

RIVER  
MARKET

Community Co-op

www.rivermarket.coop

# Currents

June–July 2014

## Connecting to Your Food

The Twin Cities' Food Co-ops are excited to announce the fourth annual 2014 Eat Local Farm Tour. Don't stay in the dark about your food—get connected! When you purchase local products, you are supporting your local farmers by providing them a fair price for the food that they grow and produce for you.

The farmers, together with the Twin Cities Co-ops, invite you to a day out on their farms. Join us on Saturday, July 19 as you explore the local foodshed, visit with your farmers, and learn how they grow or make your food. The Eat Local Farm Tour continues to grow and educate communities on what good and real food is, while providing a place for you to really get in touch with what you are consuming.

The farms on the tour that are closest to River Market are 10th Street Farm & Market, Big River Farm, Whistling Well Farm, Star Prairie Trout Farm, and Women's Environmental Institute.

River Market sells micro greens, arugula and pea shoots from 10th Street Farm & Market in Afton, and they have a wonderful farm to visit. They use a unique system of hoop houses on moveable tracks that can "nest," allowing them to grow plants in months when most farms are waiting for the thaw to begin planting. After wandering their beautiful outdoor spaces, be sure to stop at their indoor farm stand and see what is being offered.



Charlie Johnson of Whistling Well Farm has had a close relationship with River Market for years, and his apple farm is another idyllic stop on a summer Saturday. His farm is buzzing with activity, indoor and outdoor, and you never know what animals will be wandering the property or what kid-friendly activities will be going on.

The friendly folks at Big River Farm plan on hosting their annual farm party to coincide with the farm tour, so there's no telling what sorts of fun and adventure will be happening on their beautiful property.

The rest of the farms on the tour are in three other general areas. Around St. Peter: Kohnert Organic Farms, Chankaska Creek Ranch & Winery, and East Henderson Farm. Around Northfield: Cedar Summit, L&R Produce, Simple Harvest Farm Organics, Thousand Hills, Ferndale Farm, Humble Pie Farm, Bossy Acres, Shepherd's Way, Singing Hills Goat Dairy, and Gardens of Eagan. Urban: Growing Lots, Beez Kneez, and Stone's Throw.

Stay connected to the tour and follow what is happening—check out the Eat Local Farm Tour on Facebook. By mid-June, River Market and the rest of the Twin Cities Food Co-ops will have hard copies of the booklets in their stores.

The Twin Cities Food Co-ops thank you for your patronage, and we hope you will spend a day on the farms and learn more about where your food comes from.

### IMPORTANT DATES

#### JUNE

Wellness Wednesday ..... June 4

#### JULY

Co-op closes at 6:00 p.m. .... July 4

Co-op closes at 6:00 p.m. for the Stillwater Log Jam ..... July 18, 19, 20

Eat Local Farm Tour ..... July 19

# RIVER MARKET

Community Co-op  
www.rivermarket.coop

## Currents

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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

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# New Friends, Good Food

By Elissa Cottle, River Market Board Secretary

**R**ecently our co-op went beyond feeding me my daily sustenance of broccoli and apples, fresh bread, white tangy cheese, meats, and those yummy frozen raspberry bars I go through by the boxful. The co-op invited me to explore the woods and trails.

I joined the new bike and hike club sponsored by River Market and led by local community organizer Ann DeLaVergne. In one chilly Wednesday evening in April—our initial meeting—suddenly my vague sense of summer unfurled before me like a flag of the warm country I've been waiting for. I am now looking forward to 12 Saturdays from May to October of hiking and biking—and good eating along the way—we are River Market people after all!

I am excited to get to know the 40 some people who will be my new community along the trail we mapped out for ourselves—Gateway, Falls Creek, Cannon Falls, Ferry Falls, Square Lake, William O'Brien, Afton, Willow River, Marine, Cedar Trail, Root River and Crex Meadows. Ann said we may not want to quit in October but keep going into the cold months by snow shoe and ski – which gave me the courage to actually entertain those usually dreaded two words: next winter.

The last time I saw Ann it was the River Market annual meeting in September at Our Community Kitchen, hosted by



Ascension Episcopal Church in Stillwater. It was a packed house enjoying local-farm spring greens and cherry tomatoes, bison in mushroom gravy, smashed potatoes and butter, roasted gold beets and onions, and cheese and apples. Ann, the keynote speaker, was corralling us to come up with the words that describe who we are—beyond people who know good food when we put it in our co-op shopping carts.

In between bites, we spoke up and Ann put it in writing: “We are a friendly community, invested and educated consumers, and advocates of healthy lifestyles and local foods.” It sounded noble and good on paper. And when I'm pedalling along the Gateway in May with my new friends it will taste like the real deal.

*Elissa Cottle is in her second year sitting on the Board of Directors and is a freelance writer and editor from Stillwater; elissa.gwen@gmail.com*

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# What? Another Article on the Remodel?

By Mead Stone, GM and Owner



**B**y now you have begun to see the physical signs of our remodel, or probably more correctly, our “up-grade”. When the dust settles, you should still be able to find your way around the co-op pretty easily. Produce and bulk are where they’ve always been. Dairy has a new case—eggs are now in the center of the back of the store instead of over by the deli. A new bulk water machine will be right next to the eggs and butter—kind of where it was before I came to River Market—and with this one, you don’t need to hold the button

**Next up: new checkstands—moving up from three to four lanes. Then comes the 11 freezer doors: pulled out, moved over, and refilled.**

down forever while you dispense 5 gallons of water. Very soon, wellness and grocery will enjoy a new look; but basically they are where you would expect them to be. Next up: new checkstands—moving up from three to four lanes. Then come the 11 freezer doors: pulled out, moved over, and refilled. The backside (the meat and deli grab and go sections) will then be pulled, moved over, and replaced by great new cases.

The final stage of the up-grade will be remodeling our deli department, currently scheduled for almost the entire month of July. What looks a bit worn today will be transformed into a beautiful, well-coordinated presentation (see the artistic renderings near the deli). We’ve already installed a new freezer and cooler for the deli in what used to be the depart-



ment managers office. My office became a three-tub dishwashing station—don’t you find dishwashing meditative? We also plan to do away with the two burner hot plate and bring in a real six-burner gas stove. We’ll add a second oven in order to expand our in-store baked goods offering. We’ll slowly begin to work on a limited (emphasis on small) hot food program combined with our new salad bar. Seating will still be tight, so I’ll be looking for creative solutions from you on how to expand our deli seating. Oh, and did I mention the burrito bar? At the same time we will continue our great soup, sandwich, and smoothie programs. River Market aims to continue as the best, reasonably priced lunch in Stillwater!

This is all very exciting for us. Almost fifteen years ago, we opened downtown with used refrigeration equipment and bulk bins that were already used for years up on the hill. Today we do four times the business we did on William Street and we continue to work toward delivering the best possible River Market experience to you.

We’re definitely about community and we’re hoping to continue to extend that community through good food, educational classes and movies, groups like Bike and Hike, senior days, local donations, local purchasing, CSAs, Wellness Wednesdays, recycling and composting, Community Gardens, Community Kitchens, and numerous other avenues.

So now I’m going to sound like a public television pitch man and continue to ask for your help investing in your River Market Community Co-op. If you like the direction we’re going, if you want to support our efforts with local farmers and vendors, if you want to maintain an ever-widening sense of community, please consider again investing in our C Share offering. Unlike TPT, this is not a donation, but an investment in our future and an investment that will pay you dividends down the road, both monetarily and socially. As I have written before, I would much rather pay our owners a dividend than pay a bank interest. You’re seeing the early results of our remodel and believe me; it is not too late to invest! Interested? Just ask any cashier for an investment packet!

## Recipe Cards at Co-op

Not sure what's for dinner? HealthEast Stillwater Clinic and HealthEast Ways to Wellness have partnered with the River Market Co-op to provide recipe cards you can use as you shop. We're offering both meatless and with-meat recipes so you'll have some options to choose from.

HealthEast Ways to Wellness is a community health-focused, service based business providing one-on-one personal training, nutrition consultation and Pilates reformer training.

### Schedule a Consultation

The HealthEast Stillwater Clinic is home to the newest location providing these services. Stop by to see the space, or call 651-232-1926 to schedule your complimentary consultation with Beth, our Registered Dietitian and Personal Trainer.

Tuesday, 8:30 a.m.–Noon  
Wednesday, Noon–4:00 p.m.

HealthEast Stillwater Clinic  
2900 Curve Crest Blvd.  
Stillwater, MN 55082

# HealthEast Classes

### Moving Meditation

Monday, June 16, 5:00–6:00 p.m.  
Woodwinds Health Campus

Calm the mind, body and spirit while centering your thoughts in a movement based meditation exercise. All ability levels are welcome to attend.

### Equipment-Free Summer Workout

Tuesday, June 17, 6:00–7:00 p.m.  
HealthEast Ways to Wellness

Keep up your fitness routine this summer with this do-anywhere workout. Learn a rock solid routine packed with on-the-go moves.

### Ballroom Dancing for Your Health

Monday, June 23, 6:30–7:30 p.m.  
HealthEast Ways to Wellness

Thursday, July 10, 5:30–6:30 p.m.  
HealthEast Ways to Wellness

Have a blast with your friends, provided by professional dance instructor, Tricia Wood. It will improve your posture and balance, increase your stamina and flexibility, reduce stress and improve your overall memory skills. Come with or without a dance partner.

### Sunrise Yoga

Thursday, August 7, 5:30–6:30 a.m.  
HealthEast Stillwater Clinic

Breathe in the fresh summer air and watch the sun rise while gently flowing through a series of yoga poses. Bring your yoga mats.

### Registration

All classes are \$10 unless otherwise noted and are non-refundable. Space is limited and registration is required. For questions, call 651-232-1926. To register visit <http://healtheast.org/wellnessclasses>.

### Class Locations

HealthEast Ways to Wellness  
Woodwinds Campus  
1825 Woodwinds Drive  
Oak Center, Suite 300  
Woodbury, MN 55125

Woodwinds Health Campus  
1925 Woodwinds Drive  
Woodbury, MN 55125  
HealthEast Stillwater Clinic  
2900 Curve Crest Blvd.  
Stillwater, MN 55082

*River Market offers fewer classes during the busy summer months, but we invite you look into the classes offered by HealthEast. Try one of their upcoming wellness classes for yourself and continue your journey to your "best you."*

### How to Make Herbal Infusions

Saturday, June 7, 10:00 a.m.–Noon

Infused oils can be used in preparing lotions, salves, insect repellent or used as bath oil. In this class you will learn traditional uses of ten different common plants and the relatively simple process of making an olive oil infusion to extract medicinal chemicals that can be made into a useful first aid salve by adding beeswax. You will also make a salve using herbs of your choice. Presented by Kelley A. Hagenbuch, D.C., M.H. The class is \$10 for co-op owners and \$15 for non-owners.

### Children's Music Class

Saturday, June 14, 10:00–10:45 a.m.

Come join this animal adventure as children actively engage in a variety of interactive

animal songs. This class will provide free exploration in movement, singing, and instrument play in a group environment. Sessions are designed to stimulate creativity, imaginative play and interaction skills through active engagement in music. Bring a blanket and a pillow. Presented by Katie Corbett, masters level Board Certified Music Therapist, and Certified Children's Meditation Facilitator for children up to 5 years old. The class is free for co-op owners and \$5 for non-owners.

### Meditation for Children

Saturday, June 14, 11:00–11:45 a.m.

This meditation class integrates creative visualization, art, music, and some physical yoga movement as children explore themselves through a simple tree meditation. Children will share experiences in a group setting, problem-solve, and identify their strengths. Perfect for children and parents with little or no experience with meditation. Bring a blanket and a pillow. Class is provided by Katie Corbett, masters level Board Certified Music Therapist, and Certified Children's Meditation Facilitator for children ages 5 to 11. The class is free for any co-op owners and \$5 for non-owners.

### Beekeeping Beyond the Basics

Saturday, July 19, 9:00 a.m.–1:00 p.m.

JoAnne Sabin, beekeeper and a member of the Minnesota Hobby Beekeepers Association (MHBA) will be back to cover more in depth topics for beekeepers who know the basics. Learn more about bee behavior, hive management, equipment, bee health, and swarms. Bring those pesky questions that come up when you actually have bees. Participants will receive handouts of all topics covered including a list of resources, and will be able to see beekeeping equipment, and catalogs. The class fee is \$35 for River Market Co-op owners and \$40 for non-owners.

### Kids and Bees

Saturday July 19, 1:30–2:30 p.m.

Build a bee hotel using bamboo sticks and twine at this fun, hands-on class about bees and honey for kids. Kids will also learn how to approach bees and how to help them survive. Suitable for kids ages 5-12, parental supervision required. Presented by JoAnne Sabin, beekeeper. The class is \$5 for any co-op owners and \$10 for non-owners.

# News

## The MIX

The Twin Cities Food Co-op collaborative publication *THE MIX* is being discontinued, the final issue will be July/August. So every other month, when you would normally receive your Co-op Deals sales fliers in the mail with the *MIX*, we encourage you to pick up a copy of the fliers in the store, or on our website at [www.rivermarket.coop/specials](http://www.rivermarket.coop/specials)

## Annual Meeting: Save the Date!

River Market's annual meeting will be held Friday, September 19 at Ascension Church. More details to follow in the next newsletter

## Fourth of July

We will be closing at 6:00 p.m. on Friday, July 4.

## Equal Exchange Bananas

Eating bananas all year in Minnesota is a luxury. Getting them delivered is no simple matter, especially when sourcing fair-trade bananas is a priority. For us, a series of cooperatives is involved. We get most of our bananas from Equal Exchange, a worker-owned cooperative. Equal Exchange sources them from small farmer cooperatives in Peru and Ecuador. These cooperatives work together to achieve access to the greater export market. Large ships take the bananas on their long voyage into the Panama Canal and along the eastern coast of the United States and into the Port of New York. Equal Exchange then works to ripen them, and after 3 – 5 days they are distributed to stores.



Large corporations have long dominated the banana market by outlawing labor unions, polluting land and ground water

and artificially suppressing prices. This has had enormous negative impacts on the rights of farmers and their families. Now however, there are a number of courageous small farmer fair trade cooperatives joining together to gain access to higher wages, health care and education. Cooperatives have strongly supported shifting control back into the hands of farmers, and Equal Exchange is hard at work helping make that happen.

So we apologize when there are inconsistencies in banana availability, or when they fail to ripen as they should. But it's important to us to continue to support Equal Exchange and the farmers that grow bananas, instead of buying them from one of the very large corporations that often fail to protect the interests of farmers and their families.



## 10% Off During Log Jam

The Stillwater Log Jam festival (formerly Lumberjack Days) is taking place July 18, 19 and 20 this year. These large events often make your weekend shopping trip to River Market less convenient than usual, so we're offering this 10% off coupon valid for one shopping trip during these three days. We apologize in advance if parking and crowds make getting to the co-op difficult!

We will be closing at 6:00 p.m. during these three days. Looking to get out of town on Saturday? Check out the Eat Local Farm Tour!

Limit 1 per owner number

# 10% OFF

Valid 7/18/14 – 7/20/14

PLU:605      Owner #: \_\_\_\_\_

Stillwater Log Jam  
COUPON

June  
OWNER COUPON

One coupon per owner number per month

## 5% DISCOUNT

Owner number \_\_\_\_\_ Valid 6/1/14

Date used \_\_\_\_\_ to 6/30/14

Cashier's Initials \_\_\_\_\_ PLU 85

Don't forget to clip and save these coupons!



July  
OWNER COUPON

One coupon per owner number per month

## 5% DISCOUNT

Owner number \_\_\_\_\_ Valid 7/1/14

Date used \_\_\_\_\_ to 7/31/14

Cashier's Initials \_\_\_\_\_ PLU 85

# Hungry Turtle Farmers Co-op

By Anthony Orlando, Marketing Assistant

**D**id you know Wisconsin has over 600 co-operatively owned businesses? Did you know Minnesota has more than 1,000? When we heard about a new Wisconsin-based farmer's co-op working to help distribute local produce in both states, we definitely wanted to get the scoop. I was able to reach Derek Maxwell, Coordinator for the Hungry Turtle Farmers Co-op, with a few questions.

## What is Hungry Turtle Farmers Co-op?

We are a group of small family farms who have come together to help increase the availability and impact of local foods in our region. As small growers we see a need to work together to grow the infrastructure for a sustainable local food system. Working together allows us to consistently deliver a wide range of quality products, and the ability to better respond to the needs of our customers.

## Whose idea was this? How did the co-op come to be?

The co-op was formed during community gatherings. The farmers have been coming together and sharing ideas and experiences for a long time. As we started to identify similar goals and needs, it made sense to find a way to start working together.

**Why a Co-op?** Farmers are independent folks but understand interdependence. They work with the land and with the market. The co-operative business model gives farmers a structure for working together, while at the same time allows them to retain their own independent and unique operation. This really adds great depth to the coop because it allows each member to bring something special to the table.



## Do you have certain standards and growing practices you hold the produce to?

We require that growers meet the same standards as our founding farmers. This is a group of farms who have been managing their land organically and working hard to be sustainable operations. Until recently none of the farms saw a need for outside certification, but this year 6 farms will be certified organic. Whether or not this becomes a rule in the coop is yet to be determined. But we hold all our growers to organic and quality standards.

## What can you tell me about your member farms?

We currently have 13 member farms and each is unique. Some common traits include CSA shares, and diverse crop and livestock production. Most important to each of our member farms is stewardship of land and community. It is the goal of all the producers to build a sustainable food system which supports the community it feeds.

## What is your background? How did you become involved with farming?

This is a long story, but here is the condensed version. While in college I became very concerned about the food system so I switched to a vegan diet and began eating locally and organically. I moved to a really

big city on the east coast where I started eating almost entirely local. Then I met folks like the Greenhorns and other young farmers. I realized I could participate in this changing food system at the source and found myself making some lovely friends who let me come live and work on their farm in Wisconsin. And here I am, still learning, still growing, but not still a vegan.

## What can you tell me about the Hungry Turtle Learning Center?

The learning center is a non-profit which focuses on education and events around sustainable local foods. We share a home with them in Amery, along with Farm Table restaurant in a new food hub which is being started this year. The learning center will be publishing a calendar soon with all sorts of great farm fun events and classes.

## Favorite summer dish/recipe?

This is a tough question for me. I am an improvisational chef. What I like best about summer eating is that I can just walk out to the field and grab a tomato, a cucumber, some onion and herbs, head back to the kitchen, slice it up and toss in a little olive oil, vinegar, salt and pepper and voilà! A tasty summer treat to enjoy on the porch.

# Inspiring Volunteering

By Glenda Bjorum

It's 6:30 on a summer Tuesday morning. Do you know where your children are? Laura and Mark Weston know where their children are: On the way to volunteer at Our Community Kitchen at Ascension Episcopal Church in Stillwater just as they have done every Tuesday and Thursday since the program began in 2011. Fourteen-year-old Olive, 12-year-old Xavier, and 10-year-old Eliza are regular volunteers at the Kitchen setting tables, stirring oatmeal, shredding cheese, flipping pancakes, and accomplishing a variety of tasks while exuding a special kind of joy and smiling all the while. According to Kitchen Manager Lynn Pagliarini, "It's not uncommon to hear Xavier singing a happy song as he performs his tasks. The most amazing thing about these youth volunteers is that they think helping others is fun!" Many adults have learned about the joy of serving by observing the Westons perform their tasks with great joy and enthusiasm.

Outside of the Kitchen the Weston kids along with Mom Laura's "Wonderful Weston Wagon" make a trip to the River Market Community Co-op where they pick up the weekly case of eggs and the donation of a flat of fresh fruit. Olive, Xavier, and Eliza then help unload the groceries at Ascension Church. During the summer Xavier and Eliza volunteer at a local Community Supported Agriculture (CSA) garden operated by Sara Morrison. The Community Kitchen receives a box of fresh produce from Sara's Backyard Grocery every week and Xavier and Eliza are instrumental in planting, watering and weeding the gardens.

When asked why they are such enthusiastic volunteers Olive responded by saying, "It's nice to know you're making a difference. There is a sense of community between volunteers and the guests that come to the Kitchen." Xavier loves the cooking part, and Eliza likes everything about being at the Kitchen. All three



**Eliza, Olive and Xavier Weston are regular volunteers at Our Community Kitchen.**

agree if anyone is interested in volunteering they should "do it, of course!" They suggest starting with a personal interest and explore places like school, church, and community organizations to get hooked up with a volunteer experience that is fun and meaningful.

Olive, Xavier, and Eliza are not just Kitchen volunteers. Olive is an active 9th grader at Stillwater Junior High where she is involved in the National Junior Honor Society, plays cello in the orchestra, and participates on the swim and Nordic ski teams. She also sings in the Ascension Church choir. During the winter she is a volunteer with the Minnesota Youth Ski League at Lake Elmo Park Reserve. Xavier is a student at Marine Elementary School and is active in all kinds of sports and loves to play guitar. Eliza is also a student at Marine Elementary where she plays violin in the orchestra. Some of her time is spent figure skating with the Learn to Skate Figure Skating Team. Eliza first began volunteering at age four helping to deliver Meals on Wheels.

When Olive was in second grade her class was challenged to donate extra change for "Loose Change to Lose Chains." Olive took the challenge very seriously, engaged her family, and came up with a plan to have a bake sale to try and increase her contribution. It was a success, raising \$300. Which led to Nature's Home

Goods being established, a stand that sells baked goods and fresh produce from their garden. To date Nature's Home Goods has raised over \$2000. Profits have gone to a number of non-profit organizations including the World Wildlife Fund, Pennies for Peace, and Pennies for Patients. Olive, Xavier, and Eliza are already planning to increase the size of the garden this summer to include more fresh cut flowers and use technology to publicize Nature's Home Goods online.

Now that the Weston kids are in school they only manage to volunteer one morning a week before school at Our Community Kitchen, but they look forward to getting back on schedule once summer vacation starts.

Olive, Xavier, and Eliza already understand the rewards and satisfaction that come from volunteering. Their creativity and enthusiasm are an inspiration as they set a positive example for their peers as well as other adults by pursuing challenges beyond their personal boundaries. In the words of Diane Rollie, Our Community Kitchen Volunteer Coordinator, "Truly, the volunteer spirit is alive and well in the Weston family." We celebrate these talented youth and the recognition, energy, and joy they bring to volunteerism in Washington County.

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**(but you can rent it by the hour)**

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**Member Survey #35**

Recap: Most of you said you read the paper version of the sales flyer, but several mentioned you didn't realize it was available online. We have the most current flyer available on our website, this is important because after the July/August issue of the MIX, you will no longer receive the flyer in the mail every other month (the "off-months" from this newsletter).

**New survey:** Why did you decide to join the co-op?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Please return this survey to any River Market cashier with your member number and receive \$1 off your order. Expires 6/30/2014; limit one survey for each member number. PLU: 222 Owner Number: \_\_\_\_\_