

FINAL
ISSUE!

LIVING NATURALLY

a community newsletter



APPLY FOR
BOARD OF
DIRECTIONS!

ANNUAL
MEETING
DETAILS

SUMMER CHILL
RECIPES



Valley NATURAL
FOODS™

SUMMER 2024



LIVING NATURALLY SUMMER 2024

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

UPCOMING CO-OP EVENTS

- JUL. 23  Wellness Department Summer Sale
20% off for one day!
- SEPT. 17  Member-Owner Annual Meeting
Trove Brewing in Burnsville
- SEPT. 19  Local Fest at
Valley Natural Foods
- OCT. 7  Blood Drive at
Valley Natural Foods
- OCT. 19  Make-a-Monster
Cookie Decorating Event

CLASSES

*New Fall & Winter Classes are online now!
Be the first to sign-up, space is limited for in-person classes.*

Scan QR Code to sign up for classes
and see event details or visit
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

My last day as CEO of Valley Natural Foods will be on August 1. When I first started at Valley Natural Foods in 2017, we were in the midst of significant changes. Susan McGaughey, the only General Manager the co-op had ever known, was stepping down from an illustrious career that saw the co-op grow from a buying club to gorgeous full-service grocer. I was new to the role of CEO, and facing a remodel, a recently opened meat plant and plenty of new competition opening in our market area. Seven years later the co-op expansion is complete, our financial position remains solid and we are primed to continue meeting our community's natural foods needs. I'm excited for the next CEO of Valley Natural Foods as they step in and further our co-op's impact in the South Metro!

Long time co-op employee, and current Store Manager, Steve Sapoznik will step into the role of interim-CEO. Steve has a lifetime of grocery experience and looks forward to seeing that our customers' needs are met during this transition period. The board of directors is responsible for hiring a permanent CEO and expects the process to take 2 – 5 months. If you have any questions or comments about the process, feel free to reach out to the board at board@valleynaturalfoods.com.



Our Valley's Own Bakehouse team in Rosemount that bakes delicious certified gluten-free baked goods for wholesale, is excited for the holiday season. All summer long we begin the work of preparing pies, dinner roles and croutons to fill people's tables and bellies in the Fall and Winter. If you haven't tried our products, check them out at the co-op where we carry the full-line of Valley's Own offerings!

Thank you all for being so welcoming to me and my family these last seven years. Valley Natural Foods is a wonderful place, where the staff and customers are kind, and the food delicious. I wish you all good health and happiness this summer.

LETTER from the board



Sarah Johansson,
VNF Board Member

Dear Valley Natural Foods shoppers and member-owners,

I've been thinking a lot about all of you lately and what it means to be a Valley Natural Foods member-owner. It takes a certain kind of discerned eye to understand the real meaning of a food co-op not just for the groceries that it sells, but for the incredible value it creates for the community. It is the same discerned eye that also appreciates the rhythms of nature, the seasons and the wonderful bounty that comes with them.

Seasons change in life and in nature. We are changing a season here in Valley Natural Foods. Our beloved CEO of our co-op is moving onto a bigger challenge with Twin Cities Co-op Partners.

We will remember Nick's legacy in many ways - the stunning remodeled store, the beautiful patio, the delicious deli offerings, the let-me-have-one-more bakehouse yummys, the vibrant garden center... the list goes on and on.

On behalf of the staff of VNF, I can tell you that for his inspiring leadership style and the great co-op culture he has created, he will be dearly missed. Nick, always with a helping hand and ready smile - we wish you the very best in the next season of your life! The Board of Directors have executed the CEO succession plan. Steve Sapoznik, our store manager, will be taking over as interim CEO for the next 4-6 months as we do a thorough search for our next leader.

Nick is leaving the co-op on a solid financial footing. VNF staff have received two gain shares this year which are the equivalent of \$.50/hour for every hour worked in the last fiscal year. That is a bonus of over \$1,000 for the year for a staff member. This also means we are in a position to issue a patronage refund to our member-owners. The board has also declared a 4% dividend on all outstanding shares of Class C stock held by member-owners as of June 30, 2024.

New seasons bring new excitement and as we bid adieu to the last one, I am excited for what our future holds. With a dedicated membership and devoted leadership and staff, I am confident we have a bright future ahead of us!

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

COMMUNITY IMPACT

REGISTER ROUND-UP: A LOOK BACK AT SHOPPER CONTRIBUTIONS FROM THE PREVIOUS QUARTER

April
\$1,882



The Land Stewardship Project's mission is to foster an ethic of stewardship for farmland, to promote sustainable agriculture, and to develop healthy communities.

May
\$2,058



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.

June
\$2,059



Dakota Child and Family Clinic strives to bring quality health care to our community while removing as many barriers as possible. Formed and governed by patients and families, Dakota Child and Family Clinic is a Minnesota nonprofit corporation dedicated to promoting health in Dakota County, MN, and the surrounding areas. The clinic will be provides healthcare to children and families in the community, regardless of their ability to pay.

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 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.

If using 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 301 lbs.

Food donations were collected throughout the months of April, May and June for 360 Communities

THANK YOU MEMBER-OWNERS AND SHOPPERS, FOR YOUR CONTINUED SUPPORT AND GENEROSITY!

FAREWELL TO

LIVING NATURALLY

a community newsletter

As we bid a fond farewell to our Living Naturally newsletter, we are excited to embrace new, environmentally friendly ways to keep you informed. Our commitment to engaging with the co-op's customers and member-owners remains stronger than ever as we adapt to the ever evolving landscape of communication.

STAY CONNECTED WITH US THROUGH OUR VARIOUS COMMUNICATION CHANNELS

- Follow us on Facebook and Instagram
- Subscribe to our email newsletter
- Look for tasty recipe cards in-store
- Download the Co-op Deals app (open App store on your device and search for the green Co+op Deals logo)

Thank you for being part of our community, and we look forward to continuing our journey together in new and sustainable ways!

BOARD OF DIRECTORS

Call for Candidates



It's that time of year again! Member-Owners, you have the chance to help choose who is in the decision making positions at Valley Natural Foods!

Our Board of Directors applications are now open through Friday, July 26. If you think you'd be a good fit and are interested in helping set long-range goals for your co-op, ensure sound management of the co-ops recourses and act as a trustee on behalf of Member-Owners — apply today!

Not interested in applying? Be sure to vote! On August 26, all Member-Owners should receive an email to vote in the Board of Directors elections. Keep an eye out and check your spam folders. Not sure you have the correct email in our system? Contact us at board@valleynaturalfoods.com

Applications are open through 11:59 pm, July 26!

TIMELINE

July 26 - Board of Directors Applications Close at 11:59 PM

August 27 - Voting begins! Check your emails or vote in store!

September 16 - Voting Closes at 11:59 PM

September 17 - Annual Meeting, Board Election Results Announced

MEMBER-OWNER ANNUAL MEETING

TUESDAY, SEPTEMBER 17
5:30-7:30 PM | TROVE BREWING

Be sure to attend our annual meeting for a recap of what your co-op has accomplished in the past year, what lies ahead and the announcement of Board of Directors Election winners!

We are happy to announce this year's Annual Meeting will be at Trove Brewing in Burnsville. Attendees will receive 1 drink ticket, delicious food from Gastrotruck and hear from panelists representing local businesses we carry in store to discuss sustainability.



SCAN TO RSVP

Or visit: www.valleynaturalfoods.com/annual-meeting-2024

RSVP by Sunday, August 25 to save your spot! \$5 fees to RSVP will be reimbursed upon arrival at the annual meeting with a Valley Natural Foods coupon.

Summer Chill

Watermelon-Mint Frosé

Serves 4. Total time: 10 minutes, plus freezing time

- 3 cups cubed seedless watermelon
- 1 cup frozen strawberries
- 2 cups rosé wine, apple juice or ginger ale
- 12 large mint leaves, plus more for garnish

1. Place the cubed watermelon in a freezer container and freeze.
2. Just before serving, combine the frozen watermelon, strawberries, rosé and mint in a blender. Secure the lid and blend until smooth.
3. Serve immediately, garnished with a sprig of mint.



Pineapple-Lime Mocktail

Serves 2. Total time: 10 minutes

- Ice cubes
- 2 tablespoons fresh cilantro leaves, plus 2 sprigs for garnish
- 1 cup pineapple juice
- 1 tablespoon fresh lime juice
- 2 teaspoons agave syrup
- ½ cup sparkling water
- 2 pineapple wedges for garnish (optional)

1. In a 2-quart measuring cup or pitcher, place a handful of ice cubes and add the cilantro leaves. Use a muddler or a wooden spoon to vigorously stir the mixture, bruising the leaves to release their flavor.
2. Stir in the pineapple juice, lime juice and agave and mix well, then stir in the sparkling water. Strain into two highball glasses and serve garnished with a pineapple wedge and a sprig of cilantro.

Punchy pineapple and lime, with an herbal note from fresh cilantro, create a fruity, sparkling cocktail – no alcohol needed.

Add some fun to your frosty beverages



Nice ice

Drop fresh berries, lemon slices or sprigs of mint into an ice cube tray before filling it with water and freezing.



Cool cucumber

Using a vegetable peeler, slice long ribbons of cucumber to add to lemonade or simply a glass of water.



Very a-peeling

Thin strips of colorful citrus peel make an eye-catching garnish. Run the peel along the rim of the glass for a burst of flavor.



Spiral skewers

Thread orange slices and maraschino cherries onto wooden skewers, then freeze until you're ready to serve.



Ginger-Peach-Lemon Spritzer

Serves 4. Total time: 10 minutes

- 2 large peaches or nectarines, pitted
- 2 tablespoons fresh ginger, coarsely chopped
- ½ cup fresh lemon juice
- ¼ cup honey
- 2 cups kombucha or sparkling water

1. In a blender, add the peaches or nectarines, ginger, lemon juice and honey. Secure the lid and blend, raising the speed to high as you go. When the fruit is pureed and smooth, remove the lid and stir in the kombucha or sparkling water.
2. Pour into glasses and serve immediately.

This fizzy drink pairs the sweetness of ripe peaches and the spicy kick of fresh ginger. Pour over crushed ice and garnish with lemon slices for the perfect summer spritzer!



Berry Shrub

Serves 10. Total time: 24 hours; 30 minutes active

- 6 ounces fresh raspberries, blueberries or blackberries, washed
- ¾ cup sugar
- ½ cup active apple cider vinegar
- Ice and club soda, to serve

1. In a 2-cup storage container with a lid, mash the berries with a wooden spoon. Stir in the sugar and vinegar, then cover and refrigerate for 24 hours.
2. Place a fine-mesh strainer over a bowl and strain the fruit, pressing with a spoon to extract all the liquids. Discard (or eat) the pulp.
3. Store the liquid in the refrigerator for up to a week, tightly covered, before serving. To serve, place 2 tablespoons of shrub in a glass, fill with ice, then add club soda to top it off. Stir and serve.



Cantaloupe-Ginger Mocktail

Serves 2. Total time: 10 minutes

- 3 cups cantaloupe, cubed
- 2 tablespoons agave syrup
- 2 teaspoons fresh ginger, grated
- 2 teaspoons fresh lime juice
- ¼ cup sparkling water
- Ice, to serve
- 4 mint sprigs
- Cantaloupe for garnish

1. In a blender, place the cantaloupe, agave, ginger and lime juice. Puree until completely smooth. Makes about 1 cup. Add sparkling water and mix well with a spoon.
2. Divide between four glasses, add ice, stir and add a cube of cantaloupe as a garnish.

A quick spin in the blender with fresh ginger and lime turns cantaloupe into a lively, colorful mixer. Garnish with fresh mint.



Red Sangria with Strawberries

Serves 1. Total time: 3 minutes

- ¼ cup orange juice
- ½ cup apple juice
- ½ cup red wine
- 1 slice orange
- 1 strawberry, sliced
- 1 cinnamon stick and 1 mint sprig, for garnish

1. In a 12- to 16-ounce juice glass, combine the orange juice, apple juice, red wine, orange and strawberry.
2. Stir with a cinnamon stick and garnish with mint sprigs. Serve cold.

Wine is the only alcohol in this simple sangria, pared down to make a single glass. Entertaining a group? Mix six times the juice and fruit with a bottle of wine. Choose a Spanish Rioja or a medium-bodied Pinot Noir.

Recipe Shortcut: Rotisserie Chicken

Pressed for time? Take the shortcut! Start with a rotisserie chicken and try these easy recipes.

Chicken Antipasto Sandwich

Serves 6. Total time: 15 minutes

- 1/4 cup mayonnaise
- 1/2 cup plain nonfat Greek yogurt
- 1 1/2 tablespoons curry powder
- 1 teaspoon sea salt
- 4 cups shredded rotisserie chicken
- 1 cup chopped pitted dates
- 1 cup sliced green onions
- 2 cups quartered grapes
- 1 bag prewashed salad greens
- 1/2 cup sliced almonds

1. Mix together the mayonnaise, yogurt, curry powder and sea salt. Toss with the chicken, dates, onions and grapes.
2. Place a scoop of salad on a bed of greens on each serving plate, and top with sliced almonds.



Chicken Antipasto Sandwich

Serves 4. Total time: 25 minutes.

- 1 cup chopped rotisserie chicken
- 1 6-ounce jar marinated artichokes
- 1/2 cup chopped pitted Kalamata olives
- 1/2 cup slivered roasted red peppers
- 1/4 cup chopped fresh parsley
- 2 cups shredded Asiago cheese
- 1 large baguette or focaccia
- 1/4 cup prepared pesto sauce
- 4 slices ham
- Olive oil

1. Drain the artichokes, reserving 1 tablespoon of the marinade. Place the chicken, artichoke hearts, reserved marinade, olives, peppers, parsley and cheese in a medium bowl and toss to mix. Slice the focaccia or baguette in half lengthwise. Spread the pesto over one cut side and cover with the chicken mixture. Top with sliced ham and the remaining half of the bread.
2. Cut the sandwich into four sections or wedges. Heat a griddle or large cast iron pan over medium-high heat until hot (holding your hand an inch away will feel very hot). Lightly brush the top and bottom of the sandwich sections with olive oil and place in the hot pan, then place a second pan or a heavy pot on top. Cook for 2 minutes per side, until the cheese is melted and the bread is toasted. You can also use a panini grill to heat the sandwiches, or, in a pinch, wrap sandwiches in waxed paper and microwave them to melt the cheese. Serve warm.



Stovetop Mac and Cheese with Hot Chicken

Serves 4. Total time: 25 minutes; 20 minutes active.

- 1 1/2 cups whole milk
- 1 1/2 cups water
- 1/4 cup minced onion
- 1/2 teaspoon salt
- 2 cups elbow macaroni
- 1/2 cup frozen peas, thawed
- 4 ounces sharp cheddar cheese, shredded
- 1/2 cup shredded Parmesan cheese

Chicken

- 2 tablespoons unsalted butter
- 2 tablespoons Tabasco sauce
- 1/2 teaspoon Worcestershire sauce
- 1 teaspoon apple cider vinegar
- 2 cups shredded rotisserie chicken

1. Place milk, water, onion and salt in a four-quart saucepan over medium-high heat. Bring to a full boil, then stir in the macaroni. Stir and bring to a boil, then reduce to keep at a simmer. Stir frequently for 10 minutes. Start testing the pasta. When just al dente, stir in the peas, and when they are heated through, stir in the cheese and keep stirring until melted and creamy.
2. While the mac and cheese cooks, melt the butter in a medium saute pan, and stir in the Tabasco, Worcestershire and vinegar. Add the cooked chicken and stir until heated through.
3. Serve the mac and cheese topped with chicken and any sauce from the pan.



Barbecued Chicken Wrap

Serves 6. Total time: 20 minutes.

2 tablespoons mayonnaise
2 tablespoons Greek yogurt, plain, whole-fat
2 teaspoons fresh lime juice
½ teaspoon lime zest
1 clove garlic, pressed
½ teaspoon salt
4 cups shredded cabbage
½ cup corn
1 lb chopped rotisserie chicken
2 tablespoons barbecue sauce
1 medium Roma tomato, chopped
4 ounces Pepper Jack cheese, shredded
6 9-inch flour tortillas

1. In a medium bowl, combine the mayonnaise, yogurt, lime juice and zest, garlic and salt and stir to mix. Add the shredded cabbage and corn and mix well.
2. Place the chicken in a small saute pan with the barbecue sauce. Stir over medium heat until the meat is heated through, about 3 minutes.
3. On each tortilla, place about ⅓ cup chopped chicken, ½ cup cabbage mixture, a few pieces of tomato, and 2 tablespoons cheese. Fold in the sides and roll up the wrap, securing with a toothpick or wrapping tightly with waxed paper.
4. If desired, the wrap can be assembled and stored in the refrigerator for up to 2 days.



Quick Chicken Noodle Soup

Serves 4-6. Total time: 30 minutes.

1 tablespoon olive oil
1 large onion, chopped
2 large carrots, chopped
1 rib celery, chopped
4 cups low-sodium chicken stock
½ teaspoon dried thyme
Salt and pepper to taste
2 ½ cups shredded rotisserie chicken
¼ teaspoon freshly ground black pepper
4 ounces egg noodles
½ cup chopped fresh parsley

1. Heat the olive oil in a large pot over medium high heat. Add the onion, carrots and celery and stir until the vegetables begin to sizzle. Reduce the heat to medium low and cook for about 5 minutes, until the onions are softened. Add the stock, thyme, salt and pepper and bring to a boil, then reduce the heat and simmer for 10 minutes. Stir in the rotisserie chicken.
2. Taste for salt, and grind fresh pepper over the soup. Cook the noodles separately, and add to the hot soup with the parsley just before serving. If you plan to make the soup ahead of time, stir in the chicken, allow the soup to cool and keep tightly covered in the refrigerator for up to 4 days. Then, when you're ready to serve, cook the noodles, chop the fresh parsley and add to the heated soup.



Chicken Ricotta Stuffed Shells

Serves 6. Total time: 1 hour, 10 minutes; 30 minutes active.

12 ounces jumbo pasta shells
2 teaspoons olive oil
1 large onion, chopped
2 cups spinach, chopped
2 cups shredded rotisserie chicken
15 ounces ricotta
8 ounces chevre
8 ounces Neufchatel
5 ounces shredded Parmesan cheese
1 large egg
1 teaspoon dried oregano
2 teaspoons dried basil
½ teaspoon salt
½ teaspoon pepper
2 cups shredded Asiago cheese
24 ounces spaghetti sauce

1. Oil two 9x13-inch baking pans; set aside. Heat the oven to 375°F. Bring a large pot of generously salted water to a boil. Cook pasta shells according to package directions, about 10 minutes, then drain; reserve.

2. Heat the olive oil in a medium saute pan, then add the onions and saute over medium-high heat for about 5 minutes. Add the spinach, remove from the heat and stir until the spinach wilts. Transfer to a large bowl and let cool.
3. When cooled, add the chicken, ricotta, chevre, Neufchatel, Parmesan, egg, oregano, basil, salt and pepper. Add half of the Asiago cheese and mix well, mashing the chevre and Neufchatel until incorporated. Transfer the mixture to a gallon-sized plastic bag and cut the corner off to make a piping bag. Pipe the filling into each shell, and place filled shells in the prepared pans.
4. Cover the shells completely with the sauce, and cover the pans tightly with foil. Bake for 40 minutes, then uncover and sprinkle with remaining Asiago cheese. Bake for 15 minutes longer to melt and brown the cheese.

Need more ideas? Rotisserie chicken is a versatile timesaver in any recipe that calls for cooked or shredded chicken. Fill tacos and enchiladas with the tender, flavorful meat; add it to soups, stews and chilis; or feature it in chicken salads.

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ONE DAY ONLY! SUMMER WELLNESS SALE

STOCK UP WITH
20% OFF
ALL WELLNESS DEPT. ITEMS
JULY 23

Excludes preorders and special orders. While supplies last.

EVERYONE WELCOME!



Enjoy a \$4 community
dinner, live DJ, prizes,
kids activities & more!

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