



**Natural Foods
Cooperative Grocery**

1618 South Street
Lincoln, Nebraska

Co-op Principles

First Principle: Voluntary and Open Membership

Second Principle: Democratic Member Control

Third Principle: Member Economic Participation

Fourth Principle: Autonomy and Independence

Fifth Principle: Education, Training and Information

Sixth Principle: Cooperation among Cooperatives

Seventh Principle: Concern for Community

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NEWS BITES

Mark Your Calendar!

OPEN HARVEST ANNUAL MEMBERSHIP MEETING

Sunday, October 23rd 6:30-9:30 PM

**At the historic Apothecary Building in the Haymarket
Suite 500 140 N. 8th Street**

International Hors d'oeuvres from the Open Harvest Deli Potluck – bring your favorite dish to share and place setting Complimentary wine, beer and non-alcoholic beverages

Live Music by the McNeelys

Live performance by Basharaat Belly Dance Troupe

Door prizes and Volunteer Recognition

Kids' activities and childcare will be provided

Open Harvest Supports Hunger Relief

By Jean Helms, General Manager

Co-op Values

Cooperatives are based on the values of self-help, self-responsibility, democracy, equality, equity, and solidarity. In the tradition of their founders, cooperative members believe in the ethical values of honesty, openness, social responsibility, and caring for others.

Hurricane Relief

Food Co-ops across the country are raising money for the survivors of Hurricane Katrina.

Cooperatives have raised over \$100,000 by the end of September in food and money. Open Harvest is gathering donations at the register for Second Harvest through October. For each dollar raised, they can provide 15 meals. We truly appreciate your generosity and plan to match all donations at the register up to \$1,000.



Second Harvest networks over 200 food banks and food-rescue organizations serving every county in the U.S. Their mission is to create a hunger-free America by distributing food and grocery products through a nationwide network, increasing public awareness of domestic hunger, and advocating for policies that benefit America's hungry. Second Harvest is committed to helping provide disaster relief for survivors of the recent hurricane and has delivered 26,100,000 pounds of food and grocery products as of September 15.

Open Harvest supports this hunger relief throughout the entire year by contributing items to the Food Bank of Lincoln and Food Net, a local food recovery program. We will continue to collect for food related

continued on page 4

News Bites

is a quarterly publication of Open Harvest Natural Foods Co-op Grocery

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Alene Swinehart
Tim Arkebauer
David Murphy
Andy Witkowski
Mark Shriner
Miles Bryant
Ingrid Kirst
Terrence Moore

The Board of Directors usually meets the first Monday of the month at 2012 S.13 St. The October meeting will be held on the 10th. Members are welcome to attend. If you would like to be on the agenda, call Keith Dubas at 438-0171.

Open Harvest Mission Statement:

The goal of Open Harvest is to provide good health through good nutrition. Open Harvest provides high quality and natural foods with a high level of service and a reasonable price to the community of Lincoln. Open Harvest is a member-owned retail cooperative dedicated to equitable employment practices, support of local producers, consumer education, and sustainable agricultural practices.

Welcome to the *NEW* Open Harvest Cooperative!

By Jean Helms, General Manager and Jackie Barnhardt, Outreach and Member Coordinator

Your dollars at work

At the Special Membership Meeting on July 28th, the decision was made final by recognizing the 1157 YES votes to reorganize. October 1, 2005 will mark the official first day of operations for Open Harvest Cooperative. Thank you to our member-owners for actively supporting your organization by voting!

In most ways things will look and feel exactly the same. If you are a member-owner who joined before 1995 and are a paid up lifetime member your original agreement remains the same. As the new Bylaws indicate, no annual membership fees will be required. Of your original investment, \$25 is now your voting share and the remaining investment is your member equity credits.

If you are a member-owner that joined between 1995 and October 1, 2005 you have built equity from your membership investments. The first \$25 now counts as your voting share and anything beyond that is your member equity credits. After October 1, you will continue to pay a \$25 membership fee each year to maintain membership. This fee will not accrue as equity.

As of October 1, 2005 new member-owners will pay \$25 to establish their voting share. In subsequent years, member-owners will pay a \$25 membership fee per year when due to maintain membership. This fee will not accrue as equity. All member-owners have a \$25 voting share and can build their member equity credits through retained patronage (below). Your voting share and member equity credits are refundable at the Board's discretion when funds are available.

One of the benefits of reorganizing as a Cooperative is that it creates more options for what can be done with any surplus money (pre-tax net income after expenses.) Each year the Board of Directors has the responsibility of making tough decisions about how to allocate resources. There will be years when the decision is in the best interest of the Cooperative to retain the surplus as capital. There will be years when some portion of the surplus will go toward building capital and some returned to the member-owners in the form of patronage refunds.



A patronage refund is a portion of the surplus given to each member-owner or retained as member equity credits based upon that member-owner's purchases throughout the year. The way for a member-owner to build their member equity credit is through retained patronage.

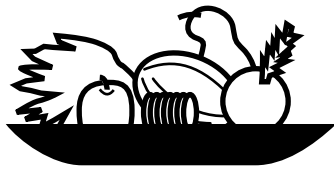
This retained patronage belongs to the member-owners and will be paid out in the future at the Board of Directors' discretion when surplus funds are available. In the meantime it can be used to support the continued improvements at the Co-op.

In other words, shopping at the co-op helps make the co-op stronger. As we grow stronger, the Board decides how to use the money (after expenses) to invest in the co-op, save it in your member-owner account (member equity credits), or send you money. The more you shop, the more you benefit. In years of patronage refunds, member equity credits will build your member-owner accounts, or be mailed to you as a cash refund, or both. In order to assure all of your patronage (purchases) are credited, it is even more important that you tell the cashier your member-owner number every time you shop!

Current member-owners will receive a letter verifying your \$25 voting share and any member equity credits.

Improving member-owner discounts

We assured member-owners before the vote that the membership and benefits would remain the same after the vote. We will maintain a monthly discount, but we may need to change how that monthly discount is redeemed. We have heard many concerns from member-owners who cannot take advantage of the Member Weekend discount because they miss these two days. These weekends are becoming difficult for member-owners due to high customer traffic, a small parking lot and the limitations of our space. We are considering a punch card or coupon that can be used at any time during the month. We need input from member-owners. Feel free to drop us a note to harvest@openharvest.com or in the suggestion box at the front of the store.



A Local Experiment

By Krista Dittman



Super deals at Walmart? Super Combo Rebates at Shopko? Last summer my family chose to just say, "No!" We did a month-long experiment that changed the way we act as consumers forever. The experiment was very simple: we wanted to try making all of our purchases from locally-owned businesses. As difficult as it seemed at first, this experiment actually turned out to be incredibly liberating. One CAN survive without the big name chain stores. It IS possible to pass up the alluring and seductive items featured in the color-high-gloss ads that arrive in the mailbox or newspaper. Except for making emergency photo copies in a time-sensitive situation, we made it through the entire month making all of our purchases from locally-owned businesses.

This experiment was actually another step in a process that started nine years ago. It started slowly at first. Shortly after getting married, we signed up as CSA garden members with Equinox CSA (now Common Good Farm). At first it seemed hard to appreciate bok choy, fennel, or turnips, but it was the beginning of our first family hobby: eating locally. It also began to expand the definition of "comfort food" to go beyond things with chocolate in them. It's become comforting to just sit together at the table and know that the carrots and kohlrabi come from Common Good Farm or the salad greens from ShadowBrook Farm. After we began to farm, it is comforting to know the egg salad is made from eggs laid by our own hens and the glass of milk or hamburger from our own cows.

It's also liberating to know that we are supporting small, local business people who are environmentally responsible and care for the earth that produces our food. I realize now that the weekly box of vegetables has changed my life. It was the beginning of becoming an empowered consumer who has learned that all of us can make ethical choices that impact more than our dinner plates.

In an article that appeared recently in *Creamline* by Vicki Dunaway, the power and responsibility each one of us has when we vote with our dollars was clearly articulated. As a small business owner, she questioned the fairness of spending her customers' dollars at places like Walmart and Sam's Club when her customers trust her to provide a high-quality, locally-produced cheese. She admits to sometimes

paying more to do business locally, but realizes it's not that much because she is also choosing to value the work of others and to support their efforts. As a local business owner, it's refreshing to know that people trust us and are willing to make the extra effort to come to our farm to do business. It follows that we would make the same effort to shop at locally-owned businesses. The conclusion Vicki Dunaway reached, with which I concur, is that it's all about CHOICE and voting our values with our dollars.

I challenge you to try a similar experiment and experience the results. Many of you already shop at Open Harvest and support local farmers. If you don't, start now—try buying all of your vegetables from local farmers for a week. Start small, and make one change at a time. Consider skipping Starbucks for a week and patronize a local coffee shop instead. Give yourself time to make this challenge a habit, then challenge yourself further: avoid shopping at chain stores for a week or two, then try to make it a month. The possibilities are endless. Don't get discouraged if you find you have to make an exception, just try again. Experience how the choices you make as a consumer can change your life and the world.

Krista and Doug Dittman own and operate Branched Oak Farm near Raymond, Nebraska. They sell direct from the farm April to October and offer dairy, honey, grass-finished beef, pastured poultry and eggs, and can be reached at 402-783-2124.

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LAFTA
Lincoln Association For Traditional Arts

Bringing folk and acoustic music to Lincoln since 1982. Join us for a concert or contra dance and put a little LAFTA in your life

Main Stage Schedule	House Concerts
9/23/05 Eliza Gilkyson	10/16/05 Pierce Pettis
10/7/05 Bluegrass Patriots	11/4/05 Tracy Grammer
11/18/05 The Waybacks*	3/10/06 Cosy Sheridan
1/21/06 Jeff Black	4/1/06 Chuck Pyle
2/25/06 Neal and Leandra	
3/18/06 Paddywhack Reunion	
4/22/06 Cliff Eberhardt	
5/6/06 The Shaw Brothers	

*The Waybacks will play at **Avid Pavilion** in Antelope Park. All other main stage shows will be held at the **Loft at the Mill**. All main stage shows begin at 7:30pm. Call 468-4775 for location of the house concerts. Check our website for details about these and other LAFTA events.

Admission: \$17; \$13 LAFTA members; \$10 students w/ID; \$1 kids under 12

<http://lafta.nebraska.edu>

Open Harvest Survey Results

By Dave Eckmann, Board Chair and Jean Helms, General Manager

Earlier this year we asked our member-owners to help us decide what to do when we outgrow our current space. There were 253 respondents to the survey—well over 10% of the membership. 53% live within three miles of the store. The responses on the survey were almost weighted in favor of either expansion of the current location. 47% want expansion of the current location. Many people asked us to only consider expansion of our current location if parking was improved. The results are clear that the current store is near capacity and strategic planning needs to include these survey responses.

Overwhelmingly, our member-owners told us that they do not want us to move out of central Lincoln. If we do relocate, which 26% chose as the preferred option, there were strong feelings about the new location. Comments included: "Maintaining a location where the majority of your consumer population can walk or ride to the co-op." "Please stay in the Near South/Irvingdale neighborhood." "The location is very convenient for me." Although 22% of responses chose a second location, we heard loud and clear that "a second location is too risky" and "would dilute our customer base and resources."

We also asked our member-owners to rank their main

concerns in our current location. When asked about parking and room to move about while shopping, responses were very split, half said Not enough "1" and the other half said Adequate "3". Adequate "3" was overwhelmingly received on product selection (70%), customer service desk (77%), deli/bakery (73%) and customer service (84%). It was refreshing to hear an abundance of positive sentiments in the comment sections regarding our products and services.

The one major area needing improvement was a 61% Not enough "1" ranking on deli seating, so we will make sure to remember this in expansion planning. Also, many people were not aware that we had a customer service desk, so visibility will be improved in this area.

A profile could be drawn of a typical member-owner: a couple (48%) with over 10 years in the Coop (53%) who are over 36 years old (85%) with income over \$50,000 (57%). An anomaly is that 47% said they buy less than half their groceries here and 49% said they shop the store less than 3 times a month.

Thanks to everyone who participated in the survey and told us what you think. Any comments can be addressed to harvest@openharvest.com.



On average, how many times each month do you or your family shop at Open Harvest?

- 8% Less than once a month
- 41% 1 - 3 times per month
- 29% Once a week
- 20% 2 - 5 times a week
- 2% Daily

What percentage of your grocery shopping do you do at Open Harvest?

- 47% 0 - 25% - less than half
- 24% 25 - 50% - almost half
- 13% 50 - 75% - more than half
- 16% 75 - 100% - almost all

How far do you live from Open Harvest?

- 19% Less than 1 mile
- 34% 1 - 3 miles
- 20% 3 - 5 miles
- 13% 5 - 10 miles
- 14% More than 10 miles

Are you a member/owner of Open Harvest?

- 90% Yes
- 10% No

Your age:

- 0% Under 18
- 4% 18 - 25
- 12% 26 - 35
- 32% 36 - 50
- 45% 50 - 65
- 8% Over 65

Your gender:

- 26% Male
- 77% Female

Annual household income:

- 5% Under \$12,000
- 11% \$12,000 - \$25,000
- 26% \$25,000 - \$50,000
- 29% \$50,000 - \$75,000
- 18% \$75,000 - \$100,000
- 10% Over \$100,000

Number of people in your household?

- 21% 1
- 48% 2
- 13% 3
- 13% 4
- 2% 5
- 2% 6 or more

How long have you been shopping at Open Harvest?

- 6% Less than one year
- 12% 1 - 3 years
- 13% 3 - 5 years
- 17% 5 - 10 years
- 53% Over 10 years

How did you find out about Open Harvest?

- 53% Friend or family (word of mouth)
- 19% Drove past the store
- 2% Newspaper ad
- 2% Yellow Pages
- 1% Radio ad
- 28% Other

30 Years of Sweat Equity

By Jackie Barnhardt, Outreach and Member Coordinator

Open Harvest celebrated the 30th Anniversary in the parking lot in front of the co-op on a hot Nebraska day. People fanned themselves as they enjoyed music, food, and discounts on groceries August 7. Chris Sayre performed folk music, followed by bluegrass from the Toasted Ponies. Ripple Effect finished out the day with jam band music. Anniversary cake was served next door at Meadowlark Coffee, who generously donated their space to help with the party.



Open Harvest continues to grow and many were attracted by the music drifting through the neighborhood.

As the day heated up and the folks began to wipe their brows, it occurred to

me, how many people have sweat to bring Open Harvest to our 30th anniversary milestone? Hundreds or perhaps a thousand or more? So many have labored to build this cooperative. I know how much grunt work goes in every week as we receive a dozen or more delivery trucks and staff works to get the groceries on the shelves. But in our early days, so much of the capital was built with the sweat equity of carpenters, electricians, plumbers and others who volunteered their labor because they believed in this co-op.

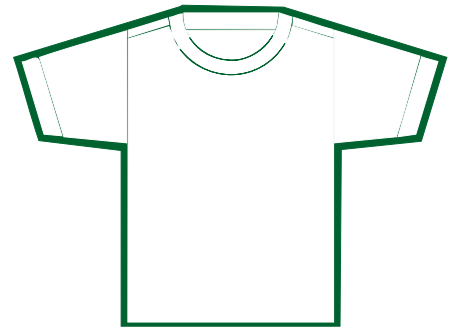
In 1990, the membership helped to move the entire store from 27th and Randolph to our present location on South Street. Volunteers are still important to us today.

Countless hours have been contributed to create the success we now enjoy. With gratitude, we extend our thanks to our past and present membership, Board of Directors, our volunteers, our staff and the community of Lincoln. You all make us all very proud.

A dunk tank was brought in to 'Dunk the GM' and others who volunteered to help raise money for the Friendship Home. KZUM Radio raised money by selling burritos made by the Open Harvest Deli. Over a dozen local vendors came to display their products and services. Irvingdale Neighborhood Association helped cool the crowd by providing Lincoln's only organic lemon so-cones.

A sprayground was set up to help cool folks down. Kids enjoyed HyFy the clown, face painting, hula hoops, and making fruit kebabs. Staff and kids created "Hogwarts Castle" from recycled boxes.

Many newcomers were drawn to the event, as well as hundreds of longtime co-op members. Awareness of



More Open Harvest T-Shirt Sizes Available

Due to a rush on small sizes of Open Harvest 30th Anniversary t-shirts, more adult small sizes have been ordered and should be available by the time you open this newsletter. Kids' sizes have been added, due to requests from our younger customers. Many adult medium, large, extra large and a few XXL are still available. This is a limited edition and once these are gone, that's all folks.

Open Harvest Spring Water

By Jackie Barnhardt, Outreach and Member Coordinator

Nebraska's beauty spot is Long Pine, a small town on highway 20 between Bassett and Ainsworth. A crack in the Sandhills, Pine Creek winds its way along the edge of one of my favorite Nebraska small towns. The creek is spring fed and runs year round, varying only a few degrees through the seasons. I remind myself of this as I dip my feet in March as well as July.

Seven underground springs come together at the side of the pine tree canyon and flow into a crystal clear trout stream. Natural filtration through thousands of cubic acres of sand, provides water so pure that no further treatment is needed. The water is pumped to the water tower as the community's source.

Open Harvest has carried Seven Springs water for several years now not only because of our mission to support local, but because it's the best darn spring water around. Seven Springs offered to create our own private label. We are pleased to announce we now offer Open Harvest Natural Spring water. Come in and try some of the best tasting water in the world.

A Letter from the Friendship Home

Editor's note: The Friendship Home provides shelter and support for battered women and their children.

Thank you for your commitment to providing hope for battered women and their children. Through your gift, you are making a stand against domestic violence in our community.

I'd like to share a recent letter with you:

"I want to thank every one who made it possible for me and my child to live a safe life. You opened your heart and your arms to show me that there is another way to live. You gave me the chance to change my life and make a better future for my son. No one can put a price on that. Thank you!"

– Deena, Friendship Home resident

Your support is valued and appreciated. You are making a difference for families like Deena's.

Sincerely,
Amy Evan
Executive Director

Hunger Relief, continued

causes locally or nationally. The amount gathered for Second Harvest has recently increased significantly. As of Sept. 20 we had raised just over \$400!

Local Hunger Relief

Due to our fiscal success last year, Open Harvest was able to make \$1,000 donations to each of three food related local organizations – The Gathering Place, Matt Talbot Kitchens, and Food Net. We want to send a big thank you out to everyone who supports Open Harvest by giving us a portion of your food budget! We realize that you vote with your dollars by giving your money to stores that support your needs and are responsive to your requests. It is important that, as we are giving to organizations helping the people affected by Hurricane Katrina, we keep in mind that there is hunger right here in our own community that is year-round.

Co-op Community Foundation

Open Harvest received a grant this summer that will create the Open Harvest Co-op Community Foundation (CCF). This Foundation presents a long-term solution for the Co-op – and its members, shoppers, suppliers, and neighbors – to give back to our community. The CCF works by creating a permanent endowment fund that grows over time. Once the fund achieves an appropriate size, a portion of the annual interest will be donated to area non-profits of



the Co-op's choice. We estimate that, in a few years, proceeds from the CCF will replace most of the Co-op's giving budget, preserving the Co-op's valuable operating cash while still supporting our community.

To wisely and cost-effectively create the CCF, Open Harvest partnered with the Twin Pines Cooperative Foundation, a tax-exempt 501(c) 3 corporation with over \$1 million in assets. The Twin Pines Cooperative Foundation manages the Cooperative Community Fund Program which now has sixteen "sponsor food cooperatives,"

including us. As part of their matching program for new members, the Twin Pines Cooperative Foundation matched our Co-op's initial investment of \$5,000, which will result in a \$10,000 starting balance in our CCF.

The next step will be creating a CCF Advisory Board that will be responsible for the administrative management of the fund and be the key contact with the Twin Pines Cooperative Foundation. The CCF Advisory Board will report to the Co-op's Board of Directors and could include Staff, Board and Member-Owners. We are looking for members who would be interested in volunteering their time on the CCF Advisory Board. For more information, or to volunteer, send an email to harvest@openharvest.com or drop a note in the suggestion box at the front of the store. Stay tuned for more information on this exciting new undertaking!

Posting Nutrition Information Affects Students Choices

By Jackie Barnhardt, Outreach and Member Coordinator

When high school students were provided with nutritional information in the lunchroom, many selected items lower in fat and calories, according to a study published this spring in the *Journal of Child Nutrition and Management*.

At the beginning of the school year, four high schools in Pennsylvania offered students their regular menu as usual for six weeks. No changes were made in food preparation, and students were not instructed to make healthier choices. Data was collected to assess menu selections throughout the study. After six weeks, nutrition information for entrees was posted at the cafeteria counters. Pepperoni pizza sales dropped as students chose lower fat and lower calorie cheese pizza instead. The trend was evident in other selections as well.

Researchers from Penn State University concluded that providing nutrition information seemed to influence students' choices for more healthy entrees. Students seemed to be most affected in their decision-making by the number of calories and fat grams!

Cather Hall Students Served Good, Fresh, Local Foods

In September, University of Nebraska Dining Services offered students at Cather Hall a taste of Nebraska. The dining staff served a local sustainably produced meal in the cafeteria. A power point program was featured during dinner showing students local farmers, ranchers and businesses that provided foods for their meals. More than 600 students attended the meal and 98% chose local food over the regular pizza selection.

Good, Fresh, Local: Nebraska's Sustainable Food Project goals are to serve traditional dinners where menu ingredients:

- Come mostly from small Nebraska farms/ranches
- Are produced using sustainable agricultural practices
- Include certified organic products
- Are seasonal

When Nebraska products are not available due to seasonal availability, the program will strive to purchase products from mostly small producers outside Nebraska. These farmers/ranchers will be selected based on their sustainable agricultural practices and production of certified organic products. For information, contact Elaine Cranford at 402-472-1748, Mark Hutchison at 402-472-0381.

Introducing Health Notes

As a courtesy to our shoppers, Open Harvest is pleased to present Health Notes, a new touch-screen electronic information kiosk located in the center of the store. Health Notes provides practical, comprehensive information on health, wellness, food, nutrition, recipes, and supplements. The knowledgebase is a research tool offered to inform and educate users. While it is a valuable resource, it is not intended as substitute for a consultation with your health care provider. We encourage you to come review it at your convenience.

Stress Management for the Holidays

By Connie Eppler MSW, LMHP

We're coming upon a season when many people experience high levels of stress. It's easy to lose sight of our main purpose amid all of the distractions, especially in our hyped up culture that tells us to do more and go faster. If you aspire to a calmer and more present state of being, you can begin by concentrating on your breathing, pacing yourself, or focusing on love, and objects of beauty.

You don't have to begin a new regimen this time of year to experience the positive effects of stress management. Start by slowing your breathing down. By simply slowing down, you become clearer. Trust your intuition and choose the projects that truly bring you fulfillment. When you relax, you allow yourself time to examine your mental programs to see if they are wise or self supporting.

Take time to contemplate what can bring more ease and enjoyment into your life. Begin to see the potential for change, different ways of doing things and creating new traditions. Take a look at how less can be more. Less material gifts means more money. Less expectation means more satisfaction. Less rushing means more calmness. You can look at it by trying to create win-win situations through potluck meals, exchanging services for gifts, and by giving or receiving stories and songs.

How can you pace yourself at this busy time? Don't be afraid to extend holiday dates or set new limits on the number of events that you require yourself to attend. By pacing, you can match your peak energy times with more demanding tasks. Commit to only doing one thing at a time. Remind yourself to schedule breaks, naps, and downtime.

Love and objects of beauty can take many simple forms. For some it will be a blessing to savor a cup of tea, enjoy a scenic view, or massage your feet. Others will choose to have a long intimate conversation with a loved one. During times of crises, many people forget to accept comfort from others. This is a great time of year to focus on forgiveness, to have compassion for yourself and those around you, and to cultivate unconditional love.

Come up with your own wiser uses of time, and ways of enjoying your life using less effort. Examine slowing down some of those old mental programs and see if they work. Slowing down and relaxing in many ways creates more abundance. You might be surprised if you try it. Have fun while you de-stress!

Connie Eppler is a licensed counselor offering classes and consultations in stress management, personal growth and more. She can be reached at 475-2214.

Eating Well

These recipes come from Health Notes, our new information kiosk located in the center of Open Harvest.

Apricot and Toasted Almond Stuffing

A holiday stuffing that blends the wonderful flavors of apricots, cranberries, brandy and toasted almonds in one dish. Serves 12.

- 1 cup brandy*
- 1/2 cup dried apricots, diced
- 2 teaspoons vegetable oil
- 1 cup celery, chopped
- 1 cup onion, chopped
- 3 cloves garlic, minced
- 5 cups stuffing cubes (dried bread)
- 1 1/2 cups chicken or vegetable broth
- 1/2 cup sliced almonds, toasted
- 1/2 cup dried cranberries
- 1 egg, beaten
- 1/2 teaspoon thyme
- 1/4 teaspoon freshly ground pepper

Preheat oven to 350 degrees.

Place brandy and apricots in a small saucepan. Heat to boiling. Remove from heat and set aside. Heat oil in a large nonstick skillet over medium high heat. Add celery, onion and garlic. Saute until lightly browned, about 3 minutes. Add brandy and apricots, and cook until half of the liquid evaporates. Remove from heat and cool.

In a large bowl, gently toss apricot mixture with remaining ingredients. Spoon into an oiled 2-quart casserole. Cover with lid. Bake for 45 minutes or thoroughly heated.

*Editor's note: Fruit juice such as orange, apple or apricot can be substituted for brandy.

Hot Cranberry Ginger Cider

Here's the perfect drink to serve with home baked goodies and to warm visitors on a chilly night. Use naturally sweetened cranberry juice or a combine white grape and cranberry juice. Serves 4.

- 2 cups naturally sweetened cranberry juice
- 2 cups apple cider
- 8 quarter-inch slices fresh gingerroot
- 1/2 teaspoon orange zest
- Orange slices and cinnamon sticks for garnish

Combine cranberry juice, apple cider, gingerroot, and orange zest in a medium saucepan. Bring to low boil and simmer for 15 minutes. Serve warm, garnished with orange slices and cinnamon sticks.

Fresh Cranberry Relish Zinger

Contributed by Charles Wooldridge. This dish bursts with flavor!

- 1 12 ounce bag of fresh cranberries
- 1/2 orange, skin on, seeds removed
- 1/2 cup sugar more to taste
- 3/4 cup pecans, chopped

In a food processor, grind cranberries and orange until blended, but slightly chunky. Mix in sugar. Remove and place in serving dish. Stir in pecans.



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Member Appreciation Weekends — save 5%!

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- 🎵 Oct. 1 – Pama Hikes & John Baylor
- 🎵 Oct. 2 – Charles Horner
- 🎵 Nov. 5-6 – Brian “Pickle” Gerkenmeyer
- 🎵 Dec. 3-4 – Mike Dowty

*Happy Anniversary!
Thank you members
for 30* great years!*



From left to right: Dave Eckmann, Ingrid Kirst, Andy Witkowski, Alene Swinehart, David Murphy, Miles Bryant, Kevin Loth, Terrence Moore, Maggie Plescak, Tim Arkebauer and Keith Dubas. Not pictured: Mark Shriner

Welcome New Board of Directors

By Dave Eckmann, Board Chair

I would like to take this opportunity to welcome three new members to the Board of Directors for the Coop: Ingrid Kirst, Miles Bryant and Terrence Moore. As you may recall, Terrence has served on the Board before and is a past Chair. I think they are a good compliment to our other Board members and I look forward to working with them.

Keith Dubas, Maggie Plescak, Tim Arkebauer, and David Murphy were also re-elected to continue service on the Open Harvest Board of Directors.

Ecology Now! Potluck and “Lorax” Film Showing Oct. 9

UNL’s environmental group, Ecology Now! and Open Harvest welcome you to a potluck and movie at 5 pm Sunday, October 9th in the basement of the Culture Center at 333 N. 14th St. The featured movie is “The Lorax”, a classic cartoon film by Dr. Seuss. Please bring a food dish and your own place dinnerware. A small kitchen will be accessible.

We would love to see you for an evening of food and fun! Mark your calendar for the next Ecology Now! potluck on Sunday, November 13 at 5 pm at the Culture Center.

Nebraska Food Banquet

Bistro L’Etudiante, the teaching bistro at The Institute for the Culinary Arts at Metropolitan Community College in Omaha will be the site for the Nebraska Food Banquet on November 4, 2005. †The banquet will be prepared using mostly locally produced, seasonal crops and organic ingredients. Contact Mark Hutchinson at 472-0381 for more information.