

RIVER MARKET

Community Co-op

www.rivermarket.coop

Currents

April–May 2014

Biking and Hiking Group

New this summer—Biking and Hiking Group adventures are starting at River Market.

It's time to dust off our bike seats, water proof our boots and get outside.

River Market owners and the community are invited to join Ann DeLaVergne for a monthly biking and hiking group. We plan to bring people together to organize biking and hiking excursions throughout the summer and fall. Minnesota and the St. Croix River Valley are home to beautiful and historic landscapes. Join us to explore some of the more than 20 different biking and hiking trails around Stillwater, and discover the original American Frontier.

Our first meeting will be held Wednesday, April 16 at 6:00 p.m. at the River Market Loft meeting room across the street from the Co-op. Feel free to bring your ideas on trails you and your family would like to try.

We can plan stops at small towns, or bring lunches to eat along the way. In the fall we can plan trips to see the fall colors or find favorite migrating bird routes. Ann has organized these trips with friends for two years and is working with River Market to encourage outdoor activities as part of a healthy lifestyle for River Market owners and the community.

Our first meeting will be held Wednesday,



April 16 at 6:00 p.m. at the River Market Loft across the street from the Co-op. Feel free to bring your ideas on trails and routes you and your family would like to try.

To sign up for the Biking and Hiking Group please stop in the store and sign up on the clip board in the customer service area, or email anthony@rivermarket.coop. When the trips are planned we will post details in the store monthly so others can join us. Tell your friends, come to the planning meeting, and we'll get moving!

River Market has a bike repair station in the little park area behind the store, feel free to use it any time you're wheeling through downtown.

IMPORTANT DATES

APRIL

- Wellness Wednesday April 2
- Bike/Hike meeting April 16
- Easter, store closed April 20
- Earth Day April 22

MAY

- Wellness Wednesday May 7
- Plant Sale Begins May 10

RIVER MARKET

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Currents

Mead Stone
General Manager
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For change of address or to inquire about membership call 651-439-0366.

River Market Community Co-op
221 N. Main St.
Stillwater, MN 55082

For employment information visit our website or check postings on our entry doors.

All River Market Members are welcome to attend monthly board meetings.

Meetings are generally held the second Tuesday of each month from 6:30–8:30 p.m. in the River Market Loft space across Main Street. The Board of Directors welcome members at the meetings.

River Market Board of Directors

Tara Kadow, President
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612-964-2259
MEludt@AtticusLaw.Coop

Nate Hart, Treasurer
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Elissa Cottle, Secretary
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Be Kind to Bees

Bees make more than honey—they are a vital part of our ecosystem due to their role as pollinators.

Bumblebees, solitary bees, and insects like butterflies, wasps, and flies also provide valuable pollination services. And they are all in trouble because of habitat loss and widespread pesticide use.

Below are ideas for things you can do at home to help protect the biodiversity of local pollinators:

- in your back yard plant native trees, shrubs, and flowers.
- Check <http://www.bluethumb.org> for a list of native to MN plants.
- do not buy flowers that have “double” blooms; insects cannot access their nectar because their mouthparts are not adapted to do so.
- avoid using “bug zappers” because they are very damaging to insect diversity and usually fail to attract mosquitoes.
- do not use commercial pesticides, herbicides and fertilizers.
- leave some areas with natural ground covers (e.g., leaves) in your backyard.
- buy organic cotton clothes, sheets, and towels. Conventional cotton growing uses an abundance of harmful pesticides.
- let some of your veggies bolt, they will flower and provide nectar when other sources of food are scarce.
- do not forget that night-blooming flowers will support moths and bats.
- plant a variety of flowers that bloom from early spring to late fall.
- a lawn full of clover and dandelions is not just a good thing—it’s a great thing!



A haven for honeybees and other native pollinators, clover is a great choice. Bees love it, and clover makes attractive and robust ground cover. Planting wildflowers is even better!

- make a Bee Hotel for solitary bees—come to the class on April 26 to learn how.
- put a water basin out - a bird bath with some stones in it for them to crawl on does a nice trick.
- become a beekeeper.
- eat more honey and buy local
- Neonicotinoids are suspected to be a contributing factor to bee colony collapse disorder. They are a class of insecticides, and can be associated with genetically engineered crops. River Market has been a supporter of Just Label It, an organization working to get genetically modified foods labelled. To learn more, visit justlabelit.org.

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Not April Foolishness

By Mead Stone, GM and Owner



Every year I can hardly wait to write an April fool's article for our newsletter. But I don't think it's going to happen this year.

Instead of pulling your leg, I think I'm going to go after your pocket books ... again! By this time we should have collected enough investment capital from you, our great owners, to have Lake Elmo Bank and NCDF free up some money so we can start the remodel project. For your help we are very, very thankful! But the release of funds marks only the halfway point for River Market's investment drive. Our ultimate goal is \$250,000 of owner investment. We can reach this goal! But why do we need more capital?

First, we think it's just a good investment. A 5% dividend is certainly hard to match in any bank CD or savings account—so why not put \$500 more into the River Market remodel? Let River Market help diversify your investments. We'd certainly rather pay you dividends than pay a bank interest. Let's show the bankers we are serious about River Market Community Co-op and our future by meeting this goal!

Second, we do not want to go into any large project undercapitalized. I have

worked with many co-ops around the country who were undercapitalized to begin with and experienced nothing but trouble when, for example, sales projections were not as strong as had been hoped (I think our projections are pretty conservative). There are always surprises in any project like this one. Maybe we'll discover we need a new compressor rack or a new rooftop HVAC unit. Neither of these is in the project budget, but both could possibly pop up as unexpected expenses. Do we replace all of our refrigeration equipment with new, much more energy efficient refrigeration—and then not have the compressors we need to power the thing? (In fact, the current compressors will work less hard with the new equipment than they currently do. I'm just making some April Foolish points!)

The stronger our cash position, the more likely it will be that the banks and the board will approve a dividend payout. We want to keep some extra cash to pay your dividends!

Part of my planning for this project is to have everything paid for and off the boards by 2020. That's the goal we're shooting for although the board, ultimately, will make the decision regarding when to start repaying c share investors. By 2020 we will likely have to make another decision. River Market as you know it is projected to be doing \$2,000 in sales per square foot by 2020. Right now we're doing a little over \$1,000 per square

foot. Imagine us twice as busy! It would be harder to shop and harder to work. So do a little visioning work of your own here; do we spend more and build a new store from the ground up? Do we open a second store to relieve some of the pressure from the current location? Do we acquire a smaller store?

A decision will have to be made because in 2020, our second and final lease extension will be up for this location and if a new lease is not to our satisfaction, should we consider moving? If we are successful with this remodel, River Market will continue to be strong and grow. Most of the refrigeration equipment, the largest piece of the remodel expense, could be moved to a new location. It's not as though we invested now and said "good bye" to that investment seven years later.

Some of you are also wondering, "Why grow?" I think in order to continue to do the things River Market does in our community we have to grow. We found this out during the recession when our growth was limited to one and two percent over two years and our net income got smaller and smaller. The costs of doing business will almost always continue to increase, whether our sales do or not.

I think the surest way to weather the storms of a somewhat unknown future is to pool our strengths and resources and move confidently forward. And that's no April fool's joke!

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Easter

Easter EZ carve and spiral cut hams from Beeler's will be available, both are bone-in and delicious!

The store will be closed April 20 for the Easter Holiday.

Highway cleanup

Saturday, May 17, 1:00–3:00 p.m.

We'll be meeting at the front of the store to clean up our "adopted" stretch of Highway 95. Come join us and help keep our neighborhood clean, be sure to wear good walking shoes or boots!

Blood drives

10:00 a.m.–4:00 p.m.

- Thursday, June 12
- Tuesday, August 12
- Tuesday, October 14

Recipes

River Market Community Co-op is partnering with the HealthEast Stillwater Clinic to offer a new recipe program in store. Each week find new recipes that will be healthy and easy to prepare. Stop by and see what's new!

General Merchandise Sales

April—Chico Bags, 10% off

May—Klean Kanteen, 10% off

HBC sales

April—Suki Skincare, 20% off
Line Drive

May—Dr. Hauschka Line Drive,
15% off

Our Community Kitchen's Community Garden Project

By Julie Luna

The Our Community Kitchen garden was a huge success last summer with youth from many organizations involved in planting, harvesting and cooking produce from the garden. We learned about designing a garden, planting, growing, harvesting, and eating home-grown foods while creating community partnerships.

Forty-one volunteers from 6 community organizations volunteered a total of **326 hours** to grow and harvest **15 bushels of food** from the OCK garden.

- **Designing.** Elena Luna, an 11-year old homeschool student, designed the garden.
- **Planting.** Elena led Transitional Program students in planting vegetables frequently used at Our Community Kitchen—tomatoes, herbs and greens.
- **Expanding.** Local Girl Scouts and youth from Valley Friendship Club built a wheelchair accessible garden planting box to allow access for all youth to plant in the OCK garden.
- **Growing.** OCK grew and processed enough food for our winter breakfasts. The rest of the produce, about half, was given to others that needed it.
- **Harvesting.** Volunteers from Connect WC harvested tomatoes, cilantro, basil and greens. The tomatoes and cilantro were used to make salsa for OCK breakfast that week and the other produce was processed for storage and use in the winter.

- **Eating.** All Head Start students sampled collard greens from the OCK garden. All guests partook of garden produce in their breakfasts.



• Creating Community Partnerships.

Ascension Episcopal Church, Valley Friendship Club, Girl Scout Troop of Woodbury, Connect WC, Head Start, and Stillwater Area High School Transition Program all took part in making the garden a success.

For the summer of 2014, here are some of our needs.

- Donation of seeds—parsley, cilantro, kale, chard and dill
- Donation of plants—tomatoes, peppers, greens, herbs
- Volunteers to build new raised beds
- Volunteers to plant, maintain and harvest the garden
- Volunteers to help connect OCK with other community organizations that would like to garden
- People to spread the word about the great work that OCK is doing to create a sustainable food loop for our community

If you are able to help, please contact Julie Luna, julieluna@hotmail.com, 651-253-7379.

River Market's Plant Sale

Begins Saturday, May 10

If you are interested in beginning or expanding a home garden, growing your own peppers or herbs (but don't have the space for a full bed) or looking for a great, unique and living gift for Mom or Grandma this spring, then count on the River Market Plant Sale to have what you're looking for.



The Plant Sale begins Saturday, May 10 and will continue until we run out of plants —don't dawdle, we won't be getting any additional plants!

We will have around 30 varieties of tomatoes, 20 types of herbs, 18 varieties of peppers (about half of them sweet varieties, half hot), 5 types of summer squash a few different eggplants, cukes, and more.

The plants for the 2014 Plant Sale are grown by Sue Gerlach, Allen Freiermuth and Steve

Hearth who together make up Prairie Farm Gardens. They're located about an hour drive east of River Market in Wisconsin, just north of Highway 64. They are a small operation, only selling to natural food stores and some CSA's.

For many years Steve Hearth has sold plants to River Market, and now Sue and Allen will be buying the operation but upholding the high standards that Steve has always had.

Sue left her corporate job after 21 years to work with plants and the community. She's a certified project manager for Farmer to Farmer coffee, an inventory manager, oversees organic certification standards, makes sure products clear customs, helps distribute food for CSA's and works with Amish farmers in her community.



Earth Day at River Market

By Ola Grabeus-Schmelig and The Green Team

Confused about what can be recycled or composted at the co-op? Join the River Market Green Team and Andy Barnaal from Sanimax on Earth Day (Tuesday, April 22) to learn more about our sustainability efforts and how you can participate.

We have new waste baskets for compost on the floor by the registers and by the Deli. Please place any food waste, paper napkins, paper sampling cups, coffee and soup cups (but not the plastic lids), waxed paper sandwich wrappers, waxed pizza boxes, and compostable utensils in them. Please don't put any plastic or metal in them as it can contaminate the whole batch. If you're unsure about what goes where, ask a staff member.

Happy Earth Day and Happy Recycling and Composting!

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Ask a Ranger

by Andre Bessette with Park Ranger Jonathan Moore

With our proximity to the St. Croix River and the impact it has on our community, we talked with Jonathan about the St. Croix National Scenic Riverway,



Q: What does it mean that the St. Croix is a National Scenic Riverway?

A: It means the St. Croix River is a national park. Because it is one of America’s treasured places, the National Park Service helps preserve it and provide for its enjoyment by current and future generations.

Q: What is the most rewarding part of your job?

A: As the park’s volunteer coordinator, I am always inspired by citizens giving their time and energy to do something on behalf of the

Riverway. It shows how deeply people care about their parks and public lands.

Q: Why does the National Park Service need volunteers?

A: NPS is charged with managing 230 miles of the St. Croix and Namekagon Rivers. It is a tall order and one that we can’t do without the help of park partners and citizen stewards. Stewardship of these cherished resources depends on all of us acting together.

Q: Does someone have to have a boat to volunteer?

A: No. We do have plenty of volunteer opportunities out on the river, and we have land-based opportunities as well, such as invasive species removal or trail monitoring. A person can even volunteer indoors by helping staff one of the park’s visitor centers.

Q: What challenges does the Riverway face?

A: One of the biggest threats to the Riverway are invasive species, such as exotic plants and Asian Carp, which threaten to displace native species and upset the river’s

ecosystem forever. Increased pollution is also harming the high water quality for which the St. Croix is known. While it can seem daunting, there are volunteer efforts underway to help address these threats. So you don’t have to wring your hands. You can roll up your sleeves and be part of the solution!

Q: What is your favorite thing about the St. Croix National Scenic Riverway?

A: I love that it is a place of places. Everyone seems to have their own favorite spot along the river, whether it’s a sandbar, a rock outcrop, a back channel or just a particular bend in the river. Even those places are constantly changing. Depending on the time of day or season, there is always something new to learn and discover.


Q: How can a person learn more about recreational opportunities at the St. Croix National Scenic Riverway?

A: One can access park maps, trip planning information and current river conditions on the park’s website at www.nps.gov/sacn. One can also call the St. Croix River Visitor Center at 715-483-2274.

Q: How can someone get involved as a volunteer?

A: To learn more about volunteer opportunities or to sign up, contact me at jonathan_moore@nps.gov or 715-491-6839. We look forward to seeing you on the river!

DISCLAIMER: WHILE WE ARE VERY HAPPY TO ANNOUNCE THAT WE HAVE RECENTLY LAUNCHED OUR RENEWED WEBSITE AT WWW.45-DEGREES.COM. AND WHILE YOU CERTAINLY CAN SEE THE GREAT BRANDS WE OFFER, READ ABOUT OUR KNOWLEDGEABLE STAFF, GET SOME GOOD TIPS FOR YOUR NEXT ADVENTURE, AND EVEN SEND US A QUESTION ABOUT WHAT GEAR TO GET, THERE IS NO REPLACING A TRIP TO THE SHOP. NOT ONLY CAN YOU SEE OUR GEAR, BUT ALSO TOUCH IT, HEAR MORE ABOUT IT — HECK, SMELL IT IF YOU’RE INTO THAT KIND OF THING. SO WHEN WE SAY “VISIT US,” WE REALLY MEAN IT. SEE YOU ON MAIN STREET.

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Exercise's Everlasting Benefits

Want to feel better, have more energy and perhaps even live longer? Look no further than exercise. The health benefits of regular exercise and physical activity are hard to ignore. And the benefits of exercise are yours for the taking, regardless of your age, sex or physical ability. Need more convincing to exercise? Check out these seven ways exercise can improve your life.

No. 1: Exercise controls weight

Exercise can help prevent excess weight gain or help maintain weight loss. When you engage in physical activity, you burn calories. The more intense the activity, the more calories you burn. You don't need to set aside large chunks of time for exercise to reap weight-loss benefits. If you can't do an actual workout, get more active throughout the day in simple ways—by taking the stairs instead of the elevator or revving up your household chores.

No. 2: Exercise combats health conditions and diseases

Worried about heart disease? Hoping to prevent high blood pressure? No matter what your current weight, being active boosts high-density lipoprotein (HDL), or “good,” cholesterol and decreases unhealthy triglycerides. This one-two punch keeps your blood flowing smoothly, which decreases your risk of cardiovascular diseases. In fact, regular physical activity can help you prevent or manage a wide range of health problems and concerns, including stroke, metabolic syndrome, type 2 diabetes, depression, certain types of cancer, arthritis and falls.

No. 3: Exercise improves mood

Need an emotional lift? Or need to blow off some steam after a stressful day? A workout at the gym or a brisk 30-minute walk can help. Physical activity stimulates various brain chemicals that may leave you feeling happier and more relaxed. You may also feel better about your appearance



and yourself when you exercise regularly, which can boost your confidence and improve your self-esteem.

No. 4: Exercise boosts energy

Winded by grocery shopping or household chores? Regular physical activity can improve your muscle strength and boost your endurance. Exercise and physical activity deliver oxygen and nutrients to your tissues and help your cardiovascular system work more efficiently. And when your heart and lungs work more efficiently, you have more energy to go about your daily chores.

No. 5: Exercise promotes better sleep

Struggling to fall asleep? Or to stay asleep? Regular physical activity can help you fall asleep faster and deepen your sleep. Just don't exercise too close to bedtime, or you may be too energized to fall asleep.

No. 6: Exercise puts the spark back into your sex life

Do you feel too tired or too out of shape to enjoy physical intimacy? Regular physical activity can leave you feeling energized and looking better, which may have a positive effect on your sex life. But there's more to it than that. Regular

physical activity can lead to enhanced arousal for women. And men who exercise regularly are less likely to have problems with erectile dysfunction than are men who don't exercise.

No. 7: Exercise can be fun

Exercise and physical activity can be a fun way to spend some time. It gives you a chance to unwind, enjoy the outdoors or simply engage in activities that make you happy. Physical activity can also help you connect with family or friends in a fun social setting. So, take a dance class, hit the hiking trails or join a soccer team. Find a physical activity you enjoy, and just do it. If you get bored, try something new.

The bottom line on exercise

Exercise and physical activity are a great way to feel better, gain health benefits and have fun. As a general goal, aim for at least 30 minutes of physical activity every day. If you want to lose weight or meet specific fitness goals, you may need to exercise more. Remember to check with your doctor before starting a new exercise program, especially if you haven't exercised for a long time, have chronic health problems, such as heart disease, diabetes or arthritis, or you have any concerns.

—Reposted from the Mayo Clinic's website

Board Note & Poem

By Elissa Cottle, Board Secretary

In this long winter, what has sustained me is places like the co-op, where I know the food is healthy and the store itself is a warm oasis. I am excited about the upcoming remodel and I appreciate all who have contributed to the costs!

As I mentioned in the last *Currents* article, we now welcome applicants for River Market Board positions year-round and I encourage co-op owners to consider running for a seat on the board. The easy one-page application is available on the co-op website.

I am a poet and want to share the following poem of mine, in part inspired by my experience of shopping at the co-op. Thank you for being part of my sense of community!

Not to Suffer

For today the missing link was found

*to the rhinoceros. Built out of a box,
switch deep in his red plastic belly*

*to set him plowing through earth brown
nubby carpet beside the bed, slow lurch, purple and blue disc feet.*

Four green toes spike through.

*I lift the rhinoceros, battery buzzing, then the t-rex, its mechanical green
tongue trying to look slithery. Pointed head, sashaying as he puts one foot*

*in front of the next. For this is time to notice how tall your trees are
becoming.*

*To love things and people interchangeably. Each becoming less
distinguishable from the other. To travel at a faster clip, days shrink to
hours,*

*drag out a conversation on the phone, you miss the lean of the little boy's
body into your side. To live from the vantage point of the clerk*

*leaning above the conveyor belt. This is time for customer service,
to meet eyes across yours, examine each item passing through your hands*

*as you turn it over. Find its price, picture it in a bowl, the sauce
of apple, cheese sliced uneven, meat cooked in honey.*

*Today I was standing in the sand watching children. Mine wearing
plastic clogs.*

Wind wrapped gauze around the scene.

Sun flipped like that switch

*finally located by a crawling hand
along the basement wall.*



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Member Survey #34

Recap: You voted for an owner special in the last issue, and **unsalted Organic Valley butter** was the winner! Look for an owner discount on it in April.

New survey: Do you look at the co-op deals flyer electronically, or the paper version?

Please return this survey to any River Market cashier with your member number and receive \$1 off your order. Expires 4/30/2014; limit one survey for each member number. PLU: 222 Owner Number: _____