



Mississippi Market
Natural Foods Co-op

Market Medley

Mississippi Market Member Newsletter

October - November, 2011 Vol. 35 No. 4

2012 Board of Directors Election *Choose online voting this year!*

However you choose to vote, remember that you're putting the 2nd Co-operative Principle into practice— democratic member control.

See pages 4-6 for board candidate statements.

We are excited to offer online voting for our board of directors election this year. Members-owners have the option of fulfilling their cooperative duty via paper ballot (found in our stores) or via paperless, online voting.

If you prefer to vote on paper, we have ballots available in the stores at the customer service desks. You will also need your member number and the stockholder's last name to vote in store.

However you choose to vote, remember that you're putting the 2nd Co-operative Principle into practice— democratic member control. Thanks in advance for your participation!

Co-op member-owners will vote for candidates to fill the three board of

director positions open this year. Our board election starts October 1 and wraps up at the annual meeting on October 27, 2011. Be sure to exercise your membership rights by voting! Please cast your vote in one of these three ways:

- 1 Go paperless!** Submit your electronic ballot using this link: <https://www.directvote.net/MMNFC> by noon on October 26, 2011.
- 2 Vote in either store** using a paper ballot by noon on October 27, 2011.
- 3 Drop the ballot in the ballot box** at the annual meeting by 7pm on October 27, 2011.

You'll find detailed instructions for online voting on page 6, column 3.

Mississippi Market Natural Foods Co-op • NOTICE OF ANNUAL MEETING



Thursday, October 27, 2011
6:00 – 8:30 p.m.
FREE. Reserve your spot at
www.msmarket.coop/events
or call 651-690-0507

Harriet Island Pavilion
200 Dr. Justus Ohage Blvd
Saint Paul, MN

All Mississippi Market Co-op member-owners are invited to attend our 2011 annual meeting. The annual member-owner meeting is a chance for member-owners, directors on the board and staff to come together to celebrate our accomplishments and reaffirm our commitment to providing healthful food to our community. Join us for a night full of reminiscing and remembering our roots and looking forward to the co-op's future. Enjoy live reggae music by the Tropics Steel Drum Band. The meal will be prepared by our own deli and will feature appetizers, salad, a variety of soups, locally baked breads, and desserts.

General Manager's Report

While pleased with our profitability, we do face a number of significant demands.

Gail Graham, General Manager



Your Class B stock... is your “reinvestment” in the co-op; it is our joint legacy to future generations. [It] builds member equity in the co-op, and as member equity grows, the co-op is strengthened.

Members own the co-op, and in profitable years the co-op returns a portion of the profits back to member-owners based on their shopping trips, in the form of a patronage dividend. We track your purchases when you shop—which is why cashiers ask for your member-owner number—so we can allocate the excess profit back to you.

For the year ending June 30, 2011 our sales were \$19,758,651; up 11.75% from the prior year. We had Total Annual Net Savings (net earnings) of \$323,097—this is income derived from doing business with members and non-members, as well as patronage income received from other co-ops. As authorized by our bylaws, the board set a portion of this aside as a capital reserve and is distributing the remaining \$225,832 as a patronage dividend. 22% will be distributed in cash and 78% will be allocated as Class B stock in your name. Patronage refunds, whether in Class B stock or cash, are not taxable income when returned to our member-owners.

This equity doesn't enrich any of you personally. Your Class B stock in the co-op doesn't increase in value, it can't be traded or sold, and it doesn't increase your voting power in the co-op. It is your “reinvestment” in the co-op; it is our joint legacy to future generations. Your Class B stock builds member equity in the co-op, and as member equity grows, the co-op is strengthened.

The cash portion of this year's dividend will be relatively small. While we were pleased with our profitability, we do have a number of significant demands on our cash. We will be paying off \$121,294 in member loans that mature, and we are planning a major

remodel of our Selby store which we will pay for out of savings.

Our Selby remodel will take place in a few stages. We hope to have the cash register portion done before this year's holiday season. We are moving the customer service counter to the area to the right of the main entrance, replacing our cash register fixtures with more space efficient models, similar to what we have at West 7th, and adding another express check out lane.

Also, recently we were able to take advantage of an unplanned opportunity to purchase a house adjacent to Selby. We are in the process of petitioning to have it rezoned so we can expand our Selby parking lot.

As our sales have grown, our parking situation at Selby has become increasingly problematic. We have taken steps to address the issue but the fact remains that we have 145 people who work in the Selby building, about 1,100 shoppers a day, and only 66 parking spots in our lots—25 of them in the main lot.

We plan to take down the adjacent house, expand our parking to the area where our garden is, and move the garden further west on the lot. We will gain 10 spots in the expanded lot and they will really help during our peak times.

The house we are taking down has been vacant for the last few years and is in poor condition. We are making sure we salvage as much as possible from it to divert material from the landfill. We are also taking measures to ensure the on-going health of the large oak that sits on the property, a beautiful tree that enriches the neighborhood. The plans we have submitted to the City call for us to end up with a 3,500 square foot garden and we are making sure it will be as lovely as the one that it will replace.

There are lots of exciting changes coming in the near future. We hope to implement them with as little disruption to our regular service as possible. Watch www.msmarket.coop and our e-newsletters for updates as the work progresses.

Board of Directors Report

Board election changes—will make voting easier and invite greater participation

Nilgun Tuna, Board Member

As we approach the time of year for our Board elections and Annual Meeting, I'd like to talk to you about what the board has been working on. Our job, according to law, is to represent the shareholders (membership), monitor the health of the organization, engage in strategic planning, hire or fire a CEO (or General Manager, in co-op parlance) if necessary, and to replace ourselves, hopefully with even better board members.

To that end, our Nominations and Board Development Committee has been busy improving our voting system, and the way we nominate potential board members. We hope that these changes will make it easier for you, our member-owners, to vote, and also to decide who to vote for.

Last year, board members spent time talking to member-owners at each store, and we heard that there were too many candidates on the slate. Many people did not vote because they did not have time to read the election materials, or felt it was difficult to choose among so many candidates. On the board side, we feel that as board members leave it is very important to replace their skills, or to be able to look for skills which the board lacks. To that end, we have decided to limit the number of candidates to five, both so that voting will be easier, and to get the talent we need at a particular time.

This year we are also excited to implement e-voting. It will save resources, and hopefully increase the percentage of members who vote. Paper ballots will still be available, but only at the stores.



To participate in e-voting, you only need to know your member number and the stockholder's last name. It's easy! Simply visit <https://www.directvote.net/MMNFC> by noon on October 26, 2011 to submit

your electronic ballot. You can now vote from your phone! (Don't worry, the above address is available at www.msmarket.coop for you to link to.)

It is no secret that turnout is low for co-op elections across the country. Our co-op's turnout is about average. At a seminar I went to at a recent national co-op conference, the speaker said that members now seek a different kind of connection to the co-op. What used to be very important to earlier members seems to have become less significant to the new generation of member-owners. However, I do not believe this lets us off the hook. The board must ensure that we have adequate representation at our elections and that we constantly make an effort to draw out our members' thoughts.

This year the Board bagged groceries at both stores to talk informally with members-owners, and held a wine and cheese event for prospective board members at W. A. Frost's. Both events were so successful that we are going to repeat them, with greater frequency, in the year to come. We have also discussed a more interactive format for our Annual Meeting. If you have ideas or opinions you want to share, or are a prospective board member, look for these events in the newsletter or online. We are always happy to hear from you.



This year we are excited to implement e-voting. It will save resources, and hopefully increase the percentage of members who vote.

Board of Directors Election 2011

Co-op Principle #2: Democratic Member Control — your right as a co-op member-owner



Co-operatives are democratic organizations controlled by their members, who actively participate in setting

their policies and making decisions. Men and women serving as elected representatives are accountable to the membership. In primary co-operatives members have equal voting rights (one member, one vote) and co-operatives at other levels are also organized in a democratic manner.

In submitting their application for the co-op's Board of Directors, the candidates were asked to address these four points:

- 1 In your opinion, what is the role of the co-op in the community?
- 2 Choose one of our Strategic Priorities and describe how our board could help drive that priority.
- 3 Describe any professional or volunteer experience you've had that would provide insight of skills on the board, including having served

on a board or governing committee.

- 4 Tell us about your favorite co-op food, and how you like to enjoy or share it?

Due to space limitation, candidate responses have been edited down. To read their answers in full visit www.msmarket.coop. Full candidate responses are also available for review when using our on-line voting system <https://www.directvote.net/MMNFC> and at our customer service desks.

Nabeel Ahmad



1 The co-op is a constant reminder of what we as a group can do to shape our communities and our lives. It serves as a focal point for connecting a community through offering something as simple and basic as food. Our need to provide sustenance for ourselves and our families has connected people for centuries, whether breaking bread at the dinner table or at a wedding celebration. The co-op serves a vital role in this humble but great tradition by reminding people that their food dollars can aid in building stronger, vibrant and sustainable communities.

2 Strategic Priority #2 - Become the most trusted advisors. Using technology effectively to provide information to our member-owners about their purchases would take us one step closer to a becoming a trusted advisor.

An example of this could be to connect the products that a member purchases, to some of the latest research about that product in an email.

3 In my professional life, I lead a large team that advises clients through tough legal and technology challenges. One of the most important lessons I have learned about being a trusted advisor is that frequently one needs to give your clients what they need, not what they are asking for. As our member-owners turn to us for guidance, we need to lead them to products and services that enrich them and their communities.

4 I particular enjoy the cheese selection at our co-op. Having moved to the cities 5 years ago, I was excited about being in this rich dairy region of our nation. I thought I would have access to local artisan cheeses everywhere, but was thoroughly disappointed as that was not the case. Local supermarkets carried a limited supply, mostly from big manufacturers and producers. The co-op, on the other hand, carries a great variety of local artisan cheese, several

of which are world class. I will frequently have 8-10 different cheeses from the market in my home.

Charles Breer (incumbent)



1 I believe the role of the co-op in the community is to be a successful and responsible business, which enables it to achieve the social aspects of our mission, which include education about healthy food, employing community members at livable wages, and contributing to a healthy environment. The co-op should also serve as a focal point and gathering place for the community, which our owners and neighbors are proud of and feel no hesitation to recommend to others. Finally, one of the most important aspects of the co-op is that members of the community own it (not anonymous shareholders) and the owners benefit directly when the co-op thrives.

2 Strategic Priority #4 - Foster growth in the local food economy. The co-op board can help promote growth in the local food economy by ensuring that our management team is doing everything possible to identify local producers, processors, and distributors and help them become successful so that we can provide a reliable, tasty and efficient supply of food to more and more customers. In particular, the board could steer additional attention toward the development of urban farming by helping to provide steady demand for food grown right in our back yard.

3 During my three years on the Mississippi Market board, I have concentrated on making sure that we are governing in the best way possible. I have chaired the board's Policy Committee and served on both the Finance and Board Development committees, with the goal of learning as much as I can about how to best represent our fellow member owners as we oversee the co-op and plan for its future. During this time, I have also applied my 20+ years of business experience and previous board leadership experience for the Twin Cities Bicycling Club.

4 It's very hard to choose a favorite co-op food, but I think my current favorite is the Beans, Greens & Rice meal deal at the deli's hot bar. Our co-op offers it at a great price and it's delicious, filling and nutritious. It's a full plate of fresh food consisting of beans prepared in a variety of creative ways, along with tasty kale or spinach or collards, usually with a heaping serving of brown rice. I'll sometimes add some hot sauce, but otherwise just enjoy the great flavors as they are. The Beans, Greens & Rice deal is a great way to grab a quick or leisurely lunch, easy to take out and always hot.

Sara Kujawski



1 I believe the role of a co-op is to bring the community together to promote and provide locally grown, organic, sustainable food choices and to support local food growers. In addition, co-ops provide educational opportunities and community events.

2 Strategic Priority #5 - Support and develop an engaged work force. The board could drive employee engagement by creating a workplace culture and satisfaction survey that will gather data on what employees find valuable in their work experience at Mississippi Market and what we can do to improve their experience. A subcommittee could create a work plan that addresses areas of strength and opportunity for growth. They could include the general manager, store leaders, staff and members to create execute the work plan.

3 In my role as a Human Resources Manager in the MN Judicial Branch (court system), we have many formal committees and boards that I support. I've developed agendas, facilitated meetings, participated in meetings, created minutes, provided research and analysis and presented materials at meetings. I have an understanding of how boards and committees work and how decisions are made within a board or governing committee.

4 I love the honey goat cheese from Belgium. Sometimes I stop at Mississippi Market just for cheese but of course end up with many other items in my basket. I bring it to dinner parties and serve it to my extended family with pretzels. Everybody loves it, including my 5 year old.

Mia Taney



1 The answer to this is simple and goes right back to the Mississippi Market values of integrity, people, member ownership, customer commitment, leadership and environmental stewardship. These values are at the core of the business and are the very reasons that I became a member-owner in the first place. Our co-op is more than just a place to pick up groceries; it's a cooperative business that is driving positive change in our community and world.

2 Strategic Priority #1 - Become the most trusted advisor. We build trust by establishing relationships and delivering results. For Mississippi Market to be the trusted advisor the Board must find many ways to demonstrate leadership and integrity through action. The Board can drive this strategic priority by staying visible to member-owners and leading by example:

- Shop at the co-op and be present at events
- Engage members in discussions that inform and empower action and positive change
- Be the face of the co-op by representing and promoting the co-op in every forum possible
- Ensure transparency of strategic decisions and the operating issues of the business

3 For the last 9 years I have worked as a strategic planner for an east metro health care delivery system. In this role—which is constantly evolving—I lead visioning, strategic thinking and overall planning efforts with business units, service lines, leadership teams and physicians. I am especially

passionate about implementation planning (translating strategy into tangible actions and results) and have expertise in this area. In addition, I serve as an internal consultant on process design, planning and implementation. I have a master's degree from St. Catherine University in Organizational Leadership and Strategic Management. Not only did this degree provide an excellent learning lab for business skills, it also offered a great place to explore my passion for sustainable food and ethical eating. In fact, my thesis on strategic planning best practices for small, sustainable businesses recently won an award for outstanding graduate research and was published through the University.

4 There are just too many great foods to pick just one favorite! I've eaten some of the best produce, most delightful cheeses and wonderfully decadent desserts from the co-op. Here are my top three in no particular order: Sheba bar; Rustica bread; and the house-made quinoa tabouli.

David Van Sant



1 Food plays a huge role in our daily lives. Food choices equal community impact, especially in an agriculturally dense region like Minnesota. Our co-op has an obligation to constantly increase community awareness of the daily role food plays in our lives and the impact our food choices have on our community. The co-op fills the gap between local, small agriculture businesses and individuals. This is a relationship lacking with other grocers in the area. The co-op's role is to bring our community together through the economy of food.

2 Strategic Priority #3 - Deliver exceptional customer service experiences. We can achieve this priority by treating those who utilize the co-op not as customers, but as community members and neighbors. As member-owners we are much more than customers; we all contribute to a collective effort to provide ourselves with the best possible sustenance. With all members the board should drive engagement by working with staff to make the experience of entering the co-op feel less like a shopping trip and more like a visit to a friend's or neighbor's home to trade fresh produce. On the staff side of things, the board should facilitate this through another strategic priority: support and develop an engaged work force. By offering living wages and harnessing employee input and oversight, we can enhance service experiences.

3 This would be my first board or governing committee experience. As someone new to this format of decision making, I would bring fresh perspective from other decision making and collaborative experiences. I have a background in private business and public service. The link between each and my ability to positively contribute to the board are the communication and negotiation skills I've developed in contract management.

4 Our household favorite is the fresh whole Kadejan chicken. The thing we like most about the product is how far we can make it go! With one nine dollar chicken (what a great price for a local, hormone-free bird) we can cook four large meals for two, plus when we add in vegetable scraps from the week we have the makings for great homemade stock. During the summer we freeze it and once the cold weather hits we'll have stock simmering on the stove just about every weekend.

Take advantage of on-line voting for our board of directors election this year.

Members have the option of completing their cooperative duty via paper ballot (found in our stores) or via paperless, online voting.

Our online voting is secure, confidential and convenient. Many of you will receive an email with a link to vote online and any member can use this address to place their vote online by noon on October 26, 2011:

<https://www.directvote.net/MMNFC>

(Please note the "https://" before the address. This indicates a secure site and must be included for the address to work).

You will need your member-owner number and the last name of the official stockholder on the account to log in. Please keep in mind that while our memberships may be used by the whole household, just one member of the household is the official stockholder and just one vote may be placed. It is the stockholder's last name that must be used for the login.

If you would prefer to vote on paper, we have ballots available in the stores at the customer service desks. You will also need your member number and the stockholder's last name to vote in store.



Thanksgiving... you can taste it!

Every Thursday in November, leading up to the holiday, we'll be sampling the deli's appetizer, sides, and desserts (one each day.)

Thanksgiving Thursdays—
November 3rd, 10th & 17th
11-2 pm at Selby
4-6 pm at West 7th

Turkey time!

You can count on us for two varieties of free-range, all-natural, locally raised turkey. All turkeys are available on a "first-come, first-serve" basis; signs will be posted daily as to estimated delivery times and size options. Kadejan provides our fresh turkeys and Schultz provides our organic birds which only available frozen. If you are looking for a heritage turkey, you can pre-order a Bourbon Red directly from our meat buyer at the Selby store. We'll also have ducklings, hams, roasts and more available for your holiday meal.

Holiday Dining

Relax — our professional kitchen staff makes it easy for you to enjoy a worry-free holiday gathering. Our oven-ready, made-from-scratch side dishes are the perfect complement for your main entree. All you do is heat, serve and enjoy.

A la Carte

Don't need an entire dinner package? You can purchase these special holiday menu items a la carte at the deli counter:

Classic Mashed Potatoes
Vegan Mashed Potatoes
Roasted Root Vegetables
Maple Glazed Yams with Cranberries
Green Beans Amandine
Wild Rice Salad with Craisins
Mushroom Walnut Loaf
Traditional Herb Stuffing
Cranberry Relish
Homestyle Poultry Gravy
Vegan Mushroom Gravy

Meals and plates

Traditional, vegetarian and vegan plates are also available. Visit the deli for details.

Meal Starters

Artichoke Spinach Dip
Walnut Pecan Paté
Roasted Red Pepper
Torta
Holiday Cheese Ball

Dessert

Pumpkin Pie
Tofu Pumpkin Pie
Apple Pie
Pecan Pie

Placing Orders

The deli can provide everything but the turkey. To place a special order:

- Review the deli's menu offerings, and fill out an order form at the deli.
- Pre-orders will be accepted up to three days before the holiday. (Sunday for Wednesday pickup.)
- Arrange a pickup day and time.
- We will package your food and set it aside so you can pick it up when you are ready.
- Heat, eat and enjoy.

October - November 2011

L = Lecture
 DT = Demo and Tasting
 D = Demo
 H = Hands On

REGISTERING FOR CLASSES

Registration is required for all classes.

You may register online or at our customer service desks. Class fee(s) are due at time of registration. Visit www.msmarket.coop for full class descriptions and online registration.

Stovetop Grilling (DT)

Live in an apartment and can't grill outdoors? Draw the line at grilling outside when the temperature is below 10°? Then indoor grilling is for you! You can produce superior grilled meats and vegetables suffused with smoky flavor and crispy exteriors. You'll learn what to look for in a stovetop grilling pan, how to season/treat it, and cooking techniques.

Saturday, October 1 - West 7th store

1:00-3:00 pm

Jan Grover

\$25/\$23 members

Mike's Homebrew Root Beer and Soda Class (DT)

Homebrewing is for more than just beer and wine. Find out how to make your own non-alcoholic sodas using fruits, spices, and natural ingredients. We'll make a Vanilla Bean Brew and rich Root Beer in class. You'll leave with a bottle to ferment!

Tuesday, October 4 - West 7th store

6:30-8:00 pm

Mike Sawyer

\$12/\$10 members

Make Your Own Baby Food (D)

Drawing on contemporary nutritional and traditional cultural sources, this two-hour class provides an overview of producing infant and toddler foods that are healthful, various, and unlikely to spark allergic reactions. Using simple, handheld kitchen tools, you can quickly and easily make baby foods that retain their nutrients because they are cooked

only briefly, then refrigerated or frozen.

Saturday, October 8 - West 7th store

9:00-11:00 am

Jan Grover

\$25/\$23 members

Feast of Flatbreads (DT)

Think outside the pizza box. Flatbreads have the longest history of any breads. They range from cracker breads to the modern pizza.

Through thick and thin, flatbreads are used as appetizers, sides, or main courses. Learn about their range, some specific examples, and taste the results.

Thursday, October 13 - West 7th store

6:00-8:00 pm

David S. Cargo

\$27/\$25 members

Biscotti Bounty (DT)

Don't settle for biscotti without your favorite flavors! Learn to make your own biscotti while you sip fair trade coffee. Make biscotti for a fraction of the cost of coffee shop biscotti. Enjoy your own creations or give them away as gifts sure to be welcomed.

Saturday, October 15 - West 7th store

10:00am -12:00 pm

David S. Cargo

\$22/\$20 members

Solve the Dinner Dilemma (L)

"What's for dinner?" How often are you asking this question? Since your hunger is not going away, attend this class to learn valuable information on how to have more delicious, nutrient-dense, whole foods meals and snacks available for you and your family. This class will help you get more inspired, organized and productive in the kitchen!

Thursday, October 20 - West 7th store

6:00-8:00pm

Maggie Christopher, CHNC

\$20/\$15 members

Baking with Kids: Mini Cakes(H)

Spend an afternoon with a family member baking two tiny, delicious cakes—one a deep chocolate, the other a yellow butter—from scratch. Baking cakes from scratch

takes only 2 minutes longer than using mixes, and the results are incomparably better. Bring an apron and an appetite, because each of you will have two cakes to eat on the spot or bring home. Extensive handouts with tested recipes provided.

Saturday, October 22 - West 7th store

1:00-4:00 pm

Jan Grover

\$25/\$23 members

Low-Tech Spinning: Beautiful Yarn on the Ancient Spindle (H)

This two-week introduction to using the top whorl spindle won't turn you into a fine spinner, but it will teach you how to choose wools for your particular project, how to wash them, how to card and draft, how to spin, and how to ply. You'll receive a fine maple spindle as part of your class packet, along with raw fleece to process at home, roving to practice with, and extensive handouts.

Saturdays, October 22 and 29- West 7th store

9:00 am-12:00 pm

Jan Grover & Mary Bishop

\$65/63 member for 2 class sessions, including supplies

Cooking With Miso - Miso Soup For All Seasons (DT)

Miso is a fermented bean product that provides enzymes and bacteria friendly to the digestive system, thus aiding in food absorption. A wide variety of miso flavors like barley, red-rice, soybean, mellow-rice or chickpea miso can add enticing tastes to any dish. Come and learn to prepare the famous Miso Soup, plus many other dishes.

Tuesday, October 25 - West 7th store

6:00-8:00 pm

Gabriele Kushi, MEA, CHHC, AADP

\$26/\$23 members

Fruit Tree Pruning Workshop (H)

Fruits of the City (an initiative of The Minnesota Project) brings us a workshop with two sessions: a classroom lecture from 10am-noon on the latest theory and

Fruit Tree Pruning Workshop (H)

Fruits of the City (an initiative of The Minnesota Project) brings us a workshop with two sessions: a classroom lecture from 10am-noon on the latest theory and applications for pruning and training, and an outdoor practice session from 1-3pm at a nearby location.

Topics include fruit products and tree longevity optimization, maintenance minimization and ease of harvest.

Saturday, November 5 - West 7th store

10:00 am-3:00 pm

Jeffrey Johnson, U of MN horticulturist

Fruits of the City

\$30/\$28 members



applications for pruning and training, and an outdoor practice session from 1-3 pm at a nearby location. Topics include fruit products and tree longevity optimization, maintenance minimization and ease of harvest.

Saturday, November 5 - West 7th store

10:00 am-3:00 pm

Jeffrey Johnson, U of MN horticulturist

Fruits of the City

\$30/\$28 members

Sausage Making from Scratch (DT)

Come learn how easy it can be to make your own custom sausages. Andrew and Khaiti of LTD Farm will discuss ethical meats, casings, which cuts to use, fat to meat ratios and spice combination to make all kinds of different sausages. Then we'll grind and stuff fresh Wisconsin-style all pork bratwurst with the class, followed by a tasting of some of the best pork brats ever!

Saturday, November 5th - West 7th store

2:00-3:30 pm

Andrew & Khaiti French

\$28/\$25 members

Vegetarian & Vegan Holiday Dishes (DT)

No need for the vegetarians and vegans on your guest list to make do with the salad and the vegetable tray. These dishes serve double duty as a main course for vegetarians and vegans and a side dish for other guests! Enjoy high protein grain salads, Moroccan spiced sweet potatoes and zucchini "pasta" and pesto.

Thursday, November 3 - West 7th store

6:00-8:00 pm

Mary Joe Rasmussen & Kelly Smeltzer

\$25/\$22 members

Divine Goat Curry from Scratch (DT)

Goat meat is more commonly eaten around the world than another other meat. It's a sustainable choice, healthy and delicious. Khaiti will make her signature goat curry, all from scratch! We'll prepare a lovely Indian condiment called achar to go with the authentic meal. Come hungry!

Tuesday, November 8 - West 7th store

3:00-5:30pm

Andrew & Khaiti French

\$30/\$25 members

Cacao and Chocolate Class (DT)

Explore the latest developments in the field of fine chocolate as well as the history, geography and economics of "the food of gods." We will also discuss the ABCs of chocolate tasting, and a connoisseur's list of extraordinary chocolates. Chocolate tasting concludes the learning session.

Thursday, November 10 - West 7th store

6:30-7:30 pm

Anna Bonavita

\$25/\$22 members

Introduction to Herbs and Spices (L)

Join us for a tour of the wide array of bulk herbs and spices offered at Mississippi Market. Learn what herbs and spices pair well together for spice blends and rubs and explore some of our more unusual and exotic herbs and spices. Find out the best storage methods for keeping your spices fresh and go home with a sample spice blend!

Saturday, November 12 - West 7th store

1:00-2:00 pm

Melissa West, Bulk Herb Buyer

\$5/\$3 members

News and Announcements

Thanksgiving Hours

We will be open from 8:00 am - 2:30 pm on November 24th.

October is Non-GMO Month

We'll have an informational table in both of our stores on Friday, October 21st. Stop by to learn more about this food issue.



Taste it!

Look for samples of Fair Trade products on October 15th in honor of Fair Trade Month.

Insider Tip

It's not a secret that the Selby store's parking lot gets a little packed, especially before the holidays. Shopping during our off peak hours is a great way to find a better parking spot. More parking spaces are usually free before 11:00 am or after 7:00 pm.

My Co-op Rocks! video contest

How much does Mississippi Market

rock? The third annual My Co-op Rocks contest is your chance to show the world exactly how much! This year we're giving you TWO great ways to enter. Create an original video or take a photo that's inspired by or features your co-op. Head to www.MyCoopRocks.coop to learn more, submit your entry, check out all the videos and photos submitted, and vote on your favorites. Have fun



and be creative! The winners in both categories will receive super sweet prizes. Visit the website

for contest details and updates. Contest runs through October 31st.

GMO = Genetically Modified Organism (alternately, GE or genetically engineered). GMOs have been created in laboratories, using gene-splicing biotechnology. This process allows scientists to create combinations of plant, animal, bacterial and viral genes that do not occur in nature or through traditional crossbreeding. The process is somewhat unpredictable, and can lead to unintended and uncontrolled changes in the organism's DNA.

The vast majority of GMOs on the market are bred for herbicide tolerance and insecticide production. Despite biotech industry messages to the contrary, there are NO GMOs available designed for increased yield, improved drought tolerance, or nutritional superiority or any other consumer benefits. At the same time, there is a growing body of peer-reviewed research linking GMO consumption with decreased fertility, allergies, abnormalities in organs and immune response, and more.

In the European Union, all products containing more than 0.9% GMO are required by law to be labeled as such. With no similar consumer protections in place in North America, the Non-GMO Project was created to fill the information gap. If you are concerned about GMOs and would prefer not to feed them to yourself or your family, choose "Non-GMO Project Verified" or organic products. Find out more at www.nongmoproject.org.



Owner Coupon

Present this coupon to receive up to \$5 off the shopping trip of your choice (10% off \$50)

Owner number: _____

Actual discount given: _____

For current member-owners only. You must present this coupon to receive a discount. Valid through November 30, 2011. Not valid for special orders.



Mississippi Market
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Mississippi Market
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Receive an additional 10% off all supplements on the 2nd Wednesday of every month.

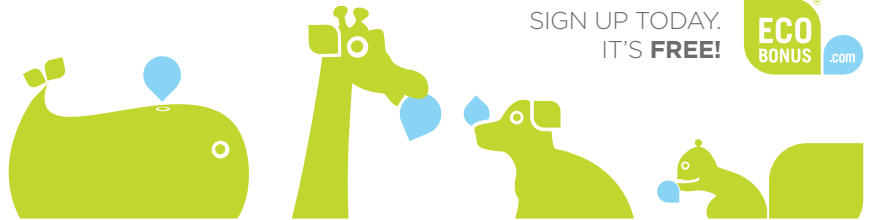
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October 12

November 9

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Comments on the content of this newsletter are heartily encouraged. Address your letters and ideas to:

Market Medley

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Board Meeting Dates

- October 18, 6:30 pm
West 7th Store, Community Room
- November 15, 6:30 p.m.
Selby Store, Community Room

Moving soon?

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