

# LIVING NATURALLY

a community newsletter

**INCLUSIVE TRADE**

**SAVOR THE FLAVORS  
WITH A LOCALLY INSPIRED  
SNACK BOARD**

**SEASON OF GIVING**



**Valley** NATURAL  
FOODS™

FALL/HOLIDAY 2022





# CO-OP EVENTS AND CLASSES

- Sat., October 22, 10 a.m. – 12 p.m.  
Make a Monster Cookie Decorating  
VNF eating area



- Tues., November 1, 6 p.m.  
Staying Healthy for the Holidays  
Virtual Class with Jackie Mart



## LIVING NATURALLY FALL/HOLIDAY 2022

Nick Seeberger  
CEO

Ashley Greywitt  
Marketing Brand Manager

Susie Hessburg  
Communications Specialist

Brienna Schleusner  
Community Relations &  
Marketing Specialist

**Store Hours**  
8 a.m. – 9 p.m. Daily

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

**Holiday Hours**  
Nov. 24, Closed  
Dec. 24, 8 a.m. – 4 p.m.  
Dec. 25, Closed  
Dec. 31, 8 a.m. – 6 p.m.  
Jan. 1, 10 a.m. – 9 p.m.

Scan QR Code for event details or visit  
[www.valleynaturalfoods.com/events-classes](http://www.valleynaturalfoods.com/events-classes)



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

# CEO UPDATE

## Nick Seeberger

In September, I had the joy of witnessing DJ Medicco teach a group of children some simple dance moves at our co-op's recent Local Fest event. It was a sunny, beautiful evening, the perfect setting for those kids as they focused on following the DJ's instruction. They did a great job and ended up receiving the audience's applause of approval. The focus of our co-op's Local Fest event this year was to highlight ways in which our customers give back to the community through the co-op, and for me, the sweetest moment was the joy that a group of dancing kids gave all of us throughout the event.

At the September Annual Meeting we heard from Jeff Mortensen, President and CEO of 360 Communities about the impact their organization has in Dakota county, and how the support of organizations such as the co-op allow them to fulfill their mission. What struck me most was the realization of how the co-op is a thread throughout our community – from supporting non-profits that address food insecurity and personal safety to supporting small and independent farmers and businesses. Co-op customers have the ability to support our giving with direct donations of food and personal care items at the co-op. We will once again hold our Season of Giving campaign beginning November 1 through December 23 with all donations going to Dakota County families through 360 Communities. We will have shopping lists and shelf tags on items that are most critical for the food shelves managed by 360 Communities.



I'm excited to share with all of you the launch of Inclusive Trade at Valley Natural Foods. National Co-op Grocers, an organization of natural foods co-ops across the country, developed Inclusive Trade as a way for our customers to identify which products on our shelves are produced by businesses that are at least 51% owned and operated by an individual or group who identify as women, black, indigenous, people of color (POC), LGBTQIA+, persons with disabilities and veterans.

The co-op is committed to providing transparency in our supply chain and supporting a diverse supplier base. Look for the Inclusive Trade label on the shelf when shopping to locate products that meet the designation.

From my family to yours, I wish you all a happy and healthy Fall!

In Co-operation,

Nick Seeberger



# LETTER from the board



Sarah Johannson

The ever hard-working staff members told me again, and again, how good it was to have the members back in-person. I was grateful for all the vendors that came. How lucky and spoiled are we to live among such dedicated producers of nutritious and healthy food.

As I get my cast-iron Dutch oven out to make butternut squash soup and pre-heat the oven for roasting sweet potatoes, I'm thankful for the community of like-minded members like you, because of whom this co-op exists.

We cannot take our member community and this co-op for granted. As members we will have to make an active choice in supporting our co-op. We have many choices to buy our groceries for cheaper and with more convenient options.

But those choices could never do for a community what a co-op does. In the annual meeting we were reminded how critical our role is, to organizations like 360 Communities, that serve our community in so many vibrant ways. I was humbled by the core values of our co-op and renewed my commitment to supporting the co-op with my buying choices.

Have an idea or questions for the VNF Board? Send us an email at [board@valleynaturalfoods.com](mailto:board@valleynaturalfoods.com)

I hope you're enjoying this beautiful fall weather. It has been an honor to serve on the board of Valley Natural Foods for the past nine years. I appreciate the vote of confidence in me yet again.

Fall is a very special time of the year for us as a family. We love to go to events around town such as Afton apple orchard, Minnesota arboretum scarecrow festival, Valleyfair trick-or-treating to name a few. We wait all year for fresh pressed apple cider mulled with cinnamon!

One thing we especially enjoy is Valley Natural Foods annual Local Fest in September. This year's festival was such a joy! I enjoyed meeting fellow members in-person, smiling, enjoying the yummy chili and beautiful weather. The kids were dancing to the wonderful DJ tunes. There was face painting with a line of kids eager to get their faces done!

# COMMUNITY IMPACT

A LOOK BACK AT SHOPPER CONTRIBUTIONS FROM OUR PREVIOUS QUARTER

July

\$3,990



360 Communities operates two Lewis House Shelters that provide emergency housing and assistance to individuals and families escaping from domestic or sexual violence. At the Lewis House, trained advocates offer emotional support, safety planning, referrals to community resources and help in navigating the court system.

August

\$3,303



Guild is a not-for-profit organization that offers integrated mental health, housing, and employment services to individuals living with mental illness and/or experiencing chronic homelessness.

September

\$2,407



Eastview Community Foundation uses contributions to fund a Random Acts of Kindness grant program that gives grants to twelve area K-12 schools to help them support critical needs of the students in their communities that need it most.

## IT'S EASY TO CONTRIBUTE TO OUR MONTHLY REGISTER ROUND-UP RECIPIENTS!

- At the registers, shoppers have the opportunity to round-up their grocery bill to to the next dollar (or any amount they choose).
- Shoppers who bring in reusable bags for packing up their groceries have the option to redeem or donate the 10¢ rebate earned per reusable bag.
- At self-checkout, you can round up at the end of your purchase by hitting "checkout" and then the blue "Charity Round Up" button.

## Food Shelf Donations • 533 lbs.

Food donations were collected throughout the months of July, August and September for The Open Door Pantry. THANK YOU VNF MEMBER-OWNERS AND SHOPPERS, FOR YOUR CONTINUED SUPPORT AND GENEROSITY!

## LOCAL FEST RECAP

Thank you to everyone who attended Local Fest in September! We had a great turnout of 300+ folks from our surrounding community. Attendees brought generous donations of personal care items to donate to 360 Communities, sampled from our amazing vendors, enjoyed a community chili dinner from our deli, beverages from Loon's Landing Brewery, and fun fall-themed activities! We are excited to bring this annual tradition back post-pandemic.



FUTURE COOPERATORS!



# Fresh From CANNON FALLS

Cannon Falls is located just 30 miles southeast of the co-op, where we source two locally produced products, delivered fresh to our shelves.

Women Owned

inclusive trade

## CannonBelles Cheese

Check out our latest local addition to our cheese department, CannonBelles! This woman-owned business started with three friends passionate about cheese. Check out their tasty selection of unique cheese varieties available on our shelves, including cheddars like Painted Desert and Tuscan! CannonBelles also produces Gouda, Queso Fresco, Colby and two kinds of cheese curds. Any of their cheeses would be great to include on a cheese tray or snack board! (We used Painted Desert cheddar on our snack board - see page 8)



## Ferndale Market



Valley Natural Foods is proud to source free-range turkeys from Ferndale Market, a third generation farm owned and operated by the Peterson family. Ferndale turkeys are naturally and humanely raised without the use of antibiotics, additives or artificial growth hormones. During the MN temperate months, Ferndale turkeys love to roam the farm's 20 acres of fresh pasture, soaking up sunshine and clean air. In addition to whole turkeys, Ferndale Market also produces turkey patties, turkey sausage, ground turkey and tasty turkey sticks, The turkey sticks are great for an instant snack, or as part of a cheese tray. (See page 8 for ideas)

**Pre-Order Your Turkey Today!**

Preorder your free range fresh or organic frozen turkey now through November 14 and pick up on any day you choose! Pre-orders get special sale pricing. Scan the QR code or stop by our Meat Department for more information.

**Scan to Order**



Support Inclusive Trade

inclusive trade

# Diversity is Strength

Co-ops around the country are committed to fostering diverse and inclusive communities. Look for the inclusive trade logo and signage to find brands owned by individuals or groups who identify as women, BIPOC, LGBTQIA+, are disabled, or are veterans. Here at our co-op, we are proud to have these brands on our shelves, with more to come!

Alaffia | Black-owned | Hand-crafted skin and haircare essentials made with fair trade ingredients

ALO Drink | Asian-owned | ALO Drink sources its non-GMO aloe vera plants from sustainable, tropical farms in the heart of Thailand

Caulipower | Woman-owned | Better-for-you frozen food options that really do taste like favorite comfort food

Chickapea | Woman-owned | Superfood pasta made with only two ingredients: organic chick peas and lentils

Dang Foods | Asian-owned | Uniquely Asian American snacks with the flavors and ingredients the company founders love

Deep Indian Kitchen | Asian-owned | Frozen entrees, samosas, naan and pizzas are always made from scratch without any artificial ingredients and prepared in small batches

GT's Living Foods | LGBTQIA+-owned | Kombucha in its true, unfiltered form, adaptogenic teas and coconut kefir

Maria and Ricardo's | Hispanic-owned | Artisanal wholesome and delicious tortillas

Purely Elizabeth | Woman-owned | Nutritious, wholesome granolas and pancake mixes



# SAVOR THE FLAVORS

*Create a locally-Inspired snack board!*

One of the best reasons to shop at your co-op is that you have access to a wide selection of local items! Support our local vendors the next time you make a cheese board as we shoutout our local favorites!

Be sure to stop by our cheese island to see all of our amazing local cheese selections.

Skewer cut-up Ferndale turkey sticks, CannonBelles cubed cheese and green herbs onto long party picks

For a sweet drizzle, use raw honey from St. Paul's Bare Honey

Add your favorite in-season fruit!

Painted Desert cheese from CannonBelles, Cannon Falls, MN

Turkey Sticks from Ferndale Farm, Cannon Falls, MN

Flackers from Minneapolis

Bigwoods Blue from Shepard's Way Farm, Nerstrand, MN

LaClare Creamery Goat Cheese from Malone, WI

Mix your favorite snacks from bulk to create a blend catered to your taste!



# Pan-tastic!

Sheet pan dinners simplify mealtime with easy prep and quick cleanup.

## Sheet Pan Cod with Sweet Potatoes and Olives

Serves 4. Prep time: 55 minutes; 15 minutes active.

1 pound sweet potatoes, sliced 1/3 inch thick  
1/2 cup Kalamata olives, halved  
1 15-ounce can of artichoke hearts, drained and rinsed  
1 tablespoon fresh rosemary, chopped  
2 teaspoons fresh lemon zest  
1/4 cup extra virgin olive oil, divided  
3/4 teaspoon salt, divided  
4 6-ounce cod fillets  
1 tablespoon fresh lemon juice  
1/4 cup fresh parsley, chopped  
Black pepper

1. Heat the oven to 425°F. Add the sweet potatoes, olives, artichoke hearts, rosemary and lemon zest to a sheet pan, then drizzle with three tablespoons of the olive oil. Sprinkle with 1/2 teaspoon of the salt and toss to coat.
2. Roast the sweet potato mixture for 15 minutes. The sweet potato slices should be tender when pierced with a paring knife. Turn the potato slices with a spatula, then top with the cod fillets. Drizzle the cod with the remaining olive oil, sprinkle with remaining salt, then return to the oven for 10 to 12 minutes, or until the fish is opaque and flakes easily.
3. Drizzle the fish with lemon juice, sprinkle with parsley and pepper, and serve one cod fillet and about one cup of vegetables per person.



## Italian Sausage with Fall Veggies

Serves 4. Prep time: 1 hour; 15 minutes active.

2 medium parsnips, peeled and sliced  
1 small sweet potato, cubed  
1 small red onion, thinly sliced  
4 cloves garlic, peeled and chopped  
1 tablespoon fresh sage (or 1 teaspoon dried)  
1/2 teaspoon freshly ground black pepper  
1/2 teaspoon salt  
2 teaspoons vegetable oil  
1 pound uncooked plant-based or Italian meat sausages  
1/2 bunch kale, stemmed and chopped

1. Heat the oven to 400°F. In a large roasting pan, combine the parsnips, sweet potato, red onion, garlic, sage, pepper and salt, and drizzle with vegetable oil. Toss to coat. Pierce each sausage link four times on one side with a paring knife, then turn over and pierce four more times. Place the sausages on the vegetables and cover the pan tightly with foil.
2. Bake for 20 minutes, then uncover the pan, stir and turn the sausages, and roast for 15 minutes longer, uncovered. The vegetables should be tender when pierced with a paring knife; if the vegetables are in larger chunks, they may need more time to cook. When the vegetables are tender, add the kale to the hot pan and stir, then roast for 10 minutes longer. Serve hot.

Reprinted by permission from [grocery.coop](http://grocery.coop). Find recipes, plus information about your food and where it comes from at [grocery.coop](http://grocery.coop).





### Roasted Cauliflower and Potatoes with Feta

Serves 4. Prep time: 45 minutes; 15 minutes active.

- 1 small cauliflower
- 2 medium Yukon Gold potatoes, unpeeled
- 1 large carrot
- 2 tablespoons olive oil
- 1 teaspoon paprika
- 1/2 teaspoon salt
- 4 ounces feta cheese, crumbled
- 1/2 cup chopped parsley

1. Heat the oven to 425°F. Slice the cauliflower into large florets with a knife so that the flat side of the florets can make full contact with the pan and caramelize during baking. Dice the potatoes into 1/2-inch cubes and slice the carrots crosswise, about 1/3-inch thick.
2. Place on a large rimmed baking sheet, drizzle with olive oil and sprinkle with paprika and salt. Toss vegetables to coat and spread out on the pan.
3. Bake for 30 minutes, shaking and turning the pan halfway through. When the vegetables are tender and easily pierced with a knife, remove from the oven and toss with feta and parsley. Serve hot.



### Sheet Pan Steak with Blue Cheese and Broccoli

Serves 2. Prep time: 20 minutes.

- 8 ounces button mushrooms, halved or quartered
- 1 small red bell pepper, cored and sliced vertically
- 3 cups broccoli florets
- 2 tablespoons olive oil, divided
- 1 tablespoon balsamic vinegar
- 1 teaspoon salt, divided
- 1/2 teaspoon freshly ground black pepper
- 8-ounce ribeye or strip steak, about one inch thick
- 2 tablespoons crumbled blue cheese

1. If your broiler element is at the top of the oven, move the top rack to 6 inches below the broiler. Place the mushrooms, peppers, broccoli and half the salt on the sheet pan and drizzle with half of the olive oil. Toss to coat. Move the vegetables to the sides of the pan, making room in the center for the steak. If desired, cut the steak into two even portions. Rub the steak with the remaining olive oil and sprinkle both sides with remaining salt and pepper. Place in the center of the pan.
2. Broil the steak for 4 minutes, then take the pan out and turn the steak, and broil for 5 minutes longer. Remove from the broiler; transfer the steak and vegetables to plates, and sprinkle steak with bleu cheese.

### One Pan Lemon Chicken

Serves 4 to 6. Prep time: 5 hours total; 20 minutes active.

- 3 tablespoons olive oil
- 2 tablespoons fresh lemon juice
- 1 tablespoon lemon zest
- 1 tablespoon fresh rosemary, chopped
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 2 pounds boneless, skinless chicken thighs (about 6 to 8)
- 1 medium sweet potato, unpeeled, cut crosswise in 1/2-inch slices
- 1 large parsnip, sliced in rounds
- 1 large onion, cut in 8 wedges
- 1/2 cup chopped fresh parsley

Make endless combinations of oven-roasted vegetables and proteins: The sheet pan method works well with fish, chicken or beef, and you can always take the veggies-only route.

1. In a storage container large enough to hold the chicken pieces, whisk the olive oil, lemon juice and zest, rosemary, and salt and pepper. Add the chicken and toss to coat. Marinate overnight or at least 4 hours.
2. Heat oven to 425°F. Spread the prepared vegetables in a large roasting pan. Drain the marinade from the chicken into the pan and toss with the vegetables. Place the chicken on top and put in the oven. Roast for 40 minutes, shaking the pan to loosen the vegetables every 10 minutes. When the chicken pieces are browned, test for doneness by inserting an instant-read thermometer into the thickest part of a thigh. It should read 160°F. When the chicken is fully cooked and the vegetables are tender, place them on a serving platter and top with parsley.





# Season of GIVING

Our Season of Giving Campaign is back to remind you that in the hustle and bustle that comes at this time of year, we ask you to think of those who have to live with less and could use some extra support.

Look for our "Season of Giving" shelf signs throughout the store, near the most needed items.

## BUY ONE GIVE ONE

Buy one or more items for your household during our December Field Day BOGO Promotion, and consider giving the second item to our Season of Giving Campaign, by placing it in the donation bin near check out.

### MOST NEEDED ITEMS:

- Tomato Sauce
- Pasta Sauce
- Pasta Noodles
- Mac and Cheese
- Condiments
- Cereal
- Peanut Butter
- Crackers
- Granola Bars
- 100% Fruit Juices
- Toilet Paper
- Baby Wipes/Diapers
- Household Cleaning Items
- Can Openers



# Save BIG This Holiday Season with Field Day BOGO Offers!

Celebrate the holidays with Field Day and save! In a three-week promotion, beginning December 14, we'll be offering a **BUY ONE GET ONE** deal on dozens of selected Field Day items.

The Field Day brand – already known for their commitment to organic and non-GMO – is also known for their everyday low prices on their entire line of popular grocery and household items. Taking advantage of BOGO deals will double your savings on a great variety of pantry essentials. In this season of giving, here are some ideas to donate or gift some of those savings!

## FIELD DAY BOGO SALE DEC 14 - JAN 3



### BUY ONE GIFT ONE

With all the extra BOGO items you can get during this promotion, why not build a Field Day themed gift basket that any organic food lover would appreciate! Check out the following ideas:

- **Pasta Lover's Basket** - Stuff a basket with a variety of Field Day pastas, pasta sauces and a bottle of olive oil.
- **Baker's Bowl** - Pile Field Day baking products into a decorative or vintage mixing bowl.
- **Pantry Stock-Up Crate** - Pack a fun crate with a variety of items like mac & cheese, pasta, flour, sugar and more.

### PASTA LOVER'S BASKET



### BAKER'S BOWL

### PANTRY STOCK-UP CRATE







*Thank you for voting us*

**BEST GROCERY STORE  
FOR THE 2ND YEAR!**



# HOLIDAY CATERING AND TURKEY PREORDERS ARE BACK!

Pre-order your free range fresh or organic frozen turkey now through November 14 and pick up on any day you choose! See page 6 for details.

Our Holiday Catering Menu launches October 17! Visit [valleynaturalfoods.com/catering](https://valleynaturalfoods.com/catering) for more information.

