.coop.

When it comes to special diets, veganism inspires many questions: What is it? What can and can't you eat? Why choose a vegan diet?

A vegan diet is one that excludes animal products (meat, seafood, eggs, dairy, and sometimes honey). Many vegans choose toiletries and cosmetic products that do not contain animal products and were not tested on animals, and also avoid clothing produced from animals.

Veganism may seem like an easy transition or a radical change, depending on your current diet. But by approaching it as an opportunity to explore new foods and enrich your current recipe repertoire, rather than a restrictive diet, veganism can be a healthy and gratifying lifestyle choice.

Many people are surprised to discover that there are plenty of vegan foods they enjoy and eat regularly (think breakfast cereals, crackers, peanut butter and jelly sandwiches, pasta, guacamole, bean chili, lentil soup, fruits, veggies...the list goes on and on). If you're ready to dig deeper into a vegan diet, here are a few tips:



Take some time to browse the aisles of your food co-op for vegan alternatives to your standard purchases, like mayonnaise and dressings, cereals and chocolate chips. Read labels, which by law must clearly indicate if an item contains milk products. Also look for vegan entrees, snacks, breads, and desserts at the deli and bakery counters.



Check out cuisines from around the world at your co-op. Good options include Indian curries and dal, Middle Eastern hummus and tabouli, African flat bread and lentils, and Thai vegetable curries.



For inspiration, solid advice and dependable recipes, check the bookshelves of your food co-op for publications about vegan health and cooking. And be sure to check out our many vegan recipes. (Scan the QR Code for access)



Variety is key. Instead of subsisting on a limited list of vegan staples, choose from a range of fruits, vegetables, whole grains, nuts, seeds, and legumes when you shop at the co-op. Take care to incorporate soy foods and other meat substitutes into your diet for extra protein, and up your intake of calcium, iron, and vitamins B and D by making your menus diverse.



Don't be afraid to experiment. You may be surprised at how well your favorite cookie recipe works with an egg substitute, or how many varieties of veggie burgers you can make (or buy).

VEGAN RECIPES

coop



www.grocery.coop/special-diets/vegan

Upcoming Events

January 10 – Virtual Class: Healthy Soups with Robin Asbell

January 31 – Virtual Class: Vision Board Creating Workshop

Month of February – Member-Owner Appreciation Month

February 9 – Kids Virtual Class: Love at First Bite

February 15 – Virtual Class: Better Breathing for Health and Stress Relief

March 14 – Blood Drive with Red Cross at the Co-op and Pi Day

March 15 – Virtual Class: St. Patty's Day Cooking

March 28 – Virtual Class: DIY Cleaning Supplies

SCAN CODE
FOR CLASS
DETAILS



valleynaturalfoods.com/events-classes



IT'S THAT TIME OF YEAR AGAIN!

Beat the black ice, wind chill and wrestling your cart through a cold slushy parking lot by shopping your favorite co-op online! It's quick and so convenient, you can pick out produce in your PJs!



Scan code or visit valleynaturalfoods.com/shop and jump-start your order today for curbside pick-up or delivery.